DIRECTORY OF
SOCIAL AND COMMUNITY RESOURCES

MONTÉRÉGIE / ALL MRC / ALL CITIES

2-1-1  WWW.211.QC.CA
## Summary

### Child, Youth and Family
- Child welfare
- Daycare and respite
- Family Support
- Information on childcare services
- Juvenile Delinquency
- Maternity support and adoption
- Parenting Education
- Recreational Activities
- Youth Centres and Support
- Youth Employment
- Youth Shelters and Support

### Community Action
- Advisory and citizen action organizations
- Charity Organizations
- Community centres
- Community development
- Information and referral
- Skills Exchanges
- Volunteering and volunteer centres

### 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
- Paratransit
- Recreation and camps
- Respite services and housing
- Support Associations
- Support and integration organizations
- The Blind
- Therapy and rehabilitation centres

### 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

### Employment and Income Support
- Advocacy for workers and unemployed
- Budget management and consumption
- Business development
- Employment support and training
- Employment support for immigrants
- Employment support for seniors

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### Section Titles

- **Child, Youth and Family**
- **Community Action**
- **Disability**
- **Education and Literacy**
- **Employment and Income Support**

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- Child welfare
- Daycare and respite
- Family Support
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- Juvenile Delinquency
- Maternity support and adoption
- Parenting Education
- Recreational Activities
- Youth Centres and Support
- Youth Employment
- Youth Shelters and Support
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- School perseverance
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Child, Youth and Family

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DAYCARE AND RESPITE

FAMILY SUPPORT

INFORMATION ON CHILDCARE SERVICES

JUVENILE DELINQUENCY

MATERNITY SUPPORT AND ADOPTION

PARENTING EDUCATION

RECREATIONAL ACTIVITIES

YOUTH CENTRES AND SUPPORT

YOUTH EMPLOYMENT

YOUTH SHELTERS AND SUPPORT
Child welfare

ACCUEIL POUR ELLE (L')
Confidential Address
450 371-4618  Fax: 450 371-9656
Website: www.accueil-pourelle.org
Email: accueil.pourelle@cgocable.ca
Eligibility: women victim of domestic violence, with or without children
Capacity: Accueil pour Elle: 6 rooms that can house up to 18 women and children, Maison Seconde Étape: 4 units
Coverage area: MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges
Hours: 24 hours / 7 days
Fees: none, except for housing at Maison Seconde Étape
Financing: provincial, donations
Legal status: non-profit organization

AUBERGE DU COEUR LE BALUCHON
2290 Saint-Joseph Avenue, Saint-Hyacinthe, Montérégie, QC, J2S 5L4
1 866 263-8794  Fax: 450 773-7145
Website: www.maisonlebaluchon.org
Email: info@maisonlebaluchon.org
Eligibility: short-term housing: youth experiencing difficulties aged 12 to 17 years old
Capacity: 9 places
Coverage area: MRC Acton, MRC La Haute-Yamaska, MRC La Vallée-du-Richelieu, MRC Les Maskoutains, MRC Pierre-De Saurel, MRC Rouville
Hours: 24 hours / 7 days
Fees: registration $50, $7 per day and $20 deposit
Financing: provincial, federal, Centraide Richelieu-Yamaska, foundations, donations, fundraising campaigns
Legal status: non-profit organization

C.I.V.A.S. L'EXPRESSION LIBRE DU HAUT-RICHELIEU
Confidential Address
450 348-4380  Fax: 450 348-1365
Website: www.expressionlibre.ca
Email: expressionlibre@videotron.ca
Eligibility: youth 12 to 20 years old victims of sexual assault, women, their relatives
Capacity: support group for youth: 6 participants, self-help group for women: 15 participants
Coverage area: MRC Le Haut-Richelieu
Hours: Monday to Friday 9h00 to 16h30
Fees: none
Financing: grants, donations, fundraising campaigns
Legal status: non-profit organization
CAMPUS DE LONGUEUIL - RÉADAPTATION EN INTERNAT ET SERVICES PSYCHOSOCIAUX
1251 Beauregard Street, Longueuil, Montérégie, QC, J4K 2M3
450 646-6630  Fax: 450 658-7877
Website: santemonteregie.qc.ca/en/installations/campus-de-longueuil-readaptation-en-internat-et-services-psychosociaux
Services: * Psychosocial and internship rehabilitation point of services.
Eligibility: children and teens in difficulties, parents, guardians, counsellors
Coverage area: Montérégie
Financing: provincial
Legal status: parapublic organization

CAMPUS DE VALLEYFIELD (RÉADAPTATION EN INTERNAT ET SERVICES PSYCHOSOCIAUX)
301 Jacques-Cartier Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 5H3
450 373-0281
Website: santemonteregie.qc.ca/installations/campus-de-valleyfield-readaptation-en-internat-et-services-psychosociaux
Services: * Psychosocial point of services.
Eligibility: children and teens in difficulty, parents, guardians, stakeholders
Coverage area: Montérégie
Financing: provincial
Legal status: parapublic organization

CENTRE DE PÉDIATRIE SOCIALE EN COMMUNAUTÉ MAIN DANS LA MAIN
215 du Sud Street, 3rd floor, Cowansville, Montérégie, QC, J2K 2X5
450 260-1414 ext. 0
Website: cpscmaindanslamain.org/en
Email: reception@cpscmaindanslamain.org
Eligibility: children 0 to 18 years old in situations of great vulnerability
Coverage area: MRC Brome-Missisquoi
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial, donations, fundraising campaigns
Legal status: non-profit organization

CENTRE DE SERVICES DE RÉADAPTATION EXTERNES ET SERVICES PSYCHOSOCIAUX LONGUEUIL
600 Préfontaine Street, Longueuil, Montérégie, QC, J4K 3V6
450 928-4747  Fax: 450 928-4734
Website: santemonteregie.qc.ca/en/node/604
Services: * Psychosocial point of services and outpatient rehabilitation services centre.
Eligibility: children and teens in difficulties, parents, guardians, counsellors
Coverage area: Montérégie
Financing: provincial
Legal status: parapublic organization

CENTRE DE SERVICES DE RÉADAPTATION EXTERNES ET SERVICES PSYCHOSOCIAUX SAINT-JEAN-SUR-RICHELIEU
450 359-3333  Fax: 450 359-8233
Website: santemonteregie.qc.ca/en/node/609
Services: * Psychosocial point of services.
Eligibility: children and teens in difficulties, parents, guardians, stakeholders
Coverage area: Montérégie
Financing: provincial
Legal status: parapublic organization

CENTRE DE SERVICES ET RÉADAPTATION EXTERNES ET PSYCHOSOCiaux SAINT-HYACINTHE
1050 Casavant Boulevard West, Suite 200, Saint-Hyacinthe, Montérégie, QC, J2S 8B9
450 773-8411
Website: santemonteregie.qc.ca/en/node/606
Services: * Psychosocial point of services.
Eligibility: children and teens in difficulties, parents, guardians, counsellors
Coverage area: Montérégie
Financing: provincial
Legal status: parapublic organization

CENTRE DE SERVICES ET RÉADAPTATION EXTERNES ET SERVICES PSYCHOSOCiaux CHÂTEAUGUAY
278 Saint-Jean-Baptiste Boulevard, Suite 200, Châteauguay, Montérégie, QC, J6K 3C2
450 692-6741     Fax: 450 692-4811
Website: santemonteregie.qc.ca/en/installations/centre-de-services-et-readaptation-externes-et-services-psychosociaux-chateauguay
Services: * Psychosocial point of services.
Eligibility: children and teens in difficulties, parents, guardians, counsellors
Coverage area: Montérégie
Financing: provincial
Legal status: parapublic organization

CENTRE DE SERVICES PSYCHOSOCiaux BELOEIL
535 Sir-Wilfrid-Laurier Boulevard, Suite 210, Beloeil, Montérégie, QC, J3G 5E9
450 461-5888     Fax: 450 467-1321
Website: santemonteregie.qc.ca/en/installations/centre-de-services-psychosociaux-beloeil
Services: * Psychosocial point of services.
Eligibility: children and teenagers experiencing difficulties, parents, guardians, counsellors
Coverage area: Montérégie
Financing: provincial
Legal status: parapublic organization

CENTRE DE SERVICES PSYCHOSOCiaux SOREL-TRACY
61 Morgan Street, Sorel-Tracy, Montérégie, QC, J3P 3B6
1 800 339-6114
Website: santemonteregie.qc.ca/installations/centre-de-services-psychosociaux-sorel-tracy
Services: Psychosocial point of services.
Eligibility: children and teens in difficulty, parents, guardians, counsellors
Coverage area: Montérégie-Est
Financing: provincial
Legal status: provincial government agency
CENTRE DE SERVICES PSYCHOSOCIAUX VAUDREUIL-DORION
2555 Dutrisac Street, Suite RC 24, Vaudreuil-Dorion, Montérégie, QC, J7V 7E6
1 800 641-3254     Fax: 450 928-4717
Website: https://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

CENTRE JEUNESSE DE LA MONTÉRÉGIE - HEAD OFFICE - DIRECTION DE LA PROTECTION DE LA JEUNESSE
575 Adoncour Street, Longueuil, Montérégie, QC, J4G 2M6
1 800 641-4315     Fax: 450 679-3731
Website: santemonteregie.qc.ca/en
Services: Administration of Youth Centres.  * Direction de la protection de la jeunesse et des services aux jeunes et à leur famille. * Reports reception and assessment for acts of neglect, violence, abuse against a young person or behavioral disorders, under the Youth Protection Act. * Psychosocial adaptation and rehabilitation. * Services for young offenders under the Youth Criminal Justice Act. * Housing: foster families, group homes, rehabilitation centers and intermediate resources. * Adoption services, biological parents search, expertise at the Superior Court.
Eligibility: children and teens in difficulty, young offenders, parents, guardians, stakeholders
Coverage area: Montérégie
Financing: provincial
Legal status: parapublic organization

CLÉ SUR LA PORTE (LA)
Confidential Address
450 774-1843     Fax: 450 774-9951
Website: www.clesurlaporte.org
Email: info@clesurlaporte.org
Eligibility: women victims of domestic violence, their children
Capacity: 21 places
Coverage area: MRC Les Maskoutains, MRC La Vallée-du-Richelieu, MRC Acton
Hours: 24 hours / 7 days
Fees: none
Financing: donations, provincial
Legal status: non-profit organization

COMMUNITY LEGAL CENTRE OF THE SOUTH SHORE
101 Roland-Therrien Boulevard, Suite 301, Longueuil, Montérégie, QC, J4H 4B9
450 928-7655     Fax: 450 928-7657
Website: ccjrs.com
Email: administration@ccjrs.com
Services: Legal aid services, free or at a low cost to eligible individuals, provided by family, matrimonial, youth protection, young offenders, criminal and penal, administrative, social, civil and immigration lawyers or notaries. * Representation before a first instance or appeal court, as plaintiff or defendant. * Assistance in certain cases expressly provided for in the Legal Aid Act. * Legal consultation. * Phone consultation, available 24/7, for detention or custody. * Legal information regarding rights and obligations of legal aid recipients. * Community involvement. * Complaints reception.

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

Coverage area: South Shore

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

Financing: provincial

Legal status: parapublic organization

ESPACE CHÂTEAUGUAY
71 Principale Street, Châteauguay, Montérégie, QC, J6K 1G1
450 692-5757
Website: espacesansviolence.org/en
Email: info@espachateauguay.com


Eligibility: children 3 to 12 years old, parents, teachers, counsellors, elementary schools, early childhood centres

Coverage area: Montérégie

Hours: Monday to Friday 8h00 to 16h00

Fees: none

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization

ESPACE SUROÎT
394 Dufferin Street, Suite 202, Salaberry-de-Valleyfield, Montérégie, QC, J6S 2A8
450 371-8096
Website: espacesansviolence.org/home
Email: info@espacesuroit.ca

Services: Prevention and awareness on child abuse. * Programs and educational workshops in primary schools and daycares.

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

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

Hours: September to June, Monday to Friday 8h30 to 16h30

Financing: donations

Legal status: non-profit organization

ÉTOILE (L’) - PÉDIATRIE SOCIALE EN COMMUNAUTÉ DU HAUT-RICHELIEU
212 Saint-Jacques Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 2K7
450 346-7288 Fax: 450 346-9007
Website: letoilehr.org
Email: info@letoilehr.ca


Eligibility: children living in vulnerable situations from 0 to 18 years old

Coverage area: Lacolle, Saint-Jean-sur-Richelieu: part of the Saint-Jean sector between Macdonald Street and Gouin Boulevard and between the Richelieu River and Grand Bernier North Road, part of the Iberville sector between 10th Avenue and Lareau Avenue and between Iberville Boulevard and the Richelieu River
HÉBERGEMENT D’URGENCE VIOLENCE CONJUGALE VAUDREUIL-SOULANGES - HÉBERGEMENT LA PASSERELLE
Confidential Address
450 424-6010 Fax: 450 424-1371
Website: www.hlapasserelle.com
Email: info@hebergementlapasserelle.com
Eligibility: women victims of domestic violence and their children
Capacity: 16
Coverage area: MRC Vaudreuil-Soulanges
Hours: 24 hours / 7 days
Fees: none
Financing: provincial, donations, fundraising campaigns
Legal status: non-profit organization

KAHNNAWAKE SHAKOTII’TAKEHNHAS COMMUNITY SERVICES
Confidential Address
450 632-6880 Fax: 450 632-5116
Website: www.kscs.ca
Eligibility: Kahnawake residents
Coverage area: Kahnawake
Hours: Monday to Friday 8h30 to 16h30
Financing: grants
Legal status: non-profit organization

KANONHKWA’TSHERI:IO HEALTH AND SOCIAL FACILITY
31 Hilltop Drive, Akwesasne, Montérégie, QC, H0M 1A0
613 575-2341
Website: www.akwesasne.ca/health
Email: info@akwesasne.ca

Eligibility: members of an aboriginal community
Coverage area: Akwesasne
Fees: none
Legal status: municipal agency

LEGAL AID OFFICE - CHÂTEAUGUAY
147 Saint-Jean-Baptiste Boulevard, Châteauguay, Montérégie, QC, J6K 3B1
450 691-4325     Fax: 450 699-0496
Website: ccjrs.com/bureaux/chateauguay
Email: chateauguay@ccjrs.com

Services: Free or low cost legal services to financially eligible individuals. * Receive and process legal aid requests.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible and with a legal need that is covered by the Law
Coverage area: Châteauguay, Saint-Constant, Delson, Kahnawake
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website
Financing: provincial
Legal status: parapublic organization

LEGAL AID OFFICE - CIVIL LAW - LONGUEUIL
101 Roland-Therrien Boulevard, Suite 200, Longueuil, Montérégie, QC, J4H 4B9
450 928-7659     Fax: 450 928-7670
Website: ccjrs.com/bureaux/longueuil-civil
Email: longueuilcivil@ccjrs.com

Services: Free or low cost legal services concerning familial or civil rights to financially eligible individuals. * Receives and processes legal aid requests.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible and with a legal need that is covered by the Law
Coverage area: Boucherville, Brossard, Candiac, Greenfield Park, La Prairie, Longueuil, Saint-Amable, Saint-Basile-le-Grand, Saint-Bruno-de-Montarville, Saint-Hubert, Saint-Lambert, Sainte-Julie-de-Verchères, Varennes, Verchères
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website
Financing: provincial
Legal status: parapublic organization

LEGAL AID OFFICE - SALABERRY-DE-VALLEYFIELD
151 Salaberry Street West, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2H8
450 370-3064     Fax: 450 370-3068
Website: ccjrs.com/bureaux/salaberry-de-valleyfield
Email: valleyfield@ccjrs.com

Services: Free or low cost legal services to eligible individuals. * Receives and processes legal aid request.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law

Coverage area: MRC Beauharnois-Salaberry, Vaudreuil-Dorion

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

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

Financing: provincial

Legal status: parapublic organization

MAISON DE JEUNES KEKPART - ACTION JEUNESSE SAINT-PIE-X DE LONGUEUIL

1000 Roland-Therrien Boulevard, Longueuil, Montérégie, QC, J4J 5H3

450 677-3821

Website: www.maisonkekpart.com

Email: communicationskekpart@videotron.ca


Eligibility: youth 12 to 18 years old and their family

Capacity: 40 people

Coverage area: Longueuil

Hours: administration: Monday to Friday 9h00 to 16h00, youth line: Monday to Friday 15h00 to 21h00

Fees: none

Financing: provincial, federal, fundraising campaigns

Legal status: non-profit organization

MAISON DE LA FAMILLE VAUDREUIL-SOULANGES

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

450 217-2177

Website: www.maisondelafamillevs.ca

Email: info@mfvs.ca


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 DE LA JEUNESSE 12-17 DE VALLEYFIELD

42, Anderson Street, Salaberry-de-Valleyfield, Montérégie, QC, J6S 0L1

450 373-6788

Website: mdjvalleyfield.com

Email: direction@mdjvalleyfield.com

Eligibility: youth 12 to 17 years old

Coverage area: Salaberry-de-Valleyfield

Hours: reception and administration: Monday to Friday 9h00 to 16h00, regular intervention and animation schedule: Monday to Thursday 16h30 to 21h00, Friday 16h30 to 22h00, Saturday 14h00 to 21h00, summer intervention and animation schedule: Monday to Thursday 13h00 to 21h00, Friday 13h00 to 22h00, Saturday 13h00 to 18h00

Legal status: non-profit organization

MAISON HINA

Confidential Address
450 346-1645 Fax: 450 346-8161
Email: maison.hina@qc.aira.com


Eligibility: women victims of domestic violence, with or without children

Capacity: 14 people

Coverage area: MRC Le Haut-Richelieu, MRC Rouville

Hours: 24 hours / 7 days

Fees: none

Financing: provincial, fundraising campaigns

Legal status: non-profit organization

MAISON LA SOURCE DU RICHELIEU

Confidential Address
450 743-2821 Fax: 450 742-4686
Website: www.maisonlasource.ca
Email: maisonlasource83@hotmail.com


Eligibility: women who are victims of domestic violence or in difficulty, their children

Capacity: 15 places

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

Hours: 24 hours / 7 days

Fees: none

Financing: provincial, donations

Legal status: non-profit organization

MAISON SIMONNE-MONET-CHARTRAND (LA)

Confidential Address
450 658-9780 Fax: 450 658-4752
Website: maisonsmc.org/en
Email: info@maisonsmc.org


Eligibility: women victims of domestic violence, their children

Capacity: 16 beds

Coverage area: Montérégie

Hours: 24 hours / 7 days
Fees: none
Financing: provincial, donations
Legal status: non-profit organization

MOUVEMENT SEM (SENSIBILISATION POUR UNE ENFANCE MEILLEURE)
366-368 Laurier Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 6L3
450 348-0209  Fax: 450 348-9665
Website: mouvementsem.org
Email: reception@mouvementsem.com

Eligibility: children, teenagers, parents
Coverage area: Montérégie
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, availability in the evening by appointment, homework help: 15h00 to 18h00
Fees: $20 per year
Financing: provincial, federal, Centraide of Greater Montréal, donations
Legal status: non-profit organization

PARENFANT MONTÉRÉGIE (LE)
302 Albert Street, Cowansville, Montérégie, QC, J2K 2W7
450 263-5000  Fax: 450 263-2441
Website: www.leparenfant.org
Email: directrice.parenfant@outlook.com

Eligibility: parents
Coverage area: Cowansville, Farnham, Granby
Fees: opening of the file: $10 per parent, supervised visits: $7 per visit for each parent, supervised exchanges: $2.50 per exchange for each parent
Financing: Centraide Richelieu-Yamaska
Legal status: non-profit organization

PETIT PONT (LE)
2475 Sainte-Anne Avenue, Saint-Hyacinthe, Montérégie, QC, J2S 5J1
450 773-8742 ext. 101  Fax: 450 773-8742
Website: www.petitpont.org/home.php
Email: services@petitpont.org

Eligibility: parents and children
Coverage area: Montérégie
Hours: by appointment
Fees: supervised visit: $15 per hour, supervised custody exchange: $8
Financing: provincial, federal, self-financing, fundraising campaigns
Legal status: non-profit organization
PETIT PONT (LE) - POINT OF SERVICE LONGUEUIL
Confidential Address
450 448-3732     Fax: 450 448-4242
Website: www.petitpont.org/home.php
Email: longueuil@petitpont.org
Eligibility: parents and children
Coverage area: Montérégie and surroundings
Hours: Tuesday to Friday and Sunday by appointment
Fees: supervised visit: $15 per hour, supervised custody exchange: $8
Financing: provincial, federal, self-financing, fundraising campaigns
Legal status: non-profit organization

PHARE - SAINT-HYACINTHE ET RÉGIONS (LE)
620 Robert Avenue, Saint-Hyacinthe, Montérégie, QC, J2S 4L8
450 773-7202     Fax: 450 773-5117
Website: www.lephare-apamm.ca
Email: reception@lephare-apamm.ca
Eligibility: family and friends of people living with mental health challenges, community workers, training and awareness raising: organisations, schools, companies
Coverage area: MRC d’Acton, MRC Les Maskoutains, MRC La Vallée-du-Richelieu (Carignan and Chambly excluded), Saint-Bruno-de-Montarville
Hours: office: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, open until 20h30 on Wednesday
Fees: none
Financing: grants, donations
Legal status: non-profit organization

TABLE DE CONCERTATION SUR LA VIOLENCE CONJUGALE ET SEXUELLE FAITE AUX FEMMES ET AUX ENFANTS BEAUCHARNOIS-SALABERRY
71 Maden Street, Suite 200, Salaberry-de-Valleyfield, Montérégie, QC, J6S 3V4
450 371-0143 ext. 113148     Fax: 450 371-2630
Website: www.santemonteregie.qc.ca/installations/clsc-de-salaberry-de-valleyfield
Email: andreane.gelineau.cissmo16@ssss.gouv.qc.ca
Services: * Advocacy and promotion of victims of conjugal and sexual violence’s rights. * Ensuring the follow-up of collaborations for psychosocial assistance and for the socio-legal accompaniment of victims.
Eligibility: people and organizations working in fields related to domestic and sexual violence, women and children who are victims of domestic and sexual violence
Coverage area: MRC Beauharnois-Salaberry
Hours: issue table: by appointment, CLSC de Salaberry-de-Valleyfield: Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 12h00 and 13h00 to 16h00
Financing: municipal, provincial
Legal status: parapublic organization

TRAVERSÉE (LA)
10 Hickson Avenue, Saint-Lambert, Montérégie, QC, J4R 2N3
450 465-5263
Website: www.latraversee.qc.ca
Email: info@latraversee.qc.ca

Eligibility: women, youth and children living with mental health problems as a result of sexual assault including rape and incest

Coverage area: South Shore

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: provincial, fundraising campaigns

Legal status: non-profit organization

Daycare and respite

ABC DE LA FAMILLE (L’)
20 Saint-Pierre Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 3R7
450 377-4380
Website: www.abcfamille.ca
Email: direction@abcfamille.ca


Eligibility: families of children from 0 to 5 years old

Coverage area: Salaberry-De-Valleyfield

Hours: Monday to Friday 8h00 to 16h00, some workshops may be offered on Saturday morning

Fees: daycare: $3 for 3 hours, culinary workshops: find the fee policy on the website

Financing: self-financing, provincial, federal

Legal status: non-profit organization

ACTIVITÉS PRÉSCOLAIRES DE BROSSARD
1025 des Prairies Road, Brossard, Montérégie, QC, J4Y 2Y7
450 619-7765
Website: www.activitesprescolaires.com
Email: activitesprescolaires@yahoo.com


Eligibility: children 2 to 5 years old

Coverage area: Brossard

Financing: self-financing, municipal, fundraising campaigns

Legal status: non-profit organization

AFFAIRE DE FAMILLE (UNE)
19 Bridge Street, Ormstown, Montérégie, QC, J0S 1K0
450 829-3782
Website: www.uneaffairedefamillehsl.com
Email: uaf.reception@gmail.com


Eligibility: parents, young adults, children, teenagers, seniors

Coverage area: MRC du Haut-Saint-Laurent

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00, closed in July and August
ASSOCIATION DES FAMILLES MONOPARENTALES ET RECOMPOSÉES DE SAINT-HYACINTHE

1191 des Cascades Street, Suite 330, Saint-Hyacinthe, Montérégie, QC, J2S 3G9
450 774-6868 Fax: 450 252-6869
Website: afmr.ca
Email: info@afmr.ca

Services: * Information, referrals and accompaniment: separation, family reconstitution, single parenthood, etc.

Eligibility: single-parent families or reconstituted families, drop-in daycare: their children from 0 to 12 years old

Coverage area: MRC des Maskoutains, MRC Acton Vale

Hours: Tuesday to Thursday: 8h30 to 16h30, Friday: by appointment, drop-in daycare: two Saturdays per month and during some activities

Fees: membership card: $10, activities: variable, drop-in daycare: $5 deposit

Financing: provincial, municipal, self-financing

Legal status: non-profit organization

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

BAMBINERIE DE BOUCHERVILLE (LA)

1075 Lionel-Daunais Street, Suite 108, Boucherville, Montérégie, QC, J4B 8N5
450 641-2366
Website: bambinerie.com
Email: info@bambinerie.com


Eligibility: families and children

Coverage area: Boucherville

Hours: Monday to Friday 9h00 to 16h00

Fees: annual membership: $10 per family

Financing: municipal, self-financing

Legal status: non-profit organization
BARBAPARENTS (LES)
542 King-George Street, Longueuil, Montérégie, QC, J4J 2V7
450 448-3454 Fax: 450 448-5501
Website: www.barbaparents.org
Email: barbaparents@bellnet.ca
Eligibility: families with children 0 to 11 years old
Capacity: 40
Coverage area: Longueuil
Hours: Monday to Friday 8h00 to 17h00
Fees: annual membership: $25 per family
Financing: self-financing, fundraising campaigns
Legal status: non-profit organization

BOUSSOLE - CENTRE DE RESSOURCES À LA FAMILLE (LA)
404 Alain Street, Suite 3, Saint-Amable, Montérégie, QC, J0L 1N0
514 929-2732
Website: www.crflaboussole.com
Email: ccoordo@crflaboussole.com
Services: Support to families. * Community daycare. * Second Souffle: home support service for parents of children 0 to 5 years old. * Family worker for parents of children 0 to 17 years old: personalized support, listening, accompaniment, referral and information on available resources. * Workshops and conferences.
Eligibility: families
Capacity: daycare: 6 children, activities: 25 people
Coverage area: Saint-Amable
Hours: Monday to Friday 8h30 to 16h00
Fees: annual membership: $5, daycare: $3 for an hour, $8 for 3 hours, $15 for the day, workshops and conferences: free or low cost
Financing: federal, provincial, fundraising campaigns, foundations, municipal
Legal status: non-profit organization

CARREFOUR FAMILIAL DE SAINTE-JULIE
461 Saint-Joseph Boulevard, Suite 93, Sainte-Julie, Montérégie, QC, J3E 1W8
450 922-7179
Website: www.carrefourfamilialsj.org
Email: info@carrefourfamilialsj.org
Eligibility: families, mothers-to-be
Coverage area: Sainte-Julie
Hours: daycare: Tuesday to Friday 9h00 to 16h00, activities according to the program
Fees: variable fees depending on the activities and chosen services
Financing: grants, fundraising campaigns
Legal status: non-profit organization
CARREFOUR FAMILIAL DU RICHELIEU
856 Grand Boulevard, Chambly, Montérégie, QC, J3L 1V9
1 800 508-9969
Website: carrefourfamilial.org
Email: accueil@carrefourfamilial.org
Eligibility: children 0 to 17 years old and their families
Coverage area: CLSC Richelieu
Hours: Monday to Friday 9h00 to 17h00, evening activities
Fees: membership card for families: $10
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

CARREFOUR MOUSSEAU
230 des Ormeaux Boulevard, Longueuil, Montérégie, QC, J4L 1J4
450 468-4926     Fax: 450 468-1485
Website: www.carrefourmousseau.org
Email: cmousseau1990@videotron.ca
Eligibility: families, children 3 months to 5 years old, youth 8 to 12 years old, vulnerable, low-income or isolated adults, seniors, language course: children with language or attention problems
Capacity: 300 people
Coverage area: Vieux-Longueuil borough
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00
Fees: annual membership: $5, activities: 2 to $8, daycare: free, respite care: $7 per day
Financing: grants, donations, self-financing
Legal status: non-profit organization

CARREFOUR NAISSANCE-FAMILLE
5750 Saint-Roch Road, Sorel-Tracy, Montérégie, QC, J3R 3L9
450 743-0359 ext. 21     Fax: 450 743-8529
Website: www.carrefournaissancefamille.com
Email: communication@carrefournaissancefamille.com
Eligibility: future parents, families with children from 0 to 17 years old
Coverage area: MRC Pierre-De Saurel and surrounding areas
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: membership card: $25 for residents of the MRC Pierre-De Saurel, $50 for residents from surrounding areas, activities and services: free or variable
Financing: contributions, donations, self-financing, fundraising campaigns
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE 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
Eligibility: seniors, sick or convalescent people, people with a disability, families in need, people on a low income, community organizations, volunteers
Hours: Monday to Friday 8h30 to 16h30, thrift store: Monday to Wednesday 9h30 to 17h30, Thursday and Friday 9h30 to 19h00, Saturday and Sunday 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’ANIMATION MÈRE-ENFANT DE SAINT-BRUNO
53 de la Rabastalière Road East, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 3T5
514 445-5173
Website: camestbruno.com
Email: info@camestbruno.com
Eligibility: parents with children 0 to 5 years old
Capacity: 55
Coverage area: Saint-Bruno-de-Montarville
Hours: coffee-chats: Tuesday and Thursday, daycare: Wednesday and Friday
Fees: annual membership: $90 or $50 per semester
Financing: provincial, self-financing
Legal status: non-profit organization

CENTRE DE FEMMES L’ÉCLAIRCIE
1025 Centrale Street, Sainte-Catherine, Montérégie, QC, J5C 1A2
450 638-1131    Fax: 450 638-1132
Website: www.centredefemmesleclaircie.com
Email: info@eclaircie.org
Eligibility: women, children 5 years old and under
Capacity: 15
Coverage area: Candiac, Delson, La Prairie, Saint-Constant, Saint-Mathieu, Saint-Philippe, Sainte-Catherine
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: free or low cost for some activities
Financing: grants, self-financing, donations
Legal status: non-profit organization
CENTRE DE LA FAMILLE SAINT-PIE
70 Saint-François Avenue, Saint-Pie, Montérégie, QC, J0H 1W0
450 772-6828
Website: www.centredelafamillestpie.com
Email: centredelafamillestpie@gmail.com
Eligibility: families, children, youth, seniors
Capacity: 25
Coverage area: MRC Les Maskoutains
Hours: Monday to Wednesday 9h00 to 18h00, Thursday 9h00 to 20h00, Friday 8h00 to 12h00 and 14h30 to 18h00
Fees: membership card: $10 per family per year
Financing: provincial, municipal, Centraide Richelieu-Yamaska
Legal status: non-profit organization

CENTRE DE RESOURCES FAMILIALES DU HAUT SAINT-LAURENT
16 King Street, Huntingdon, Montérégie, QC, J0S 1H0
450 264-4598
Website: www.crfhsl.ca/?lang=en
Email: crf@bellnet.ca
Eligibility: families, parent-child early stimulation workshops: parents, children 0 to 5 years old
Coverage area: MRC Le Haut-Saint-Laurent
Hours: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 12h00
Financing: provincial, federal
Legal status: non-profit organization

CENTRE PETITE ÉCHELLE
850 Sainte-Hélène Street, Longueuil, Montérégie, QC, J4K 3R8
450 674-2201 ext. 103
Website: www.petiteechelle.org
Email: operations@petiteechelle.org
Services: * Stimulation services for children with special needs between 0 and 12 years old. * Family respite services.
Eligibility: children with specific needs related to one or more diagnosis including an autism spectrum disorder, cerebral lesions, intellectual, visual, motor disability or hearing impairment
Capacity: 10 people
Coverage area: Montérégie
Hours: 7 days 9h00 to 16h00
Fees: daycare and respite: $34 for 3 hours, $44 for 4 hours and $70 for 7 hours
Financing: self-financing, provincial
Legal status: non-profit organization

CENTRE PRÉNATAL ET JEUNES FAMILLES
640A Chicoine Street, Vaudreuil-Dorion, Montérégie, QC, J7V 9J4
450 424-7867
Website: www.centrepjf.org
Email: info@centrepjf.org

Eligibility: families, Les Relevailles service: new parents with a baby under 12 months of age
Capacity: 16 people
Coverage area: MRC Vaudreuil-Soulanges
Hours: Monday to Friday 8h00 to 15h30
Fees: free
Financing: self-financing
Legal status: non-profit organization

CHOUPETTES DE ST-MICHEL (LES)
438 Place Saint-Michel, Saint-Michel, Montérégie, QC, J0L 2J0
450 454-5957
Email: leschoupettesdestmichel@hotmail.com
Services: Pre-school.
Eligibility: children 3 to 5 years old
Capacity: 10 children per day
Coverage area: MRC Les Jardins-de-Napierville
Hours: 3 to 4 years old: Tuesday and Thursday 8h00 to 12h00, 4 to 5 years old: Monday and Wednesday 8h00 to 15h00, 3 to 5 years old: Friday 8h00 to 15h00
Fees: half-day: $8 for residents of Saint-Michel and $10 for non-residents, full day: $12 for residents and $15 for non-residents
Financing: self-financing, fundraising campaigns, municipal
Legal status: non-profit organization

CLÉ SUR LA PORTE (LA)
Confidential Address
450 774-1843 Fax: 450 774-9951
Website: www.clesurlaporte.org
Email: info@clesurlaporte.org
Eligibility: women victims of domestic violence, their children
Capacity: 21 places
Coverage area: MRC Les Maskoutains, MRC La Vallée-du-Richelieu, MRC Acton
Hours: 24 hours / 7 days
Fees: none
Financing: donations, provincial
Legal status: non-profit organization

CROISÉE DE LONGUEUIL (LA)
1230 Green Street, Longueuil, Montérégie, QC, J4K 4Z5
450 677-8918 Fax: 450 677-3377
Website: www.lacroiseedelongueuil.qc.ca
Email: lacroisee@lacroiseedelongueuil.qc.ca
Eligibility: families or people on a low income
Coverage area: South Shore, food assistance: Notre-Dame-de-la-Garde, Saint-Georges, Saint-Antoine-de-Padoue, Sainte-Louise-de-Marillac, Saint-Jude parishes
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 15h30
Fees: food assistance and cooking classes: free, delivery of frozen meals La Petite Cuillère: minimum purchase required and variable fees according to distance
Financing: Centraide of Greater Montréal, federal, provincial, municipal, self-financing
Legal status: non-profit organization

ENVOL (L’) PROGRAMME D’AIDE AUX JEUNES MÈRES
1660 de l’Église Street, Longueuil, Montérégie, QC, J4P 2C8
450 465-2584 ext. 221 Fax: 450 465-2466
Website: lenvol.org
Email: info@lenvol.org


Eligibility: pregnant women and mothers under 25 years old, Escale: mothers under 30 years old, food assistance, childcare and transportation: for users only
Coverage area: South Shore of Montréal
Hours: Monday to Friday 9h00 to 16h00, Daycare Les Coucous de l’Envol: Monday to Friday 7h00 to 18h00
Fees: none
Financing: grants, self-financing, donations
Legal status: non-profit organization

FAMILLE À COEUR
130 Saint-Georges Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 2S8
450 346-1734 Fax: 450 346-9680
Website: familleacoeur.qc.ca
Email: familleacoeur@familleacoeur.qc.ca


Eligibility: families
Coverage area: MRC Le Haut-Richelieu
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00, some evenings and weekends
Fees: yearly membership: $20 per family per year
Financing: provincial, federal, Centraide of Greater Montréal
Legal status: non-profit organization

HALTE FAMILIALE (LA)
600 Ellice Street, Suite 303, Beauharnois, Montérégie, QC, J6N 3P7
450 225-2725
Website: www.haltefamiliale.org
Email: info@haltefamiliale.org


Eligibility: children, families, communities
Coverage area: Beauharnois
Hours: Monday to Friday 8h00 to 16h30, closed during summer  
Fees: variable  
Financing: grants  
Legal status: non-profit organization

HOME-START CHAMPLAIN
78 Saint-Louis Street, Longueuil, Montérégie, QC, J4R 2L4  
450 923-4138  
Website: premierspasenglish.weebly.com  
Email: info@premierspaschamplain.org  
Eligibility: families with children under 12 years old  
Coverage area: South Shore  
Hours: Monday to Friday 9h00 to 16h00  
Fees: workshops: variable  
Financing: provincial  
Legal status: non-profit organization

KANATAKON CHILD CARE CENTRE  
21 Park Street, Akwesasne, Montérégie, QC, H0M 1A0  
613 575-1915  
Website: www.akwesasnechildcare.com  
Email: connie.hall@akwesasne.ca  
Eligibility: children from the Akwesasne community, child care centre: children between the ages of 3 months and 30 months, private home program: children between the ages of 6 weeks and 12 years, after school and summer care: children between the age of 3 years and 6 years  
Coverage area: Akwesasne  
Hours: Monday to Friday 7h30 to 17h00  
Fees: after school care: $40 per full week, summer care: $80 per week  
Legal status: municipal agency

LUCIOLES, COOP DE SOLIDARITÉ  
254 des Patriotes Road, Saint-Mathias-sur-Richelieu, Montérégie, QC, J3L 6A3  
450 658-8166 Fax: 450 658-4110  
Email: fraco-mousses@fraco.com  
Eligibility: families, children from 1 to 5 years old  
Coverage area: MRC de Rouville  
Legal status: non-profit organization
MAISON DE LA FAMILLE COWANSVILLE RÉGION
1159 Sud Street, Cowansville, Montérégie, QC, J2K 2Y7
450 815-1110
Website: www.maisondelafamillecowansville.com
Email: maisondelafamillecowansville@gmail.com
Eligibility: families and parents of children 0 to 12 years old, daycare: children 18 months to 5 years old, stimulation workshops: children 3 to 5 years old
Coverage area: Cowansville
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00
Fees: membership card: $20 per family per year, daycare, respite and activities: free for members
Financing: contributions
Legal status: non-profit organization

MAISON DE LA FAMILLE DE BROSSARD
2210 André Street, Brossard, Montérégie, QC, J4Z 2Z8
450 678-5222
Website: www.mfdebrossard.org/fr
Email: info@mfdebrossard.org
Eligibility: families
Capacity: 50
Coverage area: Brossard
Hours: Monday to Friday 8h30 to 16h00, activities: variable
Fees: variable according to the activities
Financing: provincial, donations, self-financing
Legal status: non-profit organization

MAISON DE LA FAMILLE DE LA VALLÉE DU RICHELIEU (LA)
91 Cartier Boulevard, Béloré, Montérégie, QC, J3G 6R4
450 446-0852
Website: www.mfvr.ca
Email: reception@mfvr.ca
Eligibility: families, caregivers, seniors
MAISON DE LA FAMILLE DES MASKOUTAINS
2130 Mailhot Avenue, Saint-Hyacinthe, Montérégie, QC, J2S 9E1
450 771-4010     Fax: 450 250-0272
Website: www.mfm.qc.ca
Email: accueil@mfm.qc.ca


Eligibility: families, seniors, caregivers, children, immigrants, refugees

Coverage area: MRC Les Maskoutains

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

Fees: membership card: $10 per year, drop-in respite: free, educational childcare services: $20 per 4-week session, including meals, Tablette et cie: free for members, $5 per 4-month session for non-members, community meals: variable

Financing: provincial, donations, grants, membership fees

Legal status: non-profit organization

MAISON DE LA FAMILLE JOLI-COEUR (LA)
4865 Legendre Street, Contrecoeur, Montérégie, QC, J0L 1C0
450 587-2965     Fax: 450 587-8343
Website: www.maisondelafamillejolicoeur.ca
Email: mdjolicoeur@videotron.ca


Eligibility: parents with children 0 to 5 years old

Coverage area: CLSC des Seigneuries

Hours: Monday to Friday 9h00 to 15h30, daycare: Monday to Friday 8h30 to 16h00

Fees: according to activities

Financing: fundraising campaigns, self-financing

Legal status: non-profit organization

MAISON DE LA FAMILLE KATERI
200 Balmoral Street, La Prairie, Montérégie, QC, J5R 4L5
450 659-9188     Fax: 450 659-5573
Website: www.maisonfamillekateri.com
Email: info@maisonfamillekateri.com
Child, Youth and Family


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

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

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

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

**Fees:** variable

**Financing:** grants, fundraising campaigns

**Legal status:** non-profit organization

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**MAISON DE LA FAMILLE LA PARENTR'AIDE**

2060 Holmes Street, Longueuil, Montérégie, QC, J4T 1R8

450 923-9333

**Website:** laparentraide.ca

**Email:** info@laparentraide.ca

**Services:** Provides parents with support and tools to enable them to better perform their role as educators and improve the quality of life for their family. * Workshops for parents of children 0 to 5 years: YAPP program, luncheons, Vie de famille, De la discipline à l'amour, Éveil musical, Langagibou. * Baby food workshops. * Daycare for children 0 to 5 years. * Parent-child workshops for children 0 to 5 years: Moments magiques, Exp'art, Mes 5 sens et moi, La boîte à outils, Grouille et gribouille, Tand'aime, Passeport. * Workshops for parents of children 5 to 12 years: Full Parent, Vie de famille, De la discipline à l'amour, Jalousie et rivalité frère/sœur, Parler pour que les enfants écoutent. * Parent-youth workshop for youth 5 to 12 years: Estime de soi. * Workshop for parents of teenagers 12 to 17 years: Parents d'ado, Une traversée. * Flash papa. * Individual meetings. * Summer day camp for children 5 to 11 years old. * Kindergarten preparation day camp for 4 years old children.

**Eligibility:** parents of children 0 to 17 years old

**Coverage area:** Greenfield Park, Longueuil, LeMoyne, Saint-Hubert

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

**Fees:** annual membership: $20

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

**Legal status:** non-profit organization

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**MAISON DE LA FAMILLE LEMOYNE**

1882 St-Georges Street, Suite 503, Longueuil, Montérégie, QC, J4P 3J4

450 465-3571

**Website:** www.maisondelafamillelemoyne.org

**Email:** mfl@bellnet.ca

**Services:** Education, helping relationship, welcoming and referrals for neighbourhood families. * Educational daycare for youth 0 to 5 years old: Sourissimo (3 to 18 months old), Souriceaux (18 months to 3 years old) and Souris-Moi (3 to 5 years old). * 7 weeks daycare during the summer: Lucioles (22 months to 3 years old) and Libellulites (3 to 6 years old). * Trotti-bouge: parent-child activities for 18 months to 3 years old. * In-school activities for the 6 to 12 years old: homework help, Lire et faire lire program and collective kitchens. * Les P'tits vendredis: recreational activities in the evening for youth 8 to 12 years old. * Morning talk for parents. * Welcome, listening and referral. * Family activities. * Espace-libre: community library for children, parents and the community of LeMoyne and surroundings, animations and workshops. * Used items recovery and donations: toys, clothing for children and adults, etc. * Possibility of volunteering and getting involved in the activities. * Tax clinic for members.

**Eligibility:** parents, children 0 to 12 years, families, seniors

**Coverage area:** Longueuil agglomeration, priority to people living in LeMoyne and surrounding areas

**Hours:** Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h30, Trotti-Bouge: Friday 9h00 to 10h00 and 10h30 to 11h30, talks: Tuesday 9h00 to 10h30

**Fees:** membership: $10, daycare: $5 per morning, activities: variable
Financing: Centraide Greater Montreal, provincial, federal, donations, self-financing
Legal status: non-profit organization

MAISON DE LA FAMILLE VALOISE
962 Dubois Street, Acton Vale, Montérégie, QC, J0H 1A0
450 546-4627
Website: maisondela famillevaloise.org
Email: info@mdfvaloise.org

Eligibility: parents, families, volunteers
Coverage area: MRC d’Acton
Hours: Monday to Friday 9h00 to 16h00
Fees: drop-in: $1.75 per hour
Financing: donations
Legal status: non-profit organization

MAISON DE LA FAMILLE VAUDREUIL-SOULANGES
1210 Principale Street, Saint-Zotique, Montérégie, QC, J0P 1Z0
450 217-2177
Website: www.maisondela famillevs.ca
Email: info@mfvs.ca

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 INTERNATIONALE DE LA RIVE-SUD
2500 Lapinière Boulevard, Brossard, Montérégie, QC, J4Z 3V1
450 445-8777 Fax: 450 445-1222
Website: mirs.qc.ca
Email: info@mirs.qc.ca

Eligibility: immigrants and refugees
Coverage area: South Shore
Hours: Monday to Friday 9h00 to 17h00
Fees: variable costs for some services: certification of documents, translation, daycare
Financing: provincial, federal, self-financing
Legal status: non-profit organization

MAISON LA VIREVOLTE
335 Le Moyne Street West, Longueuil, Montérégie, QC, J4H 1W4
450 651-1901 Fax: 450 651-9125
Website: www.maisonlavirevolte.com
Email: info@maisonlavirevolte.com
Eligibility: families living in the borough of Vieux-Longueuil, in particular those living in HLMs
Coverage area: Vieux-Longueuil
Hours: Monday to Friday 9h00 to 17h00
Fees: membership: $5 per family or $2 per person, other fees for specific activities
Financing: Centraide of Greater Montréal, federal, provincial
Legal status: non-profit organization

MAISON TREMPLIN DE LONGUEUIL (LA)
267 Toulouse Street, Longueuil, Montérégie, QC, J4L 4X1
450 442-4019
Website: www.maisontremplin.com
Email: info@maisontremplin.com
Eligibility: services: all, activities: families and children 0 to 12 years old
Coverage area: Vieux-Longueuil
Hours: Monday to Thursday 8h30 to 16h00, Friday 8h30 to 12h00
Fees: membership: $7 per year per family with children, $5 per adult, activities: variable
Financing: Centraide of Greater Montréal, federal, provincial, self-financing, donations
Legal status: non-profit organization

MOUVEMENT SEM (SENSIBILISATION POUR UNE ENFANCE MEILLEURE)
366-368 Laurier Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 6L3
450 348-0209 Fax: 450 348-9665
Website: mouvementsem.org
Email: reception@mouvementsem.com
Eligibility: children, teenagers, parents
Coverage area: Montérégie
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, availability in the evening by appointment, homework help: 15h00 to 18h00
Fees: $20 per year  
Financing: provincial, federal, Centraide of Greater Montréal, donations  
Legal status: non-profit organization

PETITS BOUTS (LES)  
525 Latour Street, Longueuil, Montérégie, QC, J3Y 6A9  
450 462-8975  
Website: www.petitsbouts.com  
Email: infopetitsbouts@gmail.com  
Eligibility: children 3 to 5 years old  
Capacity: 12 children per group  
Coverage area: Longueuil  
Hours: Monday to Friday 9h00 to 11h00  
Financing: municipal, donations, self-financing  
Legal status: non-profit organization

PRÉMATERNELLE L’ATELIER DE L’ENFANT SOLEIL  
150 Perrot Boulevard, L’Île-Perrot, Montérégie, QC, J7V 3G1  
514 453-1751 ext. 255  
Website: www.atelierenfantsoleil-vip.org  
Email: atelier.enfant.soleil@hotmail.ca  
Services: Educational and social activities for preschool children.  
Eligibility: children 3 to 5 years old  
Capacity: 20 children  
Coverage area: MRC of Vaudreuil-Soulanges  
Hours: Monday, Wednesday and Friday 9h00 to 11h30 or 9h00 to 13h00  
Fees: registration: $30 resident, $35 non-resident, monthly fees: variable  
Financing: self-financing  
Legal status: non-profit organization

QUARTIER DES FEMMES (LE)  
71 Principale Street, Châteauguay, Montérégie, QC, J6K 1G1  
450 692-9805     Fax: 450 692-8243  
Website: quartierdesfemmes.com/en  
Email: info@quartierdesfemmes.com  
Eligibility: women  
Coverage area: CLSC Jardins-Roussillon  
Hours: Monday to Friday 8h30 to 16h30, open in the evening according to activities  
Fees: none, minimal fees for some activities  
Financing: Centraide of Greater Montréal, provincial, federal, donations, contributions  
Legal status: non-profit organization

SOURIRE SANS FIN  
2-A Sainte-Famille Street, Saint-Rémi, Montérégie, QC, J0L 2L0  
450 454-5747     Fax: 450 454-5640  
Website: souriresansfin.org  
Email: info@souriresansfin.org

Eligibility: people on a low income, families, ITMAV project: seniors 55 and over

Capacity: 600 per year

Coverage area: MRC Les Jardins-de-Napierville

Hours: Monday to Friday 8h30 to 16h30, collective kitchen: Monday, Tuesday and Wednesday, meals on wheels: Tuesday 11h30

Fees: collective kitchen: $1.25 per portion, meals on wheels: $6 per meal, food bags: $2 per week per family

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

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

540 du Lac-Saint-Louis Road, Léry, Montérégie, QC, J6N 1A3
450 691-4897
Website: www.stationdelaventure.com
Email: famille@stationdelaventure.com


Eligibility: families with children 0 to 18 years old

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

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

Fees: annual membership: $15, activities: variable

Financing: self-financing, fundraising campaigns, provincial

Legal status: non-profit organization

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

695 Saint-Régis Road, Saint-Isidore, Montérégie, QC, J0L 2A0
450 691-4897
Website: www.stationdelaventure.com
Email: famille@stationdelaventure.com


Eligibility: parents of children 0 to 18 years old

Coverage area: Saint-Isidore

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

Fees: annual membership: $15, activities: variable

Financing: self-financing, fundraising campaigns, provincial

Legal status: non-profit organization

STATION DE L'AVENTURE - MAISON DE LA FAMILLE (LA) - POINT DE SERVICE SAINTE-MARTINE

122 Saint-Joseph Street, Sainte-Martine, Montérégie, QC, J0S 1V0
450 691-4897
Website: www.stationdelaventure.com
Email: famille@stationdelaventure.com


Eligibility: families with children 0 to 18 years old

Coverage area: Sainte-Martine
Hours: drop-in respite: Wednesday and Thursday 9h00 to 14h00, workshop: Monday 9h00 to 11h00
Fees: annual membership: $15, activities: variable
Financing: self-financing, fundraising campaigns, provincial
Legal status: non-profit organization

STEP-BY-STEP CHILD AND FAMILY CENTER
Confidential Address
450 632-7603   Fax: 450 632-3357
Website: www.stepxstep.ca
Email: info@stepxstep.ca
Eligibility: children 18 months to 6 years old, their families
Capacity: 180
Coverage area: Kahnawake
Hours: Monday to Friday 7h30 to 17h30
Fees: $8.70 per day
Financing: self-financing
Legal status: non-profit organization

TSISNIAHNE CHILD CARE CENTRE
20 Snye School Road, Akwesasne, Montérégie, QC, H0M 1A0
613 575-1171
Website: www.akwesasnechildcare.com
Email: lacey.angus@akwesasne.ca
Eligibility: children from the Akwesasne community, child care centre: children between the ages of 18 months and 5 years, private home program: children between the ages of 6 weeks and 12 years, after school and summer care: children between the age of 3 years and 6 years
Coverage area: Akwesasne
Hours: Monday to Friday 7h30 to 17h00
Fees: after school care: $40 per full week, summer care: $80 per week
Legal status: municipal agency

Family Support

ABC DE LA FAMILLE (L’)
20 Saint-Pierre Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 3R7
450 377-4380
Website: www.abcfamille.ca
Email: direction@abcfamille.ca
Eligibility: families of children from 0 to 5 years old
Coverage area: Salaberry-De-Valleyfield
Hours: Monday to Friday 8h00 to 16h00, some workshops may be offered on Saturday morning
Fees: daycare: $3 for 3 hours, culinary workshops: find the fee policy on the website
Financing: self-financing, provincial, federal
Legal status: non-profit organization

**ACTIONS FAMILLES SAINTE-MARTINE SAINT-URBAIN-PREMIER**

122 Saint-Joseph Street, Suite 1, Sainte-Martine, Montérégie, QC, J0S 1V0
450 427-1576  Fax: 450 498-0669
Website: www.actionsfamilies.org
Email: info@actionsfamilies.org


Eligibility: families
Coverage area: Sainte-Martine, Saint-Urbain-Premier and surroundings
Hours: Monday to Thursday 9h00 to 16h30, collectives kitchens: Wednesday 9h00 to 13h00
Financing: provincial, municipal, donations, contributions
Legal status: non-profit organization

**ACTIVITÉS PRÉSCOLAIRES DE BROSSARD**

1025 des Prairies Road, Brossard, Montérégie, QC, J4Y 2Y7
450 619-7765
Website: www.activitesprescolaires.com
Email: activitesprescolaires@yahoo.com


Eligibility: children 2 to 5 years old
Coverage area: Brossard
Financing: self-financing, municipal, fundraising campaigns
Legal status: non-profit organization

**AIDE PÉDAGOGIQUE AUX ADULTES ET AUX JEUNES DE SAINTE-HYACINTHE**

900 Saint-Antoine Street, Saint-Hyacinthe, Montérégie, QC, J2S 3K1
450 261-0384
Website: www.apaj.ca
Email: info@apaj.ca


Eligibility: people living with problem of illiteracy
Coverage area: Saint-Hyacinthe
Hours: Monday to Thursday 9h00 to 17h00
Fees: small fee for the collective kitchen
Financing: provincial
Legal status: non-profit organization

**ANTICHAMBRE 12-17 HÉBERGEMENT JEUNESSE DU SUROÎT (L’)**

323 Larocque Road, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4C1
450 373-9887
Website: www.lantichambre12-17.ca
Email: hebergement@lantichambre12-17.ca


Eligibility: youth 12 to 17 years old
Capacity: 5 beds
Coverage area: MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges or others if necessary
Hours: 24 hours / 7 days
Fees: $10 per day, $70 per week
Financing: self-financing, foundations
Legal status: non-profit organization

ANTRE-TEMPS LONGUEUIL (L’)
950 Roland-Therrien Boulevard, Longueuil, Montréal, QC, J4J 5H3
450 651-0125 Fax: 450 651-0126
Website: antre-temps.org
Email: admin@antre-temps.org

Eligibility: youth in difficulty 16 to 21 years old, support group: parents with children 12 years old and over
Capacity: 14 places, support group: 5 to 10 parents
Coverage area: priority to the South Shore
Hours: 24 hours / 7 days
Fees: shelter: $8 per day, support group for parents: free
Financing: donations, self-financing, provincial, federal, Centraide of Greater Montréal, foundations
Legal status: non-profit organization

APPRENDRE EN COEUR
25 Saint-Sauveur Street, Saint-Rémi, Montréal, QC, J0L 2L0
450 454-0400
Website: apprendreencoeur.org
Email: appprendreencoeur@gmail.com

Eligibility: families with children 0 to 5 years old
Coverage area: MRC Les Jardins-de-Napierville
Hours: Monday to Friday 9h00 to 16h00, by appointment
Fees: programs and workshops: free, summer camp: $5 for a half-day
Financing: grants, fundraising campaigns
Legal status: non-profit organization

ASSOCIATION DE LA DÉFICIENCE INTELLECTUELLE DE LA RÉGION DE SOREL
1275 des Patriotes Road, Sorel-Tracy, Montréal, QC, J3P 2N4
450 743-0664 Fax: 450 743-3208
Website: adirs.e-monsite.com
Email: adirs@videotron.ca

Eligibility: people with an intellectual disability or an autism spectrum disorder, their family
Coverage area: Contrecoeur, MRC Pierre-De Saurel
Hours: Monday to Friday 9h00 to 16h00
Fees: annual membership card: $10, activities: variable
Financing: federal, provincial, fundraising campaigns, self-financing, contributions, donations
Legal status: non-profit organization
ASSOCIATION DE PARENTS DE L'ENFANCE EN DIFFICULTÉ
1050 Curé-Poirier Boulevard West, Suite 100, Longueuil, Montérégie, QC, J4K 2E4
450 679-9310 Fax: 450 679-3294
Website: aped.org
Email: info@aped.org
Eligibility: parents of a child living with an intellectual disability, an autism spectrum disorder, an attention deficit disorder with or without hyperactivity, behavioural disorders or with a mental health issue, youth service: youth 5 to 21 years old living with an intellectual disability, an autism spectrum disorder or a mental health issue.
Coverage area: South Shore
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00, mutual aid groups and trainings: evening.
Fees: annual membership: $20, participation fees for some services.
Financing: Centraide of Greater Montréal, provincial, municipal, self-financing.
Legal status: non-profit organization.

ASSOCIATION DE PARENTS POUR L'ADOPTION QUÉBÉCOISE
Confidential Address
1 844 990-9144
Website: www.apaq.adoption-quebec.ca
Email: apaq@adoption-quebec.ca
Services: * Pre and post-adoption support and online support. * Support groups and conferences, 3 or more times per year. * Web conferences. * Therapeutic support group with psychologist, 4 to 5 meetings, more than once a month. * Support workshops for children who have been adopted. * Documentation and information. * Family outings. * Online parent and adoptee meeting group * Psycho-educational support group. * Closed Facebook group. * Access to videoconference and face-to-face conferences for members.
Eligibility: families who have adopted or are waiting to adopt a child born in Québec, adoption applicants, mixed bank parents.
Capacity: variable.
Coverage area: Province of Québec.
Hours: Monday to Friday variable, self-help and support groups: evenings and weekends on a scheduled basis.
Fees: free annual membership: recommended contribution: $35 per family and less than $100 per couple for the therapeutic meeting sessions of the support group, mutual aid group: none, conferences: none.
Financing: membership fees, donations, grants, provincial.
Legal status: non-profit organization.

ASSOCIATION DES FAMILLES DE VARENNES
Confidential Address
438 771-5411
Website: afvarennes.com
Email: info@afvarennes.com
Eligibility: families.
Coverage area: Varennes.
Hours: Frimousses: Tuesday and Thursday 9h00 to 11h00.
Fees: members: $25 per year, activities: variable, some activities are accessible to non-members for an additional fee.
Financing: self-financing, membership fees.
Legal status: non-profit organization.
ASSOCIATION DES FAMILLES MONOPARENTALES ET RECOMPOSÉES DE SAINT-HYACINTHE

1191 des Cascades Street, Suite 330, Saint-Hyacinthe, Montérégie, QC, J2S 3G9
450 774-6868  Fax: 450 252-6869
Website: afmr.ca
Email: info@afmr.ca

Services: * Information, referrals and accompaniment: separation, family reconstitution, single parenthood, etc.  
* Monthly drop-in daycare.  
* Social and familial activities.  
* Conferences and workshops.
Eligibility: single-parent families or reconstituted families, drop-in daycare: their children from 0 to 12 years old
Coverage area: MRC des Maskoutains, MRC Acton Vale
Hours: Tuesday to Thursday: 8h30 to 16h30, Friday: by appointment, drop-in daycare: two Saturdays per month and during some activities
Fees: membership card: $10, activities: variable, drop-in daycare: $5 deposit
Financing: provincial, municipal, self-financing
Legal status: non-profit organization

ASSOCIATION DES MÉDIATEURS FAMILIAUX DU QUÉBEC

Confidential Address
514 990-4011
Website: www.mediationquebec.ca/en
Email: info@mediationquebec.ca

Services: Information on family mediation.  
* Directory of family mediators: www.mediationquebec.ca/en/directory/recherche_avancee
Eligibility: people going through a separation or divorce, people seeking a revised agreement, people who are incapacitated or in the process of being declared unfit
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Financing: provincial
Legal status: non-profit organization

ASSOCIATION DES PARENTS DES ENFANTS HANDICAPÉS RICHELIEU-VAL-MASKA

16675 Desrochers Avenue, Saint-Hyacinthe, Montérégie, QC, J2T 3K3
450 261-8556
Email: directrice@apehrvm.org

Services: Support and accompaniment for families of people living with a disability.  
* Individual and collective rights advocacy.  
* Support and accompaniment: announcement of diagnosis, intervention plan, form filling, etc.  
* Parents meetings.  
* Public awareness: conferences, kiosks and evening presentation.  
* Specialized library.  
* Adapted material loan.  
* Un moment pour toi! workshop: social and recreational activities for siblings of children with a disability.  
* Mentoring for teenagers and young adults with an autism spectrum disorder or a physical disability.  
* Parent'hèse newspaper: dissemination of information to parents and community organizations.  
* Family activities.
Eligibility: families of people living with an intellectual disability, a physical disability or an autism spectrum disorder
Coverage area: Beloeil, McMasterville, Mont-Saint-Hilaire, MRC Acton, MRC les Maskoutains, MRC Rouville, Otterburn Park, Saint-Charles-sur-Richelieu, Saint-Denis-sur-Richelieu, Saint-Jean-Baptiste, Saint-Mathieu-de-Beloeil
Hours: Monday to Friday 9h00 to 16h00
Fees: free
Financing: provincial
Legal status: non-profit organization
ASSOCIATION INFERTILITÉ QUÉBEC
1538 Saint-Jean-Baptiste Boulevard, Mercier, Montérégie, QC, J6R 2L1
514 452-6775
Website: www.infertilite.ca
Email: president@infertilite.ca
Eligibility: infertile couples and individuals of all sexual orientations
Coverage area: Province of Québec
Fees: annual membership: $25.50
Financing: membership fees
Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DES PARENTS D’ENFANTS HANDICAPÉS VISUELS
10 Churchill Boulevard, Suite 203, Longueuil, Montérégie, QC, J4V 2L7
1 888 849-8729 Fax: 450 465-5129
Website: www.aqpehv.qc.ca
Email: info@aqpehv.qc.ca
Eligibility: parents of children living with a visual impairment or a neurovisual impairment aged 0 to 21 years old
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: active members: $10 per parent, support members: $25 per person, member organization: $30
Financing: grants, donations
Legal status: non-profit organization

AUTISME MONTÉRÉGIE
755 Sainte-Foy Boulevard, Suite 210, Longueuil, Montérégie, QC, J4J 1Z4
1 888 424-1212 Fax: 450 646-4633
Website: www.autismemonteregie.org
Email: administration@autismemonteregie.org
Eligibility: people living with an autism spectrum disorder (ASD), their family, their close ones
Coverage area: Montérégie
Hours: Monday to Friday 8h00 to 16h00, summer: variable
Fees: annual membership, adult member living with ASD: $15, parent and extended family member: $20, support worker member: $40
Financing: donations, fundraising events, grants, provincial
Legal status: non-profit organization

BAMBINERIE DE BOUCHERVILLE (LA)
1075 Lionel-Daunais Street, Suite 108, Boucherville, Montérégie, QC, J4B 8N5
450 641-2366
Website: bambinerie.com
Email: info@bambinerie.com
Eligibility: families and children
Coverage area: Boucherville
Hours: Monday to Friday 9h00 to 16h00
Fees: annual membership: $10 per family
Financing: municipal, self-financing
Legal status: non-profit organization

BARBAPARENTS (LES)
542 King-George Street, Longueuil, Montérégie, QC, J4J 2V7
450 448-3454  Fax: 450 448-5501
Website: www.barbaparents.org
Email: barbaparents@bellnet.ca
Eligibility: families with children 0 to 11 years old
Capacity: 40
Coverage area: Longueuil
Hours: Monday to Friday 8h00 to 17h00
Fees: annual membership: $25 per family
Financing: self-financing, fundraising campaigns
Legal status: non-profit organization

BONJOUR SOLEIL - REGROUPEMENT DES FAMILLES MONOPARENTALES ET RECOMPOSÉES DE LA VALLÉE-DU-RICHELIEU
308 Montsabré Street, Suites 205 and 208, Beloeil, Montérégie, QC, J3G 2H5
450 467-3479
Website: www.bonjoursoleil.org
Email: info@bonjoursoleil.org
Eligibility: single-parent and blended families
Coverage area: MRC La Vallée-du-Richelieu
Hours: Monday to Friday 9h00 to 17h00
Fees: free
Financing: provincial
Legal status: non-profit organization

BOUSSOLE - CENTRE DE RESSOURCES À LA FAMILLE (LA)
404 Alain Street, Suite 3, Saint-Amable, Montérégie, QC, J0L 1N0
514 929-2732
Website: www.crflaboussole.com
Email: coordo@crflaboussole.com
Services: Support to families. * Community daycare. * Second Souffle: home support service for parents of children 0 to 5 years old. * Family worker for parents of children 0 to 17 years old: personalized support, listening, accompaniment, referral and information on available resources. * Workshops and conferences.
Eligibility: families
Capacity: daycare: 6 children, activities: 25 people
Coverage area: Saint-Amable
Hours: Monday to Friday 8h30 to 16h00
Fees: annual membership: $5, daycare: $3 for an hour, $8 for 3 hours, $15 for the day, workshops and conferences: free or low cost
Financing: federal, provincial, fundraising campaigns, foundations, municipal
Legal status: non-profit organization

BROSSARD PUBLIC LIBRARY
7855 San-Francisco Avenue, Brossard, Montérégie, QC, J4X 2A4
450 923-6350 Fax: 450 923-7042
Website: bibliothèque.brossard.ca
Email: bibliothèque@brossard.ca


Coverage area: Brossard
Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00, summer: Monday to Friday 10h00 to 21h00, Saturday 12h00 to 17h00
Fees: residents: free, non-residents: $80

CARREFOUR FAMILIAL DE SAINTE-JULIE
461 Saint-Joseph Boulevard, Suite 93, Sainte-Julie, Montérégie, QC, J3E 1W8
450 922-7179
Website: www.carrefourfamilialsj.org
Email: info@carrefourfamilialsj.org

Eligibility: families, mothers-to-be
Coverage area: Sainte-Julie
Hours: daycare: Tuesday to Friday 9h00 to 16h00, activities according to the program
Fees: variable fees depending on the activities and chosen services
Financing: grants, fundraising campaigns
Legal status: non-profit organization

CARREFOUR FAMILIAL DU RICHELIEU
856 Grand Boulevard, Chambly, Montérégie, QC, J3L 1V9
1 800 508-9969
Website: carrefourfamilial.org
Email: accueil@carrefourfamilial.org

Eligibility: children 0 to 17 years old and their families
Coverage area: CLSC Richelieu
Hours: Monday to Friday 9h00 to 17h00, evening activities
Fees: membership card for families: $10
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

CARREFOUR MOUSSEAU
230 des Ormeaux Boulevard, Longueuil, Montérégie, QC, J4L 1J4
450 468-4926  Fax: 450 468-1485
Website: www.carrefourmousseau.org
Email: cmousseau1990@videotron.ca


Eligibility: families, children 3 months to 5 years old, youth 8 to 12 years old, vulnerable, low-income or isolated adults, seniors, language course: children with language or attention problems
Capacity: 300 people
Coverage area: Vieux-Longueuil borough
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00
Fees: annual membership: $5, activities: 2 to $8, daycare: free, respite care: $7 per day
Financing: grants, donations, self-financing
Legal status: non-profit organization

CARREFOUR NAISSANCE-FAMILLE
5750 Saint-Roch Road, Sorel-Tracy, Montérégie, QC, J3R 3L9
450 743-0359 ext. 21  Fax: 450 743-8529
Website: www.carrefournaisancefamille.com
Email: communication@carrefournaisancefamille.com


Eligibility: future parents, families with children from 0 to 17 years old
Coverage area: MRC Pierre-De Saurel and surrounding areas
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: membership card: $25 for residents of the MRC Pierre-De Saurel, $50 for residents from surrounding areas, activities and services: free or variable
Financing: contributions, donations, self-financing, fundraising campaigns
Legal status: non-profit organization

CENTRE D'ANIMATION MÈRE-ENFANT DE SAINT-BRUNO
53 de la Rabastalière Road East, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 3T5
514 445-5173
Website: camestbruno.com
Email: info@camestbruno.com

Eligibility: parents with children 0 to 5 years old
Capacity: 55
Covered area: Saint-Bruno-de-Montarville
Hours: coffee-chats: Tuesday and Thursday, daycare: Wednesday and Friday
Fees: annual membership: $90 or $50 per semester
Financing: provincial, self-financing
Legal status: non-profit organization

CENTRE DE LA FAMILLE SAINT-PIE
70 Saint-François Avenue, Saint-Pie, Montérégie, QC, J0H 1W0
450 772-6828
Website: www.centredelafamillestpie.com
Email: centredelafamillestpie@gmail.com
Eligibility: families, children, youth, seniors
Capacity: 25
Coverage area: MRC Les Maskoutains
Hours: Monday to Wednesday 9h00 to 18h00, Thursday 9h00 to 20h00, Friday 8h00 to 12h00 and 14h30 to 18h00
Fees: membership card: $10 per family per year
Financing: provincial, municipal, Centraide Richelieu-Yamaska
Legal status: non-profit organization

CENTRE DE PÉDIATRIE SOCIALE EN COMMUNAUTÉ MAIN DANS LA MAIN
215 du Sud Street, 3rd floor, Cowansville, Montérégie, QC, J2K 2X5
450 260-1414 ext. 0
Website: cpscmaindanslamain.org/en
Email: reception@cpscmaindanslamain.org
Eligibility: children 0 to 18 years old in situations of great vulnerability
Coverage area: MRC Brome-Missisquoi
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial, donations, fundraising campaigns
Legal status: non-profit organization

CENTRE DE PÉRINATALITÉ L'AUTRE MAISON
575 Saint-Charles Street East, Longueuil, Montérégie, QC, J4H 1B8
450 332-9833   Fax: 450 332-0865
Website: lautremaison.ca
Email: info@lautremaison.ca
Eligibility: pregnant women, couples, children
Coverage area: Montréal Island, South Shore
Hours: centre: Monday to Thursday 8h00 to 19h30, Friday 8h00 to 18h00, pediatric emergency: by appointment, Monday to Friday 7h30 to 12h00, Saturday and Sunday 8h30 to 13h00
Financing: fundraising campaigns
Legal status: non-profit organization
CENTRE HOSPITALIER HÔTEL-DIEU DE SOREL
400 de l'Hôtel-Dieu Avenue, Sorel-Tracy, Montérégie, QC, J3P 1N5
450 746-6000
Website: santemonteregie.qc.ca/en/node/3
Coverage area: Province of Québec
Hours: 24 hours / 7 days, tests centre: by appointment
Financing: provincial
Legal status: parapublic organization

CENTRE PÉRINATAL LE BERCEAU
733 Laurier Street, Beloeil, Montérégie, QC, J3G 4J7
450 446-7760
Website: leberceau.org
Email: info@leberceau.org
Eligibility: pregnant women, future parents and parents with a child under one year old
Coverage area: South Shore
Hours: Monday to Friday 8h30 to 16h30, Saturday 9h00 to 16h00
Fees: annual membership card: 15$, activities and services: free or variable
Financing: provincial, foundations, donations, self-financing, grants, municipal
Legal status: non-profit organization

CENTRE PRÉNATAL ET JEUNES FAMILLES
640A Chicoine Street, Vaudreuil-Dorion, Montérégie, QC, J7V 9J4
450 424-7867
Website: www.centrepjf.org
Email: info@centrepjf.org
Eligibility: families, Les Relevailles service: new parents with a baby under 12 months of age
Capacity: 16 people
Coverage area: MRC Vaudreuil-Soulanges
Hours: Monday to Friday 8h00 to 15h30
Fees: free
Financing: self-financing
Legal status: non-profit organization

CHÂTEAUGAY VALLEY LITERACY COUNCIL
Confidential Address
450 698-0342
Website: cvlc-chateauguay.weebly.com
Email: cvlc.chateauguay@gmail.com

**Eligibility:** adults, families, children, seniors

**Coverage area:** Châteauguay and surrounding areas

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

**Fees:** free or low cost

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

**Legal status:** non-profit organization

**CHOUPETTES DE ST-MICHEL (LES)**
438 Place Saint-Michel, Saint-Michel, Montérégie, QC, J0L 2J0
450 454-5957
Email: leschoupettesdestmichel@hotmail.com

**Services:** Pre-school.

**Eligibility:** children 3 to 5 years old

**Capacity:** 10 children per day

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

**Hours:** 3 to 4 years old: Tuesday and Thursday 8h00 to 12h00, 4 to 5 years old: Monday and Wednesday 8h00 to 15h00, 3 to 5 years old: Friday 8h00 to 15h00

**Fees:** half-day: $8 for residents of Saint-Michel and $10 for non-residents, full day: $12 for residents and $15 for non-residents

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

**Legal status:** non-profit organization

**CLSC DE VAUDREUIL-DORION - PAROLES AUX ANGES**
3031 de la Gare Street, 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

**CLUB DES COPAINS DELSON (LE)**
1 1st Avenue, Delson, Montérégie, QC, J5B 1M9
514 677-7759
Email: club_copain_delson@hotmail.com

**Services:** * Food bank. * Assistance with school supplies fees. * Assistance with costs for summer camps.

**Eligibility:** people in need

**Coverage area:** Delson

**Hours:** by appointment, food bank: Tuesday morning

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization
COLONIE SAINTE-JEANNE D’ARC
10020 Marie-Victorin Road, Contrecoeur, Montérégie, QC, J0L 1C0
1 800 363-0098 Fax: 450 743-8879
Website: csjd.qc.ca
Email: info@csjd.qc.ca
Eligibility: young girls 6 to 16 years old
Coverage area: Greater Montréal
Hours: secretariat: Monday to Friday 9h00 to 17h00
Fees: variable
Financing: Centraide of Greater Montréal, provincial, fundraising campaigns, grants, donations
Legal status: non-profit organization

CROISÉE DE LONGUEUIL (LA)
1230 Green Street, Longueuil, Montérégie, QC, J4K 4Z5
450 677-8918 Fax: 450 677-3377
Website: www.lacroiseedelongueuil.qc.ca
Email: lacroisee@lacroiseedelongueuil.qc.ca
Eligibility: families or people on a low income
Coverage area: South Shore, food assistance: Notre-Dame-de-la-Garde, Saint-Georges, Saint-Antoine-de-Padoue, Sainte-Louise-de-Mariillac, Saint-Jude parishes
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 15h30
Fees: food assistance and cooking classes: free, delivery of frozen meals La Petite Cuillère: minimum purchase required and variable fees according to distance
Financing: Centraide of Greater Montréal, federal, provincial, municipal, self-financing
Legal status: non-profit organization

DIABÈTE SURÔIT
521 du Havre Boulevard, Suite 15, Salaberry-de-Valleyfield, Montérégie, QC, J6S 4Z5
450 371-6444 ext. 303 Fax: 450 371-5315
Website: diabetesuroit.com
Email: diabete.suroit@bellnet.ca
Services: * Documentation centre: brochure and information books. * Conferences given by health professionals: nutritionist, nurse, podiatrist, pharmacist, kinesiologist, etc. * Screening days. * Foot care assistance program: $20 off (maximum $60 per year) any foot care bill made by a podiatrist or a nurse upon presentation of the receipt. * Financial assistance for camp Carowanis suitable for diabetic children.
Eligibility: people with diabetes and their families
Coverage area: MRC Le Haut-Saint-Laurent, MRC Beauharnois-Salaberry, MRC Roussillon, MRC Vaudreuil-Soulanges
Hours: by appointment
Fees: free
Financing: donations
Legal status: non-profit organization

ÉCRIT TÔT DE SAINT-HUBERT (L’)
4050 Grande Allée Boulevard, Longueuil, Montérégie, QC, J4T 2W2
450 443-1411 Fax: 450 443-3772
Website: www.ecritot.ca
Email: ecritot@bellnet.ca

Eligibility: parents and children experiencing academic difficulties, illiterate individuals

Coverage area: Montérégie

Hours: Monday to Friday 8h30 to 16h30

Fees: membership: $5

Financing: grants, donations, self-financing

Legal status: non-profit organization

ENTRAIDE POUR FAMILLES MONOPARENTALES ET FAMILLES RECOMPOSÉES DU SUROÎT

489 Larocque Road, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4C8

450 373-4047

Website: www.entraidedusuroit.ca

Email: info@entraidedusuroit.ca


Eligibility: families with children from 6 to 17 years old, single-parent families, reconstituted families

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

Hours: joujouthèque and sportothèque: by appointment

Fees: membership card: $5 per year

Financing: provincial, Centraide Sud-Ouest, membership fees, donations

Legal status: non-profit organization

ENTRAIDE POUR HOMMES (L')

551 Sir Wilfrid Laurier Boulevard, Suite 204, Beloeil, Montérégie, QC, J3G 4J1

1 833 651-4447     Fax: 450 651-4448

Website: www.entraidepourhommes.org

Email: info@entraidepourhommes.org


Eligibility: men 18 years old and over

Coverage area: Montérégie: service points in Beloeil, Longueuil and Saint-Hyacinthe

Hours: phone: Monday to Friday 10h00 to 16h00, individual meetings and intervention groups: Monday to Friday, morning and evening

Fees: according to the income

Financing: provincial, Centraide Richelieu-Yamaska, self-financing, donations

Legal status: non-profit organization

ENTRAIDE POUR HOMMES (L') - POINT DE SERVICE BELOEIL

551 Sir Wilfrid Laurier Boulevard, Suite 204, Beloeil, Montérégie, QC, J3G 4J1

450 651-4447     Fax: 450 651-4448

Website: www.entraidepourhommes.org

Email: info@entraidepourhommes.org


Eligibility: men 18 and over

Coverage area: Montérégie, service points in Longueuil, Beloeil and Saint-Hyacinthe

Hours: Monday and Thursday 10h00 to 21h00, Tuesday 13h00 to 17h00, Friday 10h00 to 16h00
**Child, Youth and Family**

**Fees:** depending on income  
**Financing:** provincial, self-financing, donations, Centraide  
**Legal status:** non-profit organization

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**ENTRAIDE POUR HOMMES (L’) - POINT DE SERVICE GRAND LONGUEUIL**  
1078 Sainte-Hélène Street, Longueuil, Montérégie, QC, J4K 3R9  
450 651-4447  Fax: 450 651-4448  
Website: www.entraidepourhommes.org  
Email: info@entraidepourhommes.org  
Eligibility: men over 18 years old  
**Coverage area:** Montérégie, service points in Longueuil, Beloeil and Saint-Hyacinthe  
**Hours:** phone and individual meetings: Monday to Thursday 10h00 to 20h00, Friday 10h00 to 16h00, individual meetings and intervention groups: Monday to Thursday, morning and evening  
**Fees:** according to the income  
**Financing:** provincial, Centraide Richelieu-Yamaska, self-financing, donations  
**Legal status:** non-profit organization

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**ENVOL (L’) PROGRAMME D’AIDE AUX JEUNES MÈRES**  
1660 de l’Église Street, Longueuil, Montérégie, QC, J4P 2C8  
450 465-2584 ext. 221  Fax: 450 465-2466  
Website: lenvol.org  
Email: info@lenvol.org  
Eligibility: pregnant women and mothers under 25 years old, Escale: mothers under 30 years old, food assistance, childcare and transportation: for users only  
**Coverage area:** South Shore of Montréal  
**Hours:** Monday to Friday 9h00 to 16h00, Daycare Les Coucous de l’Envol: Monday to Friday 7h00 to 18h00  
**Fees:** none  
**Financing:** grants, self-financing, donations  
**Legal status:** non-profit organization

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**ÉTOILE (L’) - PÉDIATRIE SOCIALE EN COMMUNAUTÉ DU HAUT-RICHELIEU**  
212 Saint-Jacques Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 2K7  
450 346-7288  Fax: 450 346-9007  
Website: letoilehr.org  
Email: info@letoilehr.ca  
Eligibility: children living in vulnerable situations from 0 to 18 years old  
**Coverage area:** Lacolle, Saint-Jean-sur-Richelieu: part of the Saint-Jean sector between Macdonald Street and Gouin Boulevard and between the Richelieu River and Grand Bernier North Road, part of the Iberville sector between 10th Avenue and Lareau Avenue and between Iberville Boulevard and the Richelieu River  
**Hours:** Monday to Friday 9h00 to 17h00  
**Fees:** none  
**Financing:** grants, provincial, donations, fundraising campaigns  
**Legal status:** non-profit organization

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FABLIER, UNE HISTOIRE DE FAMILLES (LE)
2014 de Chambly Road, Longueuil, Montérégie, QC, J4J 3Y2
450 616-0620
Website: www.lefablier.org
Email: info@lefablier.org
Eligibility: parents of children 0 to 12 years old, their children
Coverage area: Longueuil
Hours: Monday to Thursday 9h00 to 15h30
Fees: none
Financing: provincial, self-financing, donations
Legal status: non-profit organization

FAMILLE À COEUR
130 Saint-Georges Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 2S8
450 346-1734     Fax: 450 346-9680
Website: familleacoeur.qc.ca
Email: familleacoeur@familleacoeur.qc.ca
Eligibility: families
Coverage area: MRC Le Haut-Richelieu
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00, some evenings and weekends
Fees: yearly membership: $20 per family per year
Financing: provincial, federal, Centraide of Greater Montréal
Legal status: non-profit organization

FONDATION D'ENTRAIDE DE BROSSARD
Confidential Address
514 778-2050 ext. 4
Website: fondationentraidebrossard.ca
Email: fondationentraidebrossard@gmail.com
Services: * School supplies. * Financial assistance for summer camp and other ad-hoc requests.
Eligibility: disadvantaged people, people on a low income or people living with disabilities
Coverage area: Brossard
Financing: self-financing, 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

GRANDS FRÈRES GRANDES SOEURS DE LA MONTÉRÉGIE - SAINT-HYACINTHE
1195 de Saint-Antoine Street, Suite 204, Saint-Hyacinthe, Montérégie, QC, J2S 3K6
1 866 464-6188
Website: www.gfgsm.org
Email: info.monteregie@grandsfreresgrandessoeurs.ca
Services: Pairing program for young people. * Social, emotional and cultural support. * Professional coaching and support for volunteers and parents. * School mentoring: weekly dropout prevention meeting in elementary and secondary schools. * Mentoring for youth 16 to 21 years old who have a history of placement and services in the DPJ or the YCJA.
Eligibility: youth 6 to 17 years old, mentoring for youth who have a history of placement and services in the DPJ or the YCJA: youth aged 16 to 21 years old
Coverage area: Montérégie
Hours: Monday to Friday 9h00 to 16h00
Fees: free
Financing: grants, self-financing
Legal status: non-profit organization

GRANDS FRÈRES GRANDES SOEURS DE LA MONTÉRÉGIE - SURÔIT
87 Sainte-Cécile Street, Suite 226, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1L9
1 866 464-6188 ext. 4
Website: www.gfgsm.org
Email: info.monteregie@grandsfreresgrandessoeurs.ca
Services: Pairing program for young people. * Social, emotional and cultural support. * Professional coaching and support for volunteers and parents. * School mentoring: weekly dropout prevention meeting in elementary and secondary schools. * Mentoring for youth 16 to 21 years old who have a history of placement and services in the DPJ or the YCJA.
Eligibility: youth 6 to 17 years old
Coverage area: MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges
Hours: Monday to Friday 9h00 to 16h00, availability in the evening by appointment
Fees: free
Financing: grants, self-financing
Legal status: non-profit organization

GROUPE ACTION NOUVELLE VIE
740 Saint-Charles Street East, Longueuil, Montérégie, QC, J4H 1C2
450 646-5815 ext. 3221   Fax: 450 646-3509
Website: actionnv.com
Email: info@actionnv.com
Eligibility: men, women and families on a low income
Coverage area: Boucherville, Brossard, Chambly, Greenfield Park, La Prairie, Longueuil, Saint-Amable, Saint-Bruno-De-Montarville, Saint-Hubert, Saint-Lambert, Sainte-Julie, Varennes
Hours: services: Tuesday to Thursday 9h00 to 16h00, weekly food aid and emergency food aid: Tuesday and Thursday 12h30 to 15h00
Fees: weekly food aid and emergency food assistance: $10, $15 or $20 per food basket depending on the number of people, back-to-school supplies: $10 for each child
Financing: donations, self-financing, fundraising campaigns, foundations, grants
Legal status: non-profit organization
GROUPE DE PARTAGE POUR HOMMES DE LA MONTÉRÉGIE
Confidential Address
514 299-3210
Website: gphm.ca
Email: groupepartagehommes@gmail.com
Eligibility: men with emotional and relational difficulties
Capacity: 10 to 12 people per meeting
Coverage area: Montérégie
Hours: phone: 24 hours / 7 days, meetings: Monday to Thursday 19h00 to 22h00
Fees: membership: $20 per year, support group: voluntary contribution of $10 per meeting
Financing: membership fees, donations
Legal status: non-profit organization

HALTE FAMILIALE (LA)
600 Ellice Street, Suite 303, Beauharnois, Montérégie, QC, J6N 3P7
450 225-2725
Website: www.haltefamiliale.org
Email: info@haltefamiliale.org
Eligibility: children, families, communities
Coverage area: Beauharnois
Hours: Monday to Friday 8h00 to 16h30, closed during summer
Fees: variable
Financing: grants
Legal status: non-profit organization

HOME-START CHAMPLAIN
78 Saint-Louis Street, Longueuil, Montérégie, QC, J4R 2L4
450 923-4138
Website: premierspasenglish.weebly.com
Email: info@premierspaschamplain.org
Eligibility: families with children under 12 years old
Coverage area: South Shore
Hours: Monday to Friday 9h00 to 16h00
Fees: workshops: variable
Financing: provincial
Legal status: non-profit organization

HONORÉ-MERCIER HOSPITAL
2750 Laframboise Boulevard, Saint-Hyacinthe, Montérégie, QC, J2S 4Y8
450 771-3333
Website: santemonteregie.qc.ca/en/installations/hopital-honore-mercier

Coverage area: Province of Québec
Hours: 24 hours / 7 days
Financing: provincial
Legal status: parapublic organization

HORIZON SOLEIL - TABLE DE CONCERTATION DE PRÉVENTION DES TOXICOMANIES ET DE PROMOTION DE LA SANTÉ DE LA RÉGION D'ACTON
1049 A du Marché Street, Acton Vale, Montérégie, QC, J0H 1A0
450 366-0105
Email: hssoleil@live.ca


Eligibility: people 12 to 25, seniors
Coverage area: MRC d’Acton
Hours: family support: Monday to Friday 8h00 to 16h00, street work: Monday to Friday 13h00 to 21h00
Fees: free
Legal status: non-profit organization

JEUNES MÈRES EN ACTION
330 Laurier Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 6L3
450 348-4330   Fax: 450 348-7966
Website: www.jeunesmeresenaction.org
Email: info@jeunesmeresenaction.org

Services: Services for young mothers on a low income. * Day centre: workshops with a free daycare service, listening and support, coffee-meetings, individual encounters, listening over the phone, recreational activities, group outings. * Transition housing for mothers planning to attend school.

Eligibility: young mothers on a low income
Coverage area: MRC Le Haut-Richelieu
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization

JOUJOUTHÈQUE DE SAINT-HUBERT
3625 Saint-Hubert Montée, Longueuil, Montérégie, QC, J3Y 4J8
450 678-6038
Email: joujoutheque-st-hubert@hotmail.com


Eligibility: families
Coverage area: Rive-Sud
Hours: Wednesday 9h00 to 16h00, Thursday and Friday 13h00 to 19h30, Saturday 9h00 to 16h00
Fees: annual subscription: between 45 and $75
Financing: self-financing
Legal status: non-profit organization

JUSTICE ALTERNATIVE ET MÉDIATION
181 Decelles Street, Granby, Montérégie, QC, J2G 7P6
1 450 777-4208     Fax: 450 777-6904
Website: www.jamed.org
Email: info@jamed.org
Services: Accompaniment and support to adolescents, citizens and organisations in the community, to resolve conflicts without resorting to the criminal justice system. * Coaching and supporting the adolescent offender through a process of reparation. * Mediation: intervention, training and accompaniment in conflict resolution, in the community and in schools. * Raising awareness about the mistreatment and intimidation of seniors. * Information and prevention workshops in schools. * Training and conferences in mediation.
Eligibility: minor offenders 12 to 17 years old, people concerned with offences committed by youth, schools and other community organizations, population of Granby
Coverage area: MRC Brome-Missisquoi, MRC La Haute-Yamaska, MRC Rouville
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: grants
Legal status: non-profit organization

KAHNNAWAKE SHAKOTIIA'TAKEHNHAS COMMUNITY SERVICES
Confidential Address
450 632-6880     Fax: 450 632-5116
Website: www.kscs.ca
Eligibility: Kahnawake residents
Coverage area: Kahnawake
Hours: Monday to Friday 8h30 to 16h30
Financing: grants
Legal status: non-profit organization

LAIT SOURCE
Confidential Address
Email: laitsource@gmail.com
Eligibility: future and new parents
Coverage area: MRC les Jardins-de-Napierville
Hours: Monday to Sunday 8h00 to 20h00
Fees: none
Financing: municipal
Legal status: non-profit organization
LIGUE LA LECHE
Confidential Address
1 866 255-2483
Website: allaitement.ca
Email: information@allaitement.ca
Eligibility: parents wishing to breastfeeding, who are breastfeeding or who want information on weaning, their families, counsellors working with families and their young children, healthcare professionals
Coverage area: Province of Québec
Hours: telephone support: 7 days 9h00 to 21h00
Fees: none
Financing: self-financing, grants
Legal status: non-profit organization

LUCIOLES, COOP DE SOLIDARITÉ
254 des Patriotes Road, Saint-Mathias-sur-Richelieu, Montérégie, QC, J3L 6A3
450 658-8166     Fax: 450 658-4110
Email: fraco-mousses@fraco.com
Eligibility: families, children from 1 to 5 years old
Coverage area: MRC de Rouville
Legal status: non-profit organization

MAISON DE LA FAMILLE COWANSVILLE RÉGION
1159 Sud Street, Cowansville, Montérégie, QC, J2K 2Y7
450 815-1110
Website: www.maisondelafamillecowansville.com
Email: maisondelafamillecowansville@gmail.com
Eligibility: families and parents of children 0 to 12 years old, daycare: children 18 months to 5 years old, stimulation workshops: children 3 to 5 years old
Coverage area: Cowansville
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00
Fees: membership card: $20 per family per year, daycare, respite and activities: free for members
Financing: contributions
Legal status: non-profit organization

MAISON DE LA FAMILLE DE BROSSARD
2210 André Street, Brossard, Montérégie, QC, J4Z 2Z8
450 678-5222
Website: www.mfdebrossard.org/fr
Email: info@mfdebrossard.org

**Eligibility:** families

**Capacity:** 50

**Coverage area:** Brossard

**Hours:** Monday to Friday 8h30 to 16h00, activities: variable

**Fees:** variable according to the activities

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

**Legal status:** non-profit organization

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**MAISON DE LA FAMILLE DE LA VALLÉE DU RICHELIEU (LA)**

91 Cartier Boulevard, Beloeil, Montérégie, QC, J3G 6R4

450 446-0852

**Website:** www.mfvr.ca

**Email:** reception@mfvr.ca


**Eligibility:** families, caregivers, seniors

**Coverage area:** Beloeil, McMasterville, Otterburn Park, Saint-Antoine-sur-Richelieu, Saint-Basile-le-Grand, Saint-Bruno-de-Montarville, Saint-Charles-sur-Richelieu, Saint-Denis-sur-Richelieu, Saint-Hilaire, Saint-Jean-Baptiste, Saint-Marc-sur-Richelieu, Saint-Mathieu-de-Beloeil

**Hours:** office: Monday to Friday 8h30 to 16h00, daycare: Monday to Friday 8h30 to 15h30, Saturday 8h30 to 12h00, seniors pavilion: Monday to Thursday 13h00 to 16h00

**Fees:** annual membership card: $20

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

**Legal status:** non-profit organization

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**MAISON DE LA FAMILLE JOLI-COEUR (LA)**

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

450 587-2965  Fax: 450 587-8343

**Website:** www.maisondelafamillejolicoeur.ca

**Email:** mdjolicoeur@videotron.ca


**Eligibility:** parents with children 0 to 5 years old

**Coverage area:** CLSC des Seigneuries

**Hours:** Monday to Friday 9h00 to 15h30, daycare: Monday to Friday 8h30 to 16h00

**Fees:** according to activities

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

**Legal status:** non-profit organization
MAISON DE LA FAMILLE KATERI

200 Balmoral Street, La Prairie, Montérégie, QC, J5R 4L5
450 659-9188    Fax: 450 659-5573
Website: www.maisonfamillekateri.com
Email: info@maisonfamillekateri.com


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

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

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

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

**Fees:** variable

**Financing:** grants, fundraising campaigns

**Legal status:** non-profit organization

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MAISON DE LA FAMILLE LA PARENTR'AIDE

2060 Holmes Street, Longueuil, Montérégie, QC, J4T 1R8
450 923-9333
Website: laparentraide.ca
Email: info@laparentraide.ca

**Services:** Provides parents with support and tools to enable them to better perform their role as educators and improve the quality of life for their family. * Workshops for parents of children 0 to 5 years: YAPP program, luncheons, Vie de famille, De la discipline à l'amour, Éveil musical, Langagibou. * Baby food workshops. * Daycare for children 0 to 5 years. * Parent-child workshops for children 0 to 5 years: Moments magiques, Exp'art, Mes 5 sens et moi, La boîte à outils, Grouille et gribouille, Tand'aime, Passeport. * Workshops for parents of children 5 to 12 years: Full Parent, Vie de famille, De la discipline à l'amour, Jalousie et rivalité frère/sœur, Parler pour que les enfants écoutent. * Parent-youth workshop for youth 5 to 12 years: Estime de soi. * Workshop for parents of teenagers 12 to 17 years: Parents d'ado, Une traversée. * Flash papa. * Individual meetings. * Summer day camp for children 5 to 11 years old. * Kindergarten preparation day camp for 4 years old children.

**Eligibility:** parents of children 0 to 17 years old

**Coverage area:** Greenfield Park, Longueuil, LeMoyne, Saint-Hubert

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

**Fees:** annual membership: $20

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

**Legal status:** non-profit organization

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MAISON DE LA FAMILLE LEMOYNE

1882 St-Georges Street, Suite 503, Longueuil, Montérégie, QC, J4P 3J4
450 465-3571
Website: www.maisondelafamillelemoyne.org
Email: mfl@bellnet.ca

**Services:** Education, helping relationship, welcoming and referrals for neighbourhood families. * Educational daycare for youth 0 to 5 years old: Sourissimo (3 to 18 months old), Souriceaux (18 months to 3 years old) and Souris-Moi (3 to 5 years old). * 7 weeks daycare during the summer: Lucioles (22 months to 3 years old) and Libellules (3 to 6 years old). * Trotti-bouge: parent-child activities for 18 months to 3 years old. * In-school activities for the 6 to 12 years old: homework help, Lire et faire lire program and collective kitchens. * Les P'Tits vendredis: recreational activities in the evening for youth 8 to 12 years old. * Morning talk for parents. * Welcome, listening and referral. * Family activities. * Espace-libre: community library for children, parents and the community of LeMoyne and surroundings, animations and workshops. * Used items recovery and donations: toys, clothing for children and adults, etc. * Possibility of volunteering and getting involved in the activities. * Tax clinic for members.
Eligibility: parents, children 0 to 12 years, families, seniors
Coverage area: Longueuil agglomeration, priority to people living in LeMoyne and surrounding areas
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h30, Trotti-Bouge: Friday 9h00 to 10h00 and 10h30 to 11h30, talks: Tuesday 9h00 to 10h30
Fees: membership: $10, daycare: $5 per morning, activities: variable
Financing: Centraide Greater Montreal, provincial, federal, donations, self-financing
Legal status: non-profit organization

MAISON DE LA FAMILLE VALOISE
962 Dubois Street, Acton Vale, Montérégie, QC, J0H 1A0
450 546-4627
Website: maisondelafamillevaloise.org
Email: info@mdfvaloise.org


Eligibility: parents, families, volunteers
Coverage area: MRC d’Acton
Hours: Monday to Friday 9h00 to 16h00
Fees: drop-in: $1.75 per hour
Financing: donations
Legal status: non-profit organization

MAISON DE LA FAMILLE VAUDREUIL-SOULANGES
1210 Principale Street, Saint-Zotique, Montérégie, QC, J0P 1Z0
450 217-2177
Website: www.maisondelafamillevs.ca
Email: info@mfvs.ca


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 ENFANTS DE LA MONTÉRÉGIE (LA)
20 Vincent Street, Varennes, Montérégie, QC, J3X 1R8
450 929-1488
Website: mdevarennes.org
Email: direction@mdevarennes.org

Eligibility: children 5 to 12 years old, their parents

Coverage area: Commission scolaire des Patriotes

Hours: Monday, Tuesday and Thursday 8h30 to 16h30, Wednesday 8h30 to 20h30

Financing: grants, fundraising campaigns, donations, provincial

Legal status: non-profit organization

MAISON DES ENFANTS MARIE-ROSE
600 Ellice Street, Suite 333, Beauharnois, Montérégie, QC, J6N 3P7
450 395-0704

Website: lamaisondesenfantsmarierose.wordpress.com
Email: maisondesenfantsmarierose@videotron.ca

Services: After school and pedagogical support organization for 5 to 12 years old. * Culinary workshops, horticulture, garden. * Courses of piano, guitar, drums, clarinet, singing, dance, yoga, cinema and theater. * Pause Art: program that allows expelled students to do school work and make art in a calm environment. * Lunch Club every day and 5 to 7 family conferences. * Family dinners. * Benefit concerts and children's party at each session. * Le Pain des enfants: solidarity artisanal bakery.

Eligibility: children 3 to 12 years old, their family

Capacity: 25 children per day and 12 families per month

Coverage area: MRC Beauharnois-Salaberry

Hours: Monday to Friday 9h00 to 17h00

Fees: membership card: $10, workshops: $55 per workshop for the semester, lunches: $4 per meal

Financing: grants, foundations

Legal status: non-profit organization

MAISON DES JEUNES DE SAINTE-JULIE
1581 du Fer-à-Cheval Road, Sainte-Julie, Montérégie, QC, J3E 1G5
450 649-3031

Website: www.mdjsaintejulie.com
Email: info@mdj-stejulie.ca


Eligibility: youth 9 to 17 years old

Coverage area: Sainte-Julie

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

Fees: none

Financing: provincial, municipal, federal

Legal status: non-profit organization

MAISON DES PETITS TOURNESOLS (LA)
150 Grant Street, Suite 330, Longueuil, Montérégie, QC, J4H 3H6
450 332-4862

Website: www.lamaisondespetitstournesols.com
Email: lamaisondespetitstournesols@gmail.com


Eligibility: grieving children and teenagers, their parents and adults responsible for these children

Coverage area: Greater Montréal

Hours: variable

Fees: none
Financing: donations  
Legal status: non-profit organization

MAISON LA VIREVOLTE  
335 Le Moyne Street West, Longueuil, Montérégie, QC, J4H 1W4  
450 651-1901     Fax: 450 651-9125  
Website: www.maisonlavirevolte.com  
Email: info@maisonlavirevolte.com  

Eligibility: families living in the borough of Vieux-Longueuil, in particular those living in HLMs  
Coverage area: Vieux-Longueuil  
Hours: Monday to Friday 9h00 to 17h00  
Fees: membership: $5 per family or $2 per person, other fees for specific activities  
Financing: Centraide of Greater Montréal, federal, provincial  
Legal status: non-profit organization

MAISON TREMPLIN DE LONGUEUIL (LA)  
267 Toulouse Street, Longueuil, Montérégie, QC, J4L 4X1  
450 442-4019  
Website: www.maisontremplin.com  
Email: info@maisontremplin.com  

Eligibility: services: all, activities: families and children 0 to 12 years old  
Coverage area: Vieux-Longueuil  
Hours: Monday to Thursday 8h30 to 16h00, Friday 8h30 to 12h00  
Fees: membership: $7 per year per family with children, $5 per adult, activities: variable  
Financing: Centraide of Greater Montréal, federal, provincial, self-financing, donations  
Legal status: non-profit organization

MATINÉES MÈRES-ENFANTS  
99 du Centre-Civique Street, Mont-Saint-Hilaire, Montérégie, QC, J3H 4X4  
514 800-6737  
Website: lesmatinees.com  
Email: lesmatinees@gmail.com  

Eligibility: parents with children from 0 to 5 years old, fitness classes: mothers  
Coverage area: Montérégie  
Hours: conferences and coffee chats: Tuesday and Thursday 9h00 to 11h30, fitness class: Monday and Wednesday 9h00 to 11h00  
Fees: membership: $20 per session for residents of Mont Saint-Hilaire and Otterburn Park, $35 per session for non-residents, activities: variable  
Financing: self-financing, provincial, municipal  
Legal status: non-profit organization
MILITARY FAMILY RESOURCES CENTRE - MONTRÉAL REGION - SAINT-HUBERT
4815 de la Savane Road, Longueuil, Montérégie, QC, J3Y 9G1
450 462-8777 ext. 6810     Fax: 450 462-6822
Website: www.cafconnection.ca/Montreal/Home.aspx
Email: info.crfm@forces.gc.ca
Eligibility: military families
Coverage area: Greater Montréal
Hours: Monday to Friday 8h00 to 16h30
Fees: free, except for daycare
Financing: federal
Legal status: non-profit organization

MILITARY FAMILY RESOURCES CENTRE - MONTRÉAL REGION - SAINT-JEAN-SUR-RICHELIEU
25 Grand Bernier Road, Saint-Jean-sur-Richelieu, Montérégie, QC, J0J 1R0
450 358-7099 ext. 7955     Fax: 450 358-7007
Website: www.cafconnection.ca/Montreal/Home.aspx
Email: info.crfm@forces.gc.ca
Eligibility: military families
Coverage area: Greater Montréal
Hours: Monday to Friday 8h00 to 16h30, daycare: Monday to Friday 7h45 to 17h00
Fees: free, except for daycare
Financing: federal
Legal status: non-profit organization

MOUVEMENT SEM (SENSIBILISATION POUR UNE ENFANCE MEILLEURE)
366-368 Laurier Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 6L3
450 348-0209     Fax: 450 348-9665
Website: mouvementsem.org
Email: reception@mouvementsem.com
Eligibility: children, teenagers, parents
Coverage area: Montérégie
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, availability in the evening by appointment, homework help: 15h00 to 18h00
Fees: $20 per year
Financing: provincial, federal, Centraide of Greater Montréal, donations
Legal status: non-profit organization
OPERATIONAL STRESS INJURY - SOCIAL SUPPORT
Confidential Address
1 800 883-6094
Website: www.osiss.ca
Email: isabelle.bourret@forces.gc.ca
Services: Formal, organized and confidential social support structure. * Partnership between the Department of National Defence (DND) and Veterans Affairs Canada (VAC).
Eligibility: people with persistent psychological difficulties resulting from duties while in the Canadian Armed Forces, their families
Coverage area: Province of Québec
Hours: Monday to Friday 8h00 to 16h00
Fees: free
Financing: federal
Legal status: federal government agency

OPTIONS: RESOURCE AND PREGNANCY CENTRE FOR YOUTH
25 D’Anjou Boulevard, Châteauguay, Montérégie, QC, J6J 2P7
450 699-4357
Website: www.centreoptions.org/indexen1
Email: options@jslmontreal.org
Eligibility: teens, young adults and families who struggle with an unexpected pregnancy
Capacity: ARK boutique: 25 people per week, pregnancy options support: 3 people per week, other services: as needed
Coverage area: Greater Montréal
Hours: Monday, Tuesday and Friday 10h00 to 14h00, appointments available outside these hours
Fees: none
Financing: donations
Legal status: non-profit organization

ORGANISME D’AIDE AUX TROUBLES DYS TUKÀ TULÀ SOS DYS
227 Saint-Édouard Road, Saint-Jean-sur-Richelieu, Montérégie, QC, J2X 5T9
1 800 465-0122
Email: tukatula.sos.dys@gmail.com
Eligibility: children or adults living with a specific learning disability with or without medical diagnosis: dyslexia, dyscalculia, dysorthography, dysphasia, dysgraphy or dyspraxia, parents, families, professionals
Coverage area: Canada
Financing: grants, donations
Legal status: non-profit organization
OSIRIS MONTÉRÉGIE
Confidential Address
450 679-6467
Website: osirismonteregie.com
Email: infos@osirismonteregie.com
Services: Professional counselling services. * Individual, couple, relational or mourning therapy.
Coverage area: Montérégie
Hours: Monday to Thursday 8h00 to 21h00, Friday 8h00 to 17h00
Fees: registration fee: $35, according to the familial income
Financing: self-financing
Legal status: non-profit organization

PETIT PONT (LE)
2475 Sainte-Anne Avenue, Saint-Hyacinthe, Montérégie, QC, J2S 5J1
450 773-8742 ext. 101     Fax: 450 773-8742
Website: www.petitpont.org/home.php
Email: services@petitpont.org
Eligibility: parents and children
Coverage area: Montérégie
Hours: by appointment
Fees: supervised visit: $15 per hour, supervised custody exchange: $8
Financing: provincial, federal, self-financing, fundraising campaigns
Legal status: non-profit organization

PETIT PONT (LE) - POINT OF SERVICE LONGUEUIL
Confidential Address
450 448-3732     Fax: 450 448-4242
Website: www.petitpont.org/home.php
Email: longueuil@petitpont.org
Eligibility: parents and children
Coverage area: Montérégie and surroundings
Hours: Tuesday to Friday and Sunday by appointment
Fees: supervised visit: $15 per hour, supervised custody exchange: $8
Financing: provincial, federal, self-financing, fundraising campaigns
Legal status: non-profit organization

PETITS BOUTS (LES)
525 Latour Street, Longueuil, Montérégie, QC, J3Y 6A9
450 462-8975
Website: www.petitsbouts.com
Email: infopetitsbouts@gmail.com
Eligibility: children 3 to 5 years old
Capacity: 12 children per group
Coverage area: Longueuil
Hours: Monday to Friday 9h00 to 11h00
Financing: municipal, donations, self-financing
Legal status: non-profit organization
**PRÉMA-QUÉBEC**

150 Grant Street, Suite 305, Longueuil, Montérégie, QC, J4H 3H6

1 888 651-4909    Fax: 450 651-2185

Website: www.premaquebec.ca/en

Email: info@premaquebec.ca


**Eligibility:** parents of premature children, professionals

**Coverage area:** Province of Québec

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

**Fees:** free for parents

**Financing:** provincial, donations, grants

**Legal status:** non-profit organization

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**PRÉMATERNELLE L’ATELIER DE L’ENFANT SOLEIL**

150 Perrot Boulevard, L’Île-Perrot, Montérégie, QC, J7V 3G1

514 453-1751 ext. 255

Website: www.atelierenfantsoleil-vip.org

Email: atelier.enfant.soleil@hotmail.ca

**Services:** Educational and social activities for preschool children.

**Eligibility:** children 3 to 5 years old

**Capacity:** 20 children

**Coverage area:** MRC of Vaudreuil-Soulanges

**Hours:** Monday, Wednesday and Friday 9h00 to 11h30 or 9h00 to 13h00

**Fees:** registration: $30 resident, $35 non-resident, monthly fees: variable

**Financing:** self-financing

**Legal status:** non-profit organization

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**QUARTIER DES FEMMES (LE)**

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

450 692-9805    Fax: 450 692-8243

Website: quartierdesfemmes.com/en

Email: info@quartierdesfemmes.com


**Eligibility:** women

**Coverage area:** CLSC Jardins-Roussillon

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

**Fees:** none, minimal fees for some activities

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

**Legal status:** non-profit organization

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**RÊVES ENVOLÉS (LES)**

1333 Jacques-Cartier Boulevard East, Longueuil, Montérégie, QC, J4M 2A5

450 468-8111 ext. 82309    Fax: 450 468-8327

Website: santemonteregie.qc.ca

Email: marie-claude.tessier2.cisssme16@ssss.gouv.qc.ca

**Services:** Support group for parents living a perinatal mourning: monthly thematic meetings facilitated by a social worker and a mother at the centre hospitalier Pierre-Boucher.
Eligibility: parents who have experienced a miscarriage, an ectopic pregnancy, a termination of pregnancy after the discovery of an anomaly, a stillborn baby, the death of a baby in the days or weeks after birth
Capacity: 10 to 25 people per meeting
Coverage area: Greater Montréal
Hours: meetings: 2nd Wednesday of every month 19h00 to 22h00 (break in August)
Fees: free
Financing: self-financing, donations
Legal status: non-profit organization

ROYAL CANADIAN LEGION - BRANCH 94
205 Empire Street, Longueuil, Montérégie, QC, J4V 1T9
450 466-0308
Website: www.legion94.ca
Email: lindamorven@gmail.com
Eligibility: veterans and dependents, military in active service, general public, legion mobile meals: seniors, people with reduced mobility
Coverage area: Greenfield Park
Hours: Legion mobile meals: Wednesday
Fees: meals: 7$ for two meals
Financing: donations, provincial
Legal status: non-profit organization

SAINT-ÉDOUARD PUBLIC LIBRARY
405B Montée Lussier, Saint-Édouard, Montérégie, QC, J0L 1Y0
450 454-6333 ext. 26
Website: www.reseaubibliomonteregie.qc.ca/fr/bibliotheques-horaire-et-localisation/b29/bibliotheque-de-saint-edouard
Email: bibliob@saintedouard.ca
Coverage area: Saint-Édouard
Hours: Tuesday 13h00 to 16h00, Wednesday and Thursday 18h00 to 20h00
Fees: free
Financing: municipal
Legal status: municipal agency

SAINTE-CATHERINE PUBLIC LIBRARY
5365 Saint-Laurent Boulevard, Sainte-Catherine, Montérégie, QC, J5C 1A6
450 632-0590 ext. 5230
Website: www.ville.sainte-catherine.qc.ca/sports-culture-et-loisirs/bibliotheque
Email: bibliotheque@ville.sainte-catherine.qc.ca
Coverage area: Sainte-Catherine and surroundings
Hours: Monday 13h00 to 20h00, Tuesday 13h00 to 17h30, Wednesday and Thursday 10h00 to 20h00, Friday 10h00 to 17h30, Saturday and Sunday 10h00 to 15h00, summer: Monday 13h00 to 20h00, Tuesday 13h00 to 17h30, Wednesday and Thursday 10h00 to 20h00, Friday 10h00 to 17h30, Saturday 10h00 to 15h00
Fees: none
Financing: municipal  
Legal status: municipal agency

SOURIRE SANS FIN  
2-A Sainte-Famille Street, Saint-Rémi, Montérégie, QC, J0L 2L0  
450 454-5747  Fax: 450 454-5640  
Website: souriresansfin.org  
Email: info@souriresansfin.org  
Eligibility: people on a low income, families, ITMAV project: seniors 55 and over  
Capacity: 600 per year  
Coverage area: MRC Les Jardins-de-Napierville  
Hours: Monday to Friday 8h30 to 16h30, collective kitchen: Monday, Tuesday and Wednesday, meals on wheels: Tuesday 11h30  
Fees: collective kitchen: $1.25 per portion, meals on wheels: $6 per meal, food bags: $2 per week per family  
Financing: Centraide of Greater Montréal, provincial  
Legal status: non-profit organization

SOUTH SHORE READING COUNCIL  
279 Hubert Street, Suite 4, Longueuil, Montérégie, QC, J4V 1R9  
450 671-4375  
Website: www.ssrc.ca  
Email: ssrc@videotron.ca  
Eligibility: English-speaking adults and youth with reading problems, families  
Coverage area: South Shore  
Hours: Monday to Thursday 10h00 to 15h00  
Fees: free  
Financing: provincial  
Legal status: non-profit organization

SOUTIEN LACTÉA  
640 Dorchester Street, Suite 404, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 5A4  
450 895-3554  Fax: 450 895-1609  
Website: www.lactea.org  
Email: info@lactea.org  
Eligibility: young parents  
Coverage area: MRC le Haut-Richelieu  
Hours: Monday, Tuesday, Wednesday 10h00 to 16h00, Thursday 13h00 to 16h00, coffee meetings: Tuesday 13h00 to 15h30  
Financing: provincial, fundraising campaigns  
Legal status: non-profit organization
STATION DE L'AVENTURE - MAISON DE LA FAMILLE (LA)
540 du Lac-Saint-Louis Road, Léry, Montérégie, QC, J6N 1A3
450 691-4897
Website: www.stationdelaventure.com
Email: famille@stationdelaventure.com


Eligibility: families with children 0 to 18 years old

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

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

Fees: annual membership: $15, activities: variable

Financing: self-financing, fundraising campaigns, provincial

Legal status: non-profit organization

STATION DE L'AVENTURE - MAISON DE LA FAMILLE (LA) - POINT DE SERVICE SAINT-ISIDORE
695 Saint-Régis Road, Saint-Isidore, Montérégie, QC, J0L 2A0
450 691-4897
Website: www.stationdelaventure.com
Email: famille@stationdelaventure.com


Eligibility: parents of children 0 to 18 years old

Coverage area: Saint-Isidore

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

Fees: annual membership: $15, activities: variable

Financing: self-financing, fundraising campaigns, provincial

Legal status: non-profit organization

STATION DE L'AVENTURE - MAISON DE LA FAMILLE (LA) - POINT DE SERVICE SAINTE-MARTINE
122 Saint-Joseph Street, Sainte-Martine, Montérégie, QC, J0S 1V0
450 691-4897
Website: www.stationdelaventure.com
Email: famille@stationdelaventure.com


Eligibility: families with children 0 to 18 years old

Coverage area: Sainte-Martine

Hours: drop-in respite: Wednesday and Thursday 9h00 to 14h00, workshop: Monday 9h00 to 11h00

Fees: annual membership: $15, activities: variable

Financing: self-financing, fundraising campaigns, provincial

Legal status: non-profit organization

STEP-BY-STEP CHILD AND FAMILY CENTER
Confidential Address
450 632-7603   Fax: 450 632-3357
Website: www.stepxstep.ca
Email: info@stepxstep.ca


Eligibility: children 18 months to 6 years old, their families
Child, Youth and Family

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

120 Sainte-Anne Road, Sorel-Tracy, Montérégie, QC, J3P 1J8
1 866 277-3553   Fax: 450 746-2785
Website: cpslatraversee.ca
Email: intervention@cpslatraversee.ca


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

**Capacity:** 3

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

**Hours:** 24 hours / 7 days

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

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**Information on childcare services**

**CARREFOUR FAMILIAL DE SAINTE-JULIE**

461 Saint-Joseph Boulevard, Suite 93, Sainte-Julie, Montérégie, QC, J3E 1W8
450 922-7179
Website: www.carrefourfamilialsj.org
Email: info@carrefourfamilialsj.org


**Eligibility:** families, mothers-to-be

**Coverage area:** Sainte-Julie

**Hours:** daycare: Tuesday to Friday 9h00 to 16h00, activities according to the program

**Fees:** variable fees depending on the activities and chosen services

**Financing:** grants, fundraising campaigns

**Legal status:** non-profit organization

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**CARREFOUR LE MOUTIER**

219 Saint-Charles Street West, Longueuil, Montérégie, QC, J4H 1E1
450 679-7111   Fax: 450 679-5562
Website: carrefourmoutier.org
Email: info@carrefourmoutier.org

**Services:** Welcoming, listening and referral centre. * In-person and phone listening service. * Personalized support: 3 to 10 listening meetings by appointments. * Information and referral service. * Réseau Sentinelles: community distress prevention. * Various training workshops: listening, distress process, migratory journey, etc. * Assistance with newcomers’ settlement: individual meetings, information sessions, part-time francization courses, French conversation workshops, translation and document certification services, daycare search assistance. * Social involvement and consultation work with other actors in the community.
Eligibility: general public, immigrants, newcomers
Coverage area: Montérégie
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: Centraide of Greater Montréal, provincial, donations
Legal status: non-profit organization

MAISON DES JEUNES DE BEAUHARNOIS
21 Saint-Joseph Street, Beauharnois, Montérégie, QC, J6N 0P3
450 225-6878
Website: mdjbeauharnois.ca
Email: mdjbeauharnois@videotron.ca
Eligibility: youth 12 to 17 years old
Coverage area: Beauharnois
Hours: Wednesday and Thursday 18h00 to 21h00, Friday 18h00 to 22h00 and Saturday 14h00 to 17h00 and 18h00 to 22h00, homework assistance: Tuesday and Thursday 16h00 to 18h00, administration: Tuesday to Friday 9h00 to 17h00
Fees: free
Financing: municipal, provincial, self-financing
Legal status: non-profit organization

Juvenile Delinquency

ADOMISSILE (L’) - MAISON DES JEUNES - SAINT-RÉMI
100 de la Gare Street, Saint-Rémi, Montérégie, QC, J0L 2L0
450 454-6657     Fax: 450 454-3618
Website: adomissile.com
Email: mdj@adomissile.com
Eligibility: youth 12 to 17 years old
Coverage area: Saint-Isidore, Saint-Michel, Saint-Rémi, Sainte-Clotilde
Hours: Monday to Thursday 16h00 to 21h00, Friday 16h00 to 22h30
Fees: annual membership: $5
Financing: provincial, municipal, self-financing
Legal status: non-profit organization

BENADO
197 Saint-François-Xavier Road, Delson, Montérégie, QC, J5B 1X7
450 632-1640     Fax: 450 632-6754
Website: benado.org
Email: benado@videotron.ca
Eligibility: dropout alternative section: youth 13 to 18 years old coping with academic, family or social difficulties, alternative justice section: youth 12 to 18 years old, victims, parents and community
Coverage area: Candiac, Châteauguay, Delson, Hemmingford, La Prairie, Léry, Mercier, Saint-Constant, Saint-Édouard, Saint-Isidore, Saint-Mathieu, Saint-Michel, Saint-Philippe, Saint-Rémi, Sainte-Catherine, Sainte-Clotilde, Sherrington

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

Financing: Centraide of Greater Montréal, donations, provincial

Legal status: non-profit organization

COMITÉ JEUNESSE LA PRESQU'ÎLE
375 Cardinal-Léger Boulevard, Pincourt, Montérégie, QC, J7W 9H6
514 425-1060
Website: cjlp.co/en/
Email: info@comitejeunesselapresquile.org


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

ÉQUIJUSTICE RICHELIEU-YAMASKA
600 Casavant Boulevard West, Suite 102, Saint-Hyacinthe, Montérégie, QC, J2S 7S3
450 773-8940 Fax: 450 773-9561
Website: equijustice.ca
Email: richelieuyamaska@equijustice.ca


Eligibility: teenagers, organizations, mediation: citizens


Hours: Monday to Thursday: 8h30 to 17h00, Friday 8h30 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

ÉQUIJUSTICE RIVE-SUD
620 Sainte-Foy Boulevard, Longueuil, Montérégie, QC, J4J 1Y9
450 647-9024 Fax: 450 647-9027
Website: equijustice.ca/en/members/rive-sud
Email: rivesud@equijustice.ca

Services: Accompaniment and support of people concerned by the reparation process with the application of measures stipulated by the law. * Community mediation that offers the possibility of an active participation in the process. * Training and support in conflict management in school and community environments.

Eligibility: young offenders from 12 to 18 years old, adults with a criminal record, victims of criminal acts, citizens, communities
GRENIER AUX TROUVAILLES - PARTAGE SANS FAIM
2 de l'Église Street South, Lacolle, Montérégie, QC, J0J 1J0
450 246-4032    Fax: 450 246-4044
Website: grenierauxtrouvailles.org
Email: info@grenierauxtrouvailles.org


Eligibility: individuals and families on a low income, young people at risk of committing or who have committed acts of delinquency


Hours: Wednesday to Friday 12h00 to 17h00, Saturday 10h00 to 16h00

Fees: membership: $8 per year

Financing: donations, self-financing, fundraising campaigns

Legal status: non-profit organization

GROUPE ACTION NOUVELLE VIE
740 Saint-Charles Street East, Longueuil, Montérégie, QC, J4H 1C2
450 646-5815 ext. 3221    Fax: 450 646-3509
Website: actionnv.com
Email: info@actionnv.com


Eligibility: men, women and families on a low income

Coverage area: Boucherville, Brossard, Chambly, Greenfield Park, La Prairie, Longueuil, Saint-Amable, Saint-Bruno-De-Montarville, Saint-Hubert, Saint-Lambert, Sainte-Julie, Varennes

Hours: services: Tuesday to Thursday 9h00 to 16h00, weekly food aid and emergency food aid: Tuesday and Thursday 12h30 to 15h00

Fees: weekly food aid and emergency food assistance: $10, $15 or $20 per food basket depending on the number of people, back-to-school supplies: $10 for each child

Financing: donations, self-financing, fundraising campaigns, foundations, grants

Legal status: non-profit organization

JUSTICE ALTERNATIVE DU HAUT-RICHELIEU
870 du Curé-Saint-Georges Street, Suite 200, Saint-Jean-sur-Richelieu, Montérégie, QC, J2X 2Z8
450 347-1799    Fax: 450 347-3445
Website: www.jahr.ca
Email: direction@jahr.ca


Eligibility: youth 12 to 17 years old

Coverage area: MRC Le Haut-Richelieu, Napierville, Saint-Bernard-de-Lacolle, Saint-Cyprien-de-Napierville, Saint-Jacques-le-Mineur

Hours: Monday to Friday 8h00 to 16h00
Child, Youth and Family

Financing: provincial
Legal status: non-profit organization

JUSTICE ALTERNATIVE DU SUROÎT
52 Larocque Road, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4A2
1 800 377-3576  Fax: 450 377-4394
Website: justicealternativedusuroit.com
Email: reception@justicealternativedusuroit.com
Eligibility: young people aged 12 to 17 years old
Coverage area: MRC de Beauharnois-Salaberry, MRC du Haut-Saint-Laurent, MRC Vaudreuil-Soulanges
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, group facilitation: Tuesday evening
Financing: provincial
Legal status: non-profit organization

JUSTICE ALTERNATIVE ET MÉDIATION
181 Decelles Street, Granby, Montérégie, QC, J2G 7P6
1 450 777-4208  Fax: 450 777-6904
Website: www.jamed.org
Email: info@jamed.org
Services: Accompaniment and support to adolescents, citizens and organisations in the community, to resolve conflicts without resorting to the criminal justice system. * Coaching and supporting the adolescent offender through a process of reparation. * Mediation: intervention, training and accompaniment in conflict resolution, in the community and in schools. * Raising awareness about the mistreatment and intimidation of seniors. * Information and prevention workshops in schools. * Training and conferences in mediation.
Eligibility: minor offenders 12 to 17 years old, people concerned with offences committed by youth, schools and other community organizations, population of Granby
Coverage area: MRC Brome-Missisquoi, MRC La Haute-Yamaska, MRC Rouville
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: grants
Legal status: non-profit organization

JUSTICE ALTERNATIVE PIERRE DE SAUREL
105 du Prince Street, Suite 209, Sorel-Tracy, Montérégie, QC, J3P 4J9
450 746-0954  Fax: 450 746-0081
Email: japds@videotron.ca
Eligibility: citizens undergoing a conflict, young offenders 12 to 17 years old, schools, adults eligible for the General alternative measures program (GAMP) for adults
Coverage area: MRC Pierre-De Saurel
Hours: Monday to Friday 8h00 to 16h00, Saturday 8h30 to 16h30
Fees: citizen mediation: free, accompaniment for schools: variable
Financing: grants
Legal status: non-profit organization
MACADAM SUD
895 Sainte-Hélène Street, Longueuil, Montérégie, QC, J4K 3R7
450 677-9021 Fax: 450 677-4741
Website: macadamsud.org
Email: info@macadamsud.org


Eligibility: youth 12 to 35 years old marginalized or at risk of marginalization, Squat: youth 12 to 17 years old, Espace-jeunes: youth 15 to 35 years old, any person in distress

Coverage area: Longueuil, Brossard
Hours: services: variable, administration: Monday to Friday 9h00 to 17h00
Fees: none

Financing: federal, provincial, fundraising campaigns, foundations, municipal, Centraide of Greater Montréal
Legal status: non-profit organization

MAISON DE LA JEUNESSE 12-17 DE VALLEYFIELD
42, Anderson Street, Salaberry-de-Valleyfield, Montérégie, QC, J6S 0L1
450 373-6788
Website: mdjvalleyfield.com
Email: direction@mdjvalleyfield.com


Eligibility: youth 12 to 17 years old
Coverage area: Salaberry-de-Valleyfield
Hours: reception and administration: Monday to Friday 9h00 to 16h00, regular intervention and animation schedule: Monday to Thursday 16h30 to 21h00, Friday 16h30 to 22h00, Saturday 14h00 to 21h00, summer intervention and animation schedule: Monday to Thursday 13h00 to 21h00, Friday 13h00 to 22h00, Saturday 13h00 to 18h00
Legal status: non-profit organization

MAISON DES JEUNES DE BEAUJEU (LA)
89 de l’Église Street North, Lacolle, Montérégie, QC, J0J 1J0
450 246-8764
Website: www.mdjbeaujeu.com
Email: mdjbeaujeu@gmail.com


Eligibility: youth 12 to 17 years old, some activities include youth 10 to 12 years old
Capacity: 30 people
Coverage area: Lacolle
Hours: Tuesday 16h00 to 21h00, homework assistance: school period, Tuesday and Thursday 16h00 to 18h00
Financing: provincial, grants
Legal status: non-profit organization
MAISON DES JEUNES DE MARIEVILLE
1972 du Pont Street, Marieville, Montérégie, QC, J3M 1J8
450 708-0635
Email: mdjmarieville@hotmail.com


Eligibility: youth from 12 to 17 years old

Coverage area: Marieville

Hours: Tuesday to Friday 16h00 to 21h00

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

Legal status: non-profit organization

MAISON DES JEUNES DE VARENNES
135 du Petit Bois Road, Varennes, Montérégie, QC, J3X 1P7
450 652-6941
Website: www.mdjvarennes.net
Email: info@mdjvarennes.net


Eligibility: youth from 12 to 17 years old

Coverage area: Varennes

Hours: Monday to Friday 16h00 to 21h00, Tuesday and Thursday 12h00 to 13h00

Fees: none

Financing: municipal, provincial, federal, self-financing

Legal status: non-profit organization

P.S. JEUNESSE
99 Salaberry Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2H5
450 377-9155     Fax: 450 377-8037
Website: psjeunesse.org
Email: info@psjeunesse.org


Eligibility: adults

Capacity: no limits

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

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

Fees: none

Financing: provincial

Legal status: non-profit organization

S.O.S. PRÉDELT
121 Brodeur Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J2W 2C4
450 655-0528
Email: gilles.bessette@hotmail.com
Maternity support and adoption

**ABC DE LA FAMILLE (L')**
20 Saint-Pierre Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 3R7
450 377-4380
Website: www.abcfamille.ca
Email: direction@abcfamille.ca


**Eligibility:** families of children from 0 to 5 years old

**Coverage area:** Salaberry-De-Valleyfield

**Hours:** Monday to Friday 8h00 to 16h00, some workshops may be offered on Saturday morning

**Fees:** daycare: $3 for 3 hours, culinary workshops: find the fee policy on the website

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

**Legal status:** non-profit organization

**ACTIONS FAMILLES SAINTE-MARTINE SAINT-URBAIN-PREMIER**
122 Saint-Joseph Street, Suite 1, Sainte-Martine, Montérégie, QC, J0S 1V0
450 427-1576     Fax: 450 498-0669
Website: www.actionsfamilles.org
Email: info@actionsfamilles.org


**Eligibility:** families

**Coverage area:** Sainte-Martine, Saint-Urbain-Premier and surroundings

**Hours:** Monday to Thursday 9h00 to 16h30, collectives kitchens: Wednesday 9h00 to 13h00

**Financing:** provincial, municipal, donations, contributions

**Legal status:** non-profit organization

**AMITIÉ MATERN'ELLE**
90 Marie-Victorin Boulevard, Candiac, Montérégie, QC, J5R 1C1
450 659-7661 ext. 1387
Website: www.amitiematernelle.com
Email: amitiematernelle@gmail.com


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

**Coverage area:** CLSC Kateri territory

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization
ASSOCIATION DE PARENTS POUR L’ADOPTION QUÉBÉCOISE
Confidential Address
1 844 990-9144
Website: www.apaq.adoption-quebec.ca
Email: apaq@adoption-quebec.ca
Services: * Pre and post-adoption support and online support. * Support groups and conferences, 3 or more times per year. * Web conferences. * Therapeutic support group with psychologist, 4 to 5 meetings, more then once a month. * Support workshops for children who have been adopted. * Documentation and information. * Family outings. * Online parent and adoptee meeting group. * Psycho-educational support group. * Closed Facebook group. * Access to videoconference and face-to-face conferences for members.
Eligibility: families who have adopted or are waiting to adopt a child born in Québec, adoption applicants, mixed bank parents
Capacity: variable
Coverage area: Province of Québec
Hours: Monday to Friday variable, self-help and support groups: evenings and weekends on a scheduled basis
Fees: free annual membership: recommended contribution: $35 per family and less than $100 per couple for the therapeutic meeting sessions of the support group, mutual aid group: none, conferences: none
Financing: membership fees, donations, grants, provincial
Legal status: non-profit organization

ASSOCIATION INFERTILITÉ QUÉBEC
1538 Saint-Jean-Baptiste Boulevard, Mercier, Montérégie, QC, J6R 2L1
514 452-6775
Website: www.infertilite.ca
Email: president@infertilite.ca
Eligibility: infertile couples and individuals of all sexual orientations
Coverage area: Province of Québec
Fees: annual membership: $25.50
Financing: membership fees
Legal status: non-profit organization

BEAUHARNOIS - CITY
660 Ellice Street, Suite 100, Beauharnois, Montérégie, QC, J6N 1Y1
450 429-3546 Fax: 450 429-2478
Website: ville.beauharnois.qc.ca
Email: reception@ville.beauharnois.qc.ca
Coverage area: Beauharnois
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00
Financing: municipal
Legal status: municipal agency
**BELOEIL - CITY**

777 Laurier Street, Beloeil, Montérégie, QC, J3G 4S9

450 467-2835 ext. 0  Fax: 450 464-5445

Website: beloeil.ca

Email: reception@beloeil.ca


**Coverage area:** Beloeil

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

**Financing:** municipal

**Legal status:** municipal agency

**CARIGNAN - CITY**

2555 Bellevue Road, Carignan, Montérégie, QC, J3L 6G8

450 658-1066  Fax: 450 658-2676

Website: www.carignan.quebec

Email: info@villedecarignan.org


**Coverage area:** Carignan

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

**Financing:** municipal

**Legal status:** municipal agency

**CARREFOUR FAMILIAL DE SAINTE-JULIE**

461 Saint-Joseph Boulevard, Suite 93, Sainte-Julie, Montérégie, QC, J3E 1W8

450 922-7179

Website: www.carrefourfamilialsj.org

Email: info@carrefourfamilialsj.org


**Eligibility:** families, mothers-to-be

**Coverage area:** Sainte-Julie

**Hours:** daycare: Tuesday to Friday 9h00 to 16h00, activities according to the program

**Fees:** variable fees depending on the activities and chosen services

**Financing:** grants, fundraising campaigns

**Legal status:** non-profit organization
CARREFOUR NAISSANCE-FAMILLE
5750 Saint-Roch Road, Sorel-Tracy, Montérégie, QC, J3R 3L9
450 743-0359 ext. 21 Fax: 450 743-8529
Website: www.carrefournaissefamille.com
Email: communication@carrefournaissefamille.com
Eligibility: future parents, families with children from 0 to 17 years old
Coverage area: MRC Pierre-De Saurel and surrounding areas
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: membership card: $25 for residents of the MRC Pierre-De Saurel, $50 for residents from surrounding areas, activities and services: free or variable
Financing: contributions, donations, self-financing, fundraising campaigns
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE 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
Eligibility: seniors, sick or convalescent people, people with a disability, families in need, people on a low income, community organizations, volunteers
Hours: Monday to Friday 8h30 to 16h30, thrift store: Monday to Wednesday 9h30 to 17h30, Thursday and Friday 9h30 to 19h00, Saturday and Sunday 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 LES P’TITS BONHEURS
1665 Montarville Street, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 3T8
450 441-0807 Fax: 450 441-4667
Website: www.cabstbruno.org
Email: infocab.petitsbonheurs@cabstbruno.org

Child, Youth and Family

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Eligibility: seniors, families, people in difficulty
Capacity: variable
Coverage area: Saint-Bruno-de-Montarville
Hours: Monday to Friday 8h30 to 16h30, thrift store: Monday, Tuesday, Wednesday, Friday and Saturday 10h00 to 16h00, Thursday 10h00 to 19h00
Fees: variable
Financing: provincial
Legal status: non-profit organization

CENTRE DE PÉRINATALITÉ L'AUTRE MAISON
575 Saint-Charles Street East, Longueuil, Montérégie, QC, J4H 1B8
450 332-9833   Fax: 450 332-0865
Website: lautremaison.ca
Email: info@lautremaison.ca

Eligibility: pregnant women, couples, children
Coverage area: Montréal Island, South Shore
Hours: centre: Monday to Thursday 8h00 to 19h30, Friday 8h00 to 18h00, pediatric emergency: by appointment, Monday to Friday 7h30 to 12h00, Saturday and Sunday 8h30 to 13h00
Financing: fundraising campaigns
Legal status: non-profit organization

CENTRE DE RESSOURCES FAMILIALES DU HAUT SAINT-LAURENT
16 King Street, Huntingdon, Montérégie, QC, J0S 1H0
450 264-4598
Website: www.crfhsl.ca/?lang=en
Email: crf@bellnet.ca

Eligibility: families, parent-child early stimulation workshops: parents, children 0 to 5 years old
Coverage area: MRC Le Haut-Saint-Laurent
Hours: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 12h00
Financing: provincial, federal
Legal status: non-profit organization

CENTRE JEUNESSE DE LA MONTÉRÉGIE - HEAD OFFICE - DIRECTION DE LA PROTECTION DE LA JEUNESSE
575 Adoncour Street, Longueuil, Montérégie, QC, J4G 2M6
1 800 641-4315   Fax: 450 679-3731
Website: santemonteregie.qc.ca/en

Services: Administration of Youth Centres. * Direction de la protection de la jeunesse et des services aux jeunes et à leur famille. * Reports reception and assessment for acts of neglect, violence, abuse against a young person or behavioral disorders, under the Youth Protection Act. * Psychosocial adaptation and rehabilitation. * Services for young offenders under the Youth Criminal Justice Act. * Housing: foster families, group homes, rehabilitation centers and intermediate resources. * Adoption services, biological parents search, expertise at the Superior Court.
Eligibility: children and teens in difficulty, young offenders, parents, guardians, stakeholders
Coverage area: Montérégie
Financing: provincial
Legal status: parapublic organization
CENTRE PÉRINATAL LE BERCEAU
733 Laurier Street, Beloeil, Montérégie, QC, J3G 4J7
450 446-7760
Website: leberceau.org
Email: info@leberceau.org
Eligibility: pregnant women, future parents and parents with a child under one year old
Coverage area: South Shore
Hours: Monday to Friday 8h30 to 16h30, Saturday 9h00 to 16h00
Fees: annual membership card: 15$, activities and services: free or variable
Financing: provincial, foundations, donations, self-financing, grants, municipal
Legal status: non-profit organization

CENTRE PRÉNATAL ET JEUNES FAMILLES
640A Chicoine Street, Vaudreuil-Dorion, Montérégie, QC, J7V 9J4
450 424-7867
Website: www.centrepjf.org
Email: info@centrepjf.org
Eligibility: families, Les Relevailles service: new parents with a baby under 12 months of age
Capacity: 16 people
Coverage area: MRC Vaudreuil-Soulanges
Hours: Monday to Friday 8h00 to 15h30
Fees: free
Financing: self-financing
Legal status: non-profit organization

CHÂTEAUGUAY HORIZON COMMUNITY ASSOCIATION
317 Brault Street, Châteauguay, Montérégie, QC, J6J 4M9
Website: chateauguayhorizon.weebly.com
Email: chateauguayhorizon@gmail.com
Eligibility: Black community of Châteauguay
Coverage area: Châteauguay
Fees: membership: family $20, individual $15
Financing: self-financing
Legal status: non-profit organization

CLSC DE LONGUEUIL-OUEST
201 Curé-Poirier Boulevard West, Longueuil, Montérégie, QC, J4J 2G4
450 651-9830
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1218&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J4J2G4

Coverage area: CISSS de la Montérégie-Est area
Hours: Monday to Friday 7h00 to 21h00, tests centre: by appointment
Financing: provincial
Legal status: parapublic 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/reertoire-ressources/ressource/?nofiche=1688&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J0P1X0


Coverage area: CISSS de la Montérégie-Ouest area
Hours: Monday, Tuesday, Thursday, Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 8h30 to 12h00 and 13h00 to 20h30, tests centre: Monday to Friday 7h00 to 10h00
Financing: provincial
Legal status: parapublic organization

CLSC DES PATRIOTES - SAINT-BRUNO SERVICE OFFICE
50 De la Rabastalière Road East, Suite 10, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 2A5
450 461-1012
Website: sante.gouv.qc.ca/en/reertoire-ressources/ressource/?nofiche=511&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J3V2A5


Coverage area: CISSS de la Montérégie-Est area
Hours: Monday 8h30 to 16h30, Tuesday 8h30 to 20h00, Wednesday to Friday 8h30 to 16h30, test centre: by appointment
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/reertoire-ressources/ressource/?nofiche=1240&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J7V9R2


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

CLSC JARDIN DU QUÉBEC - NAPIERVILLE
509 Saint-Jacques Street, Napierville, Montérégie, QC, J0J 1L0
450 245-3336   Fax: 450 245-0278
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=42457&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J0J1L0


Coverage area: CISSS de la Montérégie-Ouest area
Hours: Monday, Wednesday and Friday 8h00 to 16h00, Tuesday and Thursday 8h00 to 20h00, Saturday and Sunday: closed but covered by the Saint-Rémi CLSC, tests centre: Tuesday and Thursday 6h30 to 9h00

Financing: provincial
Legal status: parapublic organization

CLSC KATERI
90 Marie-Victorin Boulevard, Candiac, Montérégie, QC, J5R 1C1
450 659-7661   Fax: 450 444-6260
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1235&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J5R1C1


Coverage area: CISSS de la Montérégie-Ouest area
Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 20h00, tests centre: Monday to Friday 6h30 to 9h00

Financing: provincial
Legal status: parapublic organization

CLSC SIMONNE-MONET-CHARTRAND
1303 Jacques-Cartier Boulevard East, Longueuil, Montérégie, QC, J4M 2Y8
450 463-2850
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1082&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J4M2Y8


Coverage area: CISSS Montérégie-Est area
Hours: Monday to Friday 8h00 to 21h00, Saturday, Sunday and holidays 8h00 to 12h00 and 13h00 to 16h00, tests centre: Monday to Friday 7h00 to 9h30

Financing: provincial
Legal status: parapublic organization
COMITÉ D’ALLAITEMENT MATERNEL
461 Saint-Joseph Boulevard, Suite 112, Sainte-Julie, Montérégie, QC, J3E 1W8
450 468-3530 ext. 64621
Website: allaitementcalm.org/en
Email: info@allaitementcalm.org
Services: Group of volunteers offering prenatal and postnatal support and information on breastfeeding.
Eligibility: new parents
Coverage area: Boucherville, Calixa-Lavallée, Contrecoeur, Saint-Amable, Sainte-Julie, Varennes, Verchères
Hours: drop-in breastfeeding: every Thursday, CALM time: twice a month, workshop on newborn needs and breastfeeding: once a month
Fees: free
Financing: provincial, federal, municipal
Legal status: non-profit organization

COMMUNITY LEGAL CENTRE OF THE SOUTH SHORE
101 Roland-Therrien Boulevard, Suite 301, Longueuil, Montérégie, QC, J4H 4B9
450 928-7655     Fax: 450 928-7657
Website: ccjrs.com
Email: administration@ccjrs.com
Services: Legal aid services, free or at a low cost to eligible individuals, provided by family, matrimonial, youth protection, young offenders, criminal and penal, administrative, social, civil and immigration lawyers or notaries.
* Representation before a first instance or appeal court, as plaintiff or defendant. * Assistance in certain cases expressly provided for in the Legal Aid Act. * Legal consultation. * Phone consultation, available 24/7, for detention or custody. * Legal information regarding rights and obligations of legal aid recipients. * Community involvement. * Complaints reception.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law
Coverage area: South Shore
Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website
Financing: provincial
Legal status: parapublic organization

COOPÉRATIVE DE SOLIDARITÉ DE SANTÉ DE LA MRC D’ACTON
755 de Roxton Street, Acton Vale, Montérégie, QC, J0H 1A0
450 546-3245     Fax: 450 546-4720
Website: coopsanteacton.ca
Email: info@coopsanteacton.ca
Eligibility: individuals without a family doctor or followed by a doctor from the Coopérative de santé de la MRC d’Acton
Coverage area: MRC Acton
Hours: Monday and Wednesday 8h00 to 20h30, Tuesday, Thursday and Friday 8h00 to 17h00
Fees: consultations: none, other services: variable with reduced rates for members, membership on a voluntary basis: $10 for the acquisition of a social share, $65 for the annual contribution
Financing: contributions
Legal status: cooperative

COURT OF QUÉBEC - YOUTH DIVISION - LONGUEUIL
1111 Jacques-Cartier Boulevard East, Longueuil, Montérégie, QC, J4M 2J6
450 646-4004
Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/longueuil-courthouse

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

Coverage area: South Shore of Montréal: Longueuil judicial district

Hours: Monday to Friday of 8h30 to 16h30

Financing: provincial

Legal status: provincial government agency

COURT OF QUÉBEC - YOUTH DIVISION - SAINT-JEAN-SUR-RICHELIEU
109 Saint-Charles Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 2C2
450 346-5743
Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/saint-jean-sur-richelieu-courthouse

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

Coverage area: Montérégie: Iberville judicial district

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

Financing: provincial

Legal status: provincial government agency

COURT OF QUÉBEC - YOUTH DIVISION - SALABERRY-DE-VALLEYFIELD
74 Académie Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 0B8
450 370-4003
Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/salaberry-de-valleyfield-courthouse

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

Coverage area: Beauharnois judicial district: MRC Beauharnois-Salaberry and MRC Vaudreuil-Soulanges

Hours: Monday to Friday of 8h30 to 12h45 and 13h45 to 16h30

Financing: provincial

Legal status: provincial government agency

COURT OF QUÉBEC - YOUTH DIVISION - SOREL-TRACY
46 Charlotte Street, Sorel-Tracy, Montérégie, QC, J3P 6N5
450 743-1251
Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/sorel-tracy-courthouse

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

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

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

Financing: provincial

Legal status: provincial government agency

ENTRAIDE MATERNELLE DU RICHELIEU
300 de Marieville Road, Richelieu, Montérégie, QC, J3L 3V8
514 817-0665
Email: emri@live.ca


Eligibility: parents of children under 2 years of age, pregnant women

Coverage area: CLSC du Richelieu

Hours: breastfeeding clinic: Friday 9h00 to 11h00

Financing: provincial

Legal status: non-profit organization
ENVOl (L’) PROGRAMME D’AIDE AUX JEUNES MÈRES
1660 de l’Église Street, Longueuil, Montérégie, QC, J4P 2C8
450 465-2584 ext. 221 Fax: 450 465-2466
Website: lenvol.org
Email: info@lenvol.org


Eligibility: pregnant women and mothers under 25 years old, Escale: mothers under 30 years old, food assistance, childcare and transportation: for users only

Coverage area: South Shore of Montréal

Hours: Monday to Friday 9h00 to 16h00, Daycare Les Coucous de l’Envol: Monday to Friday 7h00 to 18h00

Fees: none

Financing: grants, self-financing, donations

Legal status: non-profit organization

FAMILLE À COEUR
130 Saint-Georges Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 2S8
450 346-1734 Fax: 450 346-9680
Website: familleacoeur.qc.ca
Email: familleacoeur@familleacoeur.qc.ca


Eligibility: families

Coverage area: MRC Le Haut-Richelieu

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00, some evenings and weekends

Fees: yearly membership: $20 per family per year

Financing: provincial, federal, Centraide of Greater Montréal

Legal status: non-profit organization

GROUPE ACTION NOUVELLE VIE
740 Saint-Charles Street East, Longueuil, Montérégie, QC, J4H 1C2
450 646-5815 ext. 3221 Fax: 450 646-3509
Website: actionnv.com
Email: info@actionnv.com


Eligibility: men, women and families on a low income

Coverage area: Boucherville, Brossard, Chambly, Greenfield Park, La Prairie, Longueuil, Saint-Amable, Saint-Bruno-De-Montarville, Saint-Hubert, Saint-Lambert, Sainte-Julie, Varennes

Hours: services: Tuesday to Thursday 9h00 to 16h00, weekly food aid and emergency food aid: Tuesday and Thursday 12h30 to 15h00

Fees: weekly food aid and emergency food assistance: $10, $15 or $20 per food basket depending on the number of people, back-to-school supplies: $10 for each child

Financing: donations, self-financing, fundraising campaigns, foundations, grants

Legal status: non-profit organization
HOME-START CHAMPLAIN
78 Saint-Louis Street, Longueuil, Montérégie, QC, J4R 2L4
450 923-4138
Website: premierspasenglish.weebly.com
Email: info@premierspaschamplain.org
Eligibility: families with children under 12 years old
Coverage area: South Shore
Hours: Monday to Friday 9h00 to 16h00
Fees: workshops: variable
Financing: provincial
Legal status: non-profit organization

JEUNES MÈRES EN ACTION
330 Laurier Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 6L3
450 348-4330   Fax: 450 348-7966
Website: www.jeunesmeresenaction.org
Email: info@jeunesmeresenaction.org
Services: Services for young mothers on a low income. * Day centre: workshops with a free daycare service, listening and support, coffee-meetings, individual encounters, listening over the phone, recreational activities, group outings. * Transition housing for mothers planning to attend school.
Eligibility: young mothers on a low income
Coverage area: MRC Le Haut-Richelieu
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization

KAHNAWAKE SHAKOTII'ATEKENHAS COMMUNITY SERVICES
Confidential Address
450 632-6880   Fax: 450 632-5116
Website: www.kscs.ca
Eligibility: Kahnawake residents
Coverage area: Kahnawake
Hours: Monday to Friday 8h30 to 16h30
Financing: grants
Legal status: non-profit organization
KANONHKWA’TSHERI:IO HEALTH AND SOCIAL FACILITY
31 Hilltop Drive, Akwesasne, Montérégie, QC, H0M 1A0
613 575-2341
Website: www.akwesasne.ca/health
Email: info@akwesasne.ca


Eligibility: members of an aboriginal community
Coverage area: Akwesasne
Fees: none
Legal status: municipal agency

KATERI MEMORIAL HOSPITAL CENTRE
10 River Road, Kahnawake, Montérégie, QC, J0L 1B0
450 638-3930     Fax: 450 638-4634
Website: kmhc.ca


Eligibility: community of Kahnawake
Coverage area: Kahnawake
Hours: Monday to Thursday 9h00 to 20h00, Friday 9h00 to 17h30, Saturday 9h30 to 13h30, visiting hours: 7 days 12h00 to 21h00, walk-in clinic: every Saturday, blood tests: Monday to Friday 7h00 to 9h00
Financing: federal, provincial
Legal status: parapublic organization

LAIT SOURCE
Confidential Address
Email: laitsource@gmail.com


Eligibility: future and new parents
Coverage area: MRC les Jardins-de-Napierville
Hours: Monday to Sunday 8h00 to 20h00
Fees: none
Financing: municipal
Legal status: non-profit organization

LEGAL AID OFFICE - CHÂTEAUGUAY
147 Saint-Jean-Baptiste Boulevard, Châteauguay, Montérégie, QC, J6K 3B1
450 691-4325     Fax: 450 699-0496
Website: ccjrs.com/bureaux/chateauguay
Email: chateauguay@ccjrs.com
Services: Free or low cost legal services to financially eligible individuals. * Receive and process legal aid requests.

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

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

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

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

Financing: provincial

Legal status: parapublic organization

LEGAL AID OFFICE - CIVIL LAW - LONGUEUIL
101 Roland-Therrien Boulevard, Suite 200, Longueuil, Montérégie, QC, J4H 4B9
450 928-7659     Fax: 450 928-7670
Website: ccjrs.com/bureaux/longueuil-civil
Email: longueuilcivil@ccjrs.com

Services: Free or low cost legal services concerning familial or civil rights to financially eligible individuals. * Receives and processes legal aid requests.

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

Coverage area: Boucherville, Brossard, Candiac, Greenfield Park, La Prairie, Longueuil, Saint-Amable, Saint-Basile-le-Grand, Saint-Bruno-de-Montarville, Saint-Hubert, Saint-Lambert, Sainte-Julie-de-Verchères, Varennes, Verchères

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

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

Financing: provincial

Legal status: parapublic organization

LEGAL AID OFFICE - SALABERRY-DE-VALLEYFIELD
151 Salaberry Street West, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2H8
450 370-3064     Fax: 450 370-3068
Website: ccjrs.com/bureaux/salaberry-de-valleyfield
Email: valleyfield@ccjrs.com

Services: Free or low cost legal services to eligible individuals. * Receives and processes legal aid request.

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

Coverage area: MRC Beauharnois-Salaberry, Vaudreuil-Dorion

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

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

Financing: provincial

Legal status: parapublic organization

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


Coverage area: Les Coteaux
Child, Youth and Family

LIGUE LA LECHE

Confidential Address
1 866 255-2483
Website: allaitement.ca
Email: information@allaitement.ca


Eligibility: parents wishing to breastfeed, who are breastfeeding or who want information on weaning, their families, counsellors working with families and their young children, healthcare professionals

Coverage area: Province of Québec

Hours: telephone support: 7 days 9h00 to 21h00

Fees: none

Financing: self-financing, grants

Legal status: non-profit organization

MAISON DE L’ENTRAIDE SAINTE-JULIE

500 Jules-Choquet Avenue, Suite 100, Sainte-Julie, Montérégie, QC, J3E 1W6
450 649-4569
Email: maisonentraide@videotron.ca


Eligibility: people in need, depot: open to all

Coverage area: Sainte-Julie

Hours: shop: Tuesday and Wednesday 12h00 to 16h00, Thursday and Friday 12h00 to 19h00, support: Monday to Friday 8h00 to 16h00

Financing: self-financing, donations, provincial

Legal status: non-profit organization

MAISON DE LA FAMILLE COWANSVILLE RÉGION

1159 Sud Street, Cowansville, Montérégie, QC, J2K 2Y7
450 815-1110
Website: www.maisondelafamillecowansville.com
Email: maisondelafamillecowansville@gmail.com


Eligibility: families and parents of children 0 to 12 years old, daycare: children 18 months to 5 years old, stimulation workshops: children 3 to 5 years old

Coverage area: Cowansville

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

Fees: membership card: $20 per family per year, daycare, respite and activities: free for members

Financing: contributions

Legal status: non-profit organization
MAISON DE LA FAMILLE LA PARENT’AIDE
2060 Holmes Street, Longueuil, Montérégie, QC, J4T 1R8
450 923-9333
Website: laparentraide.ca
Email: info@laparentraide.ca

Services: Provides parents with support and tools to enable them to better perform their role as educators and improve the quality of life for their family. * Workshops for parents of children 0 to 5 years: YAPP program, luncheons, Vie de famille, De la discipline à l'amour, Éveil musical, Langagibou. * Baby food workshops. * Daycare for children 0 to 5 years. * Parent-child workshops for children 0 to 5 years: Moments magiques, Exp'Art, Mes 5 sens et moi, La boîte à outils, Grouille et gribouille, Tand'aime, Passeport. * Workshops for parents of children 5 to 12 years: Full Parent, Vie de famille, De la discipline à l'amour, Jalousie et rivalité frère/sœur, Parler pour que les enfants écoutent. * Parent-youth workshop for youth 5 to 12 years: Estime de soi. * Workshop for parents of teenagers 12 to 17 years: 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: parents of children 0 to 17 years old
Coverage area: Greenfield Park, Longueuil, LeMoyne, Saint-Hubert
Hours: Monday to Friday 8h30 to 16h30
Fees: annual membership: $20
Financing: provincial, Centraide of Greater Montréal
Legal status: non-profit organization

MAISON DE LA FAMILLE VAUDREUIL-SOULANGES
1210 Principale Street, Saint-Zotique, Montérégie, QC, J0P 1Z0
450 217-2177
Website: www.maisondelafamillevs.ca
Email: info@mfvs.ca


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 DE NAISSANCE DU RICHELIEU
700 Martel Street, Richelieu, Montérégie, QC, J3L 5R6
450 658-2080     Fax: 450 658-2046
Website: www.santemonteregie.qc.ca/installations/maison-de-naisance-du-richelieu
Email: reception_sage-femme.cssshrr16@ssss.gouv.qc.ca

Eligibility: pregnant women
Coverage area: MRC Le Haut-Richelieu
**MAM - AUTOUR DE LA MATERNITÉ**

2060 Holmes Street, Longueuil, Montérégie, QC, J4T 1R8
514 990-9626
Website: www.mam.qc.ca
Email: kim.couture@mam.qc.ca


**Eligibility:** pregnant women, breastfeeding mothers, babies

**Coverage area:** Beloeil, Longueuil, McMasterville, Otterburn Park, Saint-Antoine-Sur-Richelieu, Saint-Basile-Le-Grand, Saint-Bruno-de-Montarville, Saint-Charles-Sur-Richelieu, Saint-Denis-Sur-Richelieu, Mont Saint-Hilaire, Saint-Jean-Baptiste, Saint-Marc-Sur-Richelieu, Saint-Mathieu-de-Beloeil

**Hours:** Monday to Wednesday 9h00 to 12h00, Thursday 9h00 to 15h30
**Fees:** some activities have fees
**Financing:** provincial
**Legal status:** non-profit organization

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**MARIEVILLE - CITY**

682 Saint-Charles Street, Marieville, Montérégie, QC, J3M 1P9
450 460-4444 Fax: 450 666-1766
Website: www.ville.marieville.qc.ca
Email: administration@ville.marieville.qc.ca


**Coverage area:** Marieville

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
**Financing:** municipal
**Legal status:** municipal agency

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**MRC ROUSSILLON**

260 Saint-Pierre Street, Suite 200, Saint-Constant, Montérégie, QC, J5A 2A5
450 638-1221 Fax: 450 638-4499
Website: roussillon.ca


**Coverage area:** MRC Roussillon

**Hours:** Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h30
**Financing:** municipal, self-financing, provincial
**Legal status:** municipal agency
NOURRI-SOURCE - MONTÉRÉGIE
Confidential Address
1 877 425-0805
Website: nourri-source.org
Email: monteregie@nourri-source.org
Eligibility: families wishing to breastfeed
Coverage area: Montérégie
Hours: 7 days, 8h00 to 21h00
Fees: none
Financing: donations, self-financing
Legal status: non-profit organization

OPTIONS: RESOURCE AND PREGNANCY CENTRE FOR YOUTH
25 D'Anjou Boulevard, Châteauguay, Montérégie, QC, J6J 2P7
450 699-4357
Website: www.centreoptions.org/indexen1
Email: options@jslmontreal.org
Eligibility: teens, young adults and families who struggle with an unexpected pregnancy
Capacity: ARK boutique: 25 people per week, pregnancy options support: 3 people per week, other services: as needed
Coverage area: Greater Montréal
Hours: Monday, Tuesday and Friday 10h00 to 14h00, appointments available outside these hours
Fees: none
Financing: donations
Legal status: non-profit organization

PRÉMA-QUÉBEC
150 Grant Street, Suite 305, Longueuil, Montérégie, QC, J4H 3H6
1 888 651-4909 Fax: 450 651-2185
Website: www.premaquebec.ca/en
Email: info@premaquebec.ca
Eligibility: parents of premature children, professionals
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 16h00
Fees: free for parents
Financing: provincial, donations, grants
Legal status: non-profit organization
SAINT-BARNABÉ-SUD - MUNICIPALITY
165 de Michaudville Road, Saint-Barnabé-Sud, Montérégie, QC, J0H 1G0
450 792-3030 Fax: 450 792-3759  
Website: saintbarnabesud.ca  
Email: munstbarnabesud@mrcmaskoutains.qc.ca  
Coverage area: Saint-Barnabé-Sud  
Hours: Monday to Wednesday 8h30 to 12h30 and 13h00 to 15h00, Thursday 8h30 to 12h30 and 13h00 to 17h00  
Financing: municipal  
Legal status: municipal agency

SAINT-BASILE-LE-GRAND - CITY  
204 Principale Street, Saint-Basile-le-Grand, Montérégie, QC, J3N 1M1  
450 461-8000  
Website: www.ville.saint-basile-le-grand.qc.ca  
Email: communications@villesblg.ca  
Coverage area: Saint-Basile-Le-Grand  
Hours: Monday to Thursday 8h00 to 11h45 and 12h45 to 16h15, Friday 8h30 to 12h00  
Financing: municipal  
Legal status: municipal agency

SAINT-BERNARD-DE-MICHAUDVILLE - MUNICIPALITY  
390 Principale Street, Saint-Bernard-de-Michaudville, Montérégie, QC, J0H 1C0  
450 792-3190 ext. 1 Fax: 450 792-3591  
Website: saintbernarddemichaudville.qc.ca  
Email: dgstbernard@mrcmaskoutains.qc.ca  
Coverage area: Saint-Bernard-de-Michaudville  
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30  
Financing: municipal  
Legal status: municipal agency

SAINT-BRUNO-DE-MONTARVILLE - CITY  
1585 Montarville Street, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 3T8  
450 653-2443 Fax: 450 441-8481  
Website: stbruno.ca  
Email: information@stbruno.ca
Child, Youth and Family

* Financial assistance program for the purchase of washable and reusable sanitary products: stbruno.ca/ville/programmes/programme-aide-financiere-achat-produits-hygieniques-lavables-et-reutilisables

**Coverage area:** Saint-Bruno-de-Montarville

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

**Financing:** municipal

**Legal status:** municipal agency

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**SAINT-CÉSAIRE - CITY**

1111 Saint-Paul Avenue, Saint-Césaire, Montérégie, QC, J0L 1T0
450 469-3108     Fax: 450 469-5275

**Website:** www.villesaintcesaire.com
**Email:** administration@ville.saint-cesaire.qc.ca


**Coverage area:** Saint-Césaire

**Hours:** Monday to Wednesday 8h00 to 16h30, Thursday 8h00 to 17h00, Friday 8h00 to 12h30

**Financing:** municipal

**Legal status:** municipal agency

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**SAINT-JUDE - MUNICIPALITY**

940 du Centre Street, Saint-Jude, Montérégie, QC, J0H 1P0
450 792-3855     Fax: 450 792-3828

**Website:** www.saint-jude.ca
**Email:** munstjude@mrcmaskoutains.qc.ca


**Coverage area:** Saint-Jude

**Hours:** Monday to Friday 9h00 to 12h00 and 13h30 to 16h00

**Financing:** municipal

**Legal status:** municipal agency

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**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


**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-LIBOIRE - MUNICIPALITÉ
21 Mauriac Place, Saint-Liboire, Montérégie, QC, J0H 1R0
450 793-2811 Fax: 450 793-4428
Website: www.municipalite.st-liboire.qc.ca
Email: reception@st-liboire.ca
Coverage area: Saint-Liboire
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h00
Legal status: municipal agency

SAINT-PAUL-D’ABBOTSFORD - MUNICIPALITY
926 Principale Street East, Saint-Paul-d’Abbotsford, Montérégie, QC, J0E 1A0
450 379-5408 Fax: 450 379-9905
Website: www.saintpauldabbotsford.qc.ca
Email: info@saintpauldabbotsford.qc.ca
Coverage area: Saint-Paul-D’abotsford
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00
Financing: municipal
Legal status: municipal agency

SAINTE-MADELEINE - MUNICIPALITÉ
850 Saint-Simon Street, Sainte-Madeleine, Montérégie, QC, J0H 1S0
450 795-3822 Fax: 450 795-3736
Website: www.villestemadeleine.qc.ca
Email: administration@stemadeleine.quebec
Coverage area: Sainte-Madeleine
Hours: winter: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00, summer: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h30
Financing: municipal
Legal status: municipal agency

SOREL-TRACY - CITY
71 Charlotte Street, Sorel-Tracy, Montérégie, QC, J3P 7K1
450 780-5600
Website: www.ville.sorel-tracy.qc.ca
Email: info@ville.sorel-tracy.qc.ca
**SOURIRE SANS FIN**

2-A Sainte-Famille Street, Saint-Rémi, Montérégie, QC, J0L 2L0  
**450 454-5747**  
**Fax:** 450 454-5640  
**Website:** souriresansfin.org  
**Email:** info@souriresansfin.org


**Eligibility:** people on a low income, families, ITMAV project: seniors 55 and over

**Capacity:** 600 per year

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

**Hours:** Monday to Friday 8h30 to 16h30, collective kitchen: Monday, Tuesday and Wednesday, meals on wheels: Tuesday 11h30

**Fees:** collective kitchen: $1.25 per portion, meals on wheels: $6 per meal, food bags: $2 per week per family

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

**Legal status:** non-profit organization

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**SOUTIEN LACTÉA**

640 Dorchester Street, Suite 404, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 5A4  
**450 895-3554**  
**Fax:** 450 895-1609  
**Website:** www.lactea.org  
**Email:** info@lactea.org

**Services:** Help and support for breastfeeding. * 24/7 breastfeeding hotline. * Education and training through courses and activities. * Breastfeeding godmothers. * Coffee meetings. * Shop: breast pumps to rent or buy.

**Eligibility:** young parents

**Coverage area:** MRC le Haut-Richelieu

**Hours:** Monday, Tuesday, Wednesday 10h00 to 16h00, Thursday 13h00 to 16h00, coffee meetings: Tuesday 13h00 to 15h30

**Financing:** provincial, fundraising campaigns

**Legal status:** non-profit organization

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**TABLE DE CONCERTATION GRANDIOSE**

1100 Leclaire Street, Saint-Césaire, Montérégie, QC, J0L 1T0  
**514 668-8729**  
**Email:** af.grandiose@outlook.com

**Services:** Coordination between organizations offering early childhood services and intervention with vulnerable families. * Workshops in parent-child dyads. * Training for counselors. * Development of tools for parental support. * Coordination of programs that promote a better transition to school. * Community intervention. * Family support: accompaniment, referrals and support for parents.

**Eligibility:** families, children, counselors

**Coverage area:** MRC Rouville, Carignan, Chambly

**Hours:** on call
Parenting Education

**ABC DE LA FAMILLE (L')**
20 Saint-Pierre Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 3R7
450 377-4380
Website: www.abcfamille.ca
Email: direction@abcfamille.ca


**Eligibility:** families of children from 0 to 5 years old

**Coverage area:** Salaberry-De-Valleyfield

**Hours:** Monday to Friday 8h00 to 16h00, some workshops may be offered on Saturday morning

**Fees:** daycare: $3 for 3 hours, culinary workshops: find the fee policy on the website

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

**Legal status:** non-profit organization

**ACTIVITÉS PRÉSCOLAIRES DE BROSSARD**
1025 des Prairies Road, Brossard, Montérégie, QC, J4Y 2Y7
450 619-7765
Website: www.activitesprescolaires.com
Email: activitesprescolaires@yahoo.com


**Eligibility:** children 2 to 5 years old

**Coverage area:** Brossard

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

**Legal status:** non-profit organization

**AFFAIRE DE FAMILLE (UNE)**
19 Bridge Street, Ormstown, Montérégie, QC, J0S 1K0
450 829-3782
Website: www.uneaffairedefamillehsl.com
Email: uaf.reception@gmail.com


**Eligibility:** parents, young adults, children, teenagers, seniors

**Coverage area:** MRC du Haut-Saint-Laurent

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h00, closed in July and August

**Financing:** self-financing, municipal

**Legal status:** non-profit organization
AMITIÉ MATERN'ELLE
90 Marie-Victorin Boulevard, Candiac, Montérégie, QC, J5R 1C1
450 659-7661 ext. 1387
Website: www.amitiematernelle.com
Email: amitiematernelle@gmail.com
Eligibility: pregnant women, families with infants
Coverage area: CLSC Kateri territory
Fees: none
Financing: provincial
Legal status: non-profit organization

APPRENDRE EN COEUR
25 Saint-Sauveur Street, Saint-Rémi, Montérégie, QC, J0L 2L0
450 454-0400
Website: apprendreencoeur.org
Email: apprendreencoeur@gmail.com
Eligibility: families with children 0 to 5 years old
Coverage area: MRC Les Jardins-de-Napierville
Hours: Monday to Friday 9h00 to 16h00, by appointment
Fees: programs and workshops: free, summer camp: $5 for a half-day
Financing: grants, fundraising campaigns
Legal status: non-profit organization

ASSOCIATION DE PARENTS DE L'ENFANCE EN DIFFICULTÉ
1050 Curé-Poirier Boulevard West, Suite 100, Longueuil, Montérégie, QC, J4K 2E4
450 679-9310 Fax: 450 679-3294
Website: aped.org
Email: info@aped.org
Eligibility: parents of a child living with an intellectual disability, an autism spectrum disorder, an attention deficit disorder with or without hyperactivity, behavioural disorders or with a mental health issue, youth service: youth 5 to 21 years old living with an intellectual disability, an autism spectrum disorder or a mental health issue
Coverage area: South Shore
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00, mutual aid groups and trainings: evening
Fees: annual membership: $20, participation fees for some services
Financing: Centraide of Greater Montréal, provincial, municipal, self-financing
Legal status: non-profit organization

ASSOCIATION DE PARENTS POUR L'ADOPTION QUÉBÉCOISE
Confidential Address
1 844 990-9144
Website: www.apaq.adoption-quebec.ca
Email: apaq@adoption-quebec.ca
Services: * Pre and post-adoption support and online support. * Support groups and conferences, 3 or more times per year. * Web conferences. * Therapeutic support group with psychologist, 4 to 5 meetings, more than once a month. * Support workshops for children who have been adopted. * Documentation and information. * Family outings. * Online parent and adoptee meeting group * Psycho-educational support group. * Closed Facebook group. * Access to videoconference and face-to-face conferences for members.
Eligibility: families who have adopted or are waiting to adopt a child born in Québec, adoption applicants, mixed bank parents
Capacity: variable
Coverage area: Province of Québec
Hours: Monday to Friday variable, self-help and support groups: evenings and weekends on a scheduled basis
Fees: free annual membership: recommended contribution: $35 per family and less than $100 per couple for the therapeutic meeting sessions of the support group, mutual aid group: none, conferences: none
Financing: membership fees, donations, grants, provincial
Legal status: non-profit organization

ASSOCIATION DES FAMILLES MONOPARENTALES ET RECOMPOSÉES DE SAINT-HYACINTHE
1191 des Cascades Street, Suite 330, Saint-Hyacinthe, Montérégie, QC, J2S 3G9
450 774-6868 Fax: 450 252-6869
Website: afmr.ca
Email: info@afmr.ca

Eligibility: single-parent families or reconstituted families, drop-in daycare: their children from 0 to 12 years old
Coverage area: MRC des Maskoutains, MRC Acton Vale
Hours: Tuesday to Thursday: 8h30 to 16h30, Friday: by appointment, drop-in daycare: two Saturdays per month and during some activities
Fees: membership card: $10, activities: variable, drop-in daycare: $5 deposit
Financing: provincial, municipal, self-financing
Legal status: non-profit organization

ASSOCIATION DES PARENTS DES ENFANTS HANDICAPÉS RICHELIEU-VAL-MASKA
16675 Desrochers Avenue, Saint-Hyacinthe, Montérégie, QC, J2T 3K3
450 261-8556
Email: directrice@apehrvm.org

Eligibility: families of people living with an intellectual disability, a physical disability or an autism spectrum disorder
Coverage area: Beloeil, McMasterville, Mont-Saint-Hilaire, MRC Acton, MRC les Maskoutains, MRC Rouville, Otterburn Park, Saint-Charles-sur-Richelieu, Saint-Denis-sur-Richelieu, Saint-Jean-Baptiste, Saint-Mathieu-de-Beloeil
Hours: Monday to Friday 9h00 to 16h00
Fees: free
Financing: provincial
Legal status: non-profit organization
ASSOCIATION PANDA LES DEUX-RIVES
4915 Marie-Victorin Road, Contrecoeur, Montérégie, QC, J0L 1C0
438 793-8188
Website: www.pandalesdeuxrives.com
Email: pandalesdeuxrives@gmail.com
Eligibility: parents of children with an attention deficit disorder with or without hyperactivity
Coverage area: MRC Marguerite-d'Youville, MRC Pierre-De Saurel
Financing: donations, fundraising campaigns
Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DES PARENTS D’ENFANTS HANDICAPÉS VISUELS
10 Churchill Boulevard, Suite 203, Longueuil, Montérégie, QC, J4V 2L7
1 888 849-8729 Fax: 450 465-5129
Website: www.aqpehv.qc.ca
Email: info@aqpehv.qc.ca
Eligibility: parents of children living with a visual impairment or a neurovisual impairment aged 0 to 21 years old
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: active members: $10 per parent, support members: $25 per person, member organization: $30
Financing: grants, donations
Legal status: non-profit organization

AVIF - ACTION SUR LA VIOLENCE ET INTERVENTION FAMILIALE
330 Pierre-Boursier Street, Suite 1200, Châteauguay, Montérégie, QC, J6J 4Z2
450 692-7313 Fax: 450 692-9356
Website: www.avif.ca
Email: avif@bellnet.ca
Eligibility: male adults, youth 12 to 20 years old
Coverage area: Montérégie
Hours: Monday to Thursday 9h00 to 17h00, Friday 9h00 to 12h00 by appointment, group meetings: in the evening
Fees: adult: $30 for the assessment, support groups: $5 to 20 depending on the income
Financing: provincial, federal, donations
Legal status: non-profit organization

BOUSSOLE - CENTRE DE RESSOURCES À LA FAMILLE (LA)
404 Alain Street, Suite 3, Saint-Amable, Montérégie, QC, J0L 1N0
514 929-2732
Website: www.crflaboussole.com
Email: coordo@crflaboussole.com
Services: Support to families. * Community daycare. * Second Souffle: home support service for parents of children 0 to 5 years old. * Family worker for parents of children 0 to 17 years old: personalized support, listening, accompaniment, referral and information on available resources. * Workshops and conferences.
Eligibility: families
Capacity: daycare: 6 children, activities: 25 people
Coverage area: Saint-Amable
Hours: Monday to Friday 8h30 to 16h00
Fees: annual membership: $5, daycare: $3 for an hour, $8 for 3 hours, $15 for the day, workshops and conferences: free or low cost
Financing: federal, provincial, fundraising campaigns, foundations, municipal
Legal status: non-profit organization

CARREFOUR FAMILIAL DE SAINTE-JULIE
461 Saint-Joseph Boulevard, Suite 93, Sainte-Julie, Montérégie, QC, J3E 1W8
450 922-7179
Website: www.carrefourfamilialsj.org
Email: info@carrefourfamilialsj.org
Eligibility: families, mothers-to-be
Coverage area: Sainte-Julie
Hours: daycare: Tuesday to Friday 9h00 to 16h00, activities according to the program
Fees: variable fees depending on the activities and chosen services
Financing: grants, fundraising campaigns
Legal status: non-profit organization

CARREFOUR FAMILIAL DU RICHELIEU
856 Grand Boulevard, Chambly, Montérégie, QC, J3L 1V9
1 800 508-9969
Website: carrefourfamilial.org
Email: accueil@carrefourfamilial.org
Eligibility: children 0 to 17 years old and their families
Coverage area: CLSC Richelieu
Hours: Monday to Friday 9h00 to 17h00, evening activities
Fees: membership card for families: $10
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

CARREFOUR MOUSSEAU
230 des Ormeaux Boulevard, Longueuil, Montérégie, QC, J4L 1J4
450 468-4926     Fax: 450 468-1485
Website: www.carrefourmousseau.org
Email: cmousseau1990@videotron.ca
**Eligibility:** families, children 3 months to 5 years old, youth 8 to 12 years old, vulnerable, low-income or isolated adults, seniors, language course: children with language or attention problems

**Capacity:** 300 people

**Coverage area:** Vieux-Longueuil borough

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

**Fees:** annual membership: $5, activities: 2 to $8, daycare: free, respite care: $7 per day

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

**Legal status:** non-profit organization

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**CARREFOUR NAISSANCE-FAMILLE**

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

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

**Website:** www.carrefournaisancefamille.com

**Email:** communication@carrefournaisancefamille.com


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

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

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

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

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

**Legal status:** non-profit organization

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**CENTRE DE RÉADAPTATION EN DÉFICIENCE INTELLECTUELLE ET TROUBLE DU SPECTRE DE L’AUTISME - SERVICES EXTERNES - LONGUEUIL**

1255 Beauregard Street, Longueuil, Montérégie, QC, J4K 2M3

**450 679-6511**

**Website:** santemonteregie.qc.ca/installations/centre-de-readaptation-en-deficience-intellectuelle-et-trouble-du-spectre-de-14

**Services:** Specialized rehabilitation services. * Reception, assessment and orientation. * Adaptation or rehabilitation services in a context of residential, workplace and community integration. * Specialized educational support for families and relatives. * Specialized support for partners.

**Eligibility:** people living with an intellectual disability or autism spectrum disorder (ASD), their families and relatives

**Coverage area:** Montérégie

**Financing:** provincial

**Legal status:** parapublic organization

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**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

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


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 DE SERVICES SCOLAIRE DES GRANDES-SEIGNEURIES - PROGRAMME PASSE-PARTOUT
50 Taschereau Boulevard, 2nd Floor, La Prairie, Montérégie, QC, J5R 4V3
514 380-8899 ext. 4635
Website: www.cssdgs.gouv.qc.ca/programme-passe-partout
Email: passe.partout@cssdgs.gouv.qc.ca


Eligibility: parents and their 4 year olds
Coverage area: MRC Roussillon and MRC Les Jardins-de-Napierville (except Saint-Jacques-le-Mineur)
Hours: Monday to Friday 8h15 to 12h00 and 13h00 to 16h15
Fees: free
Financing: provincial
Legal status: parapublic organization
CENTRE PÉRINATAL LE BERCEAU
733 Laurier Street, Beloeil, Montérégie, QC, J3G 4J7
450 446-7760
Website: leberceau.org
Email: info@leberceau.org


Eligibility: pregnant women, future parents and parents with a child under one year old

Coverage area: South Shore

Hours: Monday to Friday 8h30 to 16h30, Saturday 9h00 to 16h00

Fees: annual membership card: 15$, activities and services: free or variable

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

Legal status: non-profit organization

CENTRE PETITE ÉCHELLE
850 Sainte-Hélène Street, Longueuil, Montérégie, QC, J4K 3R8
450 674-2201 ext. 103
Website: www.petiteechelle.org
Email: operations@petiteechelle.org

Services: * Stimulation services for children with special needs between 0 and 12 years old. * Family respite services.

Eligibility: children with specific needs related to one or more diagnosis including an autism spectrum disorder, cerebral lesions, intellectual, visual, motor disability or hearing impairment

Capacity: 10 people

Coverage area: Montérégie

Hours: 7 days 9h00 to 16h00

Fees: daycare and respite: $34 for 3 hours, $44 for 4 hours and $70 for 7 hours

Financing: self-financing, provincial

Legal status: non-profit organization

CENTRE PRÉNATAL ET JEUNES FAMILLES
640A Chicoine Street, Vaudreuil-Dorion, Montérégie, QC, J7V 9J4
450 424-7867
Website: www.centrepjf.org
Email: info@centrepjf.org


Eligibility: families, Les Relevailles service: new parents with a baby under 12 months of age

Capacity: 16 people

Coverage area: MRC Vaudreuil-Soulanges

Hours: Monday to Friday 8h00 to 15h30

Fees: free

Financing: self-financing

Legal status: non-profit organization
CQRE QUÉBÉCOIS DE RESSOURCES À LA PETITE ENFANCE
15 5th Road, Mont-Saint-Grégoire, Montérégie, QC, J0J 1K0
1 877 369-0234
Website: www.cqrpe.qc.ca
Email: dg.enfance@cqrpe.qc.ca

Services: * Trainings for educators, field workers, grandparents and parents of children 0 to 6 years old. * Interactive reading training for teenagers with young children. * 12-hour training on child development for people who want to provide assistance in a family environment or do replacement work in daycare. * Training in various environments. * Support to parenting skills by phone and referral to resources. * Resources, webinars, online workshops, etc.

Eligibility: parents and grandparents of children 0 to 6 years old, early childhood educators and workers, school institutions, organizations (perinatality, early childhood, preschool and family), daycare centres, coordinating office, family and private childcare centres

Coverage area: Canada

Hours: Monday to Friday 9h00 to 16h30, trainings: variable

Fees: membership: free, online workshops: free, trainings: variable

Financial: provincial, self-financing

Legal status: non-profit organization

CENTRES DE RÉADAPTATION EN DÉFICIENCE INTELLECTUELLE ET TROUBLE DU SPECTRE DE L'AUTISME - SERVICES EXTERNES - SAINT-JEAN-SUR-RICHELIEU
315 MacDonald Street, Suite 105, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 8J3
450 348-6121
Website: santemonteregie.qc.ca/services-specialises-en-deficience-intellectuelle-et-trouble-du-spectre-de-lautisme


Eligibility: people living with an intellectual disability or autism spectrum disorder (ASD), their families and relatives

Coverage area: Montérégie

Financial: provincial

Legal status: parapublic organization

CROISÉE DE LONGUEUIL (LA)
1230 Green Street, Longueuil, Montérégie, QC, J4K 4Z5
450 677-8918 Fax: 450 677-3377
Website: www.lacroiseedelongueuil.qc.ca
Email: lacroissee@lacroiseedelongueuil.qc.ca


Eligibility: families or people on a low income

Coverage area: South Shore, food assistance: Notre-Dame-de-la-Garde, Saint-Georges, Saint-Antoine-de-Padoue, Sainte-Louise-de-Marillac, Saint-Jude parishes

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 15h30

Fees: food assistance and cooking classes: free, delivery of frozen meals La Petite Cuillère: minimum purchase required and variable fees according to distance

Financial: Centraide of Greater Montréal, federal, provincial, municipal, self-financing

Legal status: non-profit organization
ÉCRIT TÔT DE SAINT-HUBERT (L’)
4050 Grande Allée Boulevard, Longueuil, Montérégie, QC, J4T 2W2
450 443-1411 Fax: 450 443-3772
Website: www.ecritot.ca
Email: ecritot@bellnet.ca


Eligibility: parents and children experiencing academic difficulties, illiterate individuals
Coverage area: Montérégie
Hours: Monday to Friday 8h30 to 16h30
Fees: membership: $5
Financing: grants, donations, self-financing
Legal status: non-profit organization

ENVOL (L’) PROGRAMME D’AIDE AUX JEUNES MÈRES
1660 de l’Église Street, Longueuil, Montérégie, QC, J4P 2C8
450 465-2584 ext. 221 Fax: 450 465-2466
Website: lenvol.org
Email: info@lenvol.org


Eligibility: pregnant women and mothers under 25 years old, Escale: mothers under 30 years old, food assistance, childcare and transportation: for users only
Coverage area: South Shore of Montréal
Hours: Monday to Friday 9h00 to 16h00, Daycare Les Coucous de l’Envol: Monday to Friday 7h00 to 18h00
Fees: none
Financing: grants, self-financing, donations
Legal status: non-profit organization

HALTE FAMILIALE (LA)
600 Ellice Street, Suite 303, Beauharnois, Montérégie, QC, J6N 3P7
450 225-2725
Website: www.haltefamiliale.org
Email: info@haltefamiliale.org


Eligibility: children, families, communities
Coverage area: Beauharnois
Hours: Monday to Friday 8h00 to 16h30, closed during summer
Fees: variable
Financing: grants
Legal status: non-profit organization
HOME-START CHAMPLAIN
78 Saint-Louis Street, Longueuil, Montérégie, QC, J4R 2L4
450 923-4138
Website: premierspasenglish.weebly.com
Email: info@premierspaschamplain.org
Eligibility: families with children under 12 years old
Coverage area: South Shore
Hours: Monday to Friday 9h00 to 16h00
Fees: workshops: variable
Financing: provincial
Legal status: non-profit organization

HYPER-LUNE
5675 Chambly Road, Suite 50, Longueuil, Montérégie, QC, J3Y 3R1
450 678-8434
Website: www.hyper-lune.org
Email: hyperlune@videotron.ca
Eligibility: parents, children, teenagers and adults living with an attention deficit disorder with or without hyperactivity (ADD/ADHD), with a diagnosis or in the process of obtaining one, their family and professionals
Coverage area: Montérégie
Hours: Monday to Thursday 9h00 to 16h30, variable on Sundays and some weeknights
Fees: annual membership: $20 per parent, guardian or adult, $50 per professional, $15 per supporter, services: variable
Financing: provincial, self-financing, donations
Legal status: non-profit organization

KAHNAWAKE SHAKOTIIA’TAKEHNHAS COMMUNITY SERVICES
Confidential Address
450 632-6880 Fax: 450 632-5116
Website: www.kscs.ca
Eligibility: Kahnawake residents
Coverage area: Kahnawake
Hours: Monday to Friday 8h30 to 16h30
Financing: grants  
Legal status: non-profit organization

**LAIT SOURCE**  
Confidential Address  
Email: laitsource@gmail.com  
Eligibility: future and new parents  
Coverage area: MRC les Jardins-de-Napierville  
Hours: Monday to Sunday 8h00 to 20h00  
Fees: none  
Legal status: non-profit organization

**LIGUE LA LECHE**  
Confidential Address  
Website: allaitement.ca  
Email: information@allaitement.ca  
Eligibility: parents wishing to breastfeed, who are breastfeeding or who want information on weaning, their families, counsellors working with families and their young children, healthcare professionals  
Coverage area: Province of Québec  
Hours: telephone support: 7 days 9h00 to 21h00  
Fees: none  
Legal status: non-profit organization

**LUCIOLES, COOP DE SOLIDARITÉ**  
254 des Patriotes Road, Saint-Mathias-sur-Richelieu, Montérégie, QC, J3L 6A3  
Email: fraco-mousses@fraco.com  
Eligibility: families, children from 1 to 5 years old  
Coverage area: MRC de Rouville  
Legal status: non-profit organization

**MACADAM SUD**  
895 Sainte-Hélène Street, Longueuil, Montérégie, QC, J4K 3R7  
Website: macadamsud.org  
Email: info@macadamsud.org

Eligibility: youth 12 to 35 years old marginalized or at risk of marginalization, Squat: youth 12 to 17 years old, Espace-jeunes: youth 15 to 35 years old, any person in distress

Coverage area: Longueuil, Brossard

Hours: services: variable, administration: Monday to Friday 9h00 to 17h00

Fees: none

Financing: federal, provincial, fundraising campaigns, foundations, municipal, Centraide of Greater Montréal

Legal status: non-profit organization

MAISON DE LA FAMILLE COWANSVILLE RÉGION
1159 Sud Street, Cowansville, Montérégie, QC, J2K 2Y7
450 815-1110
Website: www.maisondelafamillecowansville.com
Email: maisondelafamillecowansville@gmail.com


Eligibility: families and parents of children 0 to 12 years old, daycare: children 18 months to 5 years old, stimulation workshops: children 3 to 5 years old

Coverage area: Cowansville

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

Fees: membership card: $20 per family per year, daycare, respite and activities: free for members

Financing: contributions

Legal status: non-profit organization

MAISON DE LA FAMILLE DE BROSSARD
2210 André Street, Brossard, Montérégie, QC, J4Z 2Z8
450 678-5222
Website: www.mfdebrossard.org/fr
Email: info@mfdebrossard.org


Eligibility: families

Capacity: 50

Coverage area: Brossard

Hours: Monday to Friday 8h30 to 16h00, activities: variable

Fees: variable according to the activities

Financing: provincial, donations, self-financing

Legal status: non-profit organization
MAISON DE LA FAMILLE JOLI-COEUR (LA)
4865 Legendre Street, Contrecoeur, Montérégie, QC, J0L 1C0
450 587-2965  Fax: 450 587-8343
Website: www.maisondelafamillejolicoeur.ca
Email: mdjolicoeur@videotron.ca
Eligibility: parents with children 0 to 5 years old
Coverage area: CLSC des Seigneuries
Hours: Monday to Friday 9h00 to 15h30, daycare: Monday to Friday 8h30 to 16h00
Fees: according to activities
Financing: fundraising campaigns, self-financing
Legal status: non-profit organization

MAISON DE LA FAMILLE KATERI
200 Balmoral Street, La Prairie, Montérégie, QC, J5R 4L5
450 659-9188  Fax: 450 659-5573
Website: www.maisonfamillekateri.com
Email: info@maisonfamillekateri.com
Eligibility: children aged 0 to 17 years old and their parents
Capacity: 5 groups of 8 dyads (parent-child) by category, plus siblings
Coverage area: La Prairie, Candiac, Delson, Sainte-Catherine, Saint-Constant, Saint-Mathieu, Saint-Philippe
Hours: Monday to Friday 8h30 to 16h30, Saturday 8h30 to 12h00
Fees: variable
Financing: grants, fundraising campaigns
Legal status: non-profit organization

MAISON DE LA FAMILLE LA PARENT'R'AIDE
2060 Holmes Street, Longueuil, Montérégie, QC, J4T 1R8
450 923-9333
Website: laparentraide.ca
Email: info@laparentraide.ca
Services: Provides parents with support and tools to enable them to better perform their role as educators and improve the quality of life for their family. * Workshops for parents of children 0 to 5 years: YAPP program, luncheons, Vie de famille, De la discipline à l'amour, Éveil musical, Langagibou. * Baby food workshops. * Daycare for children 0 to 5 years. * Parent-child workshops for children 0 to 5 years: Moments magiques, Exp'art, Mes 5 sens et moi. La boîte à outils, Grouille et gribouille, Tand'aime, Passeport. * Workshops for parents of children 5 to 12 years: Full Parent, Vie de famille, De la discipline à l'amour, Jalouse et rivalité frère/sœur, Parler pour que les enfants écoutent. * Parent-youth workshop for youth 5 to 12 years: Estime de soi. * Workshop for parents of teenagers 12 to 17 years: Parents d'ado, Une traversée. * Flash papa. * Individual meetings. * Summer day camp for children 5 to 11 years old. * Kindergarten preparation day camp for 4 years old children.
Eligibility: parents of children 0 to 17 years old
Coverage area: Greenfield Park, Longueuil, LeMoyne, Saint-Hubert
Hours: Monday to Friday 8h30 to 16h30
Fees: annual membership: $20
Financing: provincial, Centraide of Greater Montréal
Legal status: non-profit organization
MAISON DE LA FAMILLE LEMOYNE
1882 St-Georges Street, Suite 503, Longueuil, Montérégie, QC, J4P 3J4
450 465-3571
Website: www.maisondelafamillelemoyne.org
Email: mfl@bellnet.ca
Services: Education, helping relationship, welcoming and referrals for neighbourhood families. * Educational daycare for youth 0 to 5 years old: Sourissimo (3 to 18 months old), Souriceaux (18 months to 3 years old) and Souris-Moi (3 to 5 years old). * 7 weeks daycare during the summer: Lucioles (22 months to 3 years old) and Libellules (3 to 6 years old). * Trotti-bouge: parent-child activities for 18 months to 3 years old. * In-school activities for the 6 to 12 years old: homework help, Lire et faire lire program and collective kitchens. * Les P’tits vendredis: recreational activities in the evening for youth 8 to 12 years old. * Morning talk for parents. * Welcome, listening and referral. * Family activities. * Espace-libre: community library for children, parents and the community of LeMoyne and surroundings, animations and workshops. * Used items recovery and donations: toys, clothing for children and adults, etc. * Possibility of volunteering and getting involved in the activities. * Tax clinic for members.
Eligibility: parents, children 0 to 12 years, families, seniors
Coverage area: Longueuil agglomeration, priority to people living in LeMoyne and surrounding areas
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h30, Trotti-Bouge: Friday 9h00 to 10h00 and 10h30 to 11h30, talks: Tuesday 9h00 to 10h30
Fees: membership: $10, daycare: $5 per morning, activities: variable
Financing: Centraide Greater Montreal, provincial, federal, donations, self-financing
Legal status: non-profit organization

MAISON DE LA FAMILLE VAUDREUIL-SOULANGES
1210 Principale Street, Saint-Zotique, Montérégie, QC, J0P 1Z0
450 217-2177
Website: www.maisondelafamillevs.ca
Email: info@mfvs.ca
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 ENFANTS DE LA MONTÉRÉGIE (LA)
20 Vincent Street, Varennes, Montérégie, QC, J3X 1R8
450 929-1488
Website: mdevarennes.org
Email: direction@mdevarennes.org
Child, Youth and Family

Eligibility: children 5 to 12 years old, their parents
Coverage area: Commission scolaire des Patriotes
Hours: Monday, Tuesday and Thursday 8h30 to 16h30, Wednesday 8h30 to 20h30
Financing: grants, fundraising campaigns, donations, provincial
Legal status: non-profit organization

MAISON LA VIREVOLTE
335 Le Moyne Street West, Longueuil, Montérégie, QC, J4H 1W4
450 651-1901    Fax: 450 651-9125
Website: www.maisonlavirevolte.com
Email: info@maisonlavirevolte.com
Eligibility: families living in the borough of Vieux-Longueuil, in particular those living in HLMs
Coverage area: Vieux-Longueuil
Hours: Monday to Friday 9h00 to 17h00
Fees: membership: $5 per family or $2 per person, other fees for specific activities
Financing: Centraide of Greater Montréal, federal, provincial
Legal status: non-profit organization

MAISON TREMPLIN DE LONGUEUIL (LA)
267 Toulouse Street, Longueuil, Montérégie, QC, J4L 4X1
450 442-4019
Website: www.maisontremplin.com
Email: info@maisontremplin.com
Eligibility: services: all, activities: families and children 0 to 12 years old
Coverage area: Vieux-Longueuil
Hours: Monday to Thursday 8h30 to 16h00, Friday 8h30 to 12h00
Fees: membership: $7 per year per family with children, $5 per adult, activities: variable
Financing: Centraide of Greater Montréal, federal, provincial, self-financing, donations
Legal status: non-profit organization

MOUVEMENT SEM (SENSIBILISATION POUR UNE ENFANCE MEILLEURE)
366-368 Laurier Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 6L3
450 348-0209    Fax: 450 348-9665
Website: mouvementsem.org
Email: reception@mouvementsem.com
Eligibility: children, teenagers, parents
Coverage area: Montérégie
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, availability in the evening by appointment, homework help: 15h00 to 18h00
Fees: $20 per year
Financing: provincial, federal, Centraide of Greater Montréal, donations  
Legal status: non-profit organization

OPTIONS: RESOURCE AND PREGNANCY CENTRE FOR YOUTH
25 D’Anjou Boulevard, Châteauguay, Montérégie, QC, J6J 2P7  
450 699-4357  
Website: www.centreoptions.org/indexen1  
Email: options@jslmontreal.org


Eligibility: teens, young adults and families who struggle with an unexpected pregnancy

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

Coverage area: Greater Montréal 
Hours: Monday, Tuesday and Friday 10h00 to 14h00, appointments available outside these hours

Fees: none

Financing: donations  
Legal status: non-profit organization

PETIT PONT (LE)
2475 Sainte-Anne Avenue, Saint-Hyacinthe, Montérégie, QC, J2S 5J1  
450 773-8742 ext. 101  Fax: 450 773-8742  
Website: www.petitpont.org/home.php  
Email: services@petitpont.org


Eligibility: parents and children

Coverage area: Montérégie 
Hours: by appointment

Fees: supervised visit: $15 per hour, supervised custody exchange: $8

Financing: provincial, federal, self-financing, fundraising campaigns  
Legal status: non-profit organization

PETIT PONT (LE) - POINT OF SERVICE LONGUEUIL
Confidential Address  
450 448-3732  Fax: 450 448-4242  
Website: www.petitpont.org/home.php  
Email: longueuil@petitpont.org


Eligibility: parents and children

Coverage area: Montérégie and surroundings

Hours: Tuesday to Friday and Sunday by appointment

Fees: supervised visit: $15 per hour, supervised custody exchange: $8

Financing: provincial, federal, self-financing, fundraising campaigns  
Legal status: non-profit organization
PRÉMA-QUÉBEC
150 Grant Street, Suite 305, Longueuil, Montérégie, QC, J4H 3H6
1 888 651-4909 Fax: 450 651-2185
Website: www.premaquebec.ca/en
Email: info@premaquebec.ca


Eligibility: parents of premature children, professionals
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 16h00
Fees: free for parents
Financing: provincial, donations, grants
Legal status: non-profit organization

SAINT-BRUNO-DE-MONTARVILLE - LEISURE, CULTURE AND COMMUNITY LIFE
1605 Montarville Street, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 3T8
450 645-2940
Website: stbruno.ca/activites-et-loisirs
Email: loisir@stbruno.ca


Coverage area: Saint-Bruno-de-Montarville
Hours: Monday to Thursday 8h15 to 12h00 and 13h00 to 16h30, Friday 8h15 to 12h30
Fees: variable
Financing: municipal
Legal status: municipal agency

SOURIRE SANS FIN
2-A Sainte-Famille Street, Saint-Rémi, Montérégie, QC, J0L 2L0
450 454-5747 Fax: 450 454-5640
Website: souriresansfin.org
Email: info@souriresansfin.org


Eligibility: people on a low income, families, ITMAV project: seniors 55 and over
Capacity: 600 per year
Coverage area: MRC Les Jardins-de-Napierville
Hours: Monday to Friday 8h30 to 16h30, collective kitchen: Monday, Tuesday and Wednesday, meals on wheels: Tuesday 11h30
Fees: collective kitchen: $1.25 per portion, meals on wheels: $6 per meal, food bags: $2 per week per family
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization
SOUTIEN LACTÉA
640 Dorchester Street, Suite 404, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 5A4
450 895-3554     Fax: 450 895-1609
Website: www.lactea.org
Email: info@lactea.org
Eligibility: young parents
Coverage area: MRC le Haut-Richelieu
Hours: Monday, Tuesday, Wednesday 10h00 to 16h00, Thursday 13h00 to 16h00, coffee meetings: Tuesday 13h00 to 15h30
Financing: provincial, fundraising campaigns
Legal status: non-profit organization

STATION DE L'AVENTURE - MAISON DE LA FAMILLE (LA)
540 du Lac-Saint-Louis Road, Léry, Montérégie, QC, J6N 1A3
450 691-4897
Website: www.stationdelaventure.com
Email: famille@stationdelaventure.com
Eligibility: families with children 0 to 18 years old
Coverage area: Léry, Sainte-Martine, Châteauguay, Mercier, Saint-Isidore
Hours: Monday to Friday 8h30 to 15h30, respite: Monday and Tuesday
Fees: annual membership: $15, activities: variable
Financing: self-financing, fundraising campaigns, provincial
Legal status: non-profit organization

STATION DE L'AVENTURE - MAISON DE LA FAMILLE (LA) - POINT DE SERVICE SAINT-ISIDORE
695 Saint-Régis Road, Saint-Isidore, Montérégie, QC, J0L 2A0
450 691-4897
Website: www.stationdelaventure.com
Email: famille@stationdelaventure.com
Eligibility: parents of children 0 to 18 years old
Coverage area: Saint-Isidore
Hours: drop-in respite: Tuesday 9h00 to 14h00, training workshop: Thursday 9h00 to 11h00
Fees: annual membership: $15, activities: variable
Financing: self-financing, fundraising campaigns, provincial
Legal status: non-profit organization

STATION DE L'AVENTURE - MAISON DE LA FAMILLE (LA) - POINT DE SERVICE SAINTE-MARTINE
122 Saint-Joseph Street, Sainte-Martine, Montérégie, QC, J0S 1V0
450 691-4897
Website: www.stationdelaventure.com
Email: famille@stationdelaventure.com
Eligibility: families with children 0 to 18 years old
Coverage area: Sainte-Martine
Hours: drop-in respite: Wednesday and Thursday 9h00 to 14h00, workshop: Monday 9h00 to 11h00
Child, Youth and Family

**Fees:** annual membership: $15, activities: variable  
**Financing:** self-financing, fundraising campaigns, provincial  
**Legal status:** non-profit organization

**STEP-BY-STEP CHILD AND FAMILY CENTER**

Confidential Address  
450 632-7603   Fax: 450 632-3357  
Website: www.stepxstep.ca  
Email: info@stepxstep.ca

**Services:** Daycare services adapted to the culture of the community for children 18 months to 6 years.  
Physiotherapy, psychologist and occupational therapy for children.  
Early childhood special education and inclusive programming.  
Parental skills development and child health education.  
Support groups and individual counselling.  
Play groups.

**Eligibility:** children 18 months to 6 years old, their families  
**Capacity:** 180  
**Coverage area:** Kahnawake  
**Hours:** Monday to Friday 7h30 to 17h30  
**Fees:** $8.70 per day  
**Financing:** self-financing  
**Legal status:** non-profit organization

**Recreational Activities**

**9E GROUPE SCOUT ST-THOMAS DE VILLENEUVE**

4775 Quevillon Street, Longueuil, Montérégie, QC, J3Y 2V3  
450 676-9620  
Website: www.9egroupescout.ca  
Email: info@9egroupescout.ca

**Services:** Educational programs for youth.  
Outdoor activities.  
Physical, intellectual, emotional, spiritual and social development.  
Dropout prevention and promotion of volunteering.

**Eligibility:** youth 7 to 26 years old, adults of all ages  
**Coverage area:** Saint-Hubert  
**Fees:** variable  
**Financing:** contributions, fundraising campaigns  
**Legal status:** non-profit organization

**ACTIONS FAMILLES SAINTE-MARTINE SAINT-URBAIN-PREMIER**

122 Saint-Joseph Street, Suite 1, Sainte-Martine, Montérégie, QC, J0S 1V0  
450 427-1576   Fax: 450 498-0669  
Website: www.actionsfamilles.org  
Email: info@actionsfamilles.org

**Services:** Meeting and support place for families.  
Information and referral.  
Listening and support.  
Parental counselling.  
Emergency food assistance.  
Christmas baskets.  
Collective kitchens.  
Coffee-chats.  
Parent-child mornings.  
Conferences.  
Activities, outings and celebrations.  
Distribution of school supplies.

**Eligibility:** families  
**Coverage area:** Sainte-Martine, Saint-Urbain-Premier and surroundings  
**Hours:** Monday to Thursday 9h00 to 16h30, collectives kitchens: Wednesday 9h00 to 13h00  
**Financing:** provincial, municipal, donations, contributions  
**Legal status:** non-profit organization
APPRENDRE EN COEUR
25 Saint-Sauveur Street, Saint-Rémi, Montérégie, QC, J0L 2L0
450 454-0400
Website: apprendreencoeur.org
Email: apprendreencoeur@gmail.com
Eligibility: families with children 0 to 5 years old
Coverage area: MRC Les Jardins-de-Napierville
Hours: Monday to Friday 9h00 to 16h00, by appointment
Fees: programs and workshops: free, summer camp: $5 for a half-day
Financing: grants, fundraising campaigns
Legal status: non-profit organization

ASSOCIATION DES FAMILLES DE VARENNES
Confidential Address
438 771-5411
Website: afvarennes.com
Email: info@afvarennes.com
Eligibility: families
Coverage area: Varennes
Hours: Frimousses: Tuesday and Thursday 9h00 to 11h00
Fees: members: $25 per year, activities: variable, some activities are accessible to non-members for an additional fee
Financing: self-financing, membership fees
Legal status: non-profit organization

ASSOCIATION DES FAMILLES MONOPARENTALES ET RECOMPOSÉES DE SAINT-HYACINTHE
1191 des Cascades Street, Suite 330, Saint-Hyacinthe, Montérégie, QC, J2S 3G9
450 774-6868     Fax: 450 252-6869
Website: afmr.ca
Email: info@afmr.ca
Eligibility: single-parent families or reconstituted families, drop-in daycare: their children from 0 to 12 years old
Coverage area: MRC des Maskoutains, MRC Acton Vale
Hours: Tuesday to Thursday: 8h30 to 16h30, Friday: by appointment, drop-in daycare: two Saturdays per month and during some activities
Fees: membership card: $10, activities: variable, drop-in daycare: $5 deposit
Financing: provincial, municipal, self-financing
Legal status: non-profit organization

ASSOCIATION DES FEMMES D'ICI ET D'AILLEURS
5400 Payer Boulevard, Suite 4, Longueuil, Montérégie, QC, J3Y 1J4
514 583-9664
Website: femmesdicietdailleurs.webs.com
Email: afia-st-hubert@hotmail.com

Eligibility: immigrant women of all origins and ages

Coverage area: agglomeration of Longueuil

Hours: variable depending on the activities, phonenumber: 7 days 9h00 to 21h00

Fees: variable depending on the activities

Financing: self-financing, fundraising campaigns, donations

Legal status: non-profit organization

ASSOCIATION PANDA LES DEUX-RIVES

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

438 793-8188

Website: www.pandalesdeuxrives.com

Email: pandalesdeuxrives@gmail.com


Eligibility: parents of children with an attention deficit disorder with or without hyperactivity

Coverage area: MRC Marguerite-d’Youville, MRC Pierre-De Saurel

Financing: donations, fundraising campaigns

Legal status: non-profit organization

BAMBINERIE DE BOUCHERVILLE (LA)

1075 Lionel-Daunais Street, Suite 108, Boucherville, Montérégie, QC, J4B 8N5

450 641-2366

Website: bambinerie.com

Email: info@bambinerie.com


Eligibility: families and children

Coverage area: Boucherville

Hours: Monday to Friday 9h00 to 16h00

Fees: annual membership: $10 per family

Financing: municipal, self-financing

Legal status: non-profit organization

BARBAPARENTS (LES)

542 King-George Street, Longueuil, Montérégie, QC, J4J 2V7

450 448-3454  Fax: 450 448-5501

Website: www.barbaparents.org

Email: barbaparents@bellnet.ca


Eligibility: families with children 0 to 11 years old

Capacity: 40

Coverage area: Longueuil

Hours: Monday to Friday 8h00 to 17h00

Fees: annual membership: $25 per family

Financing: self-financing, fundraising campaigns

Legal status: non-profit organization
BONJOUR SOLEIL - REGROUPEMENT DES FAMILLES MONOPARENTALES ET RECOMPOSÉES DE LA VALLÉE-DU-RICHELIEU
308 Montsabré Street, Suites 205 and 208, Beloeil, Montérégie, QC, J3G 2H5
450 467-3479
Website: www.bonjoursoleil.org
Email: info@bonjoursoleil.org
Eligibility: single-parent and blended families
Coverage area: MRC La Vallée-du-Richelieu
Hours: Monday to Friday 9h00 to 17h00
Fees: free
Financing: provincial
Legal status: non-profit organization

BOUCHERVILLE - LOISIR, CULTURE ET VIE COMMUNAUTAIRE
490 Lake Road, Boucherville, Montérégie, QC, J4B 6X3
450 449-8640     Fax: 450 449-7109
Website: boucherville.ca/sports
Email: infoloisirs@boucherville.ca
Services: * Community, sociocultural and sporting activities. * Aquatic centre and swimming pools, art centre, sport centre, arena, ice rinks, parks and playgrounds. * Summer day camp. * Events, shows and exhibitions. * Coordination with community organizations.
Coverage area: Boucherville
Fees: variable
Legal status: municipal agency

BOUCHERVILLE PUBLIC LIBRARY
501 du Lac Road, Boucherville, Montérégie, QC, J4B 6V6
450 449-8650     Fax: 450 449-6865
Website: bibliotheque.ville.boucherville.qc.ca
Email: bibliotheque@boucherville.ca
Coverage area: Boucherville
Hours: Monday to Wednesday 10h00 to 21h00, Thursday and Friday 12h00 to 21h00, Saturday and Sunday 10h00 to 17h00, summer: closed on Saturday
Financing: municipal
Legal status: municipal agency

BROSSARD - RECREATION AND CULTURE
2001 de Rome Boulevard, Brossard, Montérégie, QC, J4W 3K5
450 923-6311
Website: www.brossard.ca/loisir-et-culture/activites-et-inscriptions
Coverage area: Brossard
Fees: variable
Financing: municipal
Legal status: municipal agency
BROSSARD PUBLIC LIBRARY
7855 San-Francisco Avenue, Brossard, Montérégie, QC, J4X 2A4
450 923-6350 Fax: 450 923-7042
Website: bibliotheque.brossard.ca
Email: bibliotheque@brossard.ca
Coverage area: Brossard
Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00, summer: Monday to Friday 10h00 to 21h00, Saturday 12h00 to 17h00
Fees: residents: free, non-residents: $80
Financing: municipal
Legal status: municipal agency

CANDIAC PUBLIC LIBRARY
59 Haendel Road, Candiac, Montérégie, QC, J5R 1R7
450 635-6032 Fax: 450 635-0900
Website: candiac.ca/bibliotheque
Email: biblio@ville.candiac.qc.ca
Eligibility: general public
Coverage area: Candiac
Hours: Tuesday and Thursday 10h00 to 20h00, Wednesday and Friday 13h00 to 20h00, Saturday 10h00 to 16h30, Sunday 12h00 to 16h30, summer: closed on Sunday
Fees: registration: free for residents, variable for non-residents
Financing: municipal
Legal status: municipal agency

CARREFOUR COMMUNAUTAIRE L'ARC-EN-CIEL
96 Curé-Beauregard Street, Saint-Ours, Montérégie, QC, J0G 1P0
450 785-2874 Fax: 450 785-2876
Email: carrefourarcenciel@videotron.ca
Eligibility: families, teenagers, seniors
Coverage area: MRC Pierre-de-Saurel
Hours: Monday to Thursday 8h30 to 16h00, youth centre: summer, Monday and Thursday 18h00 to 21h00, Friday and Saturday 18h00 to 22h00
Financing: grants, self-financing
Legal status: non-profit organization
CARREFOUR FAMILIAL DU RICHELIEU
856 Grand Boulevard, Chambly, Montérégie, QC, J3L 1V9
1 800 508-9969
Website: carrefourfamilial.org
Email: accueil@carrefourfamilial.org
Eligibility: children 0 to 17 years old and their families
Coverage area: CLSC Richelieu
Hours: Monday to Friday 9h00 to 17h00, evening activities
Fees: membership card for families: $10
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

CARREFOUR NAISSANCE-FAMILLE
5750 Saint-Roch Road, Sorel-Tracy, Montérégie, QC, J3R 3L9
450 743-0359 ext. 21 Fax: 450 743-8529
Website: www.carrefournaisancefamille.com
Email: communication@carrefournaisancefamille.com
Eligibility: future parents, families with children from 0 to 17 years old
Coverage area: MRC Pierre-De Saurel and surrounding areas
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: membership card: $25 for residents of the MRC Pierre-De Saurel, $50 for residents from surrounding areas, activities and services: free or variable
Financing: contributions, donations, self-financing, fundraising campaigns
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE LE TRAIT D’UNION
3100 Mousseau Street, Longueuil, Montérégie, QC, J4L 4P1
450 647-1107 Fax: 450 647-4245
Website: www.cctu.ca
Email: info@cctu.ca
Eligibility: seniors, youth and adults
Capacity: 200
Coverage area: Longueuil
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Financing: self-financing, grants
Legal status: non-profit organization

CENTRE D’ANIMATION MÈRE-ENFANT DE SAINT-BRUNO
53 de la Rabastalière Road East, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 3T5
514 445-5173
Website: camestbruno.com
Email: info@camestbruno.com
Eligibility: parents with children 0 to 5 years old
Capacity: 55
Coverage area: Saint-Bruno-de-Montarville
Hours: coffee-chats: Tuesday and Thursday, daycare: Wednesday and Friday
Fees: annual membership: $90 or $50 per semester
Financing: provincial, self-financing
Legal status: non-profit organization

CENTRE DE LA FAMILLE SAINT-PIE
70 Saint-François Avenue, Saint-Pie, Montérégie, QC, J0H 1W0
450 772-6828
Website: www.centredelafamillestpie.com
Email: centredelafamillestpie@gmail.com
Eligibility: families, children, youth, seniors
Capacity: 25
Coverage area: MRC Les Maskoutains
Hours: Monday to Wednesday 9h00 to 18h00, Thursday 9h00 to 20h00, Friday 8h00 to 12h00 and 14h30 to 18h00
Fees: membership card: $10 per family per year
Financing: provincial, municipal, Centraide Richelieu-Yamaska
Legal status: non-profit organization

CENTRE DE RESSOURCES FAMILIALES DU HAUT SAINT-LAURENT
16 King Street, Huntingdon, Montérégie, QC, J0S 1H0
450 264-4598
Website: www.crfhsl.ca/?lang=en
Email: crf@bellnet.ca
Eligibility: families, parent-child early stimulation workshops: parents, children 0 to 5 years old
Coverage area: MRC Le Haut-Saint-Laurent
Hours: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 12h00
Financing: provincial, federal
Legal status: non-profit organization

CENTRE NOTRE-DAME DE FATIMA
2464 Perrot Boulevard, Vaudreuil-Dorion, Montérégie, QC, J7V 8P4
514 453-7600 ext. 221     Fax: 514 453-7601
Website: mon-camp.ca/en
Email: info@mon-camp.ca
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
**CENTRE PÉRINATAL LE BERCEAU**
733 Laurier Street, Beloeil, Montérégie, QC, J3G 4J7
450 446-7760
Website: leberceau.org
Email: info@leberceau.org


**Eligibility:** pregnant women, future parents and parents with a child under one year old

**CENTRE PRÉNATAL ET JEUNES FAMILLES**
640A Chicoine Street, Vaudreuil-Dorion, Montérégie, QC, J7V 9J4
450 424-7867
Website: www.centrepjf.org
Email: info@centrepjf.org


**Eligibility:** families, Les Relevailles service: new parents with a baby under 12 months of age

**CHÂTEAU GAY PUBLIC LIBRARY**
25 Maple Boulevard, Châteauguay, Montérégie, QC, J6J 3P7
450 698-3080  Fax: 450 698-3077
Website: ville.chateauguay.qc.ca/en/library/home
Email: biblio@ville.chateauguay.qc.ca


**Coverage area:** Châteauguay
Child, Youth and Family

Hours: Monday 12h00 to 21h00, Tuesday and Wednesday 9h00 to 21h00, Thursday 9h00 to 20h00, Friday 9h00 to 17h00, Saturday and Sunday 12h00 to 17h00, summer: closed Saturday and Sunday
Fees: residents: none, non-residents: $70 per year
Financing: municipal
Legal status: municipal agency

COLONIE SAINTE-JEANNE D'ARC
10020 Marie-Victorin Road, Contrecoeur, Montérégie, QC, J0L 1C0
1 800 363-0098 Fax: 450 743-8879
Website: csjd.qc.ca
Email: info@csjd.qc.ca
Eligibility: young girls 6 to 16 years old
Coverage area: Greater Montréal
Hours: secretariat: Monday to Friday 9h00 to 17h00
Fees: variable
Financing: Centraide of Greater Montréal, provincial, fundraising campaigns, grants, donations
Legal status: non-profit organization

CORNE D'ABONDANCE - ENTRAIDE ALIMENTAIRE ET SOLIDARITÉ (LA)
2391 de Bourgogne Avenue, Chambly, Montérégie, QC, J3L 2A5
450 447-3414
Website: cornedabondance.com
Email: info@cornedabondance.com
Eligibility: families, adults and seniors on a low income, children, teenagers
Capacity: 7 participants per kitchen
Coverage area: Carignan, Chambly, Marieville, Richelieu, Rougemont, Saint-Césaire, Saint-Mathias-Sur-Richelieu, Sainte-Angèle-De-Monnoir
Hours: Monday, Tuesday and Friday to Sunday 8h30 to 16h30, Wednesday and Thursday 18h30 to 21h30
Fees: $10 per year
Financing: Centraide of Greater Montréal, provincial, self-financing
Legal status: non-profit organization

CROISÉE DE LONGUEUIL (LA)
1230 Green Street, Longueuil, Montérégie, QC, J4K 4Z5
450 677-8918 Fax: 450 677-3377
Website: www.lacroiseedelongueuil.qc.ca
Email: lacroisee@lacroiseedelongueuil.qc.ca
Eligibility: families or people on a low income
Coverage area: South Shore, food assistance: Notre-Dame-de-la-Garde, Saint-Georges, Saint-Antoine-de-Padoue, Sainte-Louise-de-Marillac, Saint-Jude parishes
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 15h30
Fees: food assistance and cooking classes: free, delivery of frozen meals La Petite Cuillère: minimum purchase required and variable fees according to distance
Financing: Centraide of Greater Montréal, federal, provincial, municipal, self-financing
Legal status: non-profit organization
DELSON - SERVICE DES LOISIRS
100 de Delson Avenue, Delson, Montérégie, QC, J5B 1S3
450 632-1050 ext. 3100 Fax: 450 635-0627
Website: www.ville.delson.qc.ca/fr/services-municipaux/loisirs-et-culture
Email: loisirs@ville.delson.qc.ca
Coverage area: Delson
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 13h00
Fees: variable, citizen card: free
Financing: municipal
Legal status: municipal agency

DELSON PUBLIC LIBRARY
1 1st Avenue, Delson, Montérégie, QC, J5B 1M9
450 632-1050 ext. 3700
Website: www.ville.delson.qc.ca/fr/services-municipaux/loisirs-et-culture/bibliotheque/
Email: biblio@ville.delson.qc.ca
Coverage area: Delson
Hours: Tuesday to Thursday 13h00 to 20h30, Friday and Saturday 10h00 to 16h00
Fees: residents: free
Financing: municipal
Legal status: municipal agency

ENTRAIDE POUR FAMILLES MONOPARENTALES ET FAMILLES RECOMPOSÉES DU SUROÎT
489 Larocque Road, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4C8
450 373-4047
Website: www.entraidedusuroit.ca
Email: info@entraidedusuroit.ca
Eligibility: families with children from 6 to 17 years old, single-parent families, reconstituted families
Coverage area: MRC de Beauharnois-Salaberry, MRC du Haut-Saint-Laurent, MRC Vaudreuil-Soulanges
Hours: joujouthèque and sportothèque: by appointment
Fees: membership card: $5 per year
Financing: provincial, Centraide Sud-Ouest, membership fees, donations
Legal status: non-profit organization

FAMILLE À COEUR
130 Saint-Georges Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 2S8
450 346-1734 Fax: 450 346-9680
Website: familleacoeur.qc.ca
Email: familleacoeur@familleacoeur.qc.ca
Eligibility: families
Coverage area: MRC Le Haut-Richelieu
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00, some evenings and weekends
Fees: yearly membership: $20 per family per year
Financing: provincial, federal, Centraide of Greater Montréal
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.reseaubibliomontreal.qc.ca/fr/bibliotheques-horaire-et-localisation/b19/bibliotheque-des-
cedres-gaby-farmer-denis
Email: cedres@reseaubibliomontreal.qc.ca
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

GROUPE D’ENTRAIDE SOREL-TRACY (LE)
1225 Marie-Victorin Road, Sorel-Tracy, Montérégie, QC, J3R1L8
450 746-5611
Website: legest.org
Email: info@legest.org
Eligibility: people and families on a low income
Coverage area: Sorel-Tracy
Hours: administration and emergency food assistance: Monday to Friday 8h30 to 16h30, food bank: Thursday 12h30 to 16h30
Fees: food bank: $15, other services: free
Financing: donations
Legal status: non-profit organization

HEMMINGFORD COMMUNITY LIBRARY
552 Goyette Avenue, Hemmingford, Montérégie, QC, J0L 1H0
450 247-0010
Website: mabibliotheque.ca/hemmingford
Email: bibliotheque@hemmingford.ca
Coverage area: Hemmingford
Hours: Tuesday 14h00 to 17h00, Wednesday 14h00 to 20h00, Saturday 10h00 to 14h00, summer: Tuesday 15h00 to 17h00, Wednesday 14h00 to 17h00, Thursday 18h30 to 20h30, Saturday 9h00 to 12h00
Financing: municipal
Legal status: municipal agency

JOUJOUTHÈQUE DE SAINT-HUBERT
3625 Saint-Hubert Montée, Longueuil, Montérégie, QC, J3Y 4J8
450 678-6038
Email: joujoutetheque-st-hubert@hotmail.com
Child, Youth and Family


**Eligibility:** families

**Coverage area:** Rive-Sud

**Hours:** Wednesday 9h00 to 16h00, Thursday and Friday 13h00 to 19h30, Saturday 9h00 to 16h00

**Fees:** annual subscription: between 45 and $75

**Financing:** self-financing

**Legal status:** non-profit organization

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**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


**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

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**LA PRAIRIE PUBLIC LIBRARY**

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

450 444-6710

**Website:** www.ville.laprairie.qc.ca/activites/loisirs-et-culture/bibliotheque-leo-lecavalier

**Email:** biblio@ville.laprairie.qc.ca


**Eligibility:** general public

**Coverage area:** La Prairie

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

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

**Financing:** municipal

**Legal status:** municipal agency

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**LONGUEUIL - CLAUDE-HENRI-GRIGNON PUBLIC LIBRARY**

1660 Bourrassa Street, Longueuil, Montérégie, QC, J4J 3A4

450 463-7180

**Website:** www.longueuil.quebec/fr/services/bibliotheques

**Email:** bibliotheques@longueuil.quebec


**Coverage area:** Longueuil

**Hours:** Tuesday 10h00 to 21h00, Wednesday and Thursday 13h00 to 21h00, Friday 13h00 to 18h00, Saturday and Sunday 10h00 to 17h00, summer: Tuesday 10h00 to 21h00, Wednesday and Thursday 13h00 to 21h00, Friday 13h00 to 18h00, Saturday 10h00 to 17h00
LONGUEUIL - FATIMA PUBLIC LIBRARY
2130 Jean-Louis Street, Longueuil, Montérégie, QC, J4G 1K2
450 463-7180
Website: www.longueuil.quebec/fr/services/bibliotheques
Email: bibliotheques@longueuil.quebec


Coverage area: Longueuil
Hours: Tuesday and Wednesday 13h00 to 20h00, Thursday and Friday 13h00 to 17h00, Saturday 12h00 to 15h00

Fees: residents: none, non-residents: $66 per year for people under 18 years old, $138 per year for people 18 years old and over
Financing: municipal
Legal status: municipal agency

LONGUEUIL - GEORGES-DOR PUBLIC LIBRARY
2760 de Chambly Road, Longueuil, Montérégie, QC, J4L 1M6
450 463-7180
Website: www.longueuil.quebec/fr/services/bibliotheques
Email: bibliotheques@longueuil.quebec


Coverage area: Longueuil
Hours: Tuesday to Thursday 10h00 to 21h00, Friday 10h00 to 18h00, Saturday and Sunday 10h00 to 17h00, summer: Tuesday to Thursday 10h00 to 21h00, Friday 10h00 to 18h00, Saturday 10h00 to 17h00

Fees: residents: none, non-residents: $66 per year for people under 18 years old, $138 per year for people 18 years old and over
Financing: municipal
Legal status: municipal agency

LONGUEUIL - GREENFIELD PARK PUBLIC LIBRARY
225 Empire Street, Longueuil, Montérégie, QC, J4V 1T9
450 463-7180
Website: www.longueuil.quebec/fr/services/bibliotheques
Email: bibliotheques@longueuil.quebec


Coverage area: Longueuil
Hours: Monday, Tuesday, Thursday and Friday 13h00 to 21h00, Saturday and Sunday 13h00 to 16h30, summer: Monday, Tuesday and Thursday 13h00 to 21h00, Friday 10h00 to 18h00, Saturday 13h00 to 16h30

Fees: residents: none, non-residents: $66 per year for people under 18 years old, $138 per year for people 18 years old and over
Financing: municipal  
Legal status: municipal agency

LONGUEUIL - HUBERT-PERRON PUBLIC LIBRARY  
1100 Beauregard Street, Longueuil, Montérégie, QC, J4K 2L1  
450 463-7180  
Website: www.longueuil.quebec/fr/services/bibliotheques  
Email: bibliotheques@longueuil.quebec  
Coverage area: Longueuil  
Fees: residents: none, non-residents: $66 per year for people under 18 years old, $138 per year for people 18 years old and over  
Financing: municipal  
Legal status: municipal agency

LONGUEUIL - J.-W.-GENDRON PUBLIC LIBRARY  
3875 Grande Allée, Longueuil, Montérégie, QC, J4T 2V8  
450 463-7180  
Website: www.longueuil.quebec/fr/services/bibliotheques  
Email: bibliotheques@longueuil.quebec  
Coverage area: Longueuil  
Hours: Monday to Thursday 15h00 to 20h00, Saturday 10h00 to 16h00, Sunday 13h00 to 16h00, summer: Monday to Thursday 14h00 to 20h00  
Fees: residents: none, non-residents: $66 per year for people under 18 years old, $138 per year for people 18 years old and over  
Financing: municipal  
Legal status: municipal agency

LONGUEUIL - JACQUES-FERRON PUBLIC LIBRARY  
100 Saint-Laurent Street West, Longueuil, Montérégie, QC, J4H 1M1  
450 463-7180  
Website: www.longueuil.quebec/fr/services/bibliotheques  
Email: bibliotheques@longueuil.quebec  
Coverage area: Longueuil  
Hours: adult section: Tuesday to Thursday 10h00 to 21h00, Friday 10h00 to 18h00, Saturday and Sunday 10h00 to 17h00, children's section: Tuesday 10h00 to 21h00, Wednesday and Thursday 13h00 to 21h00, Friday 13h00 to 18h00, Saturday and Sunday 10h00 to 17h00, summer: adult section: Tuesday to Thursday 10h00 to 21h00, Friday 10h00 to 18h00, Saturday 10h00 to 17h00, children's section: Tuesday 10h00 to 21h00, Wednesday and Thursday 13h00 to 21h00, Friday 13h00 to 18h00, Saturday 10h00 to 17h00  
Fees: residents: none, non-residents: $66 per year for people under 18 years old, $138 per year for people 18 years old and over  
Financing: municipal  
Legal status: municipal agency
LONGUEUIL - RAYMOND-LÉVESQUE PUBLIC LIBRARY
7025 Cousineau Boulevard, Longueuil, Montérégie, QC, J3Y 0H1
450 463-7180
Website: www.longueuil.quebec/fr/services/bibliotheques
Email: bibliothèques@longueuil.quebec


Coverage area: Longueuil
Hours: Monday 13h00 to 21h00, Tuesday to Thursday 10h00 to 21h00, Friday 10h00 to 18h00, Saturday 10h00 to 17h00, Sunday 12h00 to 17h00
Fees: residents: none, non-residents: $66 per year for people under 18 years old, $138 per year for people 18 years old and over
Financing: municipal
Legal status: municipal agency

LONGUEUIL PUBLIC LIBRARIES NETWORK - CLAUDE-HENRI-GRIGNON LIBRARY
1660 Bourassa Street, Longueuil, Montérégie, QC, J4J 3A4
450 463-7180 Fax: 450 646-6710
Website: longueuil.quebec/fr/bibliotheque-claude-henri-grignon


Coverage area: Longueuil
Hours: Tuesday 10h00 to 21h00, Wednesday and Thursday 13h00 to 21h00, Friday 13h00 to 18h00, Saturday and Sunday 10h00 to 17h00, summer: closed on Sunday
Fees: subscription: free for residents, variables for non-residents
Financing: municipal
Legal status: municipal agency

MAISON DE LA FAMILLE COWANSVILLE RÉGION
1159 Sud Street, Cowansville, Montérégie, QC, J2K 2Y7
450 815-1110
Website: www.maisondelafamillecowansville.com
Email: maisondelafamillecowansville@gmail.com


Eligibility: families and parents of children 0 to 12 years old, daycare: children 18 months to 5 years old, stimulation workshops: children 3 to 5 years old

Coverage area: Cowansville
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00
Fees: membership card: $20 per family per year, daycare, respite and activities: free for members
Financing: contributions
Legal status: non-profit organization

MAISON DE LA FAMILLE DE BROSSARD
2210 André Street, Brossard, Montérégie, QC, J4Z 2Z8
450 678-5222
Website: www.mfdebrossard.org/fr
Email: info@mfdebrossard.org
Child, Youth and Family


**Eligibility:** families

**Capacity:** 50

**Coverage area:** Brossard

**Hours:** Monday to Friday 8h30 to 16h00, activities: variable

**Fees:** variable according to the activities

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

**Legal status:** non-profit organization

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**MAISON DE LA FAMILLE DE LA VALLEE DU RICHELIEU (LA)**

91 Cartier Boulevard, Beloeil, Montérégie, QC, J3G 6R4

450 446-0852

Website: www.mfvr.ca

Email: reception@mfvr.ca


**Eligibility:** families, caregivers, seniors

**Coverage area:** Beloeil, McMasterville, Otterburn Park, Saint-Antoine-sur-Richelieu, Saint-Basile-le-Grand, Saint-Bruno-de-Montarville, Saint-Charles-sur-Richelieu, Saint-Denis-sur-Richelieu, Saint-Hilaire, Saint-Jean-Baptiste, Saint-Marc-sur-Richelieu, Saint-Mathieu-de-Beloeil

**Hours:** office: Monday to Friday 8h30 to 16h00, daycare: Monday to Friday 8h30 to 15h30, Saturday 8h30 to 12h00, seniors pavilion: Monday to Thursday 13h00 to 16h00

**Fees:** annual membership card: $20

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

**Legal status:** non-profit organization

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**MAISON DE LA FAMILLE DES MASKOUTAINS**

2130 Mailhot Avenue, Saint-Hyacinthe, Montérégie, QC, J2S 9E1

450 771-4010 Fax: 450 250-0272

Website: www.mfm.qc.ca

Email: accueil@mfm.qc.ca


**Eligibility:** families, seniors, caregivers, children, immigrants, refugees
Coverage area: MRC Les Maskoutains
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Fees: membership card: $10 per year, drop-in respite: free, educational childcare services: $20 per 4-week session, including meals. Tablette et cie: free for members, $5 per 4-month session for non-members, community meals: variable
Financing: provincial, donations, grants, membership fees
Legal status: non-profit organization

MAISON DE LA FAMILLE JOLI-COEUR (LA)
4865 Legendre Street, Contrecoeur, Montérégie, QC, J0L 1C0
450 587-2965     Fax: 450 587-8343
Website: www.maisonfamillejolicoeur.ca
Email: mdfjolicoeur@videotron.ca
Eligibility: parents with children 0 to 5 years old
Coverage area: CLSC des Seigneuries
Hours: Monday to Friday 9h00 to 15h30, daycare: Monday to Friday 8h30 to 16h00
Fees: according to activities
Financing: fundraising campaigns, self-financing
Legal status: non-profit organization

MAISON DE LA FAMILLE KATERI
200 Balmoral Street, La Prairie, Montérégie, QC, J5R 4L5
450 659-9188     Fax: 450 659-5573
Website: www.maisonfamillekateri.com
Email: info@maisonfamillekateri.com
Eligibility: children aged 0 to 17 years old and their parents
Capacity: 5 groups of 8 dyads (parent-child) by category, plus siblings
Coverage area: La Prairie, Candiac, Delson, Sainte-Catherine, Saint-Constant, Saint-Mathieu, Saint-Philippe
Hours: Monday to Friday 8h30 to 16h30, Saturday 8h30 to 12h00
Fees: variable
Financing: grants, fundraising campaigns
Legal status: non-profit organization

MAISON DE LA FAMILLE LA PARENTRAIDE
2060 Holmes Street, Longueuil, Montérégie, QC, J4T 1R8
450 923-9333
Website: laparentraide.ca
Email: info@laparentraide.ca
Child, Youth and Family

Services: Provides parents with support and tools to enable them to better perform their role as educators and improve the quality of life for their family. * Workshops for parents of children 0 to 5 years: YAPP program, luncheons, Vie de famille, De la discipline à l'amour, Eveil musical, Langagibou. * Baby food workshops. * Daycare for children 0 to 5 years. * Parent-child workshops for children 0 to 5 years: Moments magiques, Exp'art, Mes 5 sens et moi, La boîte à outils, Grouille et gribouille, Tand'aimé, Passeport. * Workshops for parents of children 5 to 12 years: Full Parent, Vie de famille, De la discipline à l'amour, Jalouse et rivalité frère/sœur, Parler pour que les enfants écoutent. * Parent-youth workshop for youth 5 to 12 years: Estime de soi. * Workshop for parents of teenagers 12 to 17 years: Parents d'ado, Une traversée. * Flash papa. * Individual meetings. * Summer day camp for children 5 to 11 years old. * Kindergarten preparation day camp for 4 years old children.

Eligibility: parents of children 0 to 17 years old
Coverage area: Greenfield Park, Longueuil, LeMoyne, Saint-Hubert
Hours: Monday to Friday 8h30 to 16h30
Fees: annual membership: $20
Financing: provincial, Centraide of Greater Montréal
Legal status: non-profit organization

MAISON DE LA FAMILLE LEMOYNE
1882 St-Georges Street, Suite 503, Longueuil, Montérégie, QC, J4P 3J4
450 465-3571
Website: www.maisondelafamillelemoyne.org
Email: mfl@bellnet.ca

Services: Education, helping relationship, welcoming and referrals for neighbourhood families. * Educational daycare for youth 0 to 5 years old: Sourissimo (3 to 18 months old), Sourceaux (18 months to 3 years old) and Souris-Moi (3 to 5 years old). * 7 weeks daycare during the summer: Licioles (22 months to 3 years old) and Libellules (3 to 6 years old). * Trotti-bouge: parent-child activities for 18 months to 3 years old. * In-school activities for the 6 to 12 years old: homework help, Lire et faire lire program and collective kitchens. * Les P'tits vendredis: recreational activities in the evening for youth 8 to 12 years old. * Morning talk for parents. * Welcome, listening and referral. * Family activities. * Espace-libre: community library for children, parents and the community of LeMoyne and surroundings, animations and workshops. * Used items recovery and donations: toys, clothing for children and adults, etc. * Possibility of volunteering and getting involved in the activities. * Tax clinic for members.

Eligibility: parents, children 0 to 12 years, families, seniors
Coverage area: Longueuil agglomeration, priority to people living in LeMoyne and surrounding areas
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h30, Trotti-Bouge: Friday 9h00 to 10h00 and 10h30 to 11h30, talks: Tuesday 9h00 to 10h30
Fees: membership: $10, daycare: $5 per morning, activities: variable
Financing: Centraide Greater Montreal, provincial, federal, donations, self-financing
Legal status: non-profit organization

MAISON DE LA FAMILLE VALOISE
962 Dubois Street, Acton Vale, Montérégie, QC, J0H 1A0
450 546-4627
Website: maisondelafamillevaloise.org
Email: info@mdfvaloise.org


Eligibility: parents, families, volunteers
Coverage area: MRC d'Acton
Hours: Monday to Friday 9h00 to 16h00
Fees: drop-in: $1.75 per hour
**Financing:** donations  
**Legal status:** non-profit organization

**MAISON DE LA FAMILLE VAUDREUIL-SOULANGES**  
1210 Principale Street, Saint-Zotique, Montérégie, QC, J0P 1Z0  
450 217-2177  
**Website:** www.maisondelafamillevs.ca  
**Email:** info@mfvs.ca  
**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 DE QUARTIER FONROUGE**  
301 Cuvillier Street East, Longueuil, Montérégie, QC, J4L 4T7  
450 646-8800  
**Website:** mqfonrouge.ca  
**Email:** fonrouge@videotron.ca  
**Services:** * Sports, recreational, social and cultural activities. * Day camp. * Room rental.  
**Coverage area:** Longueuil  
**Hours:** administration: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30  
**Financing:** municipal  
**Legal status:** non-profit organization

**MAISON DES ENFANTS DE LA MONTÉRÉGIE (LA)**  
20 Vincent Street, Varennes, Montérégie, QC, J3X 1R8  
450 929-1488  
**Website:** mdevarennes.org  
**Email:** direction@mdevarennes.org  
**Services:** * Correspondence in schools. * Parenting skills workshops. * Homework assistance. * Distribution of recreational and educational material in schools.  
**Eligibility:** children 5 to 12 years old, their parents  
**Coverage area:** Commission scolaire des Patriotes  
**Hours:** Monday, Tuesday and Thursday 8h30 to 16h30, Wednesday 8h30 to 20h30  
**Financing:** grants, fundraising campaigns, donations, provincial  
**Legal status:** non-profit organization
**MAISON DES ENFANTS MARIE-ROSE**

600 Ellice Street, Suite 333, Beaucharnois, Montérégie, QC, J6N 3P7

450 395-0704

Website: lamaisondesenfantsmarierose.wordpress.com

Email: maisondesenfantsmarierose@videotron.ca

**Services:** After school and pedagogical support organization for 5 to 12 years old.  * Culinary workshops, horticulture, garden. * Courses of piano, guitar, drums, clarinet, singing, dance, yoga, cinema and theater. * Pause Art: program that allows expelled students to do school work and make art in a calm environment. * Lunch Club every day and 5 to 7 family conferences. * Family dinners. * Benefit concerts and children's party at each session. * Le Pain des enfants: solidarity artisanal bakery.

**Eligibility:** children 3 to 12 years old, their family

**Capacity:** 25 children per day and 12 families per month

**Coverage area:** MRC Beaucharnois-Salaberry

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

**Fees:** membership card: $10, workshops: $55 per workshop for the semester, lunches: $4 per meal

**Financing:** grants, foundations

**Legal status:** non-profit organization

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**MAISON LA VIREVOLTE**

335 Le Moyne Street West, Longueuil, Montérégie, QC, J4H 1W4

450 651-1901     Fax: 450 651-9125

Website: www.maisonlavirevolte.com

Email: info@maisonlavirevolte.com


**Eligibility:** families living in the borough of Vieux-Longueuil, in particular those living in HLMs

**Coverage area:** Vieux-Longueuil

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

**Fees:** membership: $5 per family or $2 per person, other fees for specific activities

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

**Legal status:** non-profit organization

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**MATINÉES MÈRES-ENFANTS**

99 du Centre-Civique Street, Mont-Saint-Hilaire, Montérégie, QC, J3H 4X4

514 800-6737

Website: lesmatinees.com

Email: lesmatinees@gmail.com


**Eligibility:** parents with children from 0 to 5 years old, fitness classes: mothers

**Coverage area:** Montérégie

**Hours:** conferences and coffee chats: Tuesday and Thursday 9h00 to 11h30, fitness class: Monday and Wednesday 9h00 to 11h00

**Fees:** membership: $20 per session for residents of Mont Saint-Hilaire and Otterburn Park, $35 per session for non-residents, activities: variable

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

**Legal status:** non-profit organization
MISSION NEW GENERATION
1423 Provencher Boulevard, Brossard, Montérégie, QC, J4W 1Z3
450 486-7667 Fax: 450 486-6283
Website: missionnouvellegeneration.org
Email: info@missionnouvellegeneration.org


Coverage area: Montérégie, Montréal Island
Hours: food assistance: Thursday 13h00 to 18h00, Tuesday 15h00 to 19h00
Fees: food assistance: $10 per year, $15 per food basket
Financing: donations
Legal status: non-profit organization

MUMS AND TOTS OF BROSSARD
3310 Bernard Avenue, Brossard, Montérégie, QC, J4Z 2B6


Eligibility: mothers and fathers, their children under 5 years old

Coverage area: Brossard

Hours: Wednesday and Friday 9h15 to 11h15

Fees: $60 per year per child older than 6 months

Financing: self-financing

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


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: membership card: $25 per year for a single person, $30 per year for a couple, $35 per year for families

Financing: fundraising campaigns, contributions

Legal status: non-profit organization

NAPIERVILLE PUBLIC LIBRARY
290 Saint-Alexandre Street, Napierville, Montérégie, QC, J0J 1L0
450 245-0030 Fax: 450 245-3777
Website: www.napierville.ca/fr/la-bibliotheque
Email: bibliothèque@napierville.ca


Coverage area: Napierville, Saint-Cyprien-de-Napierville

Hours: Tuesday and Thursday 14h00 to 20h30, Wednesday and Friday 14h00 to 17h00, Saturday 10h00 to 12h00

Fees: free for residents
Financing: municipal
Legal status: municipal agency

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 Fax: 514 453-8961
Website: www.ndip.org/en/leisure-culture/library
Email: biblio@ndip.org


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

Financing: municipal
Legal status: municipal agency

PETITS BOUTS (LES)
525 Latour Street, Longueuil, Montérégie, QC, J3Y 6A9
450 462-8975
Website: www.petitsbouts.com
Email: infopetitsbouts@gmail.com


Eligibility: children 3 to 5 years old
Capacity: 12 children per group

Coverage area: Longueuil

Hours: Monday to Friday 9h00 to 11h00

Financing: municipal, donations, self-financing
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: bibliothecaire@villepincourt.qc.ca


Coverage area: Pincourt

Hours: Monday to Thursday 10h00 to 20h30, Friday 10h00 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

POUR UN RÉSEAU ACTIF DANS NOS QUARTIERS
222 Alphonse-Desjardins Street, Suite 201, Salaberry-de-Valleyfield, Montérégie, QC, J6S 2N9
450 370-4387
Website: praq.weebly.com
Email: praqcoordo@cgocable.ca
Child, Youth and Family


**Eligibility:** citizens, organizations, schools

**Capacity:** variable depending on the project

**Coverage area:** Salaberry-de-Valleyfield and surroundings

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

**Fees:** none

**Financing:** fundraising campaigns, grants

**Legal status:** non-profit organization

**RESSOURCES SAINT-JEAN-VIANNEY**

2255 Cartier Street, Suite 090, Longueuil, Montérégie, QC, J4K 4E8
450 646-6722

**Website:** www.rsjv.org

**Email:** direction@rsjv.org


**Eligibility:** children, adults, seniors, families

**Coverage area:** Saint-Jean-Vianney neighborhood outlined by Curé-Poirier Boulevard to the North, Jacques-Cartier Boulevard to the South, Notre-Dame-de-Grâce Street to the East and Taschereau Boulevard to the West

**Hours:** administration: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, activities: variable, Monday to Friday 18h00 to 22h00, Saturday 9h00 to 22h00

**Fees:** variable

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

**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


**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. 228

**Website:** riviere-beaudette.com/bib2

**Email:** bibliotheque@riviere-beaudette.com


**Coverage area:** Rivière-Beaudette
Child, Youth and Family

SAINT-BRUNO-DE-MONTARVILLE PUBLIC LIBRARY  
82 Seigneurial Boulevard West, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 5N7  
450 645-2950 Fax: 450 441-8485  
Website: biblio.stbruno.ca  
Email: bibliothque@stbruno.ca


Coverage area: Saint-Bruno-de-Montarville  
Hours: Monday to Friday 9h00 to 20h00, Saturday and Sunday 10h00 to 17h00, summer: Monday to Friday 9h00 to 20h00, Saturday 10h00 to 17h00, Sunday 13h00 to 17h00

Fees: residents: free, non-residents: $43 per person or $74 per families

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


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-CONSTANT PUBLIC LIBRARY  
162 Monchamp Boulevard, Saint-Constant, Montérégie, QC, J5A 2K8  
450 638-2010 ext. 7233

Website: saint-constant.ca/fr/bibliotheque-municipale  
Email: bibliothque@saint-constant.ca


Eligibility: general public  
Coverage area: Saint-Constant  
Hours: Monday to Wednesday 12h00 to 20h00, Thursday 9h30 to 20h00, Friday 13h00 to 17h00, Saturday 10h00 to 15h00, Sunday 12h00 to 16h00

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

Financing: municipal  
Legal status: municipal agency
SAINT-ÉDOUARD PUBLIC LIBRARY
405B Montée Lussier, Saint-Édouard, Montérégie, QC, J0L 1Y0
450 454-6333 ext. 26
Website: www.reseaubibliomonteregier.qc.ca/fr/bibliotheques-horaire-et-localisation/b29/bibliotheque-de-saint-edouard
Email: biblio@saintedouard.ca
Coverage area: Saint-Édouard
Hours: Tuesday 13h00 to 16h00, Wednesday and Thursday 18h00 to 20h00
Fees: free
Financing: municipal
Legal status: municipal agency

SAINT-ISIDORE PUBLIC LIBRARY
693 Saint-Régis Road, Saint-Isidore, Montérégie, QC, J0L 2A0
450 992-1323
Website: www.reseaubibliomonteregier.qc.ca/fr/bibliotheques-horaire-et-localisation/b44/bibliotheque-de-saint-isidore
Email: biblio@st-isidore.ca
Capacity: 50
Coverage area: Saint-Isidore
Hours: Monday and Thursday 19h00 to 20h30, Tuesday 13h00 to 16h00, Saturday 10h00 to 12h00, summer: closed on Thursday and Saturday
Fees: free
Financing: municipal
Legal status: municipal agency

SAINT-LAMBERT PUBLIC LIBRARY
490 Mercille Avenue, Saint-Lambert, Montérégie, QC, J4P 2L5
450 466-3910
Website: bibliotheque.saint-lambert.ca
Email: bibliotheque@saint-lambert.ca
Eligibility: general public
Coverage area: Saint-Lambert
Hours: Monday and Friday 12h00 to 18h00, Tuesday to Thursday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00
Fees: subscription: free for residents, variable for non-residents
Financing: municipal
Legal status: municipal agency

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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
Coverage area: Saint-Lazare
Hours: Tuesday to Friday 11h00 to 21h00, 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-MATHIEU PUBLIC LIBRARY
299 Saint-Édouard Road, Saint-Mathieu, Montérégie, QC, J0L 2H0
450 632-9528 ext. 3
Website: municipalite.saint-mathieu.qc.ca/bibliotheque
Email: mathieu@reseaubibliomonteregie.qc.ca
Coverage area: Saint-Mathieu
Hours: Tuesday 10h00 to 16h00 and 18h30 to 20h30, Thursday 18h30 to 20h30
Fees: membership: free for residents
Financing: municipal
Legal status: municipal agency

SAINT-MICHEL MUNICIPAL LIBRARY
440 Saint-Michel Place, Saint-Michel, Montérégie, QC, J0L 2J0
450 454-7995
Website: www.reseaubibliomonteregie.qc.ca/fr/bibliotheques-horaire-et-localisation/b25/bibliotheque-de-saint-michel-claire-lazure
Email: bibliotheque@mst-michel.ca
Coverage area: Saint-Michel
Hours: Monday, Thursday and Friday 14h00 to 17h00, Tuesday and Wednesday 14h00 to 20h00, Saturday 10h00 to 14h00
Fees: subscription: none
Financing: municipal
Legal status: municipal agency

SAINT-PATRICE-DE-SHERRINGTON - MUNICIPAL LIBRARY
234 des Loisirs Street, Saint-Patrice-de-Sherrington, Montérégie, QC, J0L 2N0
450 454-0474 ext. 201
Website: st-patrice-sherrington.com/Loisirs/Bibliotheque
Email: bibliotheque@sherr.ca
Coverage area: Saint-Patrice-de-Sherrington
Hours: Tuesday and Friday 14h30 to 17h30, Thursday 18h00 to 20h30, Saturday 9h30 to 12h00
Fees: residents: none, non-residents: $15 per year

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Financing: municipal
Legal status: municipal agency

SAINT-PHILIPPE PUBLIC LIBRARY
2223 Édouard-VII Road, Saint-Philippe, Montérégie, QC, J0L 2K0
450 659-7701 ext. 233  Fax: 450 659-7702
Website: ville.saintphilippe.quebec/bibliotheque
Email: bibliotheque@ville.saintphilippe.quebec


Coverage area: Saint-Philippe
Hours: Tuesday to Thursday 10h00 to 20h00, Saturday 9h00 to 13h00, Sunday 13h00 to 17h00
Fees: residents: 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


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-RÉMI PUBLIC LIBRARY
25 Saint-Sauveur Street, Saint-Rémi, Montérégie, QC, J0L 2L0
450 454-3993 ext. 2419
Website: www.saint-remi.ca/loisirs-et-culture/bibliotheque
Email: bibliotheque@ville.saint-remi.qc.ca


Coverage area: Saint-Rémi

Hours: Tuesday and Wednesday 14h00 to 20h00, Thursday and Friday 9h00 to 12h00 and 14h00 to 20h00, Saturday 10h00 to 16h00
Fees: residents: none, non-residents: $60 per year
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

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-CATHERINE PUBLIC LIBRARY
5365 Saint-Laurent Boulevard, Sainte-Catherine, Montérégie, QC, J5C 1A6
450 632-0590 ext. 5230
Website: www.ville.sainte-catherine.qc.ca/sports-culture-et-loisirs/bibliotheque
Email: bibliotheque@ville.sainte-catherine.qc.ca


Coverage area: Sainte-Catherine and surroundings

Hours: Monday 13h00 to 20h00, Tuesday 13h00 to 17h30, Wednesday and Thursday 10h00 to 20h00, Friday 10h00 to 17h30, Saturday and Sunday 10h00 to 15h00, summer: Monday 13h00 to 20h00, Tuesday 13h00 to 17h30, Wednesday and Thursday 10h00 to 20h00, Friday 10h00 to 17h30, Saturday 10h00 to 15h00

Fees: none

Financing: municipal

Legal status: municipal agency

SAINTE-JULIE PUBLIC LIBRARY
1600 du Fer-à-Cheval Road, Sainte-Julie, Montérégie, QC, J3E 0A3
450 922-7070     Fax: 450 922-7077
Website: www.ville.sainte-julie.qc.ca/bibliotheque
Email: bibli@ville.sainte-julie.qc.ca


Coverage area: Sainte-Julie

Hours: Monday to Thursday 13h00 to 21h00, Friday 10h00 to 21h00, Saturday 10h00 to 17h00, Sunday 13h00 to 17h00

Fees: residents: none, non-residents: $85 per year per person, $200 per year per family

Financing: municipal

Legal status: municipal agency

SOURIRE SANS FIN
2-A Sainte-Famille Street, Saint-Rémi, Montérégie, QC, J0L 2L0
450 454-5747     Fax: 450 454-5640
Website: souriresansfin.org
Email: info@souriresansfin.org

Eligibility: people on a low income, families, ITMAV project: seniors 55 and over

Capacity: 600 per year

Coverage area: MRC Les Jardins-de-Napierville

Hours: Monday to Friday 8h30 to 16h30, collective kitchen: Monday, Tuesday and Wednesday, meals on wheels: Tuesday 11h30

Fees: collective kitchen: $1.25 per portion, meals on wheels: $6 per meal, food bags: $2 per week per family

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

STATION DE L'AVENTURE - MAISON DE LA FAMILLE (LA)
540 du Lac-Saint-Louis Road, Léry, Montérégie, QC, J6N 1A3
450 691-4897

Website: www.stationdelaventure.com

Email: famille@stationdelaventure.com


Eligibility: families with children 0 to 18 years old

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

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

Fees: annual membership: $15, activities: variable

Financing: self-financing, fundraising campaigns, provincial

Legal status: non-profit organization

TABLE DE CONCERTATION GRANDIOSE
1100 Leclaire Street, Saint-Césaire, Montérégie, QC, J0L 1T0
514 668-8729

Email: af_grandiose@outlook.com


Eligibility: families, children, counselors

Coverage area: MRC Rouville, Carignan, Chambly

Hours: on call

Financing: grants

Legal status: non-profit organization

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


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.vaudeuil-dorion.qc.ca/en/recreation-and-culture/library  
Email: biblio@ville.vaudeuil-dorion.qc.ca  
Coverage area: Vaudreuil-Dorion  
Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00  
Fees: membership: Vaudreuil-Dorion residents: free, Vaudreuil-sur-le-Lac residents: $75, non-residents: $135  
Financing: municipal  
Legal status: municipal agency

Youth Centres and Support

9E GROUPE SCOUT ST-THOMAS DE VILLENEUVE  
4775 Quevillon Street, Longueuil, Montérégie, QC, J3Y 2V3  
450 676-9620  
Website: www.9egroupescout.ca  
Email: info@9egroupescout.ca  
Eligibility: youth 7 to 26 years old, adults of all ages  
Coverage area: Saint-Hubert  
Fees: variable  
Financing: contributions, fundraising campaigns  
Legal status: non-profit organization

ACTION JEUNESSE ROUSSILLON  
58 Prince Street, Saint-Constant, Montérégie, QC, J5A 1H5  
450 993-1616  
Website: www.mdjsaintconstant.com  
Email: mdjsaintconstant@gmail.com  
Eligibility: youth 12 to 17 years old  
Coverage area: Saint-Constant  
Hours: Wednesday to Saturday 18h00 to 21h00  
Financing: provincial  
Legal status: non-profit organization

ACTION POUR UN ENVIRONNEMENT SAIN  
1551 Montarville Street, Suite 101, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 3T8  
450 482-0642  
Website: missionapes.org  
Email: info@missionapes.org

Eligibility: general public, schools, local producers
Coverage area: Montérégie, community gardens: Saint-Basile-le-Grand
Hours: store: Thursday and Friday 10h00 to 18h00, Saturday 10h00 to 17h00
Fees: variable
Financing: provincial, federal, self-financing
Legal status: non-profit organization

ADOMISSILE (L') - MAISON DES JEUNES - SAINT-RÉMI
100 de la Gare Street, Saint-Rémi, Montérégie, QC, J0L 2L0
450 454-6657 Fax: 450 454-3618
Website: adomissile.com
Email: mdj@adomissile.com


Eligibility: youth 12 to 17 years old
Coverage area: Saint-Isidore, Saint-Michel, Saint-Rémi, Sainte-Clotilde
Hours: Monday to Thursday 16h00 to 21h00, Friday 16h00 to 22h30
Fees: annual membership: $5
Financing: provincial, municipal, self-financing
Legal status: non-profit organization

AIR CADET LEAGUE OF CANADA (PROVINCIAL COMMITTEE OF QUEBEC AND OTTAWA VALLEY)
205 du Séminaire Boulevard South, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 8E9
438 858-4883
Website: cadetsair.ca/en
Email: permanence@cadetsair.ca

Services: Youth program aiming to develop leadership skills, an involvement in the community, physical fitness and an interest in aviation and aerospace.

Eligibility: youth 12 to 18 years old, adult volunteers
Capacity: more than 6000 teenagers
Coverage area: Province of Québec, Ottawa Valley
Hours: Monday to Friday 8h00 to 16h00
Fees: none
Financing: fundraising campaigns
Legal status: non-profit organization

AVIF - ACTION SUR LA VIOLENCE ET INTERVENTION FAMILIALE
330 Pierre-Boursier Street, Suite 1200, Châteauguay, Montérégie, QC, J6J 4Z2
450 692-7313 Fax: 450 692-9356
Website: www.avif.ca
Email: avif@bellnet.ca


Eligibility: male adults, youth 12 to 20 years old
Coverage area: Montérégie
BOUCHERVILLE - LOISIR, CULTURE ET VIE COMMUNAUTAIRE
490 Lake Road, Boucherville, Montérégie, QC, J4B 6X3
450 449-8640 Fax: 450 449-7109
Website: boucherville.ca/sports
Email: infoloisirs@boucherville.ca
Services: * Community, sociocultural and sporting activities. * Aquatic centre and swimming pools, art centre, sport centre, arena, ice rinks, parks and playgrounds. * Summer day camp. * Events, shows and exhibitions. * Coordination with community organizations.
Coverage area: Boucherville
Fees: variable
Legal status: non-profit organization

BROSSARD - RECREATION AND CULTURE
2001 de Rome Boulevard, Brossard, Montérégie, QC, J4W 3K5
450 923-6311
Website: www.brossard.ca/loisir-et-culture/activites-et-inscriptions
Coverage area: Brossard
Fees: variable
Financing: municipal
Legal status: municipal agency

BROSSARD PUBLIC LIBRARY
7855 San-Francisco Avenue, Brossard, Montérégie, QC, J4X 2A4
450 923-6350 Fax: 450 923-7042
Website: bibliotheque.brossard.ca
Email: bibliotheque@brossard.ca
Coverage area: Brossard
Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00, summer: Monday to Friday 10h00 to 21h00, Saturday 12h00 to 17h00
Fees: residents: free, non-residents: $80
Financing: municipal
Legal status: municipal agency
BUTTE (LA)
132 des Trinitaires Montée, Saint-Basile-le-Grand, Montérégie, QC, J3N 1C3
450 461-8067
Website: www.labutte.org
Email: infomdj@labutte.org
Services: Place for meetings, services and referrals for youth. * Organization of sports and cultural activities.
Eligibility: youth aged 12 to 17 years old
Capacity: 56
Coverage area: Saint-Basile-Le-Grand
Hours: school period: Wednesday to Friday 15h00 to 21h00, Saturday 12h00 to 21h00, summer period: Wednesday and Thursday 12h00 to 21h00, Friday and Saturday 12h00 to 22h00, Sunday 12h00 to 18h00
Financing: provincial, municipal, donations
Legal status: non-profit organization

CARREFOUR COMMUNAUTAIRE L’ARC-EN-CIEL
96 Curé-Beauregard Street, Saint-Ours, Montérégie, QC, J0G 1P0
450 785-2874     Fax: 450 785-2876
Email: carrefourarcenciel@videotron.ca
Eligibility: families, teenagers, seniors
Coverage area: MRC Pierre-de-Saurel
Hours: Monday to Thursday 8h30 to 16h00, youth centre: summer, Monday and Thursday 18h00 to 21h00, Friday and Saturday 18h00 to 22h00
Financing: grants, self-financing
Legal status: non-profit organization

CARREFOUR JEUNESSE D’IBERVILLE
375 Bessette Avenue, Saint-Jean-sur-Richelieu, Montérégie, QC, J2X 2N8
450 347-4419
Email: mdjiberville@hotmail.com
Eligibility: youth 12 to 17 years old
Coverage area: Iberville sector of Saint-Jean-sur-Richelieu
Hours: variable
Fees: none
Financing: grants, provincial, donations
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI - COMTÉ DE JOHNSON
975 Boulay Street, Suite 202, Acton Vale, Montérégie, QC, J0H 1A0
450 546-0311     Fax: 450 546-0316
Website: cjejohnson.org
Email: acton@cjejohnson.org
Eligibility: young adults 16 to 35 years old, parents, employers, Départ à neuf: youth 18 to 29 years old, Jeunes volontaires: youth 16 to 29 years old
**Coverage area:** Acton Vale, Béthanie, Drummondville, Durham-Sud, L'Avenir, Lefebvre, Roxton, Roxton Falls, Roxton Pond, Sainte-Cécile-de-Milton, Sainte-Christine, Saint-Edmond-de-Grantham, Saint-Eugène, Saint-Germain-de-Grantham, Sainte-Hélène-de-Bagot, Saint-Joachim-de-Shefford, Saint-Majorique-de-Grantham, Saint-Nazaire-d'Acton, Saint-Théodore-d'Acton, Saint-Valérien-de-Milton, Upton, Wickham

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

**Fees:** None

**Financing:** Provincial

**Legal status:** Non-profit organization

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**CARREFOUR JEUNESSE-EMPLOI BEAUHARNOIS-SALABERRY**

171 Dufferin Street, Salaberry-de-Valleyfield, Montérégie, QC, J6S 1Y3

**Website:** www.cjeb-s.ca

**Email:** carrefour@cjeb-s.ca

**Services:**
* Welcoming, evaluation of needs, information, referral, support and accompaniment.
* Job search assistance: resume writing, interview simulation, networking, etc.
* Professional orientation and returning to studies.
* Varied themed workshops.
* Mes finances Mes choix: workshops in financial education.
* Départ@9: individual and group job assistance.
* Conciliation études-travail: program for students looking for a part-time job, as well as parents and employers.
* Salon Emploi-Jeunesse: opportunity to meet with companies and organizations.
* Créneau Carrefour Jeunesse: student retention, entrepreneurship, volunteering.
* L’Élan l’École du Carrefour: alternative project for returning to school and student retention.
* Jeunes volontaires: youth entrepreneurship.
* Vocation en art: support for young artists.
* Documentation centre and computers.
* Services for employers.

**Eligibility:**
- Young adults 16 to 35 years old, parents, employers, Départ@9: youth 16 to 29 years old, Créneau Carrefour Jeunesse: youth 15 to 35 years old, Jeunes volontaires: youth 16 to 29 years old

**Coverage area:**
- Beauharnois, Saint-Étienne-de-Beauharnois, Saint-Louis-de-Gonzague, Saint-Stanislas-de-Kostka, Salaberry-de-Valleyfield

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

**Fees:** None

**Financing:** Provincial, Federal

**Legal status:** Non-profit organization

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**CARREFOUR JEUNESSE-EMPLOI BEAUHARNOIS-SALABERRY - POINT DE SERVICE BEAUHARNOIS**

660 Ellice Street, Beauharnois, Montérégie, QC, J6N 1Y1

**Website:** www.cjeb-s.ca

**Email:** carrefour@cjeb-s.ca

**Services:**
* Welcoming, evaluation of needs, information, referral, support and accompaniment.
* Job search assistance: resume writing, interview simulation, networking, etc.
* Professional orientation and returning to studies.
* Varied themed workshops.
* Mes finances Mes choix: workshops in financial education.
* Départ@9: individual and group job assistance.
* Conciliation études-travail: program for students looking for a part-time job, as well as parents and employers.
* Salon Emploi-Jeunesse: opportunity to meet with companies and organizations.
*créneau Carrefour Jeunesse: student retention, entrepreneurship, volunteering.
* L’Élan l’École du Carrefour: alternative project for returning to school and student retention.
* Jeunes volontaires: youth entrepreneurship.
* Vocation en art: support for young artists.
* Documentation centre and computers.
* Services for employers.

**Eligibility:**
- Young adults 16 to 35 years old, parents, employers, Départ@9: youth 16 to 29 years old, Créneau Carrefour Jeunesse: youth 15 to 35 years old, Jeunes volontaires: youth 16 to 29 years old

**Coverage area:**
- Beauharnois, Saint-Étienne-de-Beauharnois, Saint-Louis-de-Gonzague, Saint-Stanislas-de-Kostka, Salaberry-de-Valleyfield

**Hours:** By appointment only

**Fees:** None

**Financing:** Provincial, Federal

**Legal status:** Non-profit organization
CARREFOUR JEUNESSE-EMPLOI DE PIERRE-DE SAUREL
37 du Roi Street, Suite 200, Sorel-Tracy, Montérégie, QC, J3P 4M6
450 743-1441
Website: cje-pierredesaurel.com
Email: info@cje-pierredesaurel.com
Eligibility: people 16 to 35 years old
Coverage area: MRC Pierre-de Saurel
Financing: provincial
Legal status: non-profit organization

CENTRE AMITIÉ-JEUNESSE CHAMBLY
505 Brassard Boulevard, Chambly, Montérégie, QC, J3L 4N5
450 658-6810
Email: mdj_caj@bellnet.ca
Eligibility: youth from 10 to 17 years old, monthly theme dances: youth from 10 to 13 years old
Coverage area: Chambly
Hours: Tuesday 10h50 to 11h50 and 14h40 to 18h00, Wednesday and Thursday 10h50 to 11h50 and 14h40 to 19h00, Friday 10h50 to 11h50 and 14h40 to 20h00
Fees: annual member card: $40
Financing: donations
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE LE TRAIT D'UNION
3100 Mousseau Street, Longueuil, Montérégie, QC, J4L 4P1
450 647-1107  Fax: 450 647-4245
Website: www.cctu.ca
Email: info@cctu.ca
Eligibility: seniors, youth and adults
Capacity: 200
Coverage area: Longueuil
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Financing: self-financing, grants
Legal status: non-profit organization

CENTRE D'INTERVENTION JEUNESSE DES MASKOUTAINS (LE)
120 de la Concorde Avenue North, Saint-Hyacinthe, Montérégie, QC, J2S 0M5
450 773-4909
Email: cijm@cgocable.ca
Coverage area: Saint-Hyacinthe, MRC Les Maskoutains
CENTRE NOTRE-DAME DE FATIMA
2464 Perrot Boulevard, Vaudreuil-Dorion, Montérégie, QC, J7V 8P4
514 453-7600 ext. 221   Fax: 514 453-7601
Website: mon-camp.ca/en
Email: info@mon-camp.ca
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: housing: 110, for a day: 400
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 DES COPAINS DELSON (LE)
1 1st Avenue, Delson, Montérégie, QC, J5B 1M9
514 677-7759
Email: club_copain_delson@hotmail.com
Services: * Food bank. * Assistance with school supplies fees. * Assistance with costs for summer camps.
Eligibility: people in need
Coverage area: Delson
Hours: by appointment, food bank: Tuesday morning
Fees: none
Financing: donations
Legal status: non-profit organization

COLONIE SAINTE-JEANNE D’ARC
10020 Marie-Victorin Road, Contrecoeur, Montérégie, QC, J0L 1C0
1 800 363-0098   Fax: 450 743-8879
Website: csjd.qc.ca
Email: info@csjd.qc.ca
Eligibility: young girls 6 to 16 years old
Coverage area: Greater Montréal
Hours: secretariat: Monday to Friday 9h00 to 17h00
Fees: variable
Financing: Centraide of Greater Montréal, provincial, fundraising campaigns, grants, donations
Legal status: non-profit organization

COMITÉ JEUNESSE LA PRESQU’ÎLE
375 Cardinal-Léger Boulevard, Pincourt, Montérégie, QC, J7W 9H6
514 425-1060
Website: cjlp.co/en/
Email: info@comitejeunesselapresquile.org

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

CROIÈSE DE LONGUEUIL (LA)

1230 Green Street, Longueuil, Montérégie, QC, J4K 4Z5

450 677-8918   Fax: 450 677-3377

Website: www.lacroiseedelongueuil.qc.ca

Email: lacroisee@lacroiseedelongueuil.qc.ca


Eligibility: families or people on a low income

Coverage area: South Shore, food assistance: Notre-Dame-de-la-Garde, Saint-Georges, Saint-Antoine-de-Padoue, Sainte-Louise-de-Marillac, Saint-Jude parishes

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 15h30

Fees: food assistance and cooking classes: free, delivery of frozen meals La Petite Cuillère: minimum purchase required and variable fees according to distance

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

Legal status: non-profit organization

DELSON - SERVICE DES LOISIRS

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

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

Website: www.ville.delson.qc.ca/fr/services-municipaux/loisirs-et-culture

Email: loisirs@ville.delson.qc.ca


Coverage area: Delson

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

Fees: variable, citizen card: free

Financing: municipal

Legal status: municipal agency

DIABÈTE SUROÎT

521 du Havre Boulevard, Suite 15, Salaberry-de-Valleyfield, Montérégie, QC, J6S 4Z5

450 371-6444 ext. 303   Fax: 450 371-5315

Website: diabetesuroit.com

Email: diabete.suroit@bellnet.ca

Services: * Documentation centre: brochure and information books. * Conferences given by health professionals: nutritionist, nurse, podiatrist, pharmacist, kinesiologist, etc. * Screening days. * Foot care assistance program: $20 off (maximum $60 per year) any foot care bill made by a podiatrist or a nurse upon presentation of the receipt. * Financial assistance for camp Carowanis suitable for diabetic children.

Eligibility: people with diabetes and their families

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

Hours: by appointment
Fees: free  
Financing: donations  
Legal status: non-profit organization  

**ET TOI DANS TOUT ÇA**  
10 Churchill Boulevard, Suite 208, Longueuil, Montérégie, QC, J4V 2L7  
450 766-0524  
Website: ettoidanstoutca.org  
Email: clegault@apammrs.org  

Services: * Individual or family follow-ups in the youth's environment (school, home, public place, etc.) or at the organization. * Workshops on various themes. * Instant discussions with a counsellor via Facebook or Instagram.  

Eligibility: youth aged 14 to 24 who have a parent, sibling, other family member or friend living with a mental health issue  
Coverage area: urban agglomeration of Longueuil, MRC Marguerite-D'Youville  
Hours: Monday to Friday 9h00 to 17h00  
Fees: none  
Financing: grants, donations, contributions  
Legal status: non-profit organization  

**FONDATION D'ENTRAIDE DE BROSSARD**  
Confidential Address  
514 778-2050 ext. 4  
Website: fondationentraidebrossard.ca  
Email: fondationentraidebrossard@gmail.com  

Services: * School supplies. * Financial assistance for summer camp and other ad-hoc requests.  

Eligibility: disadvantaged people, people on a low income or people living with disabilities  
Coverage area: Brossard  
Financing: self-financing, 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  

**INTÉGRATION COMPÉTENCES**  
285 Cartier Boulevard, Beloeil, Montérégie, QC, J3G 3R2  
450 464-4481  
Fax: 450 464-8455  
Website: www.integrationcompetences.ca  
Email: info@integrationcompetences.ca

Eligibility: adults, immigrants, youth 16 to 35 years old

Coverage area: MRC La Vallée-du-Richelieu

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

Fees: none

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization

Eligibility: Kahnawake residents
Coverage area: Kahnawake
Hours: Monday to Friday 8h30 to 16h30
Financing: grants
Legal status: non-profit organization

LA PIAULE - MAISON DES JEUNES DE BOUCHERVILLE
540 du Lac Road, Boucherville, Montérégie, QC, J4B 6X3
450 449-8346
Website: www.mdjboucherville.ca
Email: la.piaule@videotron.ca


Eligibility: youth 12 to 17 years old
Coverage area: Boucherville, Longueil, Sainte-Julie, Saint-Amable, Varennes
Hours: Monday to Thursday and Sunday 15h00 to 21h00, Friday and Saturday 15h00 to 22h00, summer: 7 days, 15h00 to 22h00, collective kitchen: Wednesday
Fees: none
Financing: federal, provincial, municipal, self-financing
Legal status: non-profit organization

LE 2159
2159 de Chambly Road, Longueil, Montérégie, QC, J4J 3Z1
450 396-6426
Website: www.le2159.com
Email: info@le2159.com

Services: * Mid and long-term housing. * Activities and workshops offered on a weekly basis on various topics. * Psychosocial intervention: individual meetings with a counsellor. * Accompaniment for a return to school, an internship, job or apartment search and for appointments. * Social reinsertion through internships.

Eligibility: youth 17 to 25 at risk of delinquency, homelessness, sexual exploitation or mental health issues
Capacity: 16 rooms
Coverage area: Montérégie
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: federal, provincial, foundations, fundraising campaigns
Legal status: non-profit organization

LOISIRS DU VIEUX-LONGUEUIL (LES)
735 Saint-Jean Street, Longueil, Montérégie, QC, J4H 2Y8
450 646-6720
Website: loisirsduvieuxlongueuil.com
Email: info@loisirsduvl.com
SERVICES:
* Cultural activities: line, social and country dancing, dancing for kids, guitar and ukulele, language courses (English, Spanish, Italian), sewing, knitting, etc. * Physical training: abs-glutes, cardio-boxe, stretching, meditation, pound, tai chi, zumba, yoga, etc. * Recreational sports: badminton, floor hockey, volleyball and soccer for kids.

ELIGIBILITY: residents, general public

COVERAGE AREA: Longueuil

HOURS: Monday to Thursday 9h00 to 16h00, Friday 9h00 to 13h00

FEES: variable

FINANCING: self-financing, municipal

LEGAL STATUS: non-profit organization

LONGUEUIL PUBLIC LIBRARIES NETWORK - CLAUDE-HENRI-GRIGNON LIBRARY

1660 Bourassa Street, Longueuil, Montérégie, QC, J4J 3A4
450 463-7180 Fax: 450 646-6710

WEBSITE: longueuil.quebec/fr/bibliotheque-claude-henri-grignon

SERVICES:

COVERAGE AREA: Longueuil

HOURS: Tuesday 10h00 to 21h00, Wednesday and Thursday 13h00 to 21h00, Friday 13h00 to 18h00, Saturday and Sunday 10h00 to 17h00, summer: closed on Sunday

FEES: subscription: free for residents, variables for non-residents

FINANCING: municipal

LEGAL STATUS: municipal agency

MACADAM SUD

895 Sainte-Hélène Street, Longueuil, Montérégie, QC, J4K 3R7
450 677-9021 Fax: 450 677-4741

WEBSITE: macadamsud.org

EMAIL: info@macadamsud.org


ELIGIBILITY: youth 12 to 35 years old marginalized or at risk of marginalization, Squat: youth 12 to 17 years old, Espace-jeunes: youth 15 to 35 years old, any person in distress

COVERAGE AREA: Longueuil, Brossard

HOURS: services: variable, administration: Monday to Friday 9h00 to 17h00

FEES: none

FINANCING: federal, provincial, fundraising campaigns, foundations, municipal, Centraide of Greater Montréal

LEGAL STATUS: non-profit organization

MAISON DE JEUNES DES QUATRE LIEUX

2002 Union Avenue, Saint-Césaire, Montérégie, QC, J0L 1T0
450 469-0110 Fax: 450 469-1221

EMAIL: mdj4lieux@gmail.com


ELIGIBILITY: youth 11 to 17 years old
MAISON DE JEUNES KEKPART - ACTION JEUNESSE SAINT-PIE-X DE LONGUEUIL
1000 Roland-Therrien Boulevard, Longueuil, Montérégie, QC, J4J 5H3
450 677-3821
Website: www.maisonkekpart.com
Email: communicationskekpart@videotron.ca
Eligibility: youth 12 to 18 years old and their family
Capacity: 40 people
Coverage area: Longueuil
Hours: administration: Monday to Friday 9h00 to 16h00, youth line: Monday to Friday 15h00 to 21h00
Fees: none
Financing: provincial, federal, fundraising campaigns
Legal status: non-profit organization

MAISON DE JEUNES L'ESCALIER EN MON TEMPS
5964 Auteuil Avenue, Brossard, Montérégie, QC, J4Z 1N2
450 656-9690
Website: www.mdjbrossard.org
Email: coordo@mdjbrossard.org
Eligibility: youth 10 to 17 years old
Coverage area: Brossard
Hours: youth 10 to 12 years old: Tuesday 16h00 to 20h00, youth 11 to 17 years old: Wednesday 16h00 to 21h00, youth 12 to 17 years old: Thursday 16h00 to 21h00, Friday 16h00 to 22h00, Saturday 15h00 to 22h00, summer period: youth 10 to 12 years old: Tuesday 14h00 to 21h00, youth 11 to 17 years old: Wednesday 14h00 to 21h00, youth 12 to 17 years old: Monday, Thursday and Friday 14h00 to 21h00
Fees: none
Financing: self-financing, provincial, federal, grants
Legal status: non-profit organization

MAISON DE JEUNES SAC-ADO
3025 de Lyon Street, Longueuil, Montérégie, QC, J4L 3R6
450 677-7254
Email: intervenants.sacado@gmail.com
Eligibility: youth 12 to 17 years old
Capacity: 40 people
Coverage area: Longueuil
Hours: Tuesday and Wednesday 15h00 to 20h00, Thursday and Friday 15h00 to 21h00
Fees: none
Financing: provincial, federal, self-financing
Legal status: non-profit organization

Child, Youth and Family

Coverage area: Ange-Gardien, Rougemont, Saint-Césaire, Saint-Paul-d'Abbotsford
Hours: variable
Fees: annual membership: $7
Financing: Centraide Richelieu-Yamaska, fundraising campaigns, donations, provincial, municipal
Legal status: non-profit organization
MAISON DE JONATHAN (LA)
81 Saint-Jean Street, Longueuil, Montérégie, QC, J4H 2W8
450 670-4099 Fax: 450 670-4129
Website: lamaisondejonathan.ca
Email: info@lamaisondejonathan.ca

Services: Intervention with teenagers experiencing personal, social, familial or educational difficulties to promote school retention. * School workshops: French, English and mathematics. * Sports, recreational and artistic activities: pyrography, stained-glass, drawing, painting, carpentry, scale models, cooking, piano, guitar and physical training. * External services and prevention of addictions: workshops for young people in secondary school, for teachers, school and community workers.

Eligibility: youth 12 to 17 years old
Capacity: 45 young people
Coverage area: Marie-Victorin and des patriotes School Service Centres
Hours: Tuesday to Thursday 8h00 to 16h30, Friday 8h00 to 13h30
Fees: registration and activities: $100
Financing: provincial, Centraide of Greater Montréal, donations, foundations
Legal status: non-profit organization

MAISON DE LA JEUNESSE 12-17 DE VALLEYFIELD
42, Anderson Street, Salaberry-de-Valleyfield, Montérégie, QC, J6S 0L1
450 373-6788
Website: mdjvalleyfield.com
Email: direction@mdjvalleyfield.com


Eligibility: youth 12 to 17 years old
Coverage area: Salaberry-de-Valleyfield
Hours: reception and administration: Monday to Friday 9h00 to 16h00, regular intervention and animation schedule: Monday to Thursday 16h30 to 21h00, Friday 16h30 to 22h00, Saturday 14h00 to 21h00, summer intervention and animation schedule: Monday to Thursday 13h00 to 21h00, Friday 13h00 to 22h00, Saturday 13h00 to 18h00
Legal status: non-profit organization

MAISON DE QUARTIER FONROUGE
301 Cuvillier Street East, Longueuil, Montérégie, QC, J4L 4T7
450 646-8800
Website: mqfonrouge.ca
Email: fonrouge@videotron.ca

Coverage area: Longueuil
Hours: administration: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: municipal
Legal status: non-profit organization

MAISON DES JEUNES CHÂTELOIS
180 Mercier Street, Châteauguay, Montérégie, QC, J6J 5X2
450 698-3343 Fax: 450 698-3344
Email: infomdjchateauguay@videotron.ca


Eligibility: youth 11 to 17 years old, street work: people of all ages
Coverage area: Châteauguay
Hours: school year: Tuesday to Thursday 15h00 to 17h00 and 18h00 to 20h30, Friday and Saturday 15h00 to 17h00 and 18h00 to 22h00, summer: Monday to Thursday 15h00 to 17h00 and 18h00 to 22h00, Friday and Saturday 15h00 to 17h00 and 18h00 to 23h00
Financing: provincial, self-financing, municipal
Legal status: non-profit organization

MAISON DES JEUNES D’ACTON VALE (LA)
1400 Landry Street, Acton Vale, Montérégie, QC, J0H 1A0
450 546-2927
Website: mdjaetonvale.ca
Email: infomdjacton@gmail.com
Eligibility: youth from 12 to 17 years old
Coverage area: MRC d’Acton
Hours: Tuesday to Saturday 14h00 to 22h00, office: Monday to Friday 8h45 to 17h45
Fees: youth centre rental: Tuesday to Saturday $200 per day, Sunday and Monday $150 per day, basement space rental: Tuesday to Saturday $125 per day, Sunday and Monday $75 per day
Financing: municipal, donations
Legal status: non-profit organization

MAISON DES JEUNES DE BEAUHARNOIS
21 Saint-Joseph Street, Beauharnois, Montérégie, QC, J6N 0P3
450 225-6878
Website: mdjbeauharnois.ca
Email: mdjbeauharnois@videotron.ca
Eligibility: youth 12 to 17 years old
Coverage area: Beauharnois
Hours: Wednesday and Thursday 18h00 to 21h00, Friday 18h00 to 22h00 and Saturday 14h00 to 17h00 and 18h00 to 22h00, homework assistance: Tuesday and Thursday 16h00 to 18h00, administration: Tuesday to Friday 9h00 to 17h00
Fees: free
Financing: municipal, provincial, self-financing
Legal status: non-profit organization

MAISON DES JEUNES DE BEAUJEU (LA)
89 de l’Église Street North, Lacolle, Montérégie, QC, J0J 1J0
450 246-8764
Website: www.mdjbeaujeu.com
Email: mdjbeaujeu@gmail.com
Eligibility: youth 12 to 17 years old, some activities include youth 10 to 12 years old
Capacity: 30 people
Coverage area: Lacolle
Hours: Tuesday 16h00 to 21h00, homework assistance: school period, Tuesday and Thursday 16h00 to 18h00
MAISON DES JEUNES DE CONTRECOEUR
1400 des Saules Street, Contrecoeur, Montérégie, QC, J0L 1C0
450 587-2830
Email: mdjcontrecoeur@videotron.ca
Eligibility: youth 12 to 17 years old
Coverage area: Contrecoeur
Hours: Tuesday to Thursday 18h00 to 21h00, Friday 18h00 to 23h00, Saturday 14h00 to 17h00 and 18h00 to 23h00
Fees: none
Financing: provincial, municipal, donations
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
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 LA PRAIRIE
565 Notre-Dame Street, La Prairie, Montérégie, QC, J5R 5E5
450 444-6717
Website: maisondesjeunes.ca
Email: mdjlaprairieequipe@videotron.ca
Eligibility: youth 12 to 17 years old
Coverage area: La Prairie
Hours: Tuesday, Wednesday and Thursday 18h00 to 21h00, Friday and Saturday 18h00 to 22h00
Fees: life membership: $10
Financing: provincial, municipal, self-financing
Legal status: non-profit organization

MAISON DES JEUNES DE LONGUEUIL (LA)
540 King-George Street, Longueuil, Montérégie, QC, J4J 2V7
450 468-5907 Fax: 450 468-6074
Email: m.d.j.longueuil@hotmail.com

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

**CAPACITY:** 329 people

**COVERAGE AREA:** Longueuil

**HOURS:** Monday to Friday 15h00 to 21h00

**FEES:** none

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

**LEGAL STATUS:** non-profit organization

**MAISON DES JEUNES DE MARIEVILLE**

1972 du Pont Street, Marieville, Montérégie, QC, J3M 1J8

450 708-0635

Email: mdjmarieville@hotmail.com


**ELIGIBILITY:** youth from 12 to 17 years old

**COVERAGE AREA:** Marieville

**HOURS:** Tuesday to Friday 16h00 to 21h00

**FINANCING:** provincial, municipal, Centraide Richelieu-Yamaska, donations

**LEGAL STATUS:** non-profit organization

**MAISON DES JEUNES DE RIGAUD (LA)**

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

450 451-9937

Email: mdjderigaud@bell.net


**ELIGIBILITY:** youth 11 to 18 years old

**CAPACITY:** 30

**COVERAGE AREA:** Rigaud and surroundings

**HOURS:** Tuesday and Wednesday 15h00 to 20h00, Thursday 15h00 to 20h30, Friday 18h00 to 21h00, one Saturday per month 10h00 to 17h00, pedagogical days: 14h00 to 18h00, phone reception: Tuesday to Thursday 13h00 to 16h00

**FEES:** free

**FINANCING:** provincial, Centraide du Sud-Ouest, municipal, federal, foundations

**LEGAL STATUS:** non-profit organization

**MAISON DES JEUNES DE SAINT-BRUNO**

1425 Goyer Street, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 3Z4

450 441-1989

Website: mdjstbruno.org

Email: maisondesjeunesst-bruno@videotron.ca


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

**COVERAGE AREA:** Saint-Bruno-de-Montarville
**MAISON DES JEUNES DE SAINT-PHILIPPE**

2245 Édouard VII Road, Saint-Philippe, Montérégie, QC, J0L 2K0  
450 659-0428  Fax: 450 659-7701  
Website: www.mdj-saint-philippe.com  
Email: maisondesjeunes.stp@outlook.com  

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

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

**Coverage area:** Saint-Philippe  

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

**Fees:** subscription: $5  

**Financing:** provincial, municipal  

**Legal status:** non-profit organization

**MAISON DES JEUNES DE SAINTE-JULIE**

1581 du Fer-à-Cheval Road, Sainte-Julie, Montérégie, QC, J3E 1G5  
450 649-3031  
Website: www.mdjsaintejulie.com  
Email: info@mdj-stejulie.ca  

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

**Eligibility:** youth 9 to 17 years old  

**Coverage area:** Sainte-Julie  

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

**Fees:** none  

**Financing:** provincial, municipal, federal  

**Legal status:** non-profit organization

**MAISON DES JEUNES DE VARENNES**

135 du Petit Bois Road, Varennes, Montérégie, QC, J3X 1P7  
450 652-6941  
Website: www.mdjvarennes.net  
Email: info@mdjvarennes.net  

**Services:** Meeting place for youth.  * Social, recreational, cultural and sports activities. * Listening, helping relationship, accompaniment. * Work in the community. * Information, prevention and awareness workshops.  

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

**Coverage area:** Varennes  

**Hours:** Monday to Friday 16h00 to 21h00, Tuesday and Thursday 12h00 to 13h00  

**Fees:** none  

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

**Legal status:** non-profit organization
MAISON DES JEUNES DE VERCHÈRES
41 Calixa-Lavallée Street, Suite A, Verchères, Montérégie, QC, J0L 2R0
450 583-5201 Fax: 450 583-5201
Website: www.mdjvercheres.org
Email: mdjvercheres@videotron.ca
Eligibility: youth 12 to 17 years old
Coverage area: Calixa-Lavallée, Verchères
Hours: school year: Monday 10h00 to 17h00 (office only), Tuesday to Thursday 17h00 to 21h00, Friday 15h30 to 22h00, Saturday 14h00 to 22h00, summer: Tuesday to Saturday 14h00 to 22h00
Fees: none
Financing: provincial
Legal status: non-profit organization

MAISON DES JEUNES DES QUATRE FENÊTRES - MAISON DE BELOEIL
1060 Saint-Joseph Street, Beloeil, Montérégie, QC, J3G 6C6
450 536-9096
Website: www.mdj4f.ca
Email: direction@mdj4f.ca
Services: Meeting place, support and referral. * Organization of sporting, cultural and volunteering activities. * Homework help. * Cooperative young entrepreneurs to work. * Online discussion group on Discord.
Eligibility: youth 12 to 17 years old
Coverage area: Mont-Saint-Hilaire, Beloeil, McMasterville, Otterburn Park
Hours: Wednesday and Thursday 18h00 to 21h00, Friday and Saturday 18h00 to 22h00, Sunday 13h30 to 17h00
Financing: Centraide, federal, provincial, fundraising campaigns
Legal status: non-profit organization

MAISON DES JEUNES DES QUATRE FENÊTRES - MAISON DE MONT-SAINT-HILAIRE
100 Michel Street, Mont-Saint-Hilaire, Montérégie, QC, J3H 3R3
450 464-8224
Website: www.mdj4f.ca
Email: direction@mdj4f.ca
Eligibility: youth 12 to 17 years old
Coverage area: Mont-Saint-Hilaire, Beloeil, McMasterville, Otterburn Park
Hours: Thursday 18h00 to 21h00, Friday 18h00 to 22h00, Saturday 16h00 to 18h00, Sunday 13h30 to 17h00
Fees: free, variables fees for outings
Financing: Centraide Richelieu-Yamaska, provincial, federal, fundraising campaigns
Legal status: non-profit organization

MAISON DES JEUNES ÉQUINOX
5185 Saint-Laurent Boulevard, Sainte-Catherine, Montérégie, QC, J5C 1A6
450 632-5122 Fax: 450 632-1680
Website: mdjequinox.ca
Email: direction@mdjequinox.ca
Eligibility: youth 12 to 17 years old, certain times for youth 10 to 11 years old
Coverage area: Sainte-Catherine and surroundings
**MAISON DES JEUNES L’ANTIDOTE DE CANDIAC**

125 Haendel Road, Candiac, Montérégie, QC, J5R 1R7  
**450 638-1761**

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

**Services:** Meeting and discussions place promoting individual and collective creative expression through the promotion of health, healthy lifestyles and participatory democracy. * Workshops, outings and sports. * Listening, support and counselling. * Wi-Fi zone. * Indoor and outdoor skateboarding areas. * Gym, reading room, music room, video games room and kitchen.  
**Eligibility:** youth 12 to 17 years old  
**Coverage area:** Candiac  
**Hours:** Tuesday to Thursday 16h00 to 20h45, Friday 16h00 to 21h45, Saturday 13h00 to 21h45, summer time: Tuesday to Friday 13h00 to 21h45  
**Fees:** none  
**Financing:** provincial, municipal  
**Legal status:** non-profit organization

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**MAISON DES JEUNES LA TRAVERSÉE**

138 de l’Église Street, Saint-Marc-sur-Richelieu, Montérégie, QC, J0L 2E0  
**450 584-2173**  
**Fax:** 450 584-2570  
**Website:** www.mdj1217.com  
**Email:** mdjstmarc@gmail.com

**Eligibility:** youth 12 to 17 years old, some services for 10 to 12 years old, Pas de grand program: youth 10 to 12 years old  
**Coverage area:** Vallée-du-Richelieu, Saint-Marc-sur-Richelieu, Saint-Antoine-sur-Richelieu  
**Hours:** Tuesday and Wednesday 18h00 to 21h00, Friday 18h00 to 22h00, Saturday 15h00 to 22h00, 10 to 12 year olds: Thursday 15h00 to 18h00  
**Financing:** Centraide, fundraising campaigns, municipal, provincial, donations, grants  
**Legal status:** non-profit organization

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**MAISON DES JEUNES LA TRAVERSÉE - MAISON DE SAINT-ANTOINE-SUR-RICHELIEU**

1060 du Moulin-Payet Street, Saint-Antoine-sur-Richelieu, Montérégie, QC, J0L 1R0  
**450 787-3497**

**Website:** www.mdj1217.com  
**Email:** mdjstmarc@gmail.com

**Eligibility:** youth 10 to 17 years old  
**Coverage area:** Vallée-du-Richelieu, Saint-Marc-sur-Richelieu, Saint-Antoine-sur-Richelieu  
**Hours:** 10 to 12 years old: Thursday 18h00 to 21h00, Friday 15h00 to 18h00, Saturday 15h00 to 18h00, 12 to 17 years old: Thursday 18h00 to 21h00, Friday 18h00 to 22h00, Saturday 18h00 to 22h00  
**Fees:** free  
**Financing:** Centraide, fundraising campaigns, municipal, provincial, donations, grants  
**Legal status:** non-profit organization
MAISON DES JEUNES LE BREAK
210 16th Avenue West, Venise-en-Québec, Montérégie, QC, J0J 2K0
438 808-5001
Website: assisto.ca/ressource/maison-des-jeunes-le-break
Email: mdjlebreak@outlook.com
Eligibility: youth from 11 to 17 years old
Capacity: 20
Coverage area: Henryville, Saint-Georges-de-Clarenceville, Saint-Sébastien, Venise-en-Québec
Hours: Wednesday and Thursday 18h00 to 21h00, Friday 18h00 à 22h00, Saturday 13h00 to 18h00, Sunday 18h00 to 21h00
Fees: none
Financing: municipal, provincial
Legal status: non-profit organization

MAISON DES JEUNES LE DÔME
2 Place du Marché, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 2P4
450 346-2147     Fax: 450 346-7916
Website: www.mdjledome.com
Email: mdjledome@qc.aira.com
Eligibility: youth 12 to 17 years old, socio-professional integration: young adults 16 to 30 years old
Coverage area: Saint-Jean-sur-Richelieu
Hours: Monday to Friday 16h00 to 21h00, Saturday: variable schedule depending on the activities
Fees: free
Financing: provincial
Legal status: non-profit organization

MAISON DES JEUNES LES CÈDRES
145 Valade Street, Les Cèdres, Montérégie, QC, J7T 1A1
450 452-0215
Email: mdjlescedres@gmail.com
Eligibility: youth 12 to 17 years old
Coverage area: Les Cèdres
Hours: Tuesday, Wednesday and Thursday 18h00 to 21h00, Friday 18h00 to 22h00
Financing: provincial
Legal status: non-profit organization

MAISON DES JEUNES MERCIÉROIS
4 Faubert Street, Mercier, Montérégie, QC, J6R 1E2
450 201-5151
Email: mdjmercier@videotron.ca
Eligibility: youth 12 to 17 years old
Coverage area: Mercier
Hours: Wednesday to Saturday 16h00 to 22h00
Financing: municipal, provincial
Legal status: non-profit organization
MAISON DES JEUNES SYMPHOLIE
65 Boardman Street, Delson, Montérégie, QC, J5B 2B8
450 632-1050 ext. 3120
Email: mdjsympholie2@hotmail.com
Eligibility: youth 12 to 17 years old, homework assistance: 9 years old and over
Capacity: 300
Coverage area: Delson
Hours: Tuesday to Thursday 16h00 to 21h00, Friday 16h00 to 22h00, Saturday 13h00 to 22h00, homework assistance for 9 to 12 years old: Tuesday and Thursday 15h00 to 18h00, 11 years old only: Friday 15h00 to 18h00
Fees: life membership: $5
Financing: municipal, provincial, self-financing
Legal status: non-profit organization

MAISONNETTE BERTHELET (LA)
1254 Blainville Street, Longueuil, Montérégie, QC, J4M 1H6
450 448-4418
Website: lamaisonnetteberthelet.org
Email: info@lamaisonnetteberthelet.org
Eligibility: people on a low income or immigrants
Capacity: 85 families
Coverage area: Gentilly neighbourhood
Hours: Tuesday to Friday 9h00 to 20h30, variable according to activities
Financing: provincial, federal, municipal
Legal status: non-profit organization

PHARE DE LONGUEUIL (LE)
1795 Grant Street, Longueuil, Montérégie, QC, J4J 3V7
450 670-8889
Website: pharedelongueuil.com
Email: contact@pharedelongueuil.com
Eligibility: young adults 16 to 35 years old
Coverage area: Longueuil
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: donations
Legal status: non-profit organization

PORTE OUVERTE, MAISON DES JEUNES (LA)
3825 Adélaïde Street, Longueuil, Montérégie, QC, J3Y 4X1
450 656-6789 Fax: 450 656-6621
Website: www.mdjlaporteouverte.org
Email: lpo.mdj@videotron.ca
Services: Meeting place with leisure and thematic activities. * Listening, support, information and referral. * Prevention and awareness. * Other service point at 3527 Mance Street.
Eligibility: youth 9 to 17 years old
Capacity: 275
Coverage area: Saint-Hubert
Hours: Mance Street for 12 to 17 years old: Monday to Friday 15h00 to 21h00, Adélaide Street for 12 to 17 years old: Monday to Wednesday and Friday 15h00 to 21h00, Saturday 11h00 to 17h00, Mance Street for 9 to 11 years old: Tuesday to Thursday 16h00 to 19h00, Friday 15h30 to 19h00, Saturday 11h00 to 16h00
Fees: membership card: $5
Financing: provincial, membership fees
Legal status: non-profit organization

POSA - SOURCE DES MONTS
620 Senécal Street, Chambly, Montérégie, QC, J3L 1N9
450 658-9898    Fax: 450 658-5368
Website: www.posasdm.com
Email: direction@posasdm.org
Eligibility: youth in difficulty 35 years and under, clinic: youth 12 to 24 years old, meals: underprivileged children from elementary and secondary schools of Chambly and Carignan, jobs: youth between 16 and 35 years old eligible with Emploi-Québec
Coverage area: Chambly, Carignan, MRC Le Haut-Richelieu, MRC Rouville
Hours: Monday to Friday 9h00 to 17h00, youth clinic: Monday to Friday 9h00 to 17h00 by appointment
Financing: provincial, donations, municipal
Legal status: non-profit organization

RESSOURCES SAINT-JEAN-VIANNEY
2255 Cartier Street, Suite 090, Longueuil, Montérégie, QC, J4K 4E8
450 646-6722
Website: www.rsjv.org
Email: direction@rsjv.org
Eligibility: children, adults, seniors, families
Coverage area: Saint-Jean-Vianney neighborhood outlined by Curé-Poirier Boulevard to the North, Jacques-Cartier Boulevard to the South, Notre-Dame-de-Grâce Street to the East and Taschereau Boulevard to the West
Hours: administration: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, activities: variable, Monday to Friday 18h00 to 22h00, Saturday 9h00 to 22h00
Fees: variable
Financing: provincial, federal, self-financing, donations
Legal status: non-profit organization

SAINTE-JULIE PUBLIC LIBRARY
1600 du Fer-à-Cheval Road, Sainte-Julie, Montérégie, QC, J3E 0A3
450 922-7070    Fax: 450 922-7077
Website: www.ville.sainte-julie.qc.ca/bibliotheque
Email: biblio@ville.sainte-julie.qc.ca
Child, Youth and Family


Coverage area: Sainte-Julie

Hours: Monday to Thursday 13h00 to 21h00, Friday 10h00 to 21h00, Saturday 10h00 to 17h00, Sunday 13h00 to 17h00

Fees: residents: none, non-residents: $85 per year per person, $200 per year per family

Financing: municipal

Legal status: municipal agency

SOCIÉTÉ POUR L’ÉPANOUSSEMENT DES JEUNES DE ST-AMABLE (LA)
915 Normandie Street, Saint-Amable, Montérégie, QC, J0L 1N0
450 922-3673

Email: mdjstamable@videotron.ca


Eligibility: youth 12 to 17 years old

Capacity: 99

Coverage area: Saint-Amable

Hours: school year: Wednesday to Friday 15h00 to 21h00, Saturday 13h00 to 21h00, student café: Monday to Friday 12h30 to 13h30, summer: Monday to Friday 13h00 to 21h00

Fees: none

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

Legal status: non-profit organization

Youth Employment

AFFAIRE DE FAMILLE (UNE)
19 Bridge Street, Ormstown, Montérégie, QC, J0S 1K0
450 829-3782

Website: www.uneaffairedefamillehsl.com

Email: uaf.reception@gmail.com


Eligibility: parents, young adults, children, teenagers, seniors

Coverage area: MRC du Haut-Saint-Laurent

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00, closed in July and August

Financing: self-financing, municipal

Legal status: non-profit organization

ANTICHAMBRE 12-17 HÉBERGEMENT JEUNESSE DU SUROÎT (L')
323 Larocque Road, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4C1
450 373-9887

Website: www.lantichambre12-17.ca

Email: hebergement@lantichambre12-17.ca

Eligibility: youth 12 to 17 years old
Capacity: 5 beds
Coverage area: MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges or others if necessary
Hours: 24 hours / 7 days
Fees: $10 per day, $70 per week
Financing: self-financing, foundations
Legal status: non-profit organization

ASSOCIATION QUÉBEC-FRANCE - MONTÉRÉGIE
Confidential Address
Website: www.quebecfrance-monteregie.org
Email: qfmonteregie@gmail.com
Eligibility: francophiles and French language defenders
Coverage area: Montérégie
Fees: variable according to the membership type
Financing: contributions, self-financing
Legal status: non-profit organization

BARBAPARENTS (LES)
542 King-George Street, Longueuil, Montérégie, QC, J4J 2V7
450 448-3454 Fax: 450 448-5501
Website: www.barbaparents.org
Email: barbaparents@bellnet.ca
Eligibility: families with children 0 to 11 years old
Capacity: 40
Coverage area: Longueuil
Hours: Monday to Friday 8h00 to 17h00
Fees: annual membership: $25 per family
Financing: self-financing, fundraising campaigns
Legal status: non-profit organization

BENADO
197 Saint-François-Xavier Road, Delson, Montérégie, QC, J5B 1X7
450 632-1640 Fax: 450 632-6754
Website: benado.org
Email: benado@videotron.ca
Eligibility: dropout alternative section: youth 13 to 18 years old coping with academic, family or social difficulties, alternative justice section: youth 12 to 18 years old, victims, parents and community
Coverage area: Candiac, Châteauguay, Delson, Hemmingford, La Prairie, Léry, Mercier, Saint-Constant, Saint-Édouard, Saint-Isidore, Saint-Mathieu, Saint-Michel, Saint-Philippe, Saint-Rémi, Sainte-Catherine, Sainte-Clotilde, Sherrington
Hours: Monday, Tuesday, Thursday and Friday 8h00 to 16h30, Wednesday 8h00 to 21h00
Financing: Centraide of Greater Montréal, donations, provincial
Legal status: non-profit organization

BISTRO CULTUREL COEUR DE VILLAGE
680 Rang Saint-Régis, Saint-Isidore, Montérégie, QC, J0L 2A0
514 400-5351     Fax: 450 992-0633
Website: coeurdevillage.wordpress.com
Email: coeurdevillage@videotron.ca
Eligibility: youth, adults, seniors
Capacity: 100
Coverage area: MRC Roussillon
Hours: Wednesday to Sunday 11h00 to 17h00
Fees: annual membership: $20
Financing: self-financing, contributions, grants
Legal status: non-profit organization

BOUTIQUE AUX FRINGUES (LA)
866 Laurier Street, Beloeil, Montérégie, QC, J3G 4K7
450 467-9025
Website: www.boutiqueauxfringues.com
Email: boutiqueauxfringues@hotmail.com
Services: * Sale of used clothing and fashion accessories at a low cost. * Employment and training of youth to facilitate access to the job market.
Coverage area: MRC La Vallée-du-Richelieu
Hours: Tuesday to Saturday 10h00 to 15h00
Fees: variable
Financing: self-financing, donations
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI - COMTÉ DE JOHNSON
975 Boulay Street, Suite 202, Acton Vale, Montérégie, QC, J0H 1A0
450 546-0311     Fax: 450 546-0316
Website: cjejohnson.org
Email: acton@cjejohnson.org
Eligibility: young adults 16 to 35 years old, parents, employers, Départ à neuf: youth 18 to 29 years old, Jeunes volontaires: youth 16 to 29 years old
Coverage area: Acton Vale, Béthanie, Drummondville, Durham-Sud, L'Avenir, Lefebvre, Roxton, Roxton Falls, Roxton Pond, Sainte-Cécile-de-Milton, Sainte-Christine, Saint-Edmond-de-Grantham, Saint-Eugène, Saint-Germain-de-Grantham, Sainte-Hélène-de-Bagot, Saint-Joachim-de-Shefford, Saint-Majorique-de-Grantham, Saint-Nazaire-d'Acton, Saint-Théodore-d'Acton, Saint-Valérien-de-Milton, Upton, Wickham
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization
CARREFOUR JEUNESSE-EMPLOI BEAUHARNOIS-SALABERRY
71 Dufferin Street, Salaberry-de-Valleyfield, Montérégie, QC, J6S 1Y3
450 373-6767 Fax: 450 373-0057
Website: www.cjeb-s.ca
Email: carrefour@cjeb-s.ca


Eligibility: young adults 16 to 35 years old, parents, employers, Départ@9: youth 16 to 29 years old, Créneau Carrefour Jeunesse: youth 15 to 35 years old, Jeunes volontaires: youth 16 to 29 years old

Coverage area: Beauharnois, Saint-Étienne-de-Beauharnois, Saint-Louis-de-Gonzague, Saint-Stanislas-de-Kostka, Salaberry-de-Valleyfield

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

Fees: none

Financing: provincial, federal, municipal

Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI BEAUHARNOIS-SALABERRY - POINT DE SERVICE BEAUHARNOIS
660 Ellice Street, Beauharnois, Montérégie, QC, J6N 1Y1
450 373-6767
Website: www.cjeb-s.ca
Email: carrefour@cjeb-s.ca


Eligibility: young adults 16 to 35 years old, parents, employers, Départ@9: youth 16 to 29 years old, Créneau Carrefour Jeunesse: youth 15 to 35 years old, Jeunes volontaires: youth 16 to 29 years old

Coverage area: Beauharnois, Saint-Étienne-de-Beauharnois, Saint-Louis-de-Gonzague, Saint-Stanislas-de-Kostka, Salaberry-de-Valleyfield

Hours: by appointment only

Fees: none

Financing: provincial, federal

Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI CHÂTEAUGUAY
105 Lauzon Street, Châteauguay, Montérégie, QC, J6K 1C7
450 699-8001 Fax: 450 699-9728
Website: cjechateauguay.org
Email: info@cjechateauguay.org

Eligibility: youth 16 to 35 years old

Coverage area: MRC Roussillon

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

Fees: none

Financing: provincial

Legal status: non-profit organization

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

151 Principale Street East, Farnham, Montérégie, QC, J2N 1L2

450 293-0923     Fax: 450 293-0920

Website: www.cje-isj.com

Email: cje.farnham@cje-isj.com


Eligibility: youth 16 to 35 years old, employers

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

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

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

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

450 460-8887     Fax: 450 460-1147

Website: www.cje-isj.com

Email: cje.marieville@cje-isj.com


Eligibility: youth 16 to 35 years old, employers

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

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

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

215 Saint-Paul Street, Suite 120, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 0H9

450 347-4717     Fax: 450 347-5152

Website: www.cje-isj.com

Email: cje.st-jean@cje-isj.com

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

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

**Hours:** Monday to Friday 8h30 to 16h30, Tuesday 8h30 to 20h00

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

**CARREFOUR JEUNESSE-EMPSLO DE PIERRE-DE SAUREL**

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

450 743-1441

Website: cje-pierredesaurel.com

Email: info@cje-pierredesaurel.com


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

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

**Financing:** provincial

**Legal status:** non-profit organization

**CARREFOUR JEUNESSE-EMPSLO HUNTINGDON**

2 Henderson Street, Suite 1, Huntingdon, Montérégie, QC, J0S 1H0

450 264-5858     Fax: 450 264-2058

Website: cjehuntingdon.org

Email: cmoran@cjehuntingdon.org


* Services to employers.

**Eligibility:** youth 16 to 35 years old, youth service cooperative: youth 14 to 17 years old, Jeunes volontaires: youth 16 to 29 years old

**Coverage area:** Elgin, Franklin, Godmanchester, Havelock, Hinchinbrooke, Howick, Huntingdon, Ormstown, Sainte-Agnès-de-Dundee, Saint-Anicet, Saint-Antoine-Abbé, Sainte-Barbe, Saint-Chrysostome, Sainte-Martine, Saint-Urbain-Premier, Très-Saint-Sacrement

**Hours:** Monday, Wednesday to Friday 8h30 to 12h00 and 13h00 to 16h30, Tuesday 10h30 to 12h00 and 13h00 to 16h00, evenings by appointment

**Fees:** none

**Financing:** provincial, municipal

**Legal status:** non-profit organization
CARREFOUR JEUNESSE-EMPLOI HUNTINGDON - POINT DE SERVICE SAINT-RÉMI
18 de l’Église Street, Saint-Rémi, Montérégie, QC, J0L 2L0
450 454-5814 Fax: 450 454-3533
Website: cjehuntingdon.org
Email: info-stremi@cjehuntingdon.org
Eligibility: youth 16 to 35 years old, youth service cooperative: youth 13 to 17 years old, Jeunes volontaires: youth 16 to 29 years old
Coverage area: MRC Les Jardins-de-Napierville
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 10h30 to 12h00 and 13h00 to 16h30, evenings by appointment
Fees: none
Financing: provincial, municipal, donations
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI MARGUERITE-D’YOUVILLE
95 de Mortagne Boulevard, Suite D, Boucherville, Montérégie, QC, J4B 6G4
450 449-9541 Fax: 450 449-0632
Website: www.cjemy.com
Email: info@cjemy.com
Eligibility: people aged 15 to 35 years old
Coverage area: MRC Marguerite-D’Youville and Boucherville
Hours: Monday, Tuesday, Thursday and Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 8h30 to 12h00 and 13h00 to 20h00, closed on Friday afternoon from June 24th to September 2nd
Fees: none
Financing: provincial
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI ROUSSILLON
45 Georges-Gagné Boulevard South, Suite 9, Delson, Montérégie, QC, J5B 2E5
450 845-3848 Fax: 450 845-4194
Website: cjer.ca
Email: accueil@cjer.ca
Eligibility: young adults 15 to 35 years old
Coverage area: Candiac, Delson, La Prairie, Saint-Constant, Saint-Mathieu, Saint-Philippe, Sainte-Catherine
Hours: Monday, Tuesday and Thursday 8h00 to 12h00 and 13h00 to 16h30, Wednesday 8h00 to 12h00 and 13h00 to 16h30 and 16h30 to 19h00 by appointment, Friday 8h00 to 12h00
Fees: none
Financing: provincial
Legal status: non-profit organization
CARREFOUR JEUNESSE-EMPLOI SAINT-HUBERT
6110 de Chambly Road, Longueuil, Montérégie, QC, J3Y 3R5
450 678-7644 Fax: 450 678-7798
Website: www.cjesh.org
Email: emploi@cjesh.org
Eligibility: people 16 to 35 years old
Coverage area: Saint-Hubert
Hours: Monday 8h30 to 15h00, Tuesday to Friday 8h30 to 16h30
Fees: none
Financing: provincial, municipal, grants, donations
Legal status: non-profit organization

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
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
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

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

CENTRE AMITIÉ-JEUNESSE CHAMBLY
505 Brassard Boulevard, Chambly, Montérégie, QC, J3L 4N5
450 658-6810
Email: mdj_caj@bellnet.ca


Eligibility: youth from 10 to 17 years old, monthly theme dances: youth from 10 to 13 years old
Coverage area: Chambly
Hours: Tuesday 10h50 to 11h50 and 14h40 to 18h00, Wednesday and Thursday 10h50 to 11h50 and 14h40 to 19h00, Friday 10h50 to 11h50 and 14h40 to 20h00
Fees: annual member card: $40
Financing: donations
Legal status: non-profit organization

CENTRE D’ENTRAIDE MASKOUTAIN - GRANBY
231 Saint-Charles Street South, Local A, Granby, Montérégie, QC, J2G 3W5
450 330-3317
Website: www.centredentraidemaskoutain.org
Email: centre.dentraide.maskoutain@gmail.com


Eligibility: people on a low income
Coverage area: Estrie, Montérégie, at-home pick-up of furniture: Granby and surroundings
Hours: store: Monday to Friday 10h00 to 17h00, Saturday 10h00 to 16h00, food counter: Friday 13h00
Fees: food basket: 12$, thrift store: variable
Financing: donations, self-financing
Legal status: non-profit organization

CENTRE DE FORMATION À L'AUTOGESTION DU HAUT RICHELIEU
199-A Laurier Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 6Z8
450 346-8357     Fax: 450 346-8357
Email: cfa-hr@hotmail.ca


Eligibility: people 35 years and under
Coverage area: MRC Le Haut-Richelieu
Hours: Monday to Thursday 10h00 to 16h00
Fees: membership: $4 if possible
Financing: provincial, donations
Legal status: non-profit organization
ESPACE PIVOT - CARREFOUR JEUNESSE-EMPLOI LAPORTE
465 Victoria Street, Suite 500, Saint-Lambert, Montérégie, QC, J4P 2J2
450 671-8949 Fax: 450 671-0239
Website: espacepivot.ca/en/
Email: info@espacepivot.ca

Services:

Eligibility: young adults 16 to 35 years old
Coverage area: Saint-Lambert, LeMoyne, Greenfield-Park
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00
Fees: none
Financing: provincial
Legal status: non-profit organization

FRIPERIE COMMUNAUTEAIRE HUNTINGDON
4 Lorne Street, Suite 102, Huntingdon, Montérégie, QC, J0S 1H0
450 264-4775
Website: www.fripcommhunt.quebec
Email: fripcommhunt@hotmail.com

Services:

Eligibility: general population, individuals and families on a low income, people who are far from the labour market
Coverage area: MRC Le Haut-Saint-Laurent
Hours: Tuesday to Saturday 9h00 to 17h00
Fees: rental of sports equipment: free but annual membership fee
Financing: self-financing, provincial, grants, donations
Legal status: non-profit organization

INTÉGRATION COMPÉTENCES
285 Cartier Boulevard, Beloeil, Montérégie, QC, J3G 3R2
450 464-4481 Fax: 450 464-8455
Website: www.integrationcompetences.ca
Email: info@integrationcompetences.ca

Services:

Eligibility: adults, immigrants, youth 16 to 35 years old
Coverage area: MRC La Vallée-du-Richelieu
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00
INTEGRATION COMPÉTENCES - POINT DE SERVICE CHAMBLY

1179 Bourgogne Street, 2nd Floor, Chambly, Montérégie, QC, J3L 1X3
450 464-4481     Fax: 450 447-2037

Website: integrationcompetences.ca
Email: info@integrationcompetences.ca


Eligibility: adults, immigrants, youth 16 to 35 years old
Coverage area: MRC La Vallée-du-Richelieu
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00

Fees: none
Financing: provincial, fundraising campaigns, donations
Legal status: non-profit organization

JARDINS DE LA TERRE (LES)

305 Principale Street West, Saint-Paul-d'Abbotsford, Montérégie, QC, J0E 1A0
450 379-5079     Fax: 450 379-5464

Website: www.jardinsdelaterre.org
Email: info@jardinsdelaterre.org

Services: Social and professional insertion in the field of horticulture. * Program of introduction into organic horticulture: cultivation in greenhouses and fields, detection of insects and diseases, harvest of vegetables and conditioning for sale, usage of motorized tools. * Program for food transformation: kitchen hygiene regulations, preparation of food, transformation and conservation of food, quality control, etc. * Personal and social development course: workshops, tools for the job search, individual and regular accompaniment. * Subscription to organic baskets that are delivered at collection points.

Eligibility: unemployed youth from 16 to 30 years old, who are not studying full-time
Coverage area: MRC Rouville
Hours: Monday to Friday 8h30 to 16h30
Financing: self-financing, Centraide Richelieu-Yamaska, provincial
Legal status: non-profit organization

LE 2159

2159 de Chambly Road, Longueuil, Montérégie, QC, J4J 3Z1
450 396-6426

Website: www.le2159.com
Email: info@le2159.com

Services: * Mid and long-term housing. * Activities and workshops offered on a weekly basis on various topics. * Psychosocial intervention: individual meetings with a counsellor. * Accompaniment for a return to school, an internship, job or apartment search and for appointments. * Social reinsertion through internships.
Eligibility: youth 17 to 25 at risk of delinquency, homelessness, sexual exploitation or mental health issues
Capacity: 16 rooms
Coverage area: Montérégie
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: federal, provincial, foundations, fundraising campaigns
Legal status: non-profit organization

MACADAM SUD
895 Sainte-Hélène Street, Longueuil, Montérégie, QC, J4K 3R7
450 677-9021   Fax: 450 677-4741
Website: macadamsud.org
Email: info@macadamsud.org


Eligibility: youth 12 to 35 years old marginalized or at risk of marginalization, Squat: youth 12 to 17 years old, Espace-jeunes: youth 15 to 35 years old, any person in distress
Coverage area: Longueuil, Brossard
Hours: services: variable, administration: Monday to Friday 9h00 to 17h00
Fees: none
Financing: federal, provincial, fundraising campaigns, foundations, municipal, Centraide of Greater Montréal
Legal status: non-profit organization

MAISON DE JEUNES KEKPART - ACTION JEUNESSE SAINT-PIE-X DE LONGUEUIL
1000 Roland-Therrien Boulevard, Longueuil, Montérégie, QC, J4J 5H3
450 677-3821
Website: www.maisonkekpart.com
Email: communicationskekpart@videotron.ca


Eligibility: youth 12 to 18 years old and their family
Capacity: 40 people
Coverage area: Longueuil
Hours: administration: Monday to Friday 9h00 to 16h00, youth line: Monday to Friday 15h00 to 21h00
Fees: none
Financing: provincial, federal, fundraising campaigns
Legal status: non-profit organization

MAISON DE LA FAMILLE DE BROSSARD
2210 André Street, Brossard, Montérégie, QC, J4Z 2Z8
450 678-5222
Website: www.mfdebrossard.org/fr
Email: info@mfdebrossard.org
Eligibility: families
Capacity: 50
Coverage area: Brossard
Hours: Monday to Friday 8h30 to 16h00, activities: variable
Fees: variable according to the activities
Financing: provincial, donations, self-financing
Legal status: non-profit organization

MAISON DES JEUNES DE BEAUHARNOIS
21 Saint-Joseph Street, Beauharnois, Montérégie, QC, J6N 0P3
450 225-6878
Website: mdjbeauharnois.ca
Email: mdjbeauharnois@videotron.ca
Eligibility: youth 12 to 17 years old
Coverage area: Beauharnois
Hours: Wednesday and Thursday 18h00 to 21h00, Friday 18h00 to 22h00 and Saturday 14h00 to 17h00 and 18h00 to 22h00, homework assistance: Tuesday and Thursday 16h00 to 18h00, administration: Tuesday to Friday 9h00 to 17h00
Fees: free
Financing: municipal, provincial, self-financing
Legal status: non-profit organization

MAISON DES JEUNES DE RIGAUD (LA)
96 Saint-Jean-Baptiste Street East, Rigaud, Montérégie, QC, J0P 1P0
450 451-9937
Email: mdjderigaud@bell.net
Eligibility: youth 11 to 18 years old
Capacity: 30
Coverage area: Rigaud and surroundings
Hours: Tuesday and Wednesday 15h00 to 20h00, Thursday 15h00 to 20h30, Friday 18h00 to 21h00, one Saturday per month 10h00 to 17h00, pedagogical days: 14h00 to 18h00, phone reception: Tuesday to Thursday 13h00 to 16h00
Fees: free
Financing: provincial, Centraide du Sud-Ouest, municipal, federal, foundations
Legal status: non-profit organization
MAISON DES JEUNES DE SAINT-BRUNO
1425 Goyer Street, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 3Z4
450 441-1989
Website: mdjstbruno.org
Email: maisondesjeunesst-bruno@videotron.ca
Eligibility: youth 11 to 17 years old
Coverage area: Saint-Bruno-de-Montarville
Hours: school year: Monday to Thursday 15h00 to 20h00, Friday 15h00 to 21h00, summer: Monday to Friday 13h00 to 21h00, collective suppers: Wednesday 17h00 to 19h00
Fees: free, variables fees for outings
Financing: donations, self-financing, grants
Legal status: non-profit organization

MAISON DES JEUNES DE SAINTE-JULIE
1581 du Fer-à-Cheval Road, Sainte-Julie, Montérégie, QC, J3E 1G5
450 649-3031
Website: www.mdjsaintejulie.com
Email: info@mdj-stejulie.ca
Eligibility: youth 9 to 17 years old
Coverage area: Sainte-Julie
Hours: Tuesday to Thursday 16h30 to 21h00, Friday 16h30 to 22h00, Saturday 14h00 to 22h00, summer schedule: Monday and Tuesday 14h00 to 20h00, Wednesday to Saturday 14h00 to 22h00
Fees: none
Financing: provincial, municipal, federal
Legal status: non-profit organization

MAISON DES JEUNES DE VERCHÈRES
41 Calixa-Lavallée Street, Suite A, Verchères, Montérégie, QC, J0L 2R0
450 583-5201     Fax: 450 583-5201
Website: www.mdjvercheres.org
Email: mdjvercheres@videotron.ca
Eligibility: youth 12 to 17 years old
Coverage area: Calixa-Lavallée, Verchères
Hours: school year: Monday 10h00 to 17h00 (office only), Tuesday to Thursday 17h00 to 21h00, Friday 15h30 to 22h00, Saturday 14h00 to 22h00, summer: Tuesday to Saturday 14h00 to 22h00
Fees: none
Financing: provincial
Legal status: non-profit organization

MAISON DES JEUNES DES QUATRE FENÊTRES - MAISON DE BELOEIL
1060 Saint-Joseph Street, Beloeil, Montérégie, QC, J3G 6C6
450 536-9096
Website: www.mdj4f.ca
Email: direction@mdj4f.ca
Services: Meeting place, support and referral. * Organization of sporting, cultural and volunteering activities. * Homework help. * Cooperative young entrepreneurs to work. * Online discussion group on Discord.

Eligibility: youth 12 to 17 years old

Coverage area: Mont-Saint-Hilaire, Beloeil, McMasterville, Otterburn Park

Hours: Wednesday and Thursday 18h00 to 21h00, Friday and Saturday 18h00 to 22h00, Sunday 13h30 to 17h00

Financing: Centraide, federal, provincial, fundraising campaigns

Legal status: non-profit organization

MAISON DES JEUNES DES QUATRE FENÊTRES - MAISON DE MONT-SAINT-HILAIRE
100 Michel Street, Mont-Saint-Hilaire, Montérégie, QC, J3H 3R3
450 464-8224
Website: www.mdj4f.ca
Email: direction@mdj4f.ca


Eligibility: youth 12 to 17 years old

Coverage area: Mont-Saint-Hilaire, Beloeil, McMasterville, Otterburn Park

Hours: Thursday 18h00 to 21h00, Friday 18h00 to 22h00, Saturday 16h00 to 18h00, Sunday 13h30 to 17h00

Fees: free, variables fees for outings

Financing: Centraide Richelieu-Yamaska, provincial, federal, fundraising campaigns

Legal status: non-profit organization

MAISON DES JEUNES LE DÔME
2 Place du Marché, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 2P4
450 346-2147     Fax: 450 346-7916
Website: www.mdjledome.com
Email: mdjledome@qc.aira.com


Eligibility: youth 12 to 17 years old, socio-professional integration: young adults 16 to 30 years old

Coverage area: Saint-Jean-sur-Richelieu

Hours: Monday to Friday 16h00 to 21h00, Saturday: variable schedule depending on the activities

Fees: free

Financing: provincial

Legal status: non-profit organization

MAISON DES JEUNES LES CÈDRES
145 Valade Street, Les Cèdres, Montérégie, QC, J7T 1A1
450 452-0215
Email: mdjlescedes@gmail.com


Eligibility: youth 12 to 17 years old

Coverage area: Les Cèdres

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

Financing: provincial

Legal status: non-profit organization
P.S. JEUNESSE
99 Salaberry Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2H5
450 377-9155   Fax: 450 377-8037
Website: psjeunesse.org
Email: info@psjeunesse.org
Eligibility: adults
Capacity: no limits
Coverage area: MRC Roussillon, MRC Les Jardins-de-Napierville, MRC Le Haut-Saint-Laurent, MRC Beauharnois-Salaberry, MRC Vaudreuil-Soulanges
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
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
Eligibility: adults, people with a criminal record, people without a high school diploma
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

PLACE À L'EMPLOI - CARREFOUR JEUNESSE-EMPLOI LONGUEUIL
125 Sainte-Foy Boulevard, 3rd floor, Longueuil, Montérégie, QC, J4J 1W7
450 646-1030   Fax: 450 646-9060
Website: placealemploi.ca
Email: info@placealemploi.ca
Eligibility: youth 16 to 35 years old
Coverage area: Longueuil
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization
POSA - SOURCE DES MONTS
620 Senécal Street, Chambly, Montérégie, QC, J3L 1N9
450 658-9898  Fax: 450 658-5368
Website: www.posasdm.com
Email: direction@posasdm.org
Eligibility: youth in difficulty 35 years and under, clinic: youth 12 to 24 years old, meals: underprivileged children from elementary and secondary schools of Chambly and Carignan, jobs: youth between 16 and 35 years old eligible with Emploi-Québec
Coverage area: Chambly, Carignan, MRC Le Haut-Richelieu, MRC Rouville
Hours: Monday to Friday 9h00 to 17h00, youth clinic: Monday to Friday 9h00 to 17h00 by appointment
Financing: provincial, donations, municipal
Legal status: non-profit organization

RECYCLO-CENTRE
165 de l’Hôtel-Dieu Avenue, Sorel-Tracy, Montérégie, QC, J3P 7L4
450 743-5224  Fax: 450 746-4366
Website: www.recyclo-centre.ca
Email: information@recyclo-centre.org
Eligibility: people 18 to 44 years old who are far from the labour market, individuals and families on a low income
Coverage area: MRC Pierre-De Saurel
Hours: Tuesday, Wednesday, Friday and Saturday 9h00 to 17h00, Thursday 9h00 to 20h00, donation centre: 7 days 9h00 to 17h00
Financing: provincial, municipal, self-financing
Legal status: non-profit organization

Youth Shelters and Support

ACTION JEUNESSE ROUSSILLON
58 Prince Street, Saint-Constant, Montérégie, QC, J5A 1H5
450 993-1616
Website: www.mdjsaintconstant.com
Email: mdjstconstant@gmail.com
Eligibility: youth 12 to 17 years old
Coverage area: Saint-Constant
Hours: Wednesday to Saturday 18h00 to 21h00
Financing: provincial
Legal status: non-profit organization
ANTICAMBRE 12-17 HÉBERGEMENT JEUNESSE DU SUROÎT (L')

323 Larocque Road, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4C1
450 373-9887
Website: www.lantichambre12-17.ca
Email: hebergement@lantichambre12-17.ca


Eligibility: youth 12 to 17 years old
Capacity: 5 beds
Coverage area: MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges or others if necessary
Hours: 24 hours / 7 days
Fees: $10 per day, $70 per week
Financing: self-financing, foundations
Legal status: non-profit organization

ANTICAMBRE 12-17 HÉBERGEMENT JEUNESSE DU SUROÎT (L') - TRANSITIONAL HOUSING

323 Larocque Road, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4C1
450 373-9887
Website: www.lantichambre12-17.ca
Email: hebergement@lantichambre12-17.ca

Services: * Short and medium-term housing for youth.

Eligibility: youth 12 to 17 years old
Capacity: 4 beds
Coverage area: MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges or others if necessary
Financing: self-financing
Legal status: non-profit organization

ANTRE-TEMPS LONGUEUIL (L')

950 Roland-Therrien Boulevard, Longueuil, Montérégie, QC, J4J 5H3
450 651-0125     Fax: 450 651-0126
Website: antre-temps.org
Email: admin@antre-temps.org


Eligibility: youth in difficulty 16 to 21 years old, support group: parents with children 12 years old and over
Capacity: 14 places, support group: 5 to 10 parents
Coverage area: priority to the South Shore
Hours: 24 hours / 7 days
Fees: shelter: $8 per day, support group for parents: free
Financing: donations, self-financing, provincial, federal, Centraide of Greater Montréal, foundations
Legal status: non-profit organization

ANTRE-TEMPS LONGUEUIL (L') - TRANSITIONAL HOUSING

950 Roland-Therrien Boulevard, Longueuil, Montérégie, QC, J4J 5H3
450 651-0125     Fax: 450 651-0126
Website: antre-temps.org
Email: admin@antre-temps.org

Services: * shelter for a period up to six months for youth in difficulty, on a voluntary basis.

Eligibility: youth in difficulty 16 to 21 years old
**ASSOCIATION DE PARENTS POUR L’ADOPTION QUÉBÉCOISE**

Confidential Address

1 844 990-9144

Website: www.apaq.adoption-quebec.ca

Email: apaq@adoption-quebec.ca

**Services:** * Pre and post-adoption support and online support. * Support groups and conferences, 3 or more times per year. * Web conferences. * Therapeutic support group with psychologist, 4 to 5 meetings, more then once a month. * Support workshops for children who have been adopted. * Documentation and information. * Family outings. * Online parent and adoptee meeting group * Psycho-educational support group. * Closed Facebook group. * Access to videoconference and face-to-face conferences for members.

**Eligibility:** families who have adopted or are waiting to adopt a child born in Québec, adoption applicants, mixed bank parents

**Capacity:** variable

**Coverage area:** Province of Québec

**Hours:** Monday to Friday variable, self-help and support groups: evenings and weekends on a scheduled basis

**Fees:** free annual membership: recommended contribution: $35 per family and less than $100 per couple for the therapeutic meeting sessions of the support group, mutual aid group: none, conferences: none

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

**Legal status:** non-profit organization

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**AUBERGE DU COEUR LE BALUCHON**

2290 Saint-Joseph Avenue, Saint-Hyacinthe, Montérégie, QC, J2S 5L4

1 866 263-8794 Fax: 450 773-7145

Website: www.maisonlebaluchon.org

Email: info@maisonlebaluchon.org


**Eligibility:** short-term housing: youth experiencing difficulties aged 12 to 17 years old

**Capacity:** 9 places

**Coverage area:** MRC Acton, MRC La Haute-Yamaska, MRC La Vallée-du-Richelieu, MRC Les Maskoutains, MRC Pierre-De Saurel, MRC Rouville

**Hours:** 24 hours / 7 days

**Fees:** registration $50, $7 per day and $20 deposit

**Financing:** provincial, federal, Centraide Richelieu-Yamaska, foundations, donations, fundraising campaigns

**Legal status:** non-profit organization

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**AUBERGE DU COEUR LE BALUCHON - TRANSITIONAL HOUSING**

2290 Saint-Joseph Avenue, Saint-Hyacinthe, Montérégie, QC, J2S 5L4

1 866 263-8794 Fax: 450 773-7145

Website: www.maisonlebaluchon.org

Email: info@maisonlebaluchon.org

**Services:** * Bail-Bye: transitional apartments.

**Eligibility:** youth aged 16 to 23 years old experiencing difficulties

**Capacity:** 15 places
Coverage area: MRC Acton, MRC La Haute-Yamaska, MRC La Vallée-du-Richelieu, MRC Les Maskoutains, MRC Pierre-De Saurel, MRC Rouville
Fees: $250 or 25% of income per month and $100 deposit
Financing: provincial, federal, Centraide Richelieu-Yamaska, foundations, donations, fundraising campaigns
Legal status: non-profit organization

CARREFOUR JEUNESSE D’IBERVILLE
375 Bessette Avenue, Saint-Jean-sur-Richelieu, Montérégie, QC, J2X 2N8
450 347-4419
Email: mdjiberville@hotmail.com
Eligibility: youth 12 to 17 years old
Coverage area: Iberville sector of Saint-Jean-sur-Richelieu
Hours: variable
Fees: none
Financing: grants, provincial, donations
Legal status: non-profit organization

CENTRE DE PÉDIATRIE SOCIALE EN COMMUNAUTÉ MAIN DANS LA MAIN
215 du Sud Street, 3rd floor, Cowansville, Montérégie, QC, J2K 2X5
450 260-1414 ext. 0
Website: cpscmaindanslamain.org/en
Email: reception@cpscmaindanslamain.org
Eligibility: children 0 to 18 years old in situations of great vulnerability
Coverage area: MRC Brome-Missisquoi
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial, donations, fundraising campaigns
Legal status: non-profit organization

CLSC DES SEIGNEURIES DE SAINTE-JULIE
461 Saint-Joseph Boulevard, Suite 112, Sainte-Julie, Montérégie, QC, J3E 1W8
450 468-3670
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=908&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J3E1W8
Coverage area: CISSS de la Montérégie-Est area
Hours: Monday, Tuesday, Thursday and Friday 8h30 à 12h00 et 13h00 à 16h30, Wednesday 8h30 to 12h00, 13h00 to 20h30, tests centre: by appointment
Financing: provincial
Legal status: parapublic organization
ÉLAN DES JEUNES (L’)
155 de Gaspé Street East, Châteauguay, Montérégie, QC, J6J 2N9
450 844-3835
Website: www.lelandesjeunes.com/en
Email: lelandesjeunes@gmail.com
Services: Housing for young adults choosing to be framed in their social reintegration process (maintenance of the school process, professional insertion, house hunting, etc.). * Accommodations and food. * Maximum duration of 3 months. * Post-accommodation service for people who had access to accommodation services.
Eligibility: young adults 16 to 22 years old, homeless or at risk of homelessness, due to loss of housing or family problems, freely making a housing request
Capacity: 6 beds
Hours: 24 hours / 7 days
Fees: $20 deposit on arrival, $6 per day
Financing: grants, self-financing
Legal status: non-profit organization

ESPACE VIVANT LIVING ROOM
265 Hanson Street, Cowansville, Montérégie, QC, J2K 3E8
450 955-0622
Website: espacevivantlivingroom.org
Email: evlr@videotron.ca
Eligibility: youth in difficulty 12 to 17 years old
Capacity: 9 places including 1 place for emergency situations
Coverage area: Estrie, Montérégie
Hours: 24 hours / 7 days
Fees: $5 per day
Financing: grants, provincial, federal
Legal status: non-profit organization

ET TOI DANS TOUT ÇA
10 Churchill Boulevard, Suite 208, Longueuil, Montérégie, QC, J4V 2L7
450 766-0524
Website: ettoidanstoutca.org
Email: clegault@apammrs.org
Services: * Individual or family follow-ups in the youth's environment (school, home, public place, etc.) or at the organization. * Workshops on various themes. * Instant discussions with a counsellor via Facebook or Instagram.
Eligibility: youth aged 14 to 24 who have a parent, sibling, other family member or friend living with a mental health issue
Coverage area: urban agglomeration of Longueuil, MRC Marguerite-D'Youville
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: grants, donations, contributions
Legal status: non-profit organization
HÉBERGEMENT MAISON DE LA PAIX - FOYER DE GROUPE MAISON DE LA PAIX
1617 Sainte-Hélène Street, Longueuil, Montérégie, QC, J4K 3S8
450 674-0059   Fax: 450 674-5511
Website: www.maisondelapaix.org
Email: info@maisondelapaix.org


Eligibility: youth 14 to 17 years old
Capacity: group home: 11 individual rooms
Coverage area: Montérégie
Hours: 24 hours / 7 days, information: Monday to Friday 8h00 to 16h30
Fees: PSOC clientele: $10 per day with meals, other residents: contact with Centre jeunesse de la Montérégie
Financing: fundraising campaigns, donations, provincial
Legal status: non-profit organization

HÉBERGEMENT MAISON DE LA PAIX - LE HALO
1638 Sainte-Hélène Street, Longueuil, Montérégie, QC, J4K 3S7
450 674-0059   Fax: 450 674-5511
Website: www.maisondelapaix.org
Email: info@maisondelapaix.org

Services: Transitional housing with community support. * Personalized psychosocial accompaniment for up to 2 years and including a program of workshops.

Eligibility: youth 14 to 17 years old in group homes
Capacity: 11 units
Coverage area: Montérégie
Hours: Monday to Friday 8h00 to 16h30
Financing: provincial, fundraising campaigns, donations
Legal status: non-profit organization

HÔPITAL CHARLES-LE MOYNE - CLINIQUE EXTERNE DE PSYCHIATRIE POUR ENFANTS ET ADOLESCENTS
3120 Taschereau Boulevard, Longueuil, Montérégie, QC, J4V 2H1
450 466-5000 ext. 2414
Website: www.santemonteregie.qc.ca

Services: Psychiatric care and consultation for children and teenagers. * By referral only.

Eligibility: children and teenagers
Coverage area: Montérégie
Hours: by appointment
Financing: provincial
Legal status: parapublic organization

LA PIAULE - MAISON DES JEUNES DE BOUCHERVILLE
540 du Lac Road, Boucherville, Montérégie, QC, J4B 6X3
450 449-8346
Website: www.mdjboucherville.ca
Email: la.piaule@videotron.ca


Eligibility: youth 12 to 17 years old
Coverage area: Boucherville, Longueuil, Sainte-Julie, Saint-Amable, Varennes
Hours: Monday to Thursday and Sunday 15h00 to 21h00, Friday and Saturday 15h00 to 22h00, summer: 7
days, 15h00 to 22h00, collective kitchen: Wednesday
Fees: none
Financing: federal, provincial, municipal, self-financing
Legal status: non-profit organization

LE 2159
2159 de Chambly Road, Longueuil, Montérégie, QC, J4J 3Z1
450 396-6426
Website: www.le2159.com
Email: info@le2159.com
Services: * Mid and long-term housing. * Activities and workshops offered on a weekly basis on various topics.
* Psychosocial intervention: individual meetings with a counsellor. * Accompaniment for a return to school, an
internship, job or apartment search and for appointments. * Social reinsertion through internships.
Eligibility: youth 17 to 25 at risk of delinquency, homelessness, sexual exploitation or mental health issues
Capacity: 16 rooms
Coverage area: Montérégie
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: federal, provincial, foundations, fundraising campaigns
Legal status: non-profit organization

MAISON DE JEUNES KEKPART - ACTION JEUNESSE SAINT-PIE-X DE LONGUEUIL
1000 Roland-Therrien Boulevard, Longueuil, Montérégie, QC, J4J 5H3
450 677-3821
Website: www.maisonkekpart.com
Email: communicationskekpart@videotron.ca
Services: Supervised meeting place. * Group activities. * Listening, support, referral, accompaniment. *
Performing arts workshops. * La Relève program: after-school training and work experience in media arts. *
Support and accompaniment for youth at risk of sexual exploitation. * Christmas party.
Eligibility: youth 12 to 18 years old and their family
Capacity: 40 people
Coverage area: Longueuil
Hours: administration: Monday to Friday 9h00 to 16h00, youth line: Monday to Friday 15h00 to 21h00
Fees: none
Financing: provincial, federal, fundraising campaigns
Legal status: non-profit organization

MAISON DE LA JEUNESSE 12-17 DE VALLEYFIELD
42, Anderson Street, Salaberry-de-Valleyfield, Montérégie, QC, J6S 0L1
450 373-6788
Website: mdjvalleyfield.com
Email: direction@mdjvalleyfield.com
Services: Meeting place for young people. * Food assistance. * Homework assistance. * Assistance in case of
and recreational activities. * Animation of the downtown area. * Education of democratic life and fundraising
campaigns. * Information and raising awareness on healthy lifestyle habits. * Referrals to local organizations.
Eligibility: youth 12 to 17 years old
Coverage area: Salaberry-de-Valleyfield
Hours: reception and administration: Monday to Friday 9h00 to 16h00, regular intervention and animation
schedule: Monday to Thursday 16h30 to 21h00, Friday 16h30 to 22h00, Saturday 14h00 to 21h00, summer
intervention and animation schedule: Monday to Thursday 13h00 to 21h00, Friday 13h00 to 22h00, Saturday
13h00 to 18h00
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
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 MARIEVILLE
1972 du Pont Street, Marieville, Montérégie, QC, J3M 1J8
450 708-0635
Email: mdjmarieville@hotmail.com
Eligibility: youth from 12 to 17 years old
Coverage area: Marieville
Hours: Tuesday to Friday 16h00 to 21h00
Financing: provincial, municipal, Centraide Richelieu-Yamaska, donations
Legal status: non-profit organization

MAISON DES JEUNES DE SAINT-BRUNO
1425 Goyer Street, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 3Z4
450 441-1989
Website: mdjstbruno.org
Email: maisondesjeunesst-bruno@videotron.ca
Eligibility: youth 11 to 17 years old
Coverage area: Saint-Bruno-de-Montarville
Hours: school year: Monday to Thursday 15h00 to 20h00, Friday 15h00 to 21h00, summer: Monday to Friday 13h00 to 21h00, collective suppers: Wednesday 17h00 to 19h00
Fees: free, variables fees for outings
Financing: donations, self-financing, grants
Legal status: non-profit organization

MAISON DES JEUNES DE SAINT-PHILIPPE
2245 Édouard VII Road, Saint-Philippe, Montérégie, QC, J0L 2K0
450 659-0428 Fax: 450 659-7701
Website: www.mdj-saint-philippe.com
Email: maisondesjeunes.stp@outlook.com
Eligibility: youth 12 to 17 years old
Coverage area: Saint-Philippe

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Child, Youth and Family

**MAISON DES JEUNES DE SAINTE-JULIE**
1581 du Fer-à-Cheval Road, Sainte-Julie, Montérégie, QC, J3E 1G5
450 649-3031
Website: www.mdjsaintejulie.com
Email: info@mdj-stejulie.ca

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

**Eligibility:** youth 9 to 17 years old

**Coverage area:** Sainte-Julie

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

**Fees:** none

**Financing:** provincial, municipal

**Legal status:** non-profit organization

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**MAISON DES JEUNES DE VARENNES**
135 du Petit Bois Road, Varennes, Montérégie, QC, J3X 1P7
450 652-6941
Website: www.mdjvarennes.net
Email: info@mdjvarennes.net

**Services:** Meeting place for youth. * Social, recreational, cultural and sports activities. * Listening, helping relationship, accompaniment. * Work in the community. * Information, prevention and awareness workshops.

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

**Coverage area:** Varennes

**Hours:** Monday to Friday 16h00 to 21h00, Tuesday and Thursday 12h00 to 13h00

**Fees:** none

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

**Legal status:** non-profit organization

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**MAISON DES JEUNES DE VERCHÈRES**
41 Calixa-Lavallée Street, Suite A, Verchères, Montérégie, QC, J0L 2R0
450 583-5201 Fax: 450 583-5201
Website: www.mdjvercheres.org
Email: mdjvercheres@videotron.ca


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

**Coverage area:** Calixa-Lavallée, Verchères

**Hours:** school year: Monday 10h00 to 17h00 (office only), Tuesday to Thursday 17h00 to 21h00, Friday 15h30 to 22h00, Saturday 14h00 to 22h00, summer: Tuesday to Saturday 14h00 to 22h00

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization
MAISON DES JEUNES ÉQUINOX
5185 Saint-Laurent Boulevard, Sainte-Catherine, Montérégie, QC, J5C 1A6
450 632-5122    Fax: 450 632-1680
Website: mdjequinox.ca
Email: direction@mdjequinox.ca
Eligibility: youth 12 to 17 years old, certain times for youth 10 to 11 years old
Coverage area: Sainte-Catherine and surroundings
Hours: school year: Tuesday to Thursday 16h00 to 21h00, Friday 16h00 to 22h00, Saturday 14h00 to 21h00, youth 10 to 11 years old: Monday 15h00 to 17h30, summer: Tuesday to Friday 14h00 to 17h00 and 18h00 to 22h00, Saturday 14h00 to 21h00, youth 10 to 11 years old: Monday 15h00 to 17h30
Fees: none
Financing: municipal, provincial
Legal status: non-profit organization

MAISON DES JEUNES L'ANTIDOTE DE CANDIAC
125 Haendel Road, Candiac, Montérégie, QC, J5R 1R7
450 638-1761
Website: www.mdj-antidote.qc.ca
Email: antidote@mdj-antidote.qc.ca
Services: Meeting and discussions place promoting individual and collective creative expression through the promotion of health, healthy lifestyles and participatory democracy. * Workshops, outings and sports. * Listening, support and counselling. * Wi-Fi zone. * Indoor and outdoor skateboarding areas. * Gym, reading room, music room, video games room and kitchen.
Eligibility: youth 12 to 17 years old
Coverage area: Candiac
Hours: Tuesday to Thursday 16h00 to 20h45, Friday 16h00 to 21h45, Saturday 13h00 to 21h45, summer time: Tuesday to Friday 13h00 to 21h45
Fees: none
Financing: provincial, municipal
Legal status: non-profit organization

MAISON DES JEUNES LE BREAK
210 16th Avenue West, Venise-en-Québec, Montérégie, QC, J0J 2K0
438 808-5001
Website: assisto.ca/ressource/maison-des-jeunes-le-break
Email: mdjlebreak@outlook.com
Eligibility: youth from 11 to 17 years old
Capacity: 20
Coverage area: Henryville, Saint-Georges-de-Clarenceville, Saint-Sébastien, Venise-en-Québec
Hours: Wednesday and Thursday 18h00 to 21h00, Friday 18h00 to 22h00, Saturday 13h00 to 18h00, Sunday 18h00 to 21h00
Fees: none
Financing: municipal, provincial
Legal status: non-profit organization

MAISON DES JEUNES LES CÈDRES
145 Valade Street, Les Cèdres, Montérégie, QC, J7T 1A1
450 452-0215
Email: mdjlescedres@gmail.com
**Child, Youth and Family**


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

**Coverage area:** Les Cèdres

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

**Financing:** provincial

**Legal status:** non-profit organization

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**PORTE OUVERTE, MAISON DES JEUNES (LA)**

3825 Adélaïde Street, Longueuil, Montérégie, QC, J3Y 4X1

450 656-6789    Fax: 450 656-6621

Website: www.mdjlaporteouverte.org

Email: lpo.mdj@videotron.ca

**Services:** Meeting place with leisure and thematic activities. * Listening, support, information and referral. * Prevention and awareness. * Other service point at 3527 Mance Street.

**Eligibility:** youth 9 to 17 years old

**Capacity:** 275

**Coverage area:** Saint-Hubert

**Hours:** Mance Street for 12 to 17 years old: Monday to Friday 15h00 to 21h00, Adélaide Street for 12 to 17 years old: Monday to Wednesday and Friday 15h00 to 21h00, Saturday 11h00 to 17h00, Mance Street for 9 to 11 years old: Tuesday to Thursday 16h00 to 19h00, Friday 15h30 to 19h00, Saturday 11h00 to 16h00

**Fees:** membership card: $5

**Financing:** provincial, membership fees

**Legal status:** non-profit organization

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**POSA - SOURCE DES MONTS**

620 Senécal Street, Chambly, Montérégie, QC, J3L 1N9

450 658-9898    Fax: 450 658-5368

Website: www.posasdm.com

Email: direction@posasdm.org

**Services:** * Street work: listening, support, information and awareness. * Youth clinic in partnership with the CSSS. * Naloxone kits distribution. * Distribution of injection material. * J'ai faim à tous les jours: meals offered to underprivileged children. * POSART: creative workshops in oral and visual art. * Job opportunities in animation and communications.

**Eligibility:** youth in difficulty 35 years and under, clinic: youth 12 to 24 years old, meals: underprivileged children from elementary and secondary schools of Chambly and Carignan, jobs: youth between 16 and 35 years old eligible with Emploi-Québec

**Coverage area:** Chambly, Carignan, MRC Le Haut-Richelieu, MRC Rouville

**Hours:** Monday to Friday 9h00 to 17h00, youth clinic: Monday to Friday 9h00 to 17h00 by appointment

**Financing:** provincial, donations, municipal

**Legal status:** non-profit organization

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**S.O.S. PRÉDELÉT**

121 Brodeur Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J2W 2C4

450 655-0528

Email: gilles.bessette@hotmail.com


**Eligibility:** youth, especially those who are homeless or at risk of homelessness, youth centres

**Coverage area:** Montérégie, prevention game: Province of Québec

**Fees:** none

**Financing:** grants

**Legal status:** non-profit organization
TRA MONTÉRÉGIE
504 219 Road, Saint-Jean-sur-Richelieu, Montérégie, QC, J2Y 1C3
514 604-6455
Website: www.tramonteregie.com
Email: info@tramonteregie.com
Services: Professional grouping of accredited therapists in helping relationships. * Individual or relationship therapy in person or by video conference. * Specialized bereavement service.
Eligibility: adults, seniors, professionals, couples, children, teenagers
Coverage area: Montérégie
Hours: Monday to Friday 9h00 to 21h00, Saturday and Sunday 9h00 to 18h00
Fees: file opening: $25, therapies: according to gross family income
Financing: contributions
Legal status: non-profit organization

UNIVERSITÉ DE SHERBROOKE - CAMPUS DE LONGUEUIL - CLINIQUE D’ÉVALUATION ET D’INTERVENTION EN ENFANCE ET EN ADOLESCENCE
150 Place Charles-Le Moyne, Longueuil, Montérégie, QC, J4K 0A8
450 463-1835 ext. 61612
Website: www.usherbrooke.ca/psychologie/clinique-devaluation-et-dintervention-en-enfance-et-en-adolescence
Email: psychologie@usherbrooke.ca
Eligibility: children, adolescents, their families
Coverage area: Greater Montréal
Hours: September to April, by appointment
Fees: file opening: $10, services: variable
Financing: self-financing, foundations, provincial
Legal status: non-profit organization

VERSANT (LE) - RÉSEAU D’ENTRAIDE POUR LES PERSONNES SOUFFRANT DE TROUBLES ANXIEUX
Confidential Address
450 455-6171 ext. 70657
Website: www.leversant.org
Email: info@leversant.org
Eligibility: adults living with anxiety, youth section: youth 12 to 17 years old
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 CENTRES

COMMUNITY DEVELOPMENT

INFORMATION AND REFERRAL

SKILLS EXCHANGES

VOLUNTEERING AND VOLUNTEER CENTRES
Advisory and citizen action organizations

ACTION CONCERTATION VIEILLISSEMENT LONGUEUIL
201 Curé-Poirier Boulevard West, Longueuil, Montérégie, QC, J4J 2G4
450 651-9830 ext. 67447
Email: marie-lynne.brodeur.cisssme16@ssss.gouv.qc.ca
Services: Round table for the Vieux-Longueuil intersectoral organizations for seniors.
Eligibility: public, parapublic, community and associative organizations for seniors of the Vieux-Longueuil borough
Coverage area: Vieux-Longueuil
Financing: provincial
Legal status: non-profit organization

ACTION POUR UN ENVIRONNEMENT SAIN
1551 Montarville Street, Suite 101, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 3T8
450 482-0642
Website: missionapes.org
Email: info@missionapes.org
Eligibility: general public, schools, local producers
Coverage area: Montérégie, community gardens: Saint-Basile-le-Grand
Hours: store: Thursday and Friday 10h00 to 18h00, Saturday 10h00 to 17h00
Fees: variable
Financing: provincial, federal, self-financing
Legal status: non-profit organization

AIGUILLAGE (L’)
536 Chicoine Street, Vaudreuil-Dorion, Montérégie, QC, J7V 7E4
450 218-6418     Fax: 450 218-6419
Website: www.aiguillage.ca
Email: info@aiguillage.ca
Eligibility: emergency shelter: young adults 18 years old and over, other services: all ages
Capacity: 19 beds
Coverage area: MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges
Hours: administration: Monday to Friday 9h00 to 16h30, street work: Monday 10h00 to Friday 00h00, emergency shelter: 24 hours / 7 days
Fees: none
Financing: fundraising campaigns, donations, grants
Legal status: non-profit organization

ASSOCIATION POUR LA DÉFENSE DES DROITS SOCIAUX HUNTINGDON
163 Châteauguay Street, Huntingdon, Montérégie, QC, J0S 1H0
450 264-6888
Website: addshuntingdonhsl.weebly.com
Email: adds.huntingdon@hotmail.ca
Community Action


**Eligibility:** people on a low income  
**Coverage area:** MRC Le Haut-Saint-Laurent  
**Hours:** Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00  
**Fees:** none  
**Legal status:** non-profit organization

**ASSOCIATION VOX QUÉBEC**
Confidential Address  
514 238-1051  
**Website:** associationvoxquebec.ca  
**Email:** info@associationvoxquebec.ca

**Services:** Consultation, representation and promotion of the interests of people living or having lived with a mental health issue. * Information and awareness-raising. * Training. * Promotion of recovery. * Support to mental health research.

**Coverage area:** Province of Québec  
**Fees:** none  
**Financing:** provincial  
**Legal status:** non-profit organization

**CENTRE DE FORMATION À L’AUTOGESTION DU HAUT RICHELIEU**
199-A Laurier Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 6Z8  
450 346-8357  
**Fax:** 450 346-8357  
**Email:** cfa-hr@hotmail.ca


**Eligibility:** people 35 years and under  
**Coverage area:** MRC Le Haut-Richelieu  
**Hours:** Monday to Thursday 10h00 to 16h00  
**Fees:** membership: $4 if possible  
**Financing:** provincial, donations  
**Legal status:** non-profit organization

**CHÂTEAUGUAY SEXUAL ASSAULT CENTRE**
Confidential Address  
450 699-8258  
**Fax:** 450 699-7295  
**Website:** calacs-chateauguay.ca  
**Email:** info@calacs-chateauguay.ca

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

**Eligibility:** women 12 years and over who have experienced sexual assault  
**Capacity:** support groups: 6 to 8 women  
**Coverage area:** Beauharnois, MRC Les Jardins-de-Napierville, MRC Roussillon  
**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 17h00  
**Fees:** none  
**Financing:** provincial, donations  
**Legal status:** non-profit organization
COLLECTIF D’ACTION POPULAIRE RICHELIEU-YAMASKA
1195 Saint-Antoine Street, Office 111, Saint-Hyacinthe, Montérégie, QC, J2S 3K6
450 774-2220
Website: capry.ca
Email: capry.qc@gmail.com
Services: * Advocacy for people on social assistance. * Individual help, on appointment.
Eligibility: people on social assistance
Coverage area: MRC Acton, MRC La Vallée-du-Richelieu, MRC Les Maskoutains
Hours: Monday to Thursday 9h00 to 16h30, Friday 9h00 to 13h00
Fees: none
Financing: provincial
Legal status: non-profit organization

COLLECTIF DE DÉFENSE DES DROITS DE LA MONTÉRÉGIE - CHÂTEAUGUAY ET VALLEYFIELD
107 Jacques-Cartier Street, Suite 21, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4R8
1 866 377-2481 Fax: 450 747-3135
Website: cddm.weebly.com
Email: valleyfield@cddm.qc.ca
Eligibility: people living with or having lived with emotional issues
Coverage area: Châteauguay, Salaberry-de-Valleyfield
Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: provincial
Legal status: non-profit organization

COLLECTIF DE DÉFENSE DES DROITS DE LA MONTÉRÉGIE - SAINT-HYACINTHE
1195 Saint-Antoine Street, Suite 309, Saint-Hyacinthe, Montérégie, QC, J2S 3K6
1 877 771-1164 Fax: 450 771-8506
Website: cddm.weebly.com
Email: st-hyacinthe@cddm.qc.ca
Eligibility: people living with or having lived with emotional issues
Coverage area: Saint-Hyacinthe
Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: provincial
Legal status: non-profit organization

COLLECTIF DE DÉFENSE DES DROITS DE LA MONTÉRÉGIE - SAINT-JEAN-SUR-RICHELIEU
125 Jacques-Cartier Street, Suite 2, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 8C9
1 833 684-2504 Fax: 450 674-3019
Website: cddm.weebly.com
Email: st-jean@cddm.qc.ca
Eligibility: people living with or having lived with emotional issues
Coverage area: Saint-Jean-sur-Richelieu
Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: provincial
Legal status: non-profit organization

COLLECTIVE DE DÉFENSE DES DROITS DE LA MONTÉRÉGIE - SOREL-TRACY

71 de Ramesay Street, Suite 308 C, Sorel-Tracy, Montérégie, QC, J3P 3Z1
1 877 771-1164 Fax: 450 855-4995
Website: cddm.weebly.com
Email: conseillersorel@cddm.qc.ca


Eligibility: people living or having lived emotional issues.

Coverage area: Sorel-Tracy

Hours: Monday to Friday 9h00 to 16h00

Fees: none

Financing: provincial
Legal status: non-profit organization

COMITÉ DE CONCERTATION ET DE VALORISATION DU BASSIN DE LA RIVIÈRE RICHELIEU

806 Richelieu Street, Beloeil, Montérégie, QC, J3G 4P6
450 446-8030
Website: covabar.qc.ca
Email: info@covabar.qc.ca

Services: * Development of an ecosystemic approach focused on discussion between various water users. * Awareness, information and education of all water users on the concept of integrated management per watershed and use conflicts related to water.

Eligibility: citizens, decision makers, organizations

Coverage area: watershed of the Richelieu river and the Saint-Laurent area

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

Fees: $5

Financing: federal, provincial, municipal, contributions
Legal status: non-profit organization

COMITÉ DÉTRESSE SOCIALE DU HAUT-SAINT-LAURENT

10 King Street, Suite 200, Huntingdon, Montérégie, QC, J0S 1H0
450 829-2321 ext. 1325 Fax: 450 264-4542
Email: anyze.goyette.cssshsl16@ssss.gouv.qc.ca


Coverage area: MRC Le Haut-Saint-Laurent

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial
Legal status: parapublic organization

CONSEIL RÉGIONAL DE L'ENVIRONNEMENT DE LA MONTÉRÉGIE

1150 Saint-Laurent Street West, Longueuil, Montérégie, QC, J4K 1E3
450 651-2662
Website: crem.qc.ca/fr
Email: info@crem.qc.ca

Eligibility: environmental groups, municipalities, school services centre, industries, businesses, institutions, farmers

Coverage area: Montérégie

Hours: Monday to Friday 9h00 to 17h00

Financing: provincial, contributions, donations, grants

Legal status: non-profit organization

CORPORATION DE DÉVELOPPEMENT COMMUNAUTAIRE DE LA MRC DE LA VALLÉE-DU-RICHELIEU

308 Montsabré Street, Suite D-206, Beloeil, Montérégie, QC, J3G 2H5
450 281-1301
Website: www.cdcvr.org
Email: info@cdcvr.org


Eligibility: community organizations, general population

Coverage area: MRC de la Vallée-du-Richelieu

Hours: Monday to Friday 8h30 to 17h00

Financing: provincial

Legal status: non-profit organization

CORPORATION DE DÉVELOPPEMENT COMMUNAUTAIRE HAUT-RICHELIEU-ROUVILLE

75 5th Avenue, Saint-Jean-sur-Richelieu, Montérégie, QC, J2X 1T2
450 357-9232
Website: www.cdchrr.com
Email: info@cdchrr.com


Eligibility: community organizations

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

Fees: membership: $20 to $200

Financing: contributions, provincial

Legal status: non-profit organization

CORPORATION DE DÉVELOPPEMENT COMMUNAUTAIRE VAUDREUIL-SOULANGES

168 Saint-Charles Avenue, 2nd floor, Vaudreuil-Dorion, Montérégie, QC, J7V 2L1
450 424-3717
Email: info@cdcvs.ca

Services: Support, coordination and consolidation of community organizations. * Community development training.

Eligibility: community organizations

Coverage area: MRC Vaudreuil-Soulanges

Hours: Monday to Friday 8h30 to 16h00

Fees: variable contributions

Financing: provincial, contributions

Legal status: non-profit organization
CORPORATION DE DÉVELOPPEMENT DE LA RIVIÈRE NOIRE
26 du Marché Street, Roxton, Montérégie, QC, J0H 1E0
514 588-5510
Website: www.riviere-noire.org
Email: dg.cdrn@riviere-noire.org
Services: Promoting environmental preservation. * Workshops to educate and raise awareness about environmental protection in the classroom and outdoors. * Carrying out sustainable and environmental development activities and projects in collaboration with local stakeholders. * Shoreline planting and characterization service. 
Coverage area: MRC d’Acton
Financing: grants
Legal status: non-profit organization

ENTRÉE CHEZ SOI BROME-MISSISQUOI
525 Saint-Édouard Street, Suite 101, Farnham, Montérégie, QC, J2N 1G6
450 293-1631 Fax: 450 293-7070
Website: www.entreechezsoi.com
Email: info@entreechezsoi.org
Eligibility: people who recognize a vulnerability to mental health, at risk of homelessness
Coverage area: MRC Brome-Missisquoi
Hours: Monday to Friday 8h30 to 16h00
Fees: none
Financing: provincial, donations, grants
Legal status: non-profit organization

ENTRÉE CHEZ SOI BROME-MISSISQUOI - POINT DE SERVICE DE COWANSVILLE
217 Oxford Street, Cowansville, Montérégie, QC, J2K 2M5
450 293-1631
Website: www.entreechezsoi.com
Email: info@entreechezsoi.org
Eligibility: people living with a mental health disorder, at risk of homelessness
Coverage area: MRC Brome-Missisquoi
Hours: Monday to Friday 8h30 to 16h00
Fees: none
Financing: provincial, donations, grants
Legal status: non-profit organization

FÉDÉRATION DE LA FAMILLE RICHELIEU-YAMASKA
1900 Girouard Street West, Saint-Hyacinthe, Montérégie, QC, J2S 7B4
450 501-3375
Website: www.ffry.ca
Email: ffry.irenedubois@gmail.com
Services: Promote mutual knowledge, exchange, joint action and collaboration among the different organizations and individuals concerned about the family. * Conferences.
Coverage area: Montérégie
Financing: provincial, self-financing
Legal status: non-profit organization
FÉDÉRATION QUÉBÉCOISE DES ORGANISMES COMMUNAUTAIRES FAMILLE  
222 Victoria Avenue, Saint-Lambert, Montérégie, QC, J4P 2H6  
450 466-2538 Fax: 450 466-4196  
Website: fqocf.org  
Email: accueil@fqocf.org  
Eligibility: families, community family organizations  
Coverage area: Province of Québec  
Hours: Monday to Friday 8h30 to 16h30  
Financing: grants, self-financing  
Legal status: non-profit organization

FOOD BANKS OF QUÉBEC  
555 Rolland-Therrien Boulevard, Suite 230, Longueuil, Montérégie, QC, J4H 3Y9  
1 877 478-4040  
Website: www.banquesalimentaires.org/en  
Email: info@banquesalimentaires.org  
Services: Provincial network of food assistance organizations.  
Eligibility: food banks, depots and food assistance groups at the provincial, regional and local levels  
Coverage area: Province of Québec  
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30  
Financing: donations, self-financing, grants  
Legal status: non-profit organization

GROUPE ALTERNATIVE LOGEMENT  
125 Jacques-Cartier Street North, Suite 5, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 8C9  
450 347-4416  
Email: grstjean@ainesjohannais.org  
Services: Development of housing cooperatives and housing NPOs. * Accompaniment of groups throughout the development and evolution of the housing project.  
Eligibility: housing cooperatives and housing NPOs  
Coverage area: Saint-Jean-Sur-Richelieu and MRC Brome-Missisquoi  
Hours: Monday to Friday 9h00 to 17h00  
Fees: none  
Financing: provincial  
Legal status: non-profit organization

GROUPEMENT DES ASSOCIATIONS DE PERSONNES HANDICAPÉES DE LA RIVE-SUD DE MONTRÉAL  
1400 Édouard Boulevard, Suite 113, Longueuil, Montérégie, QC, J4T 3T2  
450 923-1548  
Website: www.gaphrsm.ca  
Email: info@gaphrsm.ca  
Services: Promotion and advocacy of rights and interests for people with disabilities. * Technical support for member associations. * Consultation regarding the various topics that concern people with disabilities. * Popular education.  
Eligibility: people living with physical, sensory or intellectual disabilities or an ASD  
Coverage area: Longueuil, Saint-Jean-sur-Richelieu, Châteauguay and surroundings  
Hours: Monday to Friday 9h00 to 16h30  
Fees: none  
Financing: provincial  
Legal status: non-profit organization
INCLUSION: REGROUPEMENT D’AIDE AUX PERSONNES BÉNÉFICIAIRES DE LA SÉCURITÉ DU REVENU ET À FAIBLES REVENUS DU HAUT-RICHELIEU

198 Mercier Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 6G9
450 346-7369    Fax: 450 346-9781
Email: inclusion@videotron.ca


Eligibility: recipients of income security and people on a low income

Coverage area: MRC Le Haut-Richelieu, MRC Rouville, Chambly, Carignan

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: provincial

Legal status: non-profit organization

LOISIR ET SPORT MONTÉRÉGIE

2050 Girouard Street West, Saint-Hyacinthe, Montérégie, QC, J2S 3A6
450 773-9802    Fax: 450 773-4881
Website: www.loisir.qc.ca
Email: lsm@loisir.qc.ca


Eligibility: recreation stakeholders, municipalities, non-profit organizations, schools

Coverage area: Montérégie

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

Fees: variable, free for members, see the website

Financing: grants, self-financing, contributions

Legal status: non-profit organization

MONT SAINT-HILAIRE NATURE CONSERVATION CENTRE

422 des Moulins Road, Beloeil, Montérégie, QC, J3G 4S6
450 467-1755    Fax: 450 467-8015
Website: centrenature.qc.ca
Email: info@centrenature.qc.ca


Coverage area: Mont Saint-Hilaire

Financing: provincial, municipal

Legal status: non-profit organization

NATIONAL ABORIGINAL CIRCLE AGAINST FAMILY VIOLENCE

2 River Road, Kahnawake, Montérégie, QC, J0L 1B0
450 638-2968    Fax: 450 638-9415
Website: nacafv.ca
Email: lindsey@nacafv.ca

Eligibility: shelters and transition houses workers, shelters and transition houses who works with Indigenous communities
Coverage area: Canada
Fees: none
Financing: federal, grants, donations
Legal status: non-profit organization

NATURE-ACTION QUÉBEC
120 Ledoux Street, Beloeil, Montérégie, QC, J3G 0A4
1 800 214-1214 Fax: 450 536-0458
Website: nature-action.qc.ca
Email: info@nature-action.qc.ca
Eligibility: general public
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h00
Financing: self-financing, grants
Legal status: non-profit organization

OPTOMÉTRISTES SANS FRONTIÈRES
399 des Conseillers Street, Suite 23, La Prairie, Montérégie, QC, J5R 4H6
1 877 873-2433 Fax: 450 659-2276
Website: terresansfrontieres.ca/en
Email: tsf@terresansfrontieres.ca
Eligibility: disadvantaged populations
Coverage area: Canada
Hours: Monday to Friday 9h00 to 16h30
Financing: federal, provincial, fundraising campaigns
Legal status: non-profit organization

ORGANISATION POPULAIRE DES DROITS SOCIAUX - SALABERRY-DE-VALLEYFIELD
11 de la Fabrique Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4G7
450 371-3559
Email: opdsv@cooptel.qc.ca
Eligibility: unemployed people
Coverage area: Salaberry-de-Valleyfield
Hours: Monday to Thursday 8h00 to 16h00
Financing: provincial, donations
Legal status: non-profit organization

POUR UN RÉSEAU ACTIF DANS NOS QUARTIERS
222 Alphonse-Desjardins Street, Suite 201, Salaberry-de-Valleyfield, Montérégie, QC, J6S 2N9
450 370-4387
Website: praq.weebly.com
Email: praqcoordo@cgocable.ca
Community Action


Eligibility: citizens, organizations, schools
Capacity: variable depending on the project
Coverage area: Salaberry-de-Valleyfield and surroundings
Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: fundraising campaigns, grants
Legal status: non-profit organization

REGROUPEMENT DES MAISONS DES JEUNES DU QUÉBEC - SECTION MONTÉRÉGIE
41 Calixa-Lavallée Montée, Suite A, Verchères, Montérégie, QC, J0L 2R0
450 638-1761
Email: adm.mdjvercheres@videotron.ca


Eligibility: youth centres
Coverage area: Montérégie
Hours: Monday to Friday
Financing: provincial
Legal status: non-profit organization

REGROUPEMENT DES USAGERS DU TRANSPORT ADAPTÉ DE CHÂTEAUGUAY
Confidential Address
450 201-1739
Website: rutac.org
Email: info@rutac.org


Eligibility: users of adapted transportation, people with limitations, seniors, caregivers, citizens
Coverage area: Beauharnois, Châteauguay, Léry, Mercier
Fees: none
Financing: provincial, grants, donations
Legal status: parapublic organization

RÉSEAU D'INFORMATION ET D'AIDE AUX PERSONNES ASSISTÉES SOCIALES
71 Principale Street, Châteauguay, Montérégie, QC, J6K 1G1
450 691-6682 Fax: 450 691-2034
Website: riapas.ca
Email: info@riapas.ca


Eligibility: people on social assistance, people living in poverty
Coverage area: MRC Roussillon and MRC Les Jardins-de-Napierville
Hours: Monday to Thursday 8h30 to 16h30
Financing: provincial
Legal status: non-profit organization
TABLE DE CONCERTATION DES AÎNÉS DES JARDINS-DE-NAPIERVILLE
Confidential Address
450 454-4671 ext. 6218
Email: melanie.courchesne.cisssmo16@ssss.gouv.qc.ca
Services: Grouping of associations and organizations offering services for seniors. * Concertation and representation. * Support to the development of projects targeting living standards improvement.
Eligibility: community organizations from the institutional or parapublic sector working offering services to seniors
Coverage area: MRC Les Jardins-de-Napierville
Financing: municipal
Legal status: non-profit organization

TABLE DE CONCERTATION DES GROUPES DE FEMMES DE LA MONTÉRÉGIE
95 Lorne Avenue, Saint-Lambert, Montérégie, QC, J4P 2G7
450 671-5095
Website: www.tcgfm.qc.ca
Email: info@tcgfm.qc.ca
Services: * Information circulation, sharing of expertise and class actions. * Advocacy of women's groups in the Montérégie.
Eligibility: organizations working with women or with a women component
Coverage area: Montérégie
Hours: variable
Financing: provincial, grants, donations
Legal status: non-profit organization

TABLE DE CONCERTATION GRANDIOSE
1100 Leclaire Street, Saint-Césaire, Montérégie, QC, J0L 1T0
514 668-8729
Email: af_grandiose@outlook.com
Eligibility: families, children, counselors
Coverage area: MRC Rouville, Carignan, Chambly
Hours: on call
Financing: grants
Legal status: non-profit organization

TABLE DE CONCERTATION JEUNESSE 6-21 ANS BEAUHARNOIS-SALABERRY
71 Maden Street, Salaberry-de-Valleyfield, Montérégie, QC, J6S 3V4
450 371-0143 ext. 113148
Email: andreane.gelineau.cisssmo16@ssss.gouv.qc.ca
Services: Regional group working with its members to improve services and quality of life of youth between the ages of 6 and 21 years old and their families. * Coordination of projects and resources for youth and their families. * Information, research and training for organizations. * Awareness campaigns.
Eligibility: community organizations
Coverage area: Beauharnois, Saint-Étienne-de-Beauharnois, Saint-Louis-de-Gonzague, Saint-Stanislas-de-Kostka, Salaberry-de-Valleyfield
Hours: by appointment from September to June
Financing: grants
Legal status: non-profit organization
TABLE DE CONCERTATION JEUNESSE DE LA VALLÉE-DES-PATRIOTES
300 Serge-Pépin Street, Beloeil, Montérégie, QC, J3G 0B8
450 536-2572 ext. 6515

Services: Group that promotes the health and well-being of young people aged 5 to 17 and their parents. * Raising public awareness of the needs of youth and families. * Organization and coordination of activities and services related to the well-being of youth and their parents.

Eligibility: organizations and people working with youth and their parents

Coverage area: Beloeil

Fees: none

Financing: provincial, municipal

Legal status: non-profit organization

TABLE DE CONCERTATION PETITE ENFANCE PÉRINATALITÉ JARDIN DU QUÉBEC
2 Sainte-Famille Street, Saint-Rémi, Montérégie, QC, J0L 2L0
450 454-4671 ext. 6218

Website: tablepep.org

Services: Concertation table composed of organizations, establishments and individuals offering direct services to early childhood. * Resources guide.

Eligibility: community organizations, from the institutional and parapublic field, who work with young children and their families

Coverage area: MRC Les Jardins-de-Napierville

Financing: municipal

Legal status: non-profit organization

TABLE ITINÉRANCE RIVE-SUD
670 Saint-Jean Street, Longueuil, Montérégie, QC, J4H 2W8
438 504-5202

Website: www.tirs.ca

Email: oc@tirs.ca


Eligibility: community and institutional organizations working with homeless people

Capacity: 35 members organizations

Coverage area: agglomeration of Longueuil

Hours: Monday to Friday 9h00 to 16h00

Fees: regular member: variable between $90 and $110

Financing: provincial

Legal status: non-profit organization

TABLE RÉGIONALE DE CONCERTATION DES AÎNÉS DE LA MONTÉRÉGIE
2601 Bourgogne Avenue, Chambly, Montérégie, QC, J3L 2A9
450 447-5885

Website: trcam.ca

Email: info@trcam.ca


Eligibility: seniors’ organizations

Coverage area: Montérégie

Hours: by appointment

Fees: none

Financing: provincial

Legal status: non-profit organization
TABLE RÉGIONALE DES ORGANISMES COMMUNAUTAIRES ET BÉNÉVOLES DE LA MONTÉRÉGIE

PO Box 262, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 6Z4
450 347-4110
Website: www.trocm.org
Email: trocmon@videotron.ca

Eligibility: autonomous community organizations, volunteers
Capacity: 276 members
Coverage area: Montérégie
Hours: Monday to Friday 9h00 to 16h00
Fees: annual contribution: $60 to $200
Financing: provincial, contributions, self-financing
Legal status: non-profit organization

VIE AUTONOME MONTÉRÉGIE

245 6th Avenue, Suite 1, Saint-Jean-sur-Richelieu, Montérégie, QC, J2X 0C6
450 347-6041     Fax: 450 347-9059
Website: www.rphrhr.com
Email: rph@videotron.ca

Eligibility: people with physical disabilities
Coverage area: Montérégie
Hours: Monday to Thursday 8h30 to 16h30
Financing: provincial, donations
Legal status: non-profit organization

ZONE LOISIR MONTÉRÉGIE

418 Saint-Charles Avenue, Suite 319, Vaudreuil-Dorion, Montérégie, QC, J7V 2N1
450 771-0707
Website: zlm.qc.ca
Email: infozlm@zlm.qc.ca

Eligibility: organizations, cities, municipalities
Coverage area: Montérégie
Hours: Monday to Friday 7h30 to 16h30
Financing: provincial, self-financing
Legal status: non-profit organization

Charity Organizations

AGADOUCE SAINT-HUBERT

2485 Georges-Jutras Terrasse, basement, Longueuil, Montérégie, QC, J3Y 3R4
514 792-0107
Email: agadouce@outlook.com

Services: * Weekly crafts meetings: knitting, sewing, weaving, etc. * Funding of humanitarian work through the sale of creations.
Eligibility: women 55 years old and over
Coverage area: Brossard, Greenfield Park, Longueuil, Saint-Hubert
Hours: Monday 13h00 to 16h00
Fees: free
Financing: self-financing
Legal status: non-profit organization

CENTRAIDE RICHELIEU-YAMASKA
1443 des Cascades Street, Suite 204, Saint-Hyacinthe, Montérégie, QC, J2S 3H6
450 773-6679
Website: www.centraidery.org/?lang=en
Email: bureau@centraidery.org
Services: Support to local community organizations through a fundraising campaign and donations collected.
Eligibility: non-profit organizations
Coverage area: MRC Acton, MRC Brome-Missisquoi, MRC La Haute-Yamaska, MRC La Vallée-du-Richelieu, MRC Les Maskoutains, MRC Pierre-De Saurel and MRC Rouville
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: fundraising campaigns, self-financing
Legal status: non-profit organization

CENTRAIDE SUD-OUEST DU QUÉBEC
87 Sainte Cécile Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1L9
450 371-2061
Website: centraide-rcoq.ca/soq
Email: kbarrette@centraide-rcoq.ca
Services: Support to local community organizations through a fundraising campaign and donations collected.
Eligibility: non-profit organizations
Coverage area: MRC Vaudreuil-Soulanges, MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent
Financing: fundraising campaigns, self-financing
Legal status: non-profit organization

CENTRE QUÉBÉCOIS DE PHILANTHROPIE
807, Principale Road, Très-Saint-Rédempteur, Montérégie, QC, J0P 1P1
450 218-7980
Website: fondationsquebec.ca
Email: info@fondationsquebec.ca
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 DE L'HÔPITAL DU SUROÎT
387 Victoria Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1B7
1 866 210-8623
Website: foundationhds.ca/en
Email: info@foundationhds.ca
Community Action

Eligibility: general public, healthcare professionals and organizations
Coverage area: MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Les Jardins-de-Napierville, MRC Roussillon, MRC Vaudreuil-Soulanges
Hours: Monday to Friday 8h30 to 16h30
Financing: donations
Legal status: non-profit organization

FONDATION DE LA PSYCHIATRIE DE LA RÉGION DE VALLEYFIELD
150 St-Thomas Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 6C1
450 373-6258   Fax: 450 373-4910
Email: audrey-ann.rochefort-auger.cissso16@ssss.gouv.qc.ca
Services: Raising funds to improve the quality of care and the living conditions of patients receiving psychiatric care. * Financial aid to different psychiatric clienteles. * Fundraising according to the specific needs.
Eligibility: people living with mental health problems
Coverage area: MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges
Hours: variable
Fees: none
Financing: foundations, 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

FONDATION GISÈLE FAUBERT INC.
25 Maple Boulevard, Châteauguay, Montérégie, QC, J6J 3P7
450 691-1761   Fax: 450 691-3530
Website: fondationgiselefaubert.org
Email: info@fondationgiselefaubert.com
Services: Support for families who have a sick child. * Financial assistance. * Help with accommodation for the child outside their region. * Support for the purchase of a treatment device.
Eligibility: families on a low income with a sick child or children
Coverage area: MRC Roussillon
Hours: Monday to Friday 8h30 to 16h30
Financing: fundraising campaigns, donations
Legal status: non-profit organization

KNIGHTS OF COLUMBUS QUÉBEC
670 Chambly Avenue, Saint-Hyacinthe, Montérégie, QC, J2S 6V4
1 866 893-3681   Fax: 450 768-1660
Website: chevaliersdecolomb.com
Email: info@chevaliersdecolomb.com
Community Action

**Services:** Fraternal assistance organization. * Groups together all the Knights of Columbus councils throughout Québec.

**Coverage area:** le Québec

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

**Financing:** donations

**Legal status:** non-profit organization

**WOMEN’S AUXILIARY OF THE BARRIE MEMORIAL HOSPITAL**

28 Gale Street, Ormstown, Montérégie, QC, J0S 1K0

450 377-0700

**Website:** damesauxiliariesbarrie.org

**Email:** dabarriememorial@gmail.com

**Services:** Organization that collects donations to support the hospital, employees and patients. * Organizing events and fundraising activities.

**Coverage area:** MRC Le Haut-Saint-Laurent

**Financing:** donations, fundraising campaigns

**Legal status:** non-profit organization

**Community centres**

**CARREFOUR MOUSSEAU**

230 des Ormeaux Boulevard, Longueuil, Montérégie, QC, J4L 1J4

450 468-4926  Fax: 450 468-1485

**Website:** www.carrefourmousseau.org

**Email:** cmousseau1990@videotron.ca


**Eligibility:** families, children 3 months to 5 years old, youth 8 to 12 years old, vulnerable, low-income or isolated adults, seniors, language course: children with language or attention problems

**Capacity:** 300 people

**Coverage area:** Vieux-Longueuil borough

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

**Fees:** annual membership: $5, activities: 2 to $8, daycare: free, respite care: $7 per day

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

**Legal status:** non-profit organization

**CENTRE COMMUNAUTAIRE LE TRAIT D’UNION**

3100 Mousseau Street, Longueuil, Montérégie, QC, J4L 4P1

450 647-1107  Fax: 450 647-4245

**Website:** www.cctu.ca

**Email:** info@cctu.ca


**Eligibility:** seniors, youth and adults

**Capacity:** 200

**Coverage area:** Longueuil
**COMITÉ ACTION POPULAIRE LEMOYNE**

1058 Bernard-Darche Street, Longueuil, Montérégie, QC, J4R 1T5
450 486-1400

**Website:** caplemoyne.org  
**Email:** capl.infos@gmail.com


**Eligibility:** people in need

**Capacity:** 40

**Coverage area:** Montérégie, food assistance: LeMoyne and surroundings

**Hours:** Monday 9h00 to 17h00, Tuesday to Thursday 9h00 to 15h30, Friday 9h00 to 12h00, food assistance: Monday from 14h00 to 17h00, distribution takes place while stocks last

**Fees:** variables, food assistance: none

**Financing:** grants

**Legal status:** non-profit organization

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**CROISÉE DE LONGUEUIL (LA)**

1230 Green Street, Longueuil, Montérégie, QC, J4K 4Z5
450 677-8918  
**Fax:** 450 677-3377

**Website:** www.lacroiseedelongueuil.qc.ca  
**Email:** lacroisee@lacroiseedelongueuil.qc.ca


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

**Coverage area:** South Shore, food assistance: Notre-Dame-de-la-Garde, Saint-Georges, Saint-Antoine-de-Padoue, Sainte-Louise-de-Marillac, Saint-Jude parishes

**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 15h30

**Fees:** food assistance and cooking classes: free, delivery of frozen meals La Petite Cuillère: minimum purchase required and variable fees according to distance

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

**Legal status:** non-profit organization

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**ENTRAIDE CHEZ NOUS (L')**

155 Brodeur Street, Longueuil, Montérégie, QC, J4J 2S3
450 468-1726  
**Fax:** 450 468-6638

**Website:** www.entreaidecheznous.org  
**Email:** info@entreaidecheznous.org


**Eligibility:** people and families on a low income, bereaved adults

**Capacity:** support group: 6 people

**Coverage area:** food assistance, donation of furniture, Christmas sharing-store and friendship visits: Sacré-Coeur and Saint-Pie-X areas, other services: South Shore
Community Action

**Hours:** Monday 10h00 to 12h00 and 13h00 to 16h00, Tuesday and Wednesday 9h00 to 12h00 and 13h00 to 16h00, Thursday 13h00 to 18h30, Friday 9h00 to 11h45 and 13h00 to 16h00, support groups: 13h00 to 15h15

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

**Legal status:** non-profit organization

**MAISON DE QUARTIER FONROUGE**
301 Cuvillier Street East, Longueuil, Montérégie, QC, J4L 4T7
450 646-8800
Website: mqfonrouge.ca
Email: fonrouge@videotron.ca

**Services:** * Sports, recreational, social and cultural activities. * Day camp. * Room rental.

**Coverage area:** Longueuil

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

**Financing:** municipal

**Legal status:** non-profit organization

**MAISONNETTE BERTHELET (LA)**
1254 Blainville Street, Longueuil, Montérégie, QC, J4M 1H6
450 448-4418
Website: lamaisonnetteberthelet.org
Email: info@lamaisonnetteberthelet.org

**Services:** * Support and referral. * Information on tenants' rights and advocacy of people living in HLM. * Cultural, sports and recreational activities for youth 5 to 17 years old. * Homework assistance. * Coffee-meetings and workshops for adults. * Distribution of food baskets.

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

**Capacity:** 85 families

**Coverage area:** Gentilly neighbourhood

**Hours:** Tuesday to Friday 9h00 to 20h30, variable according to activities

**Financing:** provincial, federal, municipal

**Legal status:** non-profit organization

**RENCONTRE CHÂTEAUGUOISE (LA)**
200 Salaberry Boulevard North, Châteauguay, Montérégie, QC, J6J 4L1
450 699-6819  Fax: 450 699-3453
Website: www.rencontrechateauguoise.com
Email: adjointe@rencontrechateauguoise.com


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

**Capacity:** community meals: 50 seats

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

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

**Fees:** food assistance: $3, community meals: $1

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

**Legal status:** non-profit organization

**RESSOURCES SAINT-JEAN-VIANNEY**
2255 Cartier Street, Suite 090, Longueuil, Montérégie, QC, J4K 4E8
450 646-6722
Website: www.rsjv.org
Email: direction@rsjv.org

Eligibility: children, adults, seniors, families

Coverage area: Saint-Jean-Vianney neighborhood outlined by Curé-Poirier Boulevard to the North, Jacques-Cartier Boulevard to the South, Notre-Dame-de-Grâce Street to the East and Taschereau Boulevard to the West

Hours: administration: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, activities: variable, Monday to Friday 18h00 to 22h00, Saturday 9h00 to 22h00

Fees: variable

Financing: provincial, federal, self-financing, donations

Legal status: non-profit organization

Community development

ALLIANCE CARRIÈRE TRAVAIL (ACT) - CENTRE DE SERVICES DE CHÂTEAUGUAY
265 d’Anjou Boulevard, Suite 205, Châteauguay, Montérégie, QC, J6J 5J9
450 699-4545 Fax: 450 699-1175
Website: alliancect.ca/en
Email: info@alliancect.ca

Services: Organization targeting socioprofessional development and autonomy to facilitate job market and school integration. * Services to individuals: job search, integration to Québec's job market, career orientation, full potential discovery, trainings, business pre-startup, project development, etc. * Services to businesses: coffee-meetings, luncheon conferences, employment evenings, bank of candidates, job posting and job fair.

Eligibility: people 16 years and over

Coverage area: Montérégie

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

Fees: none

Financing: provincial

Legal status: non-profit organization

ALLIANCE CARRIÈRE TRAVAIL (ACT) - CENTRE DE SERVICES DE SAINT-HUBERT
3258 Grande-Allée Boulevard, Longueuil, Montérégie, QC, J4T 2S5
450 876-1509
Website: alliancect.ca/en
Email: info@alliancect.ca

Services: Organization targeting socioprofessional development and autonomy to facilitate job market and school integration. * Services to individuals: job search, integration to Québec's job market, career orientation, full potential discovery, trainings, business pre-startup, project development, etc. * Services to businesses: coffee-meetings, luncheon conferences, employment evenings, bank of candidates, job posting and job fair.

Eligibility: people 16 years and over

Coverage area: Montérégie

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

Fees: none

Financing: provincial

Legal status: non-profit organization
BÉTHANIE - MUNICIPALITY
1321 de Béthanie Road, Béthanie, Montérégie, QC, J0H 1E1
450 548-2826
Website: municipalitedebethanie.ca
Email: bethanie@cooptel.qc.ca


Coverage area: Béthanie
Hours: office: Monday and Tuesday 8h30 to 12h00 and 13h00 to 17h00, Wednesday and Thursday 9h00 to 12h00 and 13h00 to 17h00
Financing: municipal
Legal status: municipal agency

BROSSARD - RECREATION AND CULTURE
2001 de Rome Boulevard, Brossard, Montérégie, QC, J4W 3K5
450 923-6311
Website: www.brossard.ca/loisir-et-culture/activites-et-inscriptions


Coverage area: Brossard
Fees: variable
Financing: municipal
Legal status: municipal agency

CAFÉ DES DEUX PAINS DE VALLEYFIELD
107 Jacques-Cartier Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4R8
450 371-8909     Fax: 450 371-7556
Website: www.cafedesdeuxpains.org
Email: cddp@oricom.ca


Eligibility: individuals and families on a low income and isolated
Coverage area: Salaberry-De-Valleyfield
Hours: Monday to Friday 9h00 to 18h00
Financing: Centraide Sud-Ouest du Québec, provincial, self-financing, donations
Legal status: non-profit organization

CANDIAC - LOISIRS
59 Haendel Road, Candiac, Montérégie, QC, J5R 1R7
450 635-6020
Website: candiac.ca/culture-et-loisirs
Email: loisirs@ville.candiac.qc.ca


Coverage area: Candiac
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 13h00
Fees: variable
CARREFOUR DE DÉVELOPPEMENT SOCIAL PAR L’ÉDUCATION POPULAIRE
195 Saint-Charles Street West, Suite 304, Longueuil, Montérégie, QC, J4H 1C8
1 888 807-6837   Fax: 1 866 681-2961
Website: www.cdsep.org
Email: jg.bourget@cdsep.org
Eligibility: autonomous non-profit community organizations, their management team, their volunteers
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 16h30
Fees: membership: none, trainings: variable
Financing: provincial, self-financing
Legal status: non-profit organization

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
Coverage area: Les Cèdres
Hours: Monday to Friday 9h00 to 16h30, summer: Monday to Thursday 9h00 to 16h30 and Friday 9h00 to 12h00
Financing: municipal
Legal status: municipal agency

CÉGEP ÉDOUARD-MONTPETIT
945 de Chambly Road, Longueuil, Montérégie, QC, J4H 3M6
450 679-2631     Fax: 450 679-5570
Website: www.cegepmontpetit.ca
Email: communications@cegepmontpetit.ca
Coverage area: Province of Québec
Financing: self-financing, provincial, foundations
Legal status: parapublic organization

CÉGEP SAINT-JEAN-SUR-RICHELIEU
30 du Séminaire Boulevard North, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 5J4
450 347-5301     Fax: 450 358-9350
Website: www.cstjean.qc.ca
Email: communications@cstjean.qc.ca

Financing: municipal
Legal status: municipal agency

Eligibility: general public

Coverage area: Province of Québec

Fees: variable

Financing: provincial

Legal status: parapublic organization

CENTRE AMITIÉ-JEUNESSE CHAMBLY
505 Brassard Boulevard, Chambly, Montérégie, QC, J3L 4N5
450 658-6810
Email: mdj_caj@bellnet.ca


Eligibility: youth from 10 to 17 years old, monthly theme dances: youth from 10 to 13 years old

Coverage area: Chambly

Hours: Tuesday 10h50 to 11h50 and 14h40 to 18h00, Wednesday and Thursday 10h50 to 11h50 and 14h40 to 19h00, Friday 10h50 to 11h50 and 14h40 to 20h00

Fees: annual member card: $40

Financing: donations

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE LE TRAIT D’UNION
3100 Mousseau Street, Longueuil, Montérégie, QC, J4L 4P1
450 647-1107     Fax: 450 647-4245
Website: www.cctu.ca
Email: info@cctu.ca


Eligibility: seniors, youth and adults

Capacity: 200

Coverage area: Longueuil

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

Financing: self-financing, grants

Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE D’IBERVILLE ET DE LA RÉGION
290 des Conseillers Avenue, Saint-Jean-sur-Richelieu, Montérégie, QC, J2X 1Z8
450 347-1172     Fax: 450 347-3572
Website: cabiberville.org
Email: info@cabiberville.org


Eligibility: people on a low income, seniors, people with a temporary or permanent loss of autonomy, people with a physical or intellectual disability, caregivers, volunteers, organizations, meals on wheels: reserved to the people 55 years and over, caregivers

Coverage area: Saint-Jean-sur-Richelieu: Iberville and Saint-Athanase neighbourhoods, Mont Saint-Grégoire
Community Action

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00
Fees: meals on wheels: $6, annual membership card: $5
Financing: Centraide of Greater Montréal, donations, provincial, grants
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE BOUCHERVILLE
11 Louis-H.-La Fontaine Street North, Suite 201, Boucherville, Montérégie, QC, J4B 4Y3
450 655-9081
Website: www.cabboucherville.ca
Email: info@cabboucherville.ca
Eligibility: people living with permanent or temporary difficulties, ITMAV: people 50 years and over
Coverage area: Boucherville
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30
Fees: meals on wheels: $6, community kitchen: $20 maximum, frozen meals: $4
Financing: provincial, Centraide of Greater Montréal, donations, federal, self-financing
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE FARNHAM
1810 Principale Street East, Farnham, Montérégie, QC, J2N 1N4
450 293-3265 Fax: 450 293-1010
Website: www.cabfarnham.com
Email: direction@cabfarnham.com
Eligibility: people living with a disability, seniors, families, community organizations
Coverage area: Ange-Gardien, Farnham, Sainte-Brigide-D’iberville, Sainte-Sabine
Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00
Fees: none
Financing: Centraide Richelieu-Yamaska, provincial
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE SAINT-JEAN-SUR-RICHELIEU
640 Dorchester Street, Office 301, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 5A4
450 347-7527 Fax: 450 347-7323
Website: www.cabstjean.org
Email: info@cabstjean.org

**Eligibility:** seniors, people on a low income, caregivers, volunteers

**Coverage area:** Saint-Blaise-Sur-Richelieu, Saint-Jean-Sur-Richelieu, Saint-Paul-De-L’île-Aux-Noix

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

**Fees:** meals on wheels: variable, culinary workshops: $10 per workshop

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

**Legal status:** non-profit organization

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**CENTRE D’ENTRAIDE BÉNÉVOLE DE SAINT-AMABLE**

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

450 649-0604    Fax: 450 649-2301

**Website:** www.cebsa.org

**Email:** info@cebsa.org


**Eligibility:** people on a low income, seniors, people living with disabilities or ill people

**Coverage area:** Saint-Amable

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

**Fees:** food assistance: $15, community meals: $7, meals on wheels: $5

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

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**CENTRE DE BÉNÉVOLAT D’ACTON VALE**

1176 Bélair Street, Acton Vale, Montérégie, QC, J0H 1A0

450 546-7332    Fax: 450 546-7212

**Website:** www.centredebenevolatacton.com

**Email:** direction@cbav.ca


**Eligibility:** families, people in vulnerable situations, seniors, caregivers, volunteers, meals on wheels: people aged 65 and over

**Coverage area:** MRC Acton

**Hours:** administration: Monday to Friday 8h00 to 16h00, thrift store: Monday to Friday 9h00 to 17h00, Saturday 9h00 to 12h00

**Fees:** food assistance: free, meals on wheels: $6 per meal

**Financing:** donations, self-financing

**Legal status:** non-profit organization

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**CENTRE DES GÉNÉRATIONS DE BOUCHERVILLE**

61 De Montbrun Street, Boucherville, Montérégie, QC, J4B 7H4

450 655-6944

**Website:** www.centredesgenerations.org

**Email:** info@grenierdesaubaines.com
Services: Promotion of the transmission and sharing of knowledge between generations. * Grenier des aubaines: sale of used items at affordable prices. * Donations to people in need and to organizations. * Financial support for community organizations that help the families of Boucherville.

Eligibility: general population, donations: people in need, community organizations, financial support: community organizations that help the families of Boucherville

Coverage area: Boucherville

Hours: Monday 13h00 à 16h30, Wednesday 9h00 to 17h00, Friday 13h00 to 16h30, Saturday 9h00 to 12h00

Financing: donations

Legal status: non-profit organization

CENTRE QUÉBÉCOIS DE PHILANTHROPIE

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

450 218-7980

Website: fondationsquebec.ca

Email: info@fondationsquebec.ca


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

CHÂTEAUGUAY - ENTERTAINMENT, SPORTS AND CULTURE

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

450 698-3000

Website: ville.chateauguay.qc.ca/en

Email: info@ville.chateauguay.qc.ca


Coverage area: Châteauguay

Hours: Monday and Tuesday 12h00 to 20h00, Wednesday and Thursday 12h00 to 18h00, Friday 12h00 to 17h00, Saturday 9h00 to 17h00, summer schedule: Monday 10h00 to 20h00, Tuesday to Friday 10h00 to 16h00

Fees: variable, passeport-loisir: $8 per resident and $14 per resident family for 2 years, $70 per year for non-residents

Financing: municipal

Legal status: municipal agency

COLONIE DES GRÈVES DE CONTRECOEUR

10350 Marie-Victorin Road, Contrecoeur, Montérégie, QC, J0L 1C0

450 742-4767   Fax: 450 742-3841

Website: www.coloniedesgreves.com

Email: info@coloniedesgreves.com


Eligibility: families

Coverage area: Province of Québec
Community Action

Hours: Monday to Friday 8h30 to 17h00, Saturday and Sunday 9h00 to 17h00, schedule subject to change according to seasons and activities
 Fees: camp: according to the income
 Financing: self-financing
 Legal status: non-profit organization

CORPORATION DE DÉVELOPPEMENT COMMUNAUTAIRE BEAUHARNOIS-SALABERRY
222 Alphonse-Desjardins Street, Salaberry-de-Valleyfield, Montérégie, QC, J6S 2N9
450 373-4504
Website: www.cdc-beauharnois-salaberry.org
Email: corporation@cdc-beauharnois-salaberry.org


Eligibility: community organizations
Coverage area: MRC de Beauharnois-Salaberry
Hours: Monday to Friday 9h00 to 16h00
Fees: fees for members and non-members, annual subscription: between $50 and $175
Financing: membership fees, self-financing, provincial
Legal status: non-profit organization

CORPORATION DE DÉVELOPPEMENT COMMUNAUTAIRE DE L’AGGLOMÉRATION DE LONGUEUIL
158 Charron Street, Longueuil, Montérégie, QC, J4R 2K7
450 671-5095
Website: www.cdcal.org
Email: info@cdcal.org

Services: Multisectorial grouping of community organizations seeking to initiate, favor, support and reinforce community development in a perspective of social inclusion and fight against poverty. * Community development support: continued training for managers, outreach workers and administrative support staff. * Customized training. * Community support and social development through participation to territorial tables.

Eligibility: community organizations
Coverage area: Longueuil agglomeration
Hours: Monday to Friday 8h30 to 16h30
Financing: Centraide of Greater Montréal, municipal, self-financing, provincial
Legal status: non-profit organization

CORPORATION DE DÉVELOPPEMENT COMMUNAUTAIRE DE LA MRC DE LA VALLÉE-DU-RICHELIEU
308 Montsabré Street, Suite D-206, Beloeil, Montérégie, QC, J3G 2H5
450 281-1301
Website: www.cdcvr.org
Email: info@cdcvr.org


Eligibility: community organizations, general population
Coverage area: MRC de la Vallée-du-Richelieu
Hours: Monday to Friday 8h30 to 17h00
Community Action

Financing: provincial
Legal status: non-profit organization

CORPORATION DE DÉVELOPPEMENT COMMUNAUTAIRE DE MARGUERITE-D’YOUVILLE
596 Marie-Victorin Route, Suite 206, Verchères, Montérégie, QC, J0L 2R0
450 685-1166
Website: cdcmy.ca
Email: direction@cdcmv.org
Eligibility: community organizations
Coverage area: MRC Marguerite D’Youville
Hours: Monday to Friday 8h30 to 16h30
Fees: annual membership: $100
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

CORPORATION DE DÉVELOPPEMENT COMMUNAUTAIRE DES MASKOUTAINS
16675 Desrochers Avenue, Saint-Hyacinthe, Montérégie, QC, J2T 3K3
450 261-1113
Website: www.cdcdesmaskoutains.org
Email: info@cdcdesmaskoutains.org
Services: Regroupment of community organizations. * Training sessions. * Support for groups of organizations for starting, finding funding, elaborating a plan of action, etc. * Information and promotion of community action. * Consultation between community organizations.
Eligibility: non-profit organizations and cooperatives members
Coverage area: MRC Les Maskoutains
Hours: by appointment
Financing: provincial
Legal status: non-profit organization

CORPORATION DE DÉVELOPPEMENT COMMUNAUTAIRE DU HAUT-SAINT-LAURENT
72 Dalhousie Street, Suite 100b, Huntingdon, Montérégie, QC, J0S 1H0
450 264-9042
Website: www.cdchsl.org
Email: info@cdchsl.org
Services: Multisectoral association of community organizations. * Spokesperson and representative of the community sector. * Supporting and advocating the interests of the local popular and community sectors. * Ensuring consultation and collaboration among the members of the community. * Organizing the Biennale du financement des OBNL.
Eligibility: community organizations
Coverage area: MRC Le Haut-Saint-Laurent
Financing: provincial
Legal status: non-profit organization

CORPORATION DE DÉVELOPPEMENT COMMUNAUTAIRE HAUT-RICHELIEU-ROUVILLE
75 5th Avenue, Saint-Jean-sur-Richelieu, Montérégie, QC, J2X 1T2
450 357-9232
Website: www.cdchrr.com
Email: info@cdchrr.com
Eligibility: community organizations

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

**Fees:** membership: $20 to $200

**Financing:** contributions, provincial

**Legal status:** non-profit organization

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**CORPORATION DE DÉVELOPPEMENT COMMUNAUTAIRE LES JARDINS-DE-NAPIERVILLE**

840 Notre-Dame Street, Saint-Rémi, Montérégie, QC, J0L 2L0

450 992-1400

**Website:** cdcjdn.org

**Email:** directeur@cdcjdn.org

**Services:** Support, grouping and coordination for community organizations. * Training on community development. * Activities related to local and regional development.

**Eligibility:** community organizations

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

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

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

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**CORPORATION DE DÉVELOPPEMENT COMMUNAUTAIRE PIERRE-DE SAUREL**

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

450 746-7871  Fax: 450 746-7108

**Email:** administration@cdcpierredesaurel.ca

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

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

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

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

**Financing:** provincial, municipal

**Legal status:** non-profit organization

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**CORPORATION DE DÉVELOPPEMENT COMMUNAUTAIRE VAUDREUIL-SOULANGES**

168 Saint-Charles Avenue, 2nd floor, Vaudreuil-Dorion, Montérégie, QC, J7V 2L1

450 424-3717

**Email:** info@cdcvs.ca

**Services:** Support, coordination and consolidation of community organizations. * Community development training.

**Eligibility:** community organizations

**Coverage area:** MRC Vaudreuil-Soulanges

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

**Fees:** variable contributions

**Financing:** provincial, contributions

**Legal status:** non-profit organization

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**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
Coverage area: Coteau-du-Lac
Financing: municipal
Legal status: municipal agency

DELSON - SERVICE DES LOISIRS
100 de Delson Avenue, Delson, Montérégie, QC, J5B 1S3
450 632-1050 ext. 3100  Fax: 450 635-0627
Website: www.ville.delson.qc.ca/fr/services-municipaux/loisirs-et-culture
Email: loisirs@ville.delson.qc.ca
Coverage area: Delson
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 13h00
Fees: variable, citizen card: free
Financing: municipal
Legal status: municipal agency

FONDATION DES RESSOURCES ALTERNATIVES DU SUD-OUEST
30 Saint-Thomas Street, Suite 200, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4J2
450 371-4816 ext. 209
Website: www.lafras.com
Email: info@lafras.com
Eligibility: families of people living with an intellectual disability or an autism spectrum disorder, organizations that support them
Coverage area: MRC Beauharnois-Salaberry, MRC du Haut-Saint-Laurent, MRC Roussillon, MRC Vaudreuil-Soulanges, MRC Jardins-de-Napierville
Financing: donations
Legal status: non-profit organization

FONDS D'EMPRUNT MONTÉRÉGIE
6300 Auteuil Avenue, Suite 505, Brossard, Montérégie, QC, J4Z 3P2
450 904-5822
Website: www.femonteregie.ca/fr
Email: conseillere@femonteregie.ca
Services: Financial and technical assistance to community initiatives or enterprises projects. * Loan up to $20,000. * Pre-startup, startup and project growth technical support. * Personalized guidance.
Eligibility: entrepreneurs without access to traditional funding: jobless youth, single-parents, immigrants, beneficiaries of social aid or last resort assistance
Coverage area: Montérégie
Hours: Monday to Thursday 8h00 to 16h00
Fees: none
Financing: donations, self-financing
Legal status: non-profit organization
FOYER SAINT-ANTOINE DE LONGUEUIL
150 Grant Street, Longueuil, Montérégie, QC, J4H 3H6
450 679-6654
Website: foyerstantoine.ca
Email: info@foyerstantoine.ca


Eligibility: adults living with a physical, sensory or intellectual disability
Coverage area: Montérégie
Hours: day centre: Monday to Thursday 9h00 to 16h00, Friday 9h00 to 14h00, respite and short stays accomodation: 24 hours / 7 days
Fees: membership: $25 per year, respite: $65 per night, day centre: $25 per day, material: $15 per year

Financing: self-financing, federal
Legal status: non-profit organization

GROUPE ALTERNATIVE LOGEMENT
125 Jacques-Cartier Street North, Suite 5, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 8C9
450 347-4416
Email: grtsjean@ainesjohannais.org

Services: Development of housing cooperatives and housing NPOs. * Accompaniment of groups throughout the development and evolution of the housing project.

Eligibility: housing cooperatives and housing NPOs
Coverage area: Saint-Jean-Sur-Richelieu and MRC Brome-Missisquoi
Hours: Monday to Friday 9h00 to 17h00
Fees: none

Financing: provincial
Legal status: non-profit organization

GROUPE DE RESSOURCES TECHNIQUES DU SUD-OUEST
11 de l’Église Street, Suite 141, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1J5
450 373-7067 Fax: 450 373-0212
Email: info@grtso.ca


Eligibility: non-profit organizations
Coverage area: MRC Vaudreuil-Soulanges
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00

Financing: provincial, self-financing
Legal status: non-profit organization

HABITATIONS DEGRANDPRÉ - AIDE AUX ENTREPRENEURS
71 de Ramezay Street, Suite 209, Sorel-Tracy, Montérégie, QC, J3P 3Z1
450 297-2854
Email: claude.desautels@yahoo.ca

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

Eligibility: contractors
Coverage area: Sorel-Tracy
Hours: by appointment

Financing: donations
Legal status: non-profit organization
JOUJOUTHÈQUE DE SAINT-HUBERT
3625 Saint-Hubert Montée, Longueuil, Montérégie, QC, J3Y 4J8
450 678-6038
Email: joujoutheque-st-hubert@hotmail.com


Eligibility: families

Coverage area: Rive-Sud

Hours: Wednesday 9h00 to 16h00, Thursday and Friday 13h00 to 19h30, Saturday 9h00 to 16h00

Fees: annual subscription: between 45 and $75

Financing: self-financing

Legal status: non-profit organization

L’ÎLE-PERROT - SERVICE DES LOISIRS
150 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-loisirs@ile-perrot.qc.ca


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

LA PRAIRIE - SERVICE DES LOISIRS
500 Saint-Laurent Street, La Prairie, Montérégie, QC, J5R 5X2
450 444-6700
Website: www.ville.laprairie.qc.ca
Email: loisirs@ville.laprairie.qc.ca


Coverage area: La Prairie

Hours: Monday 8h15 to 12h00 and 13h00 to 20h30, Tuesday to Thursday 8h15 to 12h00 and 13h00 to 16h30, Friday 8h15 to 17h00

Fees: variable

Financing: municipal

Legal status: municipal agency

LÉRY - LOISIRS ET CULTURE
1 de l'Hôtel-de-Ville Street, Léry, Montérégie, QC, J6N 1E8
450 692-6861 Fax: 450 692-6881
Website: www.lery.ca/services/loisirs-et-culture
Email: info@lery.ca


Coverage area: Léry

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
Coverage area: Les Coteaux
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, summer: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h45, Friday 8h00 to 12h00
Financing: municipal
Legal status: municipal agency

MAISON DE QUARTIER FONROUGE
301 Cuvillier Street East, Longueuil, Montérégie, QC, J4L 4T7
450 646-8800
Website: mqfonrouge.ca
Email: fonrouge@videotron.ca
Coverage area: Longueuil
Hours: administration: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: municipal
Legal status: non-profit organization

MAISON DES JEUNES D’ACTON VALE (LA)
1400 Landry Street, Acton Vale, Montérégie, QC, J0H 1A0
450 546-2927
Website: mdjactonvale.ca
Email: infomdjacton@gmail.com
Eligibility: youth from 12 to 17 years old
Coverage area: MRC d’Acton
Hours: Tuesday to Saturday 14h00 to 22h00, office: Monday to Friday 8h45 to 17h45
Fees: youth centre rental: Tuesday to Saturday $200 per day, Sunday and Monday $150 per day, basement space rental: Tuesday to Saturday $125 per day, Sunday and Monday $75 per day
Financing: municipal, donations
Legal status: non-profit organization

MAISON INTERNATIONALE DE LA RIVE-SUD
2500 Lapinière Boulevard, Brossard, Montérégie, QC, J4Z 3V1
450 445-8777   Fax: 450 445-1222
Website: mirs.qc.ca
Email: info@mirs.qc.ca
Eligibility: immigrants and refugees
Coverage area: South Shore
Hours: Monday to Friday 9h00 to 17h00
Fees: variable costs for some services: certification of documents, translation, daycare
Financing: provincial, federal, self-financing
Legal status: non-profit organization

MISSION NEW GENERATION
1423 Provencher Boulevard, Brossard, Montérégie, QC, J4W 1Z3
450 486-7667    Fax: 450 486-6283
Website: missionnouvellegeneration.org
Email: info@missionnouvellegeneration.org


Coverage area: Montérégie, Montréal Island
Hours: food assistance: Thursday 13h00 to 18h00, Tuesday 15h00 to 19h00
Fees: food assistance: $10 per year, $15 per food basket
Financing: donations
Legal status: non-profit organization

NAPIERVILLE - SAINT-CYPRIEN-DE-NAPIERVILLE - LEISURE SERVICES
325 Saint-Louis Street, Napierville, Montérégie, QC, J0J 1L0
450 245-3983    Fax: 450 245-7782
Website: www.napierville.ca
Email: glaplante@napierville.ca


Coverage area: Napierville, Saint-Cyprien-de-Napierville
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


Coverage area: Notre-Dame-de-l’Île-Perrot
Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h45, 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


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  
Coverage area: Pointe-des-Cascades  
Fees: variable  
Financing: municipal  
Legal status: municipal agency

REGROUPEMENT DES MAISONS DES JEUNES DU QUÉBEC - SECTION MONTÉRÉGIE  
41 Calixa-Lavallée Montée, Suite A, Verchères, Montérégie, QC, J0L 2R0  
450 638-1761  
Email: adm.mdjvercheres@videotron.ca  
Eligibility: youth centres  
Coverage area: Montérégie  
Hours: Monday to Friday  
Financing: provincial  
Legal status: non-profit organization

RÉSEAU BIBLIO DE LA MONTÉRÉGIE  
275 Conrad-Pelletier Street, La Prairie, Montérégie, QC, J5R 4V1  
450 444-5433  Fax: 450 659-3364  
Website: www.reseaubibliomonteregie.qc.ca  
Email: crsaide@reseaubibliomonteregie.qc.ca  
Eligibility: affiliated libraries  
Coverage area: Montérégie  
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, summer: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00  
Financing: municipal  
Legal status: municipal agency

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  
Coverage area: Rigaud  
Financing: municipal  
Legal status: municipal agency
SAINT-ALPHONSE-DE-GRANBY - MUNICIPALITÉ
360 Principale Street, Saint-Alphonse-de-Granby, Montérégie, QC, J0E 2A0
450 375-4570    Fax: 450 375-4717
Website: www.st-alphonse.qc.ca
Email: infos@st-alphonse.qc.ca
Coverage area: Saint-Alphonse-De-Granby
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00
Financing: municipal
Legal status: municipal agency

SAINT-ANTOINE-SUR-RICHELIEU - MUNICIPALITY
1060 du Moulin-Payet Street, Suite 1, Saint-Antoine-sur-Richelieu, Montérégie, QC, J0L 1R0
450 787-3497    Fax: 450 787-2852
Website: saint-antoine-sur-richelieu.ca
Email: municipalite@sasr.ca
Coverage area: Saint-Antoine-sur-Richelieu
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30
Financing: municipal
Legal status: municipal agency

SAINT-BARNABÉ-SUD - MUNICIPALITY
165 de Michaudville Road, Saint-Barnabé-Sud, Montérégie, QC, J0H 1G0
450 792-3030    Fax: 450 792-3759
Website: saintbarnabesud.ca
Email: munstbarnabesud@mrcmaskoutains.qc.ca
Coverage area: Saint-Barnabé-Sud
Hours: Monday to Wednesday 8h30 to 12h30 and 13h00 to 15h00, Thursday 8h30 to 12h30 and 13h00 to 17h00
Financing: municipal
Legal status: municipal agency

SAINT-BASILE-LE-GRAND - SERVICE DES LOISIRS, DE LA CULTURE ET DE LA VIE COMMUNAUTAIRE
Centre communautaire Lise-B.-Boisvert, 103 Montpellier Avenue, Saint-Basile-le-Grand, Montérégie, QC, J3N 1C6
450 461-8000 ext. 8600
Website: www.ville.saint-basile-le-grand.qc.ca/ville/services-municipaux/service-loisirs-culture-vie-communautaire
Email: loisirs@villesblg.ca
Community Action


Coverage area: Saint-Basile-le-Grand

Hours: Monday to Thursday 8h00 to 11h45 and 12h45 to 16h15, Friday 8h30 to 12h00

Fees: variable

Legal status: municipal agency

SAINT-BRUNO-DE-MONTARVILLE - LEISURE, CULTURE AND COMMUNITY LIFE

1605 Montarville Street, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 3T8

450 645-2940

Website: stbruno.ca/activites-et-loisirs

Email: loisir@stbruno.ca


Coverage area: Saint-Bruno-de-Montarville

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

Fees: variable

Financing: municipal

Legal status: municipal agency

SAINT-CHARLES-SUR-RICHELIEU - MUNICIPALITY

405 des Patriotes Road, Saint-Charles-sur-Richelieu, Montérégie, QC, J0H 2G0

450 584-3484 Fax: 450 584-2965

Website: saint-charles-sur-richelieu.ca

Email: info@saint-charles-sur-richelieu.ca


Coverage area: Saint-Charles-sur-Richelieu

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

Financing: municipal

Legal status: municipal agency

SAINT-CHRYSOSTOME - MUNICIPALITY

624 Notre-Dame Street, 2nd floor, Saint-Chrysostome, Montérégie, QC, J0S 1R0

450 826-3911 Fax: 450 826-0568

Website: www.mun-sc.ca

Email: dga@mun-sc.ca


Coverage area: Saint-Chrysostome

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

Financing: municipal

Legal status: municipal agency
SAINT-CONSTANT - LEISURE DEPARTMENT
330 Wilfrid-Lamarche Street, Saint-Constant, Montérégie, QC, J5A 2S2
450 638-2010 ext. 7200 Fax: 450 635-8415
Website: saint-constant.ca
Email: loisirs@saint-constant.ca
Coverage area: Saint-Constant
Hours: Monday to Thursday 8h00 to 17h00, Friday 8h00 to 13h00
Fees: variable
Financing: municipal
Legal status: municipal agency

SAINT-DAVID - MUNICIPALITY
16 Saint-Charles Street, Saint-David, Montérégie, QC, J0G 1L0
450 789-2288 Fax: 450 789-3023
Website: www.stdavid.qc.ca
Email: info@stdavid.qc.ca
Coverage area: Saint-David
Hours: Monday to Wednesday 8h30 to 16h30, Thursday 10h00 to 18h00
Financing: municipal
Legal status: municipal agency

SAINT-ÉDOUARD - MUNICIPALITY
405C Montée Lussier, Saint-Édouard, Montérégie, QC, J0L 1Y0
450 454-6333
Website: saintedouard.ca
Email: info@saintedouard.ca
Coverage area: Saint-Édouard
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h00, Friday 8h30 to 12h00
Financing: municipal
Legal status: municipal agency

SAINT-JACQUES-LE-MINEUR - LOISIRS ET CULTURE
91 Principale Street, Saint-Jacques-le-Mineur, Montérégie, QC, J0J 1Z0
450 347-5446
Website: www.saint-jacques-le-mineur.ca/loisirs-et-culture.html
Email: info@sjlm.ca
Coverage area: Saint-Jacques-le-Mineur
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00
Fees: variable
Financing: municipal
Legal status: non-profit organization
SAINT-JACQUES-LE-MINEUR - MUNICIPALITÉ
91 Principale Street, Saint-Jacques-le-Mineur, Montérégie, QC, J0J 1Z0
450 347-5446
Website: www.saint-jacques-le-mineur.ca
Email: info@sjlm.ca
Coverage area: Saint-Jacques-le-Mineur
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, Friday 9h00 to 12h00
Financing: municipal
Legal status: municipal agency

SAINT-JUDE - MUNICIPALITY
940 du Centre Street, Saint-Jude, Montérégie, QC, J0H 1P0
450 792-3855     Fax: 450 792-3828
Website: www.saint-jude.ca
Email: munstjude@mrcmaskoutains.qc.ca
Coverage area: Saint-Jude
Hours: Monday to Friday 9h00 to 12h00 and 13h30 to 16h00
Financing: municipal
Legal status: municipal agency

SAINT-LAMBERT - RECREATION, SPORTS AND COMMUNITY SERVICES
600 Oak Avenue, Saint-Lambert, Montérégie, QC, J4P 2R6
450 466-3890
Website: www.saint-lambert.ca/en
Email: loisirs@saint-lambert.ca
Coverage area: Saint-Lambert
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 19h30, Friday 8h30 to 12h00
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
Coverage area: Saint-Lazare
Hours: Monday to Thursday 8h00 to 12h00 and 12h45 to 16h30, Friday 8h00 to 12h00
Fees: variable
**SAINT-LOUIS-DE-GONZAGUE - MUNICIPALITY**

140 Principale Street, Saint-Louis-de-Gonzague, Montérégie, QC, J0S 1T0  
450 371-0523    Fax: 450 371-6229  
Website: saint-louis-de-gonzague.com  
Email: info@sldg.ca  

**Coverage area:** Saint-Louis-de-Gonzague  
**Hours:** Monday to Thursday 8h00 to 12h00 and 13h00 to 16h45, Friday 8h00 to 12h00  
**Financing:** municipal  
**Legal status:** municipal agency

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**SAINT-MATHIEU - SERVICE DES LOISIRS**

299 Saint-Édouard Road, Saint-Mathieu, Montérégie, QC, J0L 2H0  
450 632-9528 ext. 225    Fax: 450 632-9544  
Website: municipalite.saint-mathieu.qc.ca  
Email: loisirs@municipalite.saint-mathieu.qc.ca  

**Services:** * Sporting and recreational activities. * Parks, community centre, sports fields, ice rink. * Summer day camp. * Parties and events. * Hall rental.  
**Coverage area:** Saint-Mathieu  
**Hours:** Monday to Thursday 9h00 to 12h00 and 13h00 to 16h30, Friday 9h00 to 12h00  
**Fees:** variable  
**Financing:** municipal  
**Legal status:** municipal agency

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**SAINT-MATHIEU-DE-BEOLEIL - MUNICIPALITY**

5000 des Loisirs Street, Beloeil, Montérégie, QC, J3G 2C9  
450 467-7490    Fax: 450 467-2999  
Website: www.saint-mathieu-de-beloeil.com  
Email: reception@munstmathbel.ca  

**Coverage area:** Saint-Mathieu-De-Beloeil  
**Hours:** Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h30  
**Financing:** municipal  
**Legal status:** municipal agency

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**SAINT-MICHEL - LOISIRS, CULTURE ET VIE COMMUNAUTAIRE**

1700 Principale Street, Saint-Michel, Montérégie, QC, J0L 2J0  
450 454-4502  
Website: municipalite-saint-michel.ca/loisirs-et-cultures  
Email: loisirs@mst-michel.ca  

**Services:** * Sporting, recreational and sociocultural activities. * Community centre, parks, sports fields. * Summer day camp. * Hall rental.  
**Coverage area:** Saint-Michel  
**Fees:** variable
Financing: municipal
Legal status: municipal agency

SAINT-PHILIPPE - LOISIRS, CULTURE ET VIE COMMUNAUTAIRE
2225 Édouard-VII Road, Saint-Philippe, Montérégie, QC, J0L 2K0
450 659-7701 ext. 258  Fax: 450 659-7702
Website: ville.saintphilippe.quebec/programmation-loisirs
Email: loisirs@ville.saintphilippe.quebec
Coverage area: Saint-Philippe
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 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  Fax: 450 265-1124
Website: stpolycarpe.ca/loisir-culture-et-vie-communautaire
Email: loisirs@stpolycarpe.ca
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-RÉMI - SERVICE DES LOISIRS
25 Saint-Sauveur Street, Saint-Rémi, Montérégie, QC, J0L 2L0
450 454-3993 ext. 5345  Fax: 450 454-7978
Website: www.saint-remi.ca/loisirs-et-culture
Email: loisirs@ville.saint-remi.qc.ca
Coverage area: Saint-Rémi
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h30 to 13h00
Fees: variable
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
Coverage area: Saint-Zotique
Financing: municipal
Legal status: municipal agency
SAINTE-BARBE - MUNICIPALITY
470 de l'Église Road, Sainte-Barbe, Montérégie, QC, J0S 1P0
450 371-2504     Fax: 450 371-2575
Website: www.ste-barbe.com
Email: info@ste-barbe.com
Coverage area: Sainte-Barbe
Financing: municipal
Legal status: municipal agency

SAINTE-CATHERINE - SPORTS, CULTURE, LEISURE AND COMMUNITY LIFE
5365 Saint-Laurent Boulevard, Sainte-Catherine, Montérégie, QC, J5C 1A6
450 632-0590 ext. 5210     Fax: 450 632-9908
Website: www.ville.sainte-catherine.qc.ca/sports-culture-et-loisirs
Email: sports-culture@vdsc.ca
Coverage area: Sainte-Catherine
Hours: Monday to Thursday 8h30 to 19h30, Friday 8h30 to 16h30
Fees: variable
Financing: municipal
Legal status: municipal agency

SAINTE-CHRISTINE - MUNICIPALITY
646 1er rang, Sainte-Christine, Montérégie, QC, J0H 1H0
819 858-2828     Fax: 819 858-9191
Website: ste-christine.com
Email: directiongenerale@ste-christine.com
Coverage area: Sainte-Christine
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00
Financing: municipal
Legal status: municipal agency

SAINTE-HÉLÈNE-DE-BAGOT - MUNICIPALITY
421 4th Avenue, Sainte-Hélène-de-Bagot, Montérégie, QC, J0H 1M0
450 791-2455     Fax: 450 791-2550
Website: www.saintehelenedebagot.com
Email: mun@saintehelenedebagot.com
Coverage area: Sainte-Hélène-de-Bagot
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: municipal
Legal status: municipal agency
SAINTE-MADELEINE - MUNICIPALITÉ
850 Saint-Simon Street, Sainte-Madeleine, Montérégie, QC, J0H 1S0
450 795-3822     Fax: 450 795-3736
Website: www.villestemadeleine.qc.ca
Email: administration@stemadeleine.quebec


Coverage area: Sainte-Madeleine

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

Financing: municipal

Legal status: municipal agency

SAINTE-MARTHE - MUNICIPALITY
776 des Loisirs Street, Sainte-Marthe, Montérégie, QC, J0P 1W0
450 459-4284


Coverage area: Sainte-Marthe

Financing: municipal

Legal status: municipal agency

SERVICE D'ACTION BÉNÉVOLE AU COUR DU JARDIN
1030 Notre-Dame Street, Saint-Rémi, Montérégie, QC, J0L 2L0
450 454-6567     Fax: 450 454-6567
Website: sabjardin.org
Email: sab.stremi@bellnet.ca


Eligibility: volunteers, community organizations, autonomous caregivers, seniors and people in need

Coverage area: MRC Les Jardins-de-Napierville

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

Fees: frozen meals: main meal 3$, soup $2, dessert $1, free delivery every 15 days, minibus grocery shopping: $4, monthly breakfast: $3

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

SERVICE DE DÉVELOPPEMENT ÉCONOMIQUE DE LA MRC MARGUERITE-D'YOUVILLE
609 Marie-Victorin Road, Verchères, Montérégie, QC, J0L 2R0
450 583-3303     Fax: 450 583-6575
Website: www.marqueritedyouville.ca
Email: dev.econo@marqueritedyouville.ca
Services: * Entrepreneurs support through information, expert advice and technical assistance in order to find offices, financing, networks or assistance for exporting. * Access to different funds and financial services, particularly for young entrepreneurs, freelancers and sustainable development companies.
Eligibility: start-up companies, growing companies, people starting a new company, social economy organizations
Coverage area: MRC Marguerite D'Youville
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: non-profit organization

SOCIÉTÉ LOCATIVE D'INVESTISSEMENT ET DE DÉVELOPPEMENT SOCIAL
311 McLeod Street, Châteauguay, Montérégie, QC, J6J 2H8
1 855 699-1392   Fax: 450 699-8297
Website: www.solides.info/registration
Email: admin@solides.ca
Services: Development of low-rent housing. * Acquisition, renovation and construction of housing. * Housing administration.
Eligibility: people on a low or moderate income
Capacity: 613 apartments
Coverage area: Châteauguay, Longueuil, Lachine, Verdun
Hours: Monday to Friday 9h00 to 17h00
Financing: self-financing, donations, grants
Legal status: non-profit organization

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
Coverage area: Terrasse-Vaudreuil
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: loisirsCulture@ville.vaudreuil-dorion.qc.ca
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, Vaudreuil-sur-le-Lac, Montérégie, QC, J7V 8P3
450 455-1133 ext. 6   Fax: 450 455-8614
Website: www.vssl.ca
Email: loisirs@vssl.ca

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

ACTIONS FAMILLES SAINTE-MARTINE SAINT-URBAIN-PREMIER
122 Saint-Joseph Street, Suite 1, Sainte-Martine, Montérégie, QC, J0S 1V0
450 427-1576   Fax: 450 498-0669
Website: www.actionsfamilles.org
Email: info@actionsfamilles.org

Eligibility: families
Coverage area: Sainte-Martine, Saint-Urbain-Premier and surroundings
Hours: Monday to Thursday 9h00 to 16h30, collectives kitchens: Wednesday 9h00 to 13h00
Financing: provincial, municipal, donations, contributions
Legal status: non-profit organization

ASSOCIATION DES MÉDIATEURS FAMILIAUX DU QUÉBEC
Confidential Address
514 990-4011
Website: www.mediationquebec.ca/en
Email: info@mediationquebec.ca

Eligibility: people going through a separation or divorce, people seeking a revised agreement, people who are incapacitated or in the process of being declared unfit
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Financing: provincial
Legal status: non-profit organization

ASSOCIATION INFERTILITÉ QUÉBEC
1538 Saint-Jean-Baptiste Boulevard, Mercier, Montérégie, QC, J6R 2L1
514 452-6775
Website: www.infertilite.ca
Email: president@infertilite.ca

Eligibility: infertile couples and individuals of all sexual orientations
ASSOCIATION QUÉBÉCOISE DE DÉFENSE DES DROITS DES PERSONNES RETRAITÉES ET PRERETRAITÉES - VALLEYFIELD-SUROÎT - ITMAV
110 Mathias Street, Suite 101, Salaberry-de-Valleyfield, Montérégie, QC, J6T 3L6
450 631-4466
Website: www.aqdr.org/section/valleyfield-suroit
Email: aqdrvalleyfield@cgocable.ca
Services: Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Street work for people living in difficult situations: isolation, bereavement, mistreatment, homelessness, housing, food, transport, etc. * Referrals.
Eligibility: retired and pre-retired people aged 50 years old and over
Coverage area: MRC Beaurhanois-Salaberry
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00
Financing: donations, self-financing, provincial
Legal status: non-profit organization

ASSOCIATION VIVRE ET VIEILLIR CHEZ SOI DU BAS RICHELIEU
105 Prince Street, Suite 112, Sorel-Tracy, Montérégie, QC, J3P 4J9
450 743-1584
Website: vivreetvieillirchezsoi.ca
Email: gcmer8@hotmail.com
Eligibility: people aged 50 and over
Coverage area: MRC Pierre-De Saurel
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, Friday 9h00 to 12h00
Fees: incapacity mandate: variable
Financing: donations, provincial, self-financing
Legal status: non-profit organization

AU COEUR DES FAMILLES AGRICOLES
600 Benoît Street, Saint-Hyacinthe, Montérégie, QC, J2S 1L6
450 768-6995
Website: acfareseaux.qc.ca
Email: acfa@acfareseaux.qc.ca
Eligibility: agricultural producers, their families, their networks, Maison ACFA: agricultural producers
Coverage area: Province of Québec
Hours: office: Monday to Friday 8h00 to 16h00, help line: Monday to Saturday 8h00 to 20h00
Fees: none
Financing: provincial, donations, fundraising campaigns
Legal status: non-profit organization
BROSSARD PUBLIC LIBRARY
7855 San-Francisco Avenue, Brossard, Montérégie, QC, J4X 2A4
450 923-6350    Fax: 450 923-7042
Website: bibliotheque.brossard.ca
Email: bibliotheque@brossard.ca


Coverage area: Brossard
Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00, summer: Monday to Friday 10h00 to 21h00, Saturday 12h00 to 17h00
Fees: residents: free, non-residents: $80
Financing: municipal
Legal status: municipal agency

CANDIAC PUBLIC LIBRARY
59 Haendel Road, Candiac, Montérégie, QC, J5R 1R7
450 635-6032    Fax: 450 635-0900
Website: candiac.ca/bibliotheque
Email: biblio@ville.candiac.qc.ca


Eligibility: general public
Coverage area: Candiac
Hours: Tuesday and Thursday 10h00 to 20h00, Wednesday and Friday 13h00 to 20h00, Saturday 10h00 to 16h30, Sunday 12h00 to 16h30, summer: closed on Sunday
Fees: registration: free for residents, variable for non-residents
Financing: municipal
Legal status: municipal agency

CENTRE COMMUNAUTAIRE DES AÎNÉS ET AÎNÉES DE LONGUEUIL
300 Lamarre Street, Suite 122, Longueuil, Montérégie, QC, J4J 0A1
450 677-6677    Fax: 450 677-3410
Website: www.ccaal.com
Email: info@ccaal.com


Eligibility: people 50 years old and over
Coverage area: Longueuil
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00
Fees: annual membership: $10
Financing: provincial, Centraide of Greater Montréal
Legal status: non-profit organization
CENTRE D’ACTION BÉNÉVOLE DE VALLEYFIELD
95 Salaberry Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2H5
450 373-2111
Website: cabvalleyfield.com
Email: info@cabvalleyfield.com

Services:
Seniors * Visiting, sponsoring and caring calls. * Bonjour quotidien program: safety and comfort calls.
* Community meals. * Animation of physical activities for seniors in residences or HLM. * Activities for seniors:
telebingo, walking, creative activities, conferences, etc. * Information centre for seniors: information and referral,
support in the various steps, help in filling out forms. * Mobile library service. * Intergenerational programs.
community organizations and establishments in the health and social services network in the Beauharnois-
Salaberry and Haut-St-Laurent MRCs. Adults * Tax clinic. * Assistance in the production of government
documents. Organizations * Posting of volunteer opportunities on the Centre’s website. * Rental of rooms. *
Volunteer referrals. * Technical support: posting on the bulletin board and lending of equipment. * Caregivers *
Program for caregivers of seniors: conferences, workshops, psychosocial support, personalized listening,
information service, monthly support meetings, writing workshops, respite care to participate in activities,
newsletter.

Eligibility: adults, seniors, caregivers, organizations
Coverage area: Salaberry-de-Valleyfield, Saint-Stanislas-de-Kostka, caregivers: Salaberry-de-Valleyfield,
Saint-Stanislas-de-Kostka, Beauharnois, Saint-Étienne-de-Beauharnois and Saint-Louis-de-Gonzague
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: meals: $7
Financing: provincial, self-financing
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DU GRAND CHÂTEAUGUAY
10 Gilmour Street, Châteauguay, Montérégie, QC, J6J 1K4
450 699-6289
Website: www.cabgc.org
Email: info@cabgc.org

Services:
* Friendly visits. * Bonjour quotidien: free reassuring call service made by volunteers. * Caring calls:
weekly calls to fight isolation. * Walking club for seniors who are visually impaired or with loss of autonomy. *
Walking assistance. * Support for caregivers. * Info 50+: support program and outreach work initiative for

Eligibility: people 50 years old and over, people with a loss of autonomy, caregivers, people on a low income
Coverage area: Châteauguay, Saint-Urbain-Premier, Saint-Isidore, Sainte-Martine, Mercier, Léry
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 15h00
Financing: federal, provincial, donations
Legal status: non-profit organization

CHÂTEAUGUAY PUBLIC LIBRARY
25 Maple Boulevard, Châteauguay, Montérégie, QC, J6J 3P7
450 698-3080  Fax: 450 698-3077
Website: ville.chateauguay.qc.ca/en/library/home
Email: biblio@ville.chateauguay.qc.ca

Services:
* Loan and consultation of books and audiovisual documents. * Computers, Internet access and
computer technology for seniors by pairing with a teenager-teacher. * Bibliobus: travelling library in parks during

Coverage area: Châteauguay
Hours: Monday 12h00 to 21h00, Tuesday and Wednesday 9h00 to 21h00, Thursday 9h00 to 20h00, Friday
9h00 to 17h00, Saturday and Sunday 12h00 to 17h00, summer: closed Saturday and Sunday
Community Action

DIOCESE DE SAINT-JEAN-LONGUEUIL
740 Sainte-Foy Boulevard, Longueuil, Montérégie, QC, J4J 1Z3
450 679-1100  Fax: 450 679-1102
Website: www.dsjl.org
Email: dsjl@diocese-st-jean-longueuil.org

Services: * Information on parishes, listening and referral services and food assistance according to areas.
Eligibility: general public
Coverage area: Longueuil agglomeration
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00
Fees: none
Financing: fundraising campaigns
Legal status: non-profit organization

GRAND RASSEMBLEMENT DES AÎNÉS DE VAUDREUIL ET SOULANGES
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: adjadmin@legraves.com

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

GROUPE D'ENTRAIDE L'ARRÊT-COURT, SOREL-TRACY
117 George Street, Sorel-Tracy, Montérégie, QC, J3P 1C4
450 743-6071  Fax: 450 743-9971
Website: www.groupedentraidelarretcourt.com
Email: arretcourt@hotmail.com

Eligibility: people 18 years old and over who are or have been living with severe and persistent mental health issues
Coverage area: Sorel-Tracy
Hours: Monday to Friday 8h00 to 12h00 and 13h15 to 17h00
Fees: none
Financing: donations, provincial
Legal status: non-profit organization
HELENIC SOCIAL SERVICES OF QUÉBEC - SOUTH SHORE
5220 Grande-Allée, Longueuil, Montérégie, QC, J3Y 1A1
450 443-8197
Website: hcgm.org
Email: info@hcgm.org
Eligibility: people of various origins, particularly Greek
Coverage area: South Shore
Hours: Monday and Tuesday 9h00 to 19h00, Wednesday 9h00 to 17h00, Sunday 8h00 to 16h00
Financing: donations, grants, provincial
Legal status: non-profit organization

INFO-SOCIAL 8-1-1 - MONTÉRÉGIE
Confidential Address
811
Website: www.quebec.ca/en/health/finding-a-resource/info-social-811
Services: Psychosocial consultation by phone. * Information and referral to assistance resources.
Coverage area: Montérégie
Hours: 24 hours / 7 days
Fees: free
Financing: provincial
Legal status: non-profit organization

LA PRAIRIE PUBLIC LIBRARY
500 Saint-Laurent Street, La Prairie, Montérégie, QC, J5R 5X2
450 444-6710
Website: www.ville.laprairie.qc.ca/activites/loisirs-et-culture/bibliotheque-leo-lecavalier
Email: biblio@ville.laprairie.qc.ca
Eligibility: general public
Coverage area: La Prairie
Hours: Tuesday and Thursday 9h30 to 20h30, Wednesday 13h30 to 20h30, Friday 13h30 to 18h00, Saturday 10h00 to 16h30, Sunday 13h30 to 16h30, summer: Monday and Wednesday 13h30 to 20h30, Tuesday and Thursday 9h30 to 20h30, Friday 13h30 to 18h00, Saturday 13h30 to 16h30
Fees: membership: free for residents, variable for non-residents
Financing: municipal
Legal status: municipal agency

LONGUEUIL PUBLIC LIBRARIES NETWORK - HUBERT-PERRON LIBRARY
1100 Beauregard Street, Longueuil, Montérégie, QC, J4K 2L1
450 463-7180   Fax: 450 646-8650
Website: longueuil.quebec/fr/services%2Fbibliotheques
Coverage area: Longueuil
Hours: Tuesday 19h00 to 21h00, Saturday 9h00 to 12h00, summer: closed
Fees: subscription: free for residents, variables for non-residents
Financing: municipal
Legal status: municipal agency

LONGUEUIL PUBLIC LIBRARIES NETWORK - CLAUDE-HENRI-GRIGNON LIBRARY
1660 Bourassa Street, Longueuil, Montérégie, QC, J4J 3A4
450 463-7180   Fax: 450 646-6710
Website: longueuil.quebec/fr/bibliotheque-claude-henri-grignon
Coverage area: Longueuil
Hours: Tuesday 10h00 to 21h00, Wednesday and Thursday 13h00 to 21h00, Friday 13h00 to 18h00, Saturday and Sunday 10h00 to 17h00, summer: closed on Sunday
Fees: subscription: free for residents, variables for non-residents
Financing: municipal
Legal status: municipal agency

LONGUEUIL PUBLIC LIBRARIES NETWORK - FATIMA LIBRARY
2130 Jean-Louis Street, Longueuil, Montérégie, QC, J4G 1K2
450 463-7180   Fax: 450 646-8874
Website: longueuil.quebec/fr/bibliotheque-fatima-0
Coverage area: Longueuil
Hours: Tuesday and Wednesday 13h00 to 20h00, Thursday and Friday 13h00 to 17h00, Saturday 12h00 to 15h00
Fees: subscription: free for residents, variables for non-residents
Financing: municipal
Legal status: municipal agency

LONGUEUIL PUBLIC LIBRARIES NETWORK - GEORGES-DOR LIBRARY
2760 de Chambly Road, Longueuil, Montérégie, QC, J4L 1M6
450 463-7180   Fax: 450 646-8650
Website: longueuil.quebec/fr/bibliotheque-georges-dor
Coverage area: Longueuil
Hours: Tuesday to Thursday 10h00 to 21h00, Friday 10h00 to 18h00, Saturday and Sunday 10h00 to 17h00, summer: closed on Sunday
Fees: subscription: free for residents, variables for non-residents
Financing: municipal
Legal status: municipal agency

LONGUEUIL PUBLIC LIBRARIES NETWORK - GREENFIELD PARK LIBRARY
225 Empire Street, Longueuil, Montérégie, QC, J4V 1T9
450 463-7180   Fax: 450 466-8112
Website: longueuil.quebec/fr/bibliotheque-de-greenfield-park
Coverage area: Longueuil
LONGUEUIL PUBLIC LIBRARIES NETWORK - J.-W.-GENDRON LIBRARY
Mgr-A.-M.-Parent School, 3875 Grande Allée, Longueuil, Montérégie, QC, J4T 2V8
450 463-7180     Fax: 450 445-6741
Website: longueuil.quebec/fr/services%2Fbibliothéques
Coverage area: Longueuil
Hours: Monday to Thursday 15h00 to 20h00, Saturday 10h00 to 16h00, Sunday 13h00 to 16h00, summer: Monday to Thursday 14h00 to 20h00
Fees: subscription: free for residents, variables for non-residents
Financing: municipal
Legal status: municipal agency

LONGUEUIL PUBLIC LIBRARIES NETWORK - JACQUES-FERRON LIBRARY
100 Saint-Laurent Street West, Longueuil, Montérégie, QC, J4H 1M1
450 463-7180     Fax: 450 646-8874
Website: longueuil.quebec/fr/bibliotheque-jacques-ferron
Coverage area: Longueuil
Hours: Tuesday to Thursday 10h00 to 21h00, Friday 10h00 to 18h00, Saturday and Sunday 10h00 to 17h00, children section: Tuesday 10h00 to 20h00, Wednesday and Thursday 13h00 to 20h00, Friday 13h00 to 18h00, Saturday and Sunday 10h00 to 17h00, summer: closed on Sunday
Fees: subscription: free for residents, variable for non-residents
Financing: municipal
Legal status: municipal agency

LONGUEUIL PUBLIC LIBRARIES NETWORK - RAYMOND-LÉVESQUE LIBRARY
7025 Cousineau Boulevard, Longueuil, Montérégie, QC, J3Y 0H1
450 463-7180     Fax: 450 463-7387
Website: longueuil.quebec/fr/bibliotheque-raymond-levesque
Coverage area: Longueuil
Hours: Monday 13h00 to 21h00, Tuesday to Thursday 10h00 to 21h00, Friday 10h00 to 18h00, Saturday 10h00 to 17h00, Sunday 12h00 to 17h00
Fees: subscription: free for residents, variables for non-residents
Financing: municipal
Legal status: municipal agency

NAPIERVILLE PUBLIC LIBRARY
290 Saint-Alexandre Street, Napierville, Montérégie, QC, J0J 1L0
450 245-0030     Fax: 450 245-3777
Website: www.napierville.ca/fr/la-bibliotheque
Email: bibliotheque@napierville.ca

**Coverage area:** Napierville, Saint-Cyprien-de-Napierville

**Hours:** Tuesday and Thursday 14h00 to 20h30, Wednesday and Friday 14h00 to 17h00, Saturday 10h00 to 12h00

**Fees:** free for residents

**Financing:** municipal

**Legal status:** municipal agency

**OPTIONS: RESOURCE AND PREGNANCY CENTRE FOR YOUTH**

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

450 699-4357

Website: [www.centreoptions.org/indexen1](http://www.centreoptions.org/indexen1)

Email: options@jslmontreal.org


**Eligibility:** teens, young adults and families who struggle with an unexpected pregnancy

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

**Coverage area:** Greater Montréal

**Hours:** Monday, Tuesday and Friday 10h00 to 14h00, appointments available outside these hours

**Fees:** none

**Financing:** donations

**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](http://villepincourt.qc.ca)

Email: bibliotheque@villepincourt.qc.ca


**Coverage area:** Pincourt

**Hours:** Monday to Thursday 10h00 to 20h30, Friday 10h00 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

**REGROUPEMENT DES ORGANISMES MONTÉRÉGIENS D’AIDANTS NATURELS**

640 Dorchester Street, Suite 301, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 5A4

514 767-4511

Website: [aidantsnaturels.org](http://aidantsnaturels.org)

Email: roman@aidantsnaturels.org

**Services:** Grouping and accompaniment of organizations supporting caregivers of seniors. * Awareness and information. * Documentation.

**Eligibility:** caregivers of seniors, local organizations
Coverage area: Montérégie
Hours: Monday to Thursday 9h00 to 16h00
Financing: provincial, self-financing, foundations
Legal status: non-profit organization

REPAS PARTAGÉS - PINCOURT-TERRASSE-VAUDREUIL
375 Cardinal-Léger Boulevard, Pincourt, Montérégie, QC, J7V 9H6
514 453-8406
Website: www.legraves.com
Eligibility: people 50 years and over
Coverage area: Pincourt, Terrasse-Vaudreuil
Hours: 3rd Tuesday of the month
Fees: $12
Financing: self-financing, provincial
Legal status: non-profit organization

RÉSEAU D'INFORMATION ET D'AIDE AUX PERSONNES ASSISTÉES SOCIALES
71 Principale Street, Châteauguay, Montérégie, QC, J6K 1G1
450 691-6682     Fax: 450 691-2034
Website: riapas.ca
Email: info@riapas.ca
Eligibility: people on social assistance, people living in poverty
Coverage area: MRC Roussillon and MRC Les Jardins-de-Napierville
Hours: Monday to Thursday 8h30 to 16h30
Financing: provincial
Legal status: non-profit organization

SAINT-BRUNO-DE-MONTARVILLE PUBLIC LIBRARY
82 Seigneurial Boulevard West, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 5N7
450 645-2950     Fax: 450 441-8485
Website: biblio.stbruno.ca
Email: bibliotheque@stbruno.ca
Coverage area: Saint-Bruno-de-Montarville
Hours: Monday to Friday 9h00 to 20h00, Saturday and Sunday 10h00 to 17h00, summer: Monday to Friday 9h00 to 20h00, Saturday 10h00 to 17h00, Sunday 13h00 to 17h00
Fees: residents: free, non-residents: $43 per person or $74 per families
Financing: municipal
Legal status: municipal agency

SAINT-HYACINTHE TECHNOPOLE
1000 Dessaulles Street, Saint-Hyacinthe, Montérégie, QC, J2S 8W1
450 774-9000     Fax: 450 773-6767
Website: st-hyacinthetechnopole.com/en
Email: info@st-hyacinthetechnopole.com
Community Action


Eligibility: immigrant people who want to settle in Saint-Hyacinthe

Coverage area: MRC des Maskoutains
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: provincial, municipal
Legal status: non-profit organization

SAINT-ISIDORE PUBLIC LIBRARY
693 Saint-Régis Road, Saint-Isidore, Montérégie, QC, J0L 2A0
450 992-1323
Website: www.reseaubibliomontreal.qc.ca/fr/bibliotheques-horaire-et-localisation/b44/bibliotheque-de-saint-isidore
Email: biblio@st-isidore.ca


Capacity: 50
Coverage area: Saint-Isidore
Hours: Monday and Thursday 19h00 to 20h30, Tuesday 13h00 to 16h00, Saturday 10h00 to 12h00, summer: closed on Thursday and Saturday
Fees: free
Financing: municipal
Legal status: municipal agency

SAINT-LAMBERT PUBLIC LIBRARY
490 Mercille Avenue, Saint-Lambert, Montérégie, QC, J4P 2L5
450 466-3910
Website: bibliothèque.saint-lambert.ca
Email: bibliothèque@saint-lambert.ca


Eligibility: general public
Coverage area: Saint-Lambert
Hours: Monday and Friday 12h00 to 18h00, Tuesday to Thursday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00
Fees: subscription: free for residents, variable 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

Coverage area: Saint-Lazare

Hours: Tuesday to Friday 11h00 to 21h00, 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-PHILIPPE PUBLIC LIBRARY

2223 Édouard-VII Road, Saint-Philippe, Montérégie, QC, J0L 2K0
450 659-7701 ext. 233 Fax: 450 659-7702
Website: ville.saintphilippe.quebec/bibliotheque
Email: bibliotheque@ville.saintphilippe.quebec


Coverage area: Saint-Philippe

Hours: Tuesday to Thursday 10h00 to 20h00, Saturday 9h00 to 13h00, Sunday 13h00 to 17h00

Fees: residents: 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


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-CATHERINE PUBLIC LIBRARY

5365 Saint-Laurent Boulevard, Sainte-Catherine, Montérégie, QC, J5C 1A6
450 632-0590 ext. 5230
Website: www.ville.sainte-catherine.qc.ca/sports-culture-et-loisirs/bibliotheque
Email: bibliotheque@ville.sainte-catherine.qc.ca


Coverage area: Sainte-Catherine and surroundings
Community Action

**SAINTE-JULIE PUBLIC LIBRARY**
1600 du Fer-à-Cheval Road, Sainte-Julie, Montérégie, QC, J3E 0A3
450 922-7070 Fax: 450 922-7077
Website: www.ville.sainte-julie.qc.ca/bibliotheque
Email: biblio@ville.sainte-julie.qc.ca


- **Coverage area:** Sainte-Julie

- **Hours:** Monday to Thursday 13h00 to 21h00, Friday 10h00 to 21h00, Saturday 10h00 to 17h00, Sunday 13h00 to 17h00

- **Fees:** residents: none, non-residents: $85 per year per person, $200 per year per family

- **Financing:** municipal

- **Legal status:** municipal agency

**Skills Exchanges**

**ACCORDERIE DE LONGUEUIL (L')**
158 Charron Street, Longueuil, Montérégie, QC, J4R 2K7
514 915-1726
Website: www.accorderie.ca/longueuil-a-propos/
Email: longueuil@accorderie.ca

- **Services:** Network of service exchanges: individual, associative and collective exchange.

- **Eligibility:** general public

- **Coverage area:** Montérégie

- **Hours:** Tuesday and Wednesday 9h00 to 12h00 and 13h00 to 15h00, Thursday 13h00 to 15h00

- **Fees:** membership: $0 to 15 according to the income, services: free, each hour of service given allows to receive one hour of service

- **Financing:** donations, contributions

- **Legal status:** non-profit organization

**Volunteering and volunteer centres**

**ASSOCIATION DES TRAUMATISÉS CRANIO-CÉRÉBRAUX DE LA MONTÉRÉGIE**
308 Montsabré Street, Suite D-131, Beloeil, Montérégie, QC, J3G 2H5
450 446-1111 Fax: 450 446-6405
Website: www.atccmonteregie.qc.ca
Email: atcc@atccmonteregie.qc.ca

- **Services:** * Reception, referral and information. * Psychosocial support. * Support groups: individual, group and family meetings. * Prevention and awareness. * On-site or at-home respite service for caregivers. * Educational, cultural, social, sports and crafts activities to maintain the acquired assets while working on the physical, cognitive, affective and social aspects of the person. * Respite-camps. * Volunteer opportunities. * RebonDire journal.
Eligibility: people 16 years old and over having sustained a medically recognized craniocerebral trauma (light, light complex, moderate or severe) and with a stable state of health, their close ones
Coverage area: Montérégie
Hours: Monday to Thursday 9h30 to 12h00 and 13h00 to 16h30, Friday 9h30 to 12h00 and 13h00 to 15h00
Fees: free
Financing: provincial
Legal status: non-profit organization

BISTRO CULTUREL COEUR DE VILLAGE
680 Rang Saint-Régis, Saint-Isidore, Montérégie, QC, J0L 2A0
514 400-5351 Fax: 450 992-0633
Website: coeurdevillage.wordpress.com
Email: coeurdevillage@videotron.ca
Eligibility: youth, adults, seniors
Capacity: 100
Coverage area: MRC Roussillon
Hours: Wednesday to Sunday 11h00 to 17h00
Fees: annual membership: $20
Financing: self-financing, contributions, grants
Legal status: non-profit organization

CAFÉ DES DEUX PAINS DE VALLEYFIELD
107 Jacques-Cartier Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4R8
450 371-8909 Fax: 450 371-7556
Website: www.cafedesdeuxpains.org
Email: cddp@oricom.ca
Eligibility: individuals and families on a low income and isolated
Coverage area: Salaberry-De-Valleyfield
Hours: Monday to Friday 9h00 to 18h00
Financing: Centraide Sud-Ouest du Québec, provincial, self-financing, donations
Legal status: non-profit organization

CARREFOUR COMMUNAUTAIRE L’ARC-EN-CIEL
96 Curé-Beauregard Street, Saint-Ours, Montérégie, QC, J0G 1P0
450 785-2874 Fax: 450 785-2876
Email: carrefourarcenciel@videotron.ca
Eligibility: families, teenagers, seniors
Coverage area: MRC Pierre-de-Saurel
Hours: Monday to Thursday 8h30 to 16h00, youth centre: summer, Monday and Thursday 18h00 to 21h00, Friday and Saturday 18h00 to 22h00
Financing: grants, self-financing
Legal status: non-profit organization
CARREFOUR JEUNESSE D'IBERVILLE
375 Bessette Avenue, Saint-Jean-sur-Richelieu, Montérégie, QC, J2X 2N8
450 347-4419
Email: mdjiberville@hotmail.com


Eligibility: youth 12 to 17 years old
Coverage area: Iberville sector of Saint-Jean-sur-Richelieu
Hours: variable
Fees: none
Financing: grants, provincial, donations
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE D’IBERVILLE ET DE LA RÉGION
290 des Conseillers Avenue, Saint-Jean-sur-Richelieu, Montérégie, QC, J2X 1Z8
450 347-1172    Fax: 450 347-3572
Website: cabiberville.org
Email: info@cabiberville.org


Eligibility: people on a low income, seniors, people with a temporary or permanent loss of autonomy, people with a physical or intellectual disability, caregivers, volunteers, organizations, meals on wheels: reserved to the people 55 years and over, caregivers
Coverage area: Saint-Jean-sur-Richelieu: Iberville and Saint-Athanase neighbourhoods, Mont Saint-Grégoire
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00
Fees: meals on wheels: $6, annual membership card: $5
Financing: Centraide of Greater Montréal, donations, provincial, grants
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE BEAUHARNOIS
600 Ellice Street, Suite 106, Beauharnois, Montérégie, QC, J6N 3P7
450 429-6453
Website: cabbeauharnois.com
Email: info@cabbeauharnois.com


Eligibility: seniors 65 years and over, seniors with a loss of autonomy
Coverage area: Beauharnois, Saint-Étienne-de-Beauharnois, Saint-Louis-de-Gonzague
Hours: Monday to Thursday 8h00 to 12h00 and 12h30 to 16h00, Friday 8h00 to 12h00
Fees: social activities: up to $5, meals: variable
Financing: Centraide Sud-Ouest du Québec, self-financing, donations
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE BOUCHERVILLE
11 Louis-H.-La Fontaine Street North, Suite 201, Boucherville, Montérégie, QC, J4B 4Y3
450 655-9081
Website: www.cabboucherville.ca
Email: info@cabboucherville.ca

Eligibility: people living with permanent or temporary difficulties, ITMAV: people 50 years and over

Coverage area: Boucherville

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

Fees: meals on wheels: $6, community kitchen: $20 maximum, frozen meals: $4

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

Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE FARNHAM
1810 Principale Street East, Farnham, Montérégie, QC, J2N 1N4
450 293-3265 Fax: 450 293-1010
Website: www.cabfarnham.com
Email: direction@cabfarnham.com


Eligibility: people living with a disability, seniors, families, community organizations

Coverage area: Ange-Gardien, Farnham, Sainte-Brigide-D’iberville, Sainte-Sabine

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

Fees: none

Financing: Centraide Richelieu-Yamaska, provincial

Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE LA FRONTIÈRE
12 Sainte-Marie Street, Lacolle, Montérégie, QC, J0J 1J0
450 246-2016 Fax: 450 246-2229
Email: centre.benev@hotmail.com


Eligibility: people in need, seniors

Coverage area: Lacolle, Clarenceville, Noyan, Saint-Bernard-de-Lacolle, Saint-Valentin, Saint-Paul-de-l’Île-aux-Noix, ITMAV: Lacolle, Saint-Paul-de-l’Île-aux-Noix, Saint-Valentin, Saint-Bernard-de-Lacolle

Hours: Monday to Thursday 7h00 to 16h00, Friday 7h30 to 11h30

Fees: meals-on-wheels: $5 hot meals, $4 frozen meals, community lunches: $10, transportation: variable

Financing: provincial, self-financing

Legal status: non-profit organization
CENTRE D’ACTION BÉNÉVOLE DE LA VALLÉE-DU-RICHELIEU
288-A Radisson Street, Mont-Saint-Hilaire, Montérégie, QC, J3H 2Z4
450 467-9373     Fax: 450 467-3732
Website: www.cabvr.org
Email: cabvr@cabvr.org
Eligibility: people in need, volunteers and community organizations
Coverage area: Beloeil, McMasterville, Mont-Saint-Hilaire, Otterburn Park, Saint-Antoine-sur-Richelieu, Saint-Charles-sur-Richelieu, Saint-Denis-sur-Richelieu, Saint-Jean-Baptiste, Saint-Mathieu-de-Beloeil, Saint-Marc-sur-Richelieu
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00
Financing: provincial, Centraide Richelieu-Yamaska, donations
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE SAINT-CÉSAIRE
1100 Leclaire Street, Saint-Césaire, Montérégie, QC, J0L 1T0
450 469-3279     Fax: 450 469-0958
Website: www.cabacoeur.org
Email: services@cabacoeur.org
Eligibility: individuals and families on a low income, seniors, caregivers, volunteers
Coverage area: Saint-Césaire
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00, caregivers: 2nd Tuesday of the month, friendship lunch: 3rd Tuesday of the month
Fees: thrift shop: at low cost
Financing: provincial
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE SAINT-HUBERT
3339 Grande Allée, Longueuil, Montérégie, QC, J4T 2S9
450 656-9110     Fax: 450 656-9115
Website: www.cab-saint-hubert.org
Email: info@cab-saint-hubert.org
Eligibility: people in need, people over 65 years old
Coverage area: Saint-Hubert
Hours: Monday to Friday 8h00 to 16h00
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE SAINT-JEAN-SUR-RICHELIEU
640 Dorchester Street, Office 301, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 5A4
450 347-7527     Fax: 450 347-7323
Website: www.cabstjean.org
Email: info@cabstjean.org

Eligibility: seniors, people on a low income, caregivers, volunteers

Coverage area: Saint-Blaise-Sur-Richelieu, Saint-Jean-Sur-Richelieu, Saint-Paul-De-L’île-Aux-Noix

Hours: Monday to Thursday 8h00 to 16h00

Fees: meals on wheels: variable, culinary workshops: $10 per workshop

Financing: provincial, self-financing, donations

Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DU BAS RICHELIEU
70 Élizabeth Street, Sorel-Tracy, Montérégie, QC, J3P 4G5
450 743-4310 Fax: 450 743-2046
Website: www.cab-basrichelieiu.org
Email: direction@cab-basrichelieu.org


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

Coverage area: MRC Pierre-De Saurel

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

Fees: variable

Financing: provincial, Centraide Richelieu-Yamaska, donations, self-financing

Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DU GRAND CHÂTEAUGUAY
10 Gilmour Street, Châteauguay, Montérégie, QC, J6J 1K4
450 699-6289
Website: www.cabgc.org
Email: info@cabgc.org


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

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

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

Financing: federal, provincial, donations

Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE INTERACTION
100 Principale Street, Noyan, Montérégie, QC, JOJ 1B0
450 294-2646 Fax: 450 294-2145
Website: cabinteraction.ca
Email: info@cabinteraction.ca

Eligibility: individuals and families on a low income, volunteers

Coverage area: Noyan, Saint-Georges-De-Clarenceville, Northern tip of Henryville

Hours: Monday to Thursday 8h00 to 16h00, meals on wheels: Tuesday and Thursday, clothing depot: Tuesday to Thursday

Financing: provincial, donations

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


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


Hours: Monday to Friday 8h30 to 16h30, thrift store: Monday to Wednesday 9h30 to 17h30, Thursday and Friday 9h30 to 19h00, Saturday and Sunday 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 LES P’TITS BONHEURS

1665 Montarville Street, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 3T8

450 441-0807 Fax: 450 441-4667

Website: www.cabstbruno.org

Email: infocab.petitsbonheurs@cabstbruno.org


Eligibility: seniors, families, people in difficulty

Capacity: variable

Coverage area: Saint-Bruno-de-Montarville

Hours: Monday to Friday 8h30 to 16h30, thrift store: Monday, Tuesday, Wednesday, Friday and Saturday 10h00 to 16h00, Thursday 10h00 to 19h00

Fees: variable

Financing: provincial

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: cabs@videotron.ca
Eligibility: seniors, people in need, thrift store: general public
Coverage area: Côteau-du-Lac, Les Côteaux, Rivièr-Beaudette, Saint-Clet, Saint-Polycarpe, Saint-Télesphore, Saint-Zotique, Sainte-Justine-de-Newton, Sainte-Marthe
Hours: office: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00, thrift store: Tuesday to Friday 9h30 to 16h00 and Saturday 9h30 to 15h00
Financing: donations, grants, self-financing
Legal status: non-profit organization

CENTRE D’ENTRAIDE BÉNÉVOLE DE SAINT-AMABLE
297 Principale Street, Saint-Amable, Montérégie, QC, J0L 1N0
450 649-0604 Fax: 450 649-2301
Website: www.cebsa.org
Email: info@cebsa.org
Eligibility: people on a low income, seniors, people living with disabilities or ill people
Coverage area: Saint-Amable
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 15h00, thrift shop: Tuesday to Thursday 13h00 to 16h00, food assistance: Friday 10h30, community meals: 2nd and last Wednesday of every month 11h30, meals on wheels: Tuesday and Thursday mornings
Fees: food assistance: $15, community meals: $7, meals on wheels: $5
Financing: provincial, self-financing
Legal status: non-profit organization

CENTRE D’ENTRAIDE MASKOUTAIN - GRANBY
231 Saint-Charles Street South, Local A, Granby, Montérégie, QC, J2G 3W5
450 330-3317
Website: www.centredentraidemaskoutain.org
Email: centre.dentraide.maskoutain@gmail.com
Eligibility: people on a low income
Coverage area: Estrie, Montérégie, at-home pick-up of furniture: Granby and surroundings
Hours: store: Monday to Friday 10h00 to 17h00, Saturday 10h00 to 16h00, food counter: Friday 13h00
Fees: food basket: 12$, thrift store: variable
Financing: donations, self-financing
Legal status: non-profit organization
CENTRE DE BÉNÉVOLAT D’ACTON VALE
1176 Bélair Street, Acton Vale, Montérégie, QC, J0H 1A0
450 546-7332    Fax: 450 546-7212
Website: www.centredebenevolatacton.com
Email: direction@cbav.ca


Eligibility: families, people in vulnerable situations, seniors, caregivers, volunteers, meals on wheels: people aged 65 and over

Coverage area: MRC Acton

Hours: administration: Monday to Friday 8h00 to 16h00, thrift store: Monday to Friday 9h00 to 17h00, Saturday 9h00 to 12h00

Fees: food assistance: free, meals on wheels: $6 per meal

Financing: donations, self-financing

Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE LA RIVE-SUD
18 Montcalm Street, Longueuil, Montérégie, QC, J4J 2K6
450 679-5916    Fax: 450 679-8396
Website: www.benevolatrivesud.qc.ca
Email: reception@benevolatrivesud.qc.ca


Eligibility: seniors, volunteers

Coverage area: South Shore

Hours: Monday to Friday 8h30 to 16h30

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE SAINT-BASILE-LE-GRAND
50 Robert Road, Saint-Basile-le-Grand, Montérégie, QC, J3N 1L7
450 461-2111    Fax: 450 461-1588
Email: centredebenevolat@bellnet.ca


Eligibility: adults and seniors, people on a low income

Coverage area: Saint-Basile-le-Grand

Hours: Monday to Thursday 8h00 to 16h00, Friday 8h00 to 12h00, thrift store: Wednesday 18h00 to 20h30, Friday and Saturday 9h00 to 12h00

Fees: free or low cost, depending on the service

Financing: donations, grant, self-financing

Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE ST-HYACINTHE (LE)
1015 Dessaulles Street, Saint-Hyacinthe, Montérégie, QC, J2S 2Y8
450 773-4966
Website: cbsh.ca
Email: infomad@cbsh.ca

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Community Action


**Eligibility:** seniors, people and families on a low income, people in a vulnerable situation, volunteers, organizations

**Coverage area:** MRC Les Maskoutains

**Hours:** Monday to Friday 8h30 to 16h30, emergency food assistance: by appointment

**Fees:** variable

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

**Legal status:** non-profit organization

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**CENTRE DE FEMMES ENTRE AILES**

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

450 649-0658

**Website:** www.entreailles.org

**Email:** entreailles@entreailles.org


**Eligibility:** women

**Capacity:** 300

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

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

**Fees:** annual membership: maximum $10

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

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**CENTRE DE FEMMES L’ÉCLAIRCIE**

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

450 638-1131     Fax: 450 638-1132

**Website:** www.centredefemmesleclaircie.com

**Email:** info@eclaircie.org


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

**Capacity:** 15

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

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

**Fees:** free or low cost for some activities

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

**Legal status:** non-profit organization
CENTRE DE SUPPORT MÉDICAL ET D’ASSISTANCE SOCIALE (CESUMAS)
212 de Gentilly Street West, Longueuil, Montérégie, QC, J4H 1Z6
514 652-4507
Website: www.cesumas.org
Email: infocesumaseducation2013@yahoo.ca
Eligibility: individuals and families on a low income, people, couples and single-parent families experiencing homelessness, people in a situation of vulnerability, recruitment: foreign workers on a temporary work visa or who do not have a visa yet, companies, community organizations
Capacity: 22 beds
Coverage area: agglomeration of Longueuil
Hours: Monday to Friday 8h00 to 16h00, food assistance: Wednesday 14h30 to 18h00
Fees: variable
Financing: donations, self-financing, grants
Legal status: non-profit organization

CENTRE DE ZOOTHÉRAPIE COMMUNAUTAIRE
2025 Hebert Boulevard, Suite 803, Salaberry-de-Valleyfield, Montérégie, QC, J6S 5Y4
450 560-0910
Website: zootherapia.com/english-greetings
Email: centredezootherapiacommunautaire@gmail.com
Services: * Adapted zootherapy programs. * Animal boarding.
Eligibility: children, teenagers, seniors, people with disabilities
Coverage area: Laurentians, Montérégie, Laval
Hours: Monday to Friday 9h00 to 17h00
Fees: $60 per hour
Financing: self-financing, fundraising campaigns
Legal status: non-profit organization

CHÂTEAUGAY VALLEY LITERACY COUNCIL
Confidential Address
450 698-0342
Website: cvlc-chateauguay.weebly.com
Email: cvlc.chateauguay@gmail.com
Eligibility: adults, families, children, seniors
Coverage area: Châteauguay and surrounding areas
Hours: Monday to Thursday 9h00 to 17h00
Fees: free or low cost
Financing: provincial, grants, donations, municipal, fundraising campaigns
Legal status: non-profit organization

COMITÉ D’ENTRAIDE DE LA GUIGNOLÉE
Confidential Address
450 427-3319
Website: www.saint-urbain-premier.com/guignolee.html
Eligibility: people on a low income
Coverage area: Saint-Urbain-Premier
Hours: by appointment
Fees: none
Financing: municipal, provincial, federal, grants, donations, fundraising campaigns
Legal status: non-profit organization

COMITÉ D'ENTRAIDE DE VERCHÈRES
579 Marie-Victorin Road, Suite 101, Verchères, Montérégie, QC, J0L 2R0
450 583-5888
Email: pierrettedavid@hotmail.com
Eligibility: individuals and families on a low income
Coverage area: Calixa-Lavallée, Verchères
Hours: Les Trésors de Madeleine: Tuesday and Wednesday 13h30 to 15h00, Thursday 19h00 to 20h30, food assistance: Friday 13h30 to 14h30
Fees: pairing for furniture collection: $50 for appliances, free for people who are unemployed
Financing: self-financing
Legal status: non-profit organization

COMPLEXE LE PARTAGE
547 Saint-Henri Street, La Prairie, Montérégie, QC, J5R 2S9
450 444-0803     Fax: 450 444-2621
Website: lepartage.info
Email: administration@lepartage.org
Eligibility: individuals and families on a low income, homeless people, people living with major health problems, refugees, immigrants
Coverage area: La Prairie
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00, food assistance: Thursday 9h30 to 11h30, 13h30 to 15h30 and 17h00 to 18h15
Fees: food assistance, collective kitchens and culinary workshops: variable, Christmas baskets: free
Financing: self-financing, Centraide of Greater Montréal, municipal, provincial, federal, donations
Legal status: non-profit organization

CORNE D'ABONDANCE DE CANDIAC
255 Montcalm Boulevard North, Candiac, Montérégie, QC, J5R 3L6
450 444-6999
Email: corne.abondance.candiac@gmail.com
Eligibility: food bank: people in need, thrift store: general public
Coverage area: Candiac
Hours: food bank: Tuesday 9h00 to 11h00, thrift store: Thursday 13h30 to 17h30, donation containers: Monday, Thursday and Saturday 9h00 to 16h00, donation boxes: 24 hours / 7 days
Financing: donations, self-financing
Legal status: non-profit organization
DROIT DI RÊVER
479 Hébert boulevard, Salaberry-de-Valleyfield, Montérégie, QC, J6S 5Y9
450 377-4241
Website: droitdirever.org
Email: ddirosq@gmail.com
Services: Organization seeking to promote, inform and facilitate the social inclusion in all areas of daily life for people living with an intellectual disability or autism spectrum disorder. * Trainings and workshops: hygiene, nutrition, self-esteem, etc. * Physical and cultural activities: theater, dance, yoga, etc. * Volunteer work.
Eligibility: people aged 21 and over living with an intellectual disability or an autism spectrum disorder
Coverage area: Le Suroît
Hours: Monday to Friday 9h00 to 17h00 or by appointment
Fees: variable
Financing: fundraising campaigns, donations
Legal status: non-profit organization

ENVOLEE (L'), CENTRE D'ACTION BÉNÉVOLE SAINTE-JULIE
695 Sainte-Julie Road, Sainte-Julie, Montérégie, QC, J3E 1W8
450 649-8874 Fax: 450 649-1362
Website: lenvolee.org
Email: info@lenvolee.org
Eligibility: seniors, people with a loss of autonomy, caregivers, families, community organizations
Coverage area: Sainte-Julie
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00
Fees: meals on wheels: $6 for a complete meal
Financing: provincial, donations, fundraising campaigns, self-financing
Legal status: non-profit organization

GROUPE LE TOURNANT
29 Diderot Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J2W 3C7
514 771-8572 Fax: 450 348-1410
Email: letournant@hotmail.ca
Eligibility: people living with a serious illness, people in palliative care, caregivers, volunteers
Coverage area: Carignan, Chambly, MRC Le Haut-Richelieu
Financing: grants
Legal status: non-profit organization

MAISON DES JEUNES DE BEAUJEU (LA)
89 de l'Église Street North, Lacolle, Montérégie, QC, J0J 1J0
450 246-8764
Website: www.mdjbeaujeu.com
Email: mdjbeaujeu@gmail.com
Eligibility: youth 12 to 17 years old, some activities include youth 10 to 12 years old
Capacity: 30 people
Coverage area: Lacolle
Hours: Tuesday 16h00 to 21h00, homework assistance: school period, Tuesday and Thursday 16h00 to 18h00
Financing: provincial, grants
Legal status: non-profit organization

MAISON INTERNATIONALE DE LA RIVE-SUD
2500 Lapinière Boulevard, Brossard, Montérégie, QC, J4Z 3V1
450 445-8777  Fax: 450 445-1222
Website: mirs.qc.ca
Email: info@mirs.qc.ca
Eligibility: immigrants and refugees
Coverage area: South Shore
Hours: Monday to Friday 9h00 to 17h00
Fees: variable costs for some services: certification of documents, translation, daycare
Financing: provincial, federal, self-financing
Legal status: non-profit organization

MAISON TREMPLIN DE LONGUEUIL (LA)
267 Toulouse Street, Longueuil, Montérégie, QC, J4L 4X1
450 442-4019
Website: www.maisontremplin.com
Email: info@maisontremplin.com
Eligibility: services: all, activities: families and children 0 to 12 years old
Coverage area: Vieux-Longueuil
Hours: Monday to Thursday 8h30 to 16h00, Friday 8h30 to 12h00
Fees: membership: $7 per year per family with children, $5 per adult, activities: variable
Financing: Centraide of Greater Montréal, federal, provincial, self-financing, donations
Legal status: non-profit organization

MOSAÏQUE (LA), CENTRE D’ACTION BÉNÉVOLE ET COMMUNAUTAIRE
1650 de l’Église Avenue, Longueuil, Montérégie, QC, J4P 2C8
450 465-1803  Fax: 450 465-5440
Website: www.lamosaique.org
Email: info@lamosaique.qc.ca
Eligibility: volunteers, people in need, community organizations and organizations in the health and social services network

Coverage area: agglomeration of Longueuil

Hours: administration: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30, thrift store: Tuesday to Saturday 10h00 to 17h00, shopping trips: twice a month

Fees: thrift store: variable low prices, other services: low cost or free

Financing: donations, grants, self-financing

Legal status: non-profit organization

ORGANISATION POPULAIRE DES DROITS SOCIAUX - SALABERRY-DE-VALLEYFIELD

11 de la Fabrique Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4G7

450 371-3559

Email: opdsv@cooptel.qc.ca


Eligibility: unemployed people

Coverage area: Salaberry-de-Valleyfield

Hours: Monday to Thursday 8h00 to 16h00

Financing: provincial, donations

Legal status: non-profit organization

PARRAINAGE CIVIQUE DES MRC D’ACTON ET DES MASKOUTAINS

1195 Saint-Antoine Street, Suite 206, Saint-Hyacinthe, Montérégie, QC, J2S 3K6

450 774-8758

Website: parrainagecivique.org

Email: parrainageciviqueam@gmail.com


Eligibility: people living with an intellectual disability, physical disability or autism spectrum disorder, volunteers

Coverage area: MRC Acton, MRC Les Maskoutains

Hours: Monday to Friday 8h30 to 16h30

Fees: membership card

Financing: Centraide Richelieu-Yamaska, grants, membership fees

Legal status: non-profit organization

PARRAINAGE CIVIQUE DU HAUT-RICHELIEU

125 Jacques-Cartier Street North, Suite 8, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 8C9

450 347-8091  Fax: 450 347-8444

Website: entreamis.ca

Email: info@entreamis.ca


Eligibility: people with an intellectual or physical disability, an autism spectrum disorder or a mental health problem, citizens looking for volunteering opportunities

Coverage area: MRC Le Haut-Richelieu, MRC Les Jardins-de-Napierville, MRC Brome-Missisquoi

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

260
Community Action

Financing: Centraide of Greater Montréal, provincial, self-financing
Legal status: non-profit organization

RADAR - RÉSEAU ACTIF DE DÉPISTAGE DES AÎNÉS À RISQUE
1702 Bourgogne Street, Chambly, Montérégie, QC, J3L 1Z2
450 658-8509
Website: www.projetradar.org
Email: info@projetradar.org
Services: Seeks to break the isolation of seniors. * Information and awareness. * Training to detect seniors likely to experience isolation, psychological distress or abuse. * Referral.
Eligibility: people 50 years and over in a situation of vulnerability
Coverage area: Montérégie
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00
Fees: none
Financing: municipal, donations
Legal status: non-profit organization

REGROUPEMENT DES CENTRES D’ACTION BÉNÉVOLE DE LA MONTÉRÉGIE
3339 Grande Allée Street, Longueuil, Montérégie, QC, J4T 2S9
Email: rcabm16@gmail.com
Eligibility: volunteer centres
Coverage area: Montérégie
Fees: variable
Financing: grants, provincial
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
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 D’ACTION BÉNÉVOLE AU COEUR DU JARDIN - HEMMINGFORD SITE
476 Frontière Street, Hemmingford, Montérégie, QC, J0L 1H0
450 247-2893
Website: sabjadine.org
Email: sabhemmingford@hotmail.com
Eligibility: seniors, people in need, volunteers, community organizations
Coverage area: Hemmingford
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30
Fees: none, community dinner: variable
Financial status: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

SERVICE D’ACTION BÉNÉVOLE AU COEUR DU JARDIN - NAPIERVILLE SITE
262-A de l’Église Street, Napierville, Montérégie, QC, J0J 1L0
450 245-7868
Website: sabjardin.org
Email: sabnap@hotmail.ca
Eligibility: volunteers, community organizations, caregivers, autonomous people in need
Coverage area: MRC Les Jardins-de-Napierville
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30
Fees: free or variable depending on the service
Funding: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

SERVICE D’ACTION BÉNÉVOLE AU COEUR DU JARDIN
1030 Notre-Dame Street, Saint-Rémi, Montérégie, QC, J0L 2L0
450 454-6567 Fax: 450 454-6567
Website: sabjardin.org
Email: sab.stremi@bellnet.ca
Eligibility: volunteers, community organizations, autonomous caregivers, seniors and people in need
Coverage area: MRC Les Jardins-de-Napierville
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: frozen meals: main meal $3, soup $2, dessert $1, free delivery every 15 days, minibus grocery shopping: $4, monthly breakfast: $3
Funding: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

SERVICE DE BÉNÉVOLAT DU CENTRE D’HÉBERGEMENT DOCTEUR-AIMÉ-LEDUC
80 du Marché Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1P5
450 373-4818 ext. 135 or 139
Website: www.santemonteregie.qc.ca/installations/chsld-docteur-aime-leduc
Email: vanessa.grimard.cisssmo16@ssss.gouv.qc.ca
Eligibility: general public
Coverage area: Salaberry-de-Valleyfield
Hours: Monday to Sunday 9h00 to 19h00
Fees: none
Financing: provincial, municipal
Legal status: parapublic organization

WOMEN'S AUXILIARY OF THE BARRIE MEMORIAL HOSPITAL
28 Gale Street, Ormstown, Montérégie, QC, J0S 1K0
450 377-0700
Website: damesauxiliairesbarrie.org
Email: dabarriememorial@gmail.com
Services: Organization that collects donations to support the hospital, employees and patients.
* Organizing events and fundraising activities.
Coverage area: MRC Le Haut-Saint-Laurent
Financing: donations, fundraising campaigns
Legal status: non-profit organization
Disability
ADAPTED WORK AND EMPLOYABILITY SUPPORT

ADVOCACY FOR PEOPLE WITH A PHYSICAL DISABILITY

ADVOCACY FOR PEOPLE WITH AN INTELLECTUAL DISABILITY

DEAF AND HEARING IMPAIRED

LANGUAGE DISORDERS

MOBILITY AIDS

PARATRANSIT

RECREATION AND CAMPS

RESPITE SERVICES AND HOUSING

SUPPORT ASSOCIATIONS

SUPPORT AND INTEGRATION ORGANIZATIONS

THE BLIND

THERAPY AND REHABILITATION CENTRES
Adapted work and employability support

AFFAIRE DE FAMILLE (UNE)
19 Bridge Street, Ormstown, Montérégie, QC, J0S 1K0
450 829-3782
Website: www.uneaffairedefamilleheasl.com
Email: uaf.reception@gmail.com


Eligibility: parents, young adults, children, teenagers, seniors
Coverage area: MRC du Haut-Saint-Laurent
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00, closed in July and August
Financing: self-financing, municipal
Legal status: non-profit organization

ANTICHAMBRE 12-17 HÉBERGEMENT JEUNESSE DU SUROÎT (L’)
323 Larocque Road, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4C1
450 373-9887
Website: www.lantichambre12-17.ca
Email: hebergement@lantichambre12-17.ca


Eligibility: youth 12 to 17 years old
Capacity: 5 beds
Coverage area: MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges or others if necessary
Hours: 24 hours / 7 days
Fees: $10 per day, $70 per week
Financing: self-financing, foundations
Legal status: non-profit organization

ASSOCIATION D’ENTRAIDE EN SANTÉ MENTALE L’ÉVEIL DE BROME-MISSISQUIO
112 du Sud Street, Suite 500, Cowansville, Montérégie, QC, J2K 2X2
450 263-6240 ext. 0 Fax: 450 263-5779
Website: eveilcowansville.com/en
Email: info@eveilcowansville.com

Services: * Socioprofessional integration for people experiencing psychosocial distress targetting the improvement of their quality of life.

Eligibility: people 16 years old and over
Capacity: 60 people
Coverage area: MRC Brome-Missisquoi
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization
ATELIER INDUSTRIEL SAINT-JEAN
277 Langlois Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 4S4
450 347-2616
Website: www.atelierindustriel.ca
Email: info@atelierindustriel.ca
Services: Professional integration for people living with a disability. * Sampling, packaging, bottling, bagging, sealing, etc.
Eligibility: people living with an intellectual or physical disability
Coverage area: Greater Montréal
Hours: Monday to Friday 8h00 to 16h00
Financing: self-financing
Legal status: non-profit organization

ATELIER LA FLÈCHE DE FER (L’) - AFFI
1730 Eiffel Street, Boucherville, Montérégie, QC, J4B 7W1
450 552-9150 Fax: 450 552-9157
Website: www.groupeaffi.ca/en
Email: info@groupeaffi.ca
Services: Adapted company that promotes the employment of people living with disabilities. * Added-value logistics activities: orders picking, assembly, packaging, distribution, storing and inspection.
Eligibility: youth or adults living with a physical or intellectual disability or an autism spectrum disorder
Coverage area: Montréal Island and South Shore
Hours: Monday to Friday 8h00 to 16h30
Financing: provincial, self-financing
Legal status: non-profit organization

ATELIERS TRANSITION (LES)
5460 Martineau Street, Saint-Hyacinthe, Montérégie, QC, J2R 1T8
450 771-2747 Fax: 450 771-2711
Website: www.atelierstransition.com
Email: info@atelierstransition.com
Eligibility: people living with a disability, people living in situations of exclusion from the labor market
Capacity: 93
Coverage area: Acton Vale, Beloeil, Boucherville, Brossard, Chambly, Granby, Longueuil, Marieville, McMasterville, Mont-Saint-Hilaire, Rougemont, Roxton Falls, Roxton Pond, Saint-Amable, Saint-Bruno-de-Montarville, Saint-Césaire, Saint-Hyacinthe, Sainte-Julie
Hours: Monday to Thursday 8h00 to 16h00, Friday 8h00 to 15h00
Fees: none
Financing: grants, municipal, provincial
Legal status: non-profit organization

BENADO
197 Saint-François-Xavier Road, Delson, Montérégie, QC, J5B 1X7
450 632-1640 Fax: 450 632-6754
Website: benado.org
Email: benado@videotron.ca
Eligibility: dropout alternative section: youth 13 to 18 years old coping with academic, family or social difficulties, alternative justice section: youth 12 to 18 years old, victims, parents and community
**Disability**

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

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

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

**Legal status:** non-profit organization

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**BISTRO CULTUREL COEUR DE VILLAGE**

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

514 400-5351  Fax: 450 992-0633

Website: coeurdevillage.wordpress.com

Email: coeurdevillage@videotron.ca


**Eligibility:** youth, adults, seniors

**Capacity:** 100

**Coverage area:** MRC Roussillon

**Hours:** Wednesday to Sunday 11h00 to 17h00

**Fees:** annual membership: $20

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

**Legal status:** non-profit organization

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**CAFÉ DES DEUX PAINS DE VALLEYFIELD**

107 Jacques-Cartier Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4R8

450 371-8909  Fax: 450 371-7556

Website: www.cafedesdeuxpains.org

Email: cddp@oricom.ca


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

**Coverage area:** Salaberry-De-Valleyfield

**Hours:** Monday to Friday 9h00 to 18h00

**Financing:** Centraide Sud-Ouest du Québec, provincial, self-financing, donations

**Legal status:** non-profit organization

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**CENTRE D'ENTRAIDE MASKOUTAIN - GRANBY**

231 Saint-Charles Street South, Local A, Granby, Montérégie, QC, J2G 3W5

450 330-3317

Website: www.centredentraidemaskoutain.org

Email: centre.dentraide.maskoutain@gmail.com


**Eligibility:** people on a low income

**Coverage area:** Estrie, Montérégie, at-home pick-up of furniture: Granby and surroundings

**Hours:** store: Monday to Friday 10h00 to 17h00, Saturday 10h00 to 16h00, food counter: Friday 13h00

**Fees:** food basket: 12$, thrift store: variable

**Financing:** donations, self-financing

**Legal status:** non-profit organization
CENTRE D’ORIENTATION ET DE FORMATION POUR FEMMES EN RECHERCHE D’EMPLOI
49 Saint-Jacques Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 2J8
450 347-6101 Fax: 450 347-1198
Website: www.coffre.ca
Email: st-jean@coffre.ca
Eligibility: women who are unemployed or with a precarious job
Coverage area: MRC Le Haut-Richelieu
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization

CENTRE DE FORMATION ET D’AIDE À LA RECHERCHE D’EMPLOI
1450 du Pont Street, Marieville, Montérégie, QC, J3M 1G2
450 460-5225 Fax: 450 460-5280
Website: www.cfare.net
Email: accueil@cfare.net
Eligibility: people 16 years old and over
Coverage area: MRC Rouville
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: free
Financing: provincial
Legal status: non-profit organization

CENTRE DE PARTAGE COMMUNAUTAIRE JOHANNAIS
280 Mercier Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 6H4
450 347-6711 Fax: 450 347-8250
Website: cpcjohannais.com
Email: info@cpcjohannais.com
Eligibility: people in need
Coverage area: Saint-Jean-sur-Richelieu
Hours: Monday to Saturday 10h00 to 17h00
Fees: assistance: free
Financing: provincial, donations, self-financing
Legal status: non-profit organization

CENTRE DE SOUTIEN EN SANTÉ MENTALE - MONTÉRÉGIE
2046 Édouard Boulevard, Longueuil, Montérégie, QC, J4T 1Z7
450 486-1609 Fax: 514 227-8314
Website: www.cssm-m.com
Email: ssm2510@videotron.ca
Disability


Eligibility: people with mental illnesses, their family and relatives

Coverage area: Montérégie

Hours: Monday to Friday 8h30 to 16h30

Fees: members: $10 per year, variable contributions for outings and some activities

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

Legal status: non-profit organization

CENTRE DE TRANSITION PERCEVAL INC.

148 George Street, Suite 203, Sorel-Tracy, Montérégie, QC, J3P 1C6
450 746-1860 Fax: 450 746-2970
Email: centre.perceval@videotron.ca


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

Coverage area: MRC Pierre-De Saurel

Hours: Monday to Friday 8h00 to 16h00

Fees: none

Financing: donations, provincial

Legal status: non-profit organization

CERTEX

7500 Grande-Allée Boulevard, Longueuil, Montérégie, QC, J3Y 5K2
450 926-1733 Fax: 450 926-1304
Website: certexcanada.com
Email: certex@certexcanada.com


Coverage area: Province of Québec

Hours: office: Monday to Friday 8h00 to 16h30, thrift shop: Tuesday to Friday 9h00 to 17h30, Saturday 9h00 to 17h00, at-home collection of clothing donations: by appointment

Financing: municipal, provincial, donations, fundraising campaigns

Legal status: non-profit organization

D’UN COUVERT À L’AUTRE

1301 Sainte-Hélène Street, Longueuil, Montérégie, QC, J4K 3S4
450 928-9898
Website: www.duncouvertalautre.org/index.html
Email: duncouvertalautre@gmail.com

**Eligibility:** people living with schizophrenia or with other mental illnesses with psychotic symptoms

**Coverage area:** Longueuil

**Hours:** Monday to Friday 8h00 to 17h00, printing shop: Monday to Thursday 8h00 to 17h00

**Financing:** grants

**Legal status:** non-profit organization

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**DE SOI À L’EMPLOI**

2035 Victoria Avenue, Suite 303, Saint-Lambert, Montérégie, QC, J4S 1H1

**450 465-4078 Fax:** 450 465-2202

**Website:** www.soi-emploi.qc.ca

**Email:** info@soi-emploi.qc.ca


**Eligibility:** women

**Coverage area:** Montérégie

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

**Fees:** free

**Financing:** provincial

**Legal status:** non-profit organization

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**ENVOL (L’) PROGRAMME D’AIDE AUX JEUNES MÈRES**

1660 de l’Église Street, Longueuil, Montérégie, QC, J4P 2C8

**450 465-2584 ext. 221 Fax:** 450 465-2466

**Website:** lenvol.org

**Email:** info@lenvol.org


**Eligibility:** pregnant women and mothers under 25 years old, Escale: mothers under 30 years old, food assistance, childcare and transportation: for users only

**Coverage area:** South Shore of Montréal

**Hours:** Monday to Friday 9h00 to 16h00, Daycare Les Coucous de l’Envol: Monday to Friday 7h00 to 18h00

**Fees:** none

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

**Legal status:** non-profit organization

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**GROUPE D’ENTRAIDE SOREL-TRACY (LE)**

1225 Marie-Victorin Road, Sorel-Tracy, Montérégie, QC, J3R1L8

**450 746-5611**

**Website:** legest.org

**Email:** info@legest.org


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

**Coverage area:** Sorel-Tracy

**Hours:** administration and emergency food assistance: Monday to Friday 8h30 to 16h30, food bank: Thursday 12h30 to 16h30

**Fees:** food bank: $15, other services: free
**INSTITUT NAZARETH ET LOUIS-BRAILLE**

1111 Saint-Charles Street West, Suite 200, Longueuil, Montérégie, QC, J4K 5G4

1 800 361-7063     Fax: 450 463-0243

Website: www.inlb.qc.ca

Email: info.inlb@ssss.gouv.qc.ca


**Eligibility:** people living with a visual impairment

**Coverage area:** Montréal Island, Montérégie, Laval

**Hours:** Monday to Friday 8h00 to 17h00, store: Monday to Thursday 9h00 to 17h00

**Financing:** provincial

**Legal status:** non-profit organization

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LE 2159

2159 de Chambly Road, Longueuil, Montérégie, QC, J4J 3Z1

450 396-6426

Website: www.le2159.com

Email: info@le2159.com

**Services:** * Mid and long-term housing. * Activities and workshops offered on a weekly basis on various topics. * Psychosocial intervention: individual meetings with a counsellor. * Accompaniment for a return to school, an internship, job or apartment search and for appointments. * Social reinsertion through internships.

**Eligibility:** youth 17 to 25 at risk of delinquency, homelessness, sexual exploitation or mental health issues

**Capacity:** 16 rooms

**Coverage area:** Montérégie

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

**Fees:** none

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

**Legal status:** non-profit organization

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MAISON DE JEUNES KEKPART - ACTION JEUNESSE SAINT-PIE-X DE LONGUEUIL

1000 Roland-Therrien Boulevard, Longueuil, Montérégie, QC, J4J 5H3

450 677-3821

Website: www.maisonkekpart.com

Email: communicationskekpart@videotron.ca


**Eligibility:** youth 12 to 18 years old and their family

**Capacity:** 40 people

**Coverage area:** Longueuil

**Hours:** administration: Monday to Friday 9h00 to 16h00, youth line: Monday to Friday 15h00 to 21h00

**Fees:** none

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

**Legal status:** non-profit organization
MAISON DES JEUNES LE DÔME
2 Place du Marché, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 2P4
450 346-2147  Fax: 450 346-7916
Website: www.mdjledome.com
Email: mdjledome@qc.aira.com
Eligibility: youth 12 to 17 years old, socio-professional integration: young adults 16 to 30 years old
Coverage area: Saint-Jean-sur-Richelieu
Hours: Monday to Friday 16h00 to 21h00, Saturday: variable schedule depending on the activities
Fees: free
Financing: provincial
Legal status: non-profit organization

MAISON TREMPLIN DE LONGUEUIL (LA)
267 Toulouse Street, Longueuil, Montérégie, QC, J4L 4X1
450 442-4019
Website: www.maisontremplin.com
Email: info@maisontremplin.com
Eligibility: services: all, activities: families and children 0 to 12 years old
Coverage area: Vieux-Longueuil
Hours: Monday to Thursday 8h30 to 16h00, Friday 8h30 to 12h00
Fees: membership: $7 per year per family with children, $5 per adult, activities: variable
Financing: Centraide of Greater Montréal, federal, provincial, self-financing, donations
Legal status: non-profit organization

MOSAÏQUE (LA), CENTRE D’ACTION BÉNÉVOLE ET COMMUNAUTAIRE
1650 de l’Église Avenue, Longueuil, Montérégie, QC, J4P 2C8
450 465-1803  Fax: 450 465-5440
Website: www.lamosaique.org
Email: info@lamosaique.qc.ca
Eligibility: volunteers, people in need, community organizations and organizations in the health and social services network
Coverage area: agglomeration of Longueuil
Hours: administration: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30, thrift store: Tuesday to Saturday 10h00 to 17h00, shopping trips: twice a month
Fees: thrift store: variable low prices, other services: low cost or free
Financing: donations, grants, self-financing
Legal status: non-profit organization

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OPTION RESSOURCE TRAVAIL
99 Salaberry Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2H5
450 377-4949 Fax: 450 377-8037
Website: psjeunesse.org/programmes/orr-acc-ed-aux-metiers-non-traditionnels
Email: info@psjeunesse.org
Eligibility: women 20 years and over without an income or in precarious employment, interested in exploring non-traditional occupations
Coverage area: MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges, MRC Roussillon, MRC Les Jardins-de-Napierville
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization

ORIENTHÈQUE (L') - CENTRE D’ORIENTATION ET SERVICES D’INTÉGRATION DE LA MAIN-D’OEUVRE
343 Poliquin Boulevard, Sorel-Tracy, Montérégie, QC, J3P 7W1
450 730-0181 Fax: 450 730-0669
Website: www.orientetheque.ca
Email: info@orientetheque.ca
Eligibility: people aged 18 and over, people with criminal records, women in non-traditional jobs, people with immigrant backgrounds, experienced workers aged 50 and over
Coverage area: MRC Pierre-De Saurel, Contrecoeur, Calixa-Lavallée, Verchères
Hours: Monday, Tuesday and Thursday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h30
Fees: none
Financing: provincial, federal, donations
Legal status: non-profit organization

P.S. JEUNESSE
99 Salaberry Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2H5
450 377-9155 Fax: 450 377-8037
Website: psjeunesse.org
Email: info@psjeunesse.org
Eligibility: adults
Capacity: no limits
Coverage area: MRC Roussillon, MRC Les Jardins-de-Napierville, MRC Le Haut-Saint-Laurent, MRC Beauharnois-Salaberry, MRC Vaudreuil-Soulanges
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, search techniques, resume writing, interview preparation. * Assistance with returning to school. * Career counselling: 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 young women. * Focus sur l'emploi: professional reintegration program for people without a high school diploma. * Travail en liberté: employability program for people with a criminal record.
**Eligibility:** adults, people with a criminal record, people without a high school diploma
**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

PETITE FERME DE L'AUBERGE (LA)
728 Bachand Road, Roxton, Montérégie, QC, J0H 1E0
450 548-2736     Fax: 450 548-2227
Website: lapetitefermedelauberge.org
Email: lapetiteferme2001@yahoo.ca
**Eligibility:** men 18 and over who are struggling or homeless with addiction or mental health issues
**Capacity:** housing: 9 places in farm accommodation, food aid: 30 individuals or families per week
**Coverage area:** Montérégie: social reintegration, Roxton Falls and surroundings: food assistance
**Hours:** 7 days 7h00 to 21h00
**Fees:** housing: depending on income
**Financing:** self-financing
**Legal status:** non-profit organization

PLEINS RAYONS
790 du Sud Street, Cowansville, Montérégie, QC, J2K 2Y3
450 263-5300
Website: pleinsrayons.ca/en
Email: administration@pleinsrayons.ca
**Services:** Social integration for young adults living with an autism spectrum disorder or an intellectual disability. * Socioprofessional integration program. * Workstations: carpentry, sewing, bicycle shop, clothing recovery, etc. * Helping Brigade: exterior maintenance of homes for people 65 years old and over. * Agricultural Brigade: team of apprentices who help regional farmers to accomplish different tasks and learn about agricultural work. * Therapeutic leisure activities. * On-site recovery of sewing material, wood and carpentry tools, mechanic tools, bicycle parts and used bicycles.
**Eligibility:** young adults 15 years and older living with an autism spectrum disorder or an intellectual disability
**Coverage area:** MRC Brome-Missisquoi, MRC La Haute-Yamaska
**Hours:** Monday to Thursday 9h00 to 16h00
Financing: donations
Legal status: non-profit organization

PROJET INTÉGRATION AUTISMOPOLIS
415 du Séminaire Boulevard North, Suite B, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 5L4
450 895-1470
Website: www.autismopolis.com
Email: administration@autismopolis.com
Services: * 6 month-long preparation for employment project. * Socialization activities for 13 years old and over.
Eligibility: people with an autism spectrum disorder and without intellectual disabilities
Capacity: 12 people
Coverage area: Province of Québec
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 16h30 and 18h00 to 20h00, Saturday 9h00 to 16h00
Fees: free
Financing: fundraising campaigns, provincial
Legal status: non-profit organization

PSYCOHÉSION
100 du Marché Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1P7
450 377-2841 Fax: 450 377-0410
Website: www.psycohesion.weebly.com
Email: directrice@psycohesion.com
Eligibility: people 18 years and over living with or having lived with a mental health problem, Pass-Action program: people ready to reintegrate the job market
Capacity: Pass-Action program: 8 people
Coverage area: Salaberry-de-Valleyfield
Hours: Monday and Wednesday 9h00 to 16h00, Tuesday 12h00 to 16h00, Thursday 9h00 to 16h00 and 18h00 to 21h00, Friday 9h00 to 15h00, Saturday and Sunday 9h00 to 14h00
Fees: annual membership: $10
Financing: provincial
Legal status: non-profit organization

RECYCLO-CENTRE
165 de l'Hôtel-Dieu Avenue, Sorel-Tracy, Montérégie, QC, J3P 7L4
450 743-5224 Fax: 450 746-4366
Website: www.recyclo-centre.ca
Email: information@recyclo-centre.org
Eligibility: people 18 to 44 years old who are far from the labour market, individuals and families on a low income
Coverage area: MRC Pierre-De Saurel
Hours: Tuesday, Wednesday, Friday and Saturday 9h00 to 17h00, Thursday 9h00 to 20h00, donation centre: 7 days 9h00 to 17h00
**Financing:** provincial, municipal, self-financing  
**Legal status:** non-profit organization

**SDEM SEMO MONTÉRÉGIE**  
365 Saint-Jean Street, Suite 125, Longueuil, Montérégie, QC, J4H 2X7  
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.  
* Adapted training: office clerk, customer service in the food industry and maintenance, animal welfare counsellor, senior attendant in private residence.  
* 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 or an autism spectrum disorder (ASD)  

**Coverage area:** Montérégie  

**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

**SDEM SEMO MONTÉRÉGIE - CHÂTEAUGUAY**  
120 Saint-Jean-Baptiste Boulevard, Suite 202, Châteauguay, Montérégie, QC, J6K 3A9  
1 800 646-6096  Fax: 450 674-7220  
Website: 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 clients already registered only.  

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

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

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

**Fees:** none  

**Financing:** provincial  

**Legal status:** non-profit organization

**SDEM SEMO MONTÉRÉGIE - MONT-SAINT-HILAIRE**  
430 Sir-Wilfrid-Laurier Boulevard, Suite 204, Mont-Saint-Hilaire, Montérégie, QC, J3H 6M5  
1 800 646-6096  Fax: 450 674-7220  
Website: sdem-semo.org  
Email: info@sdem-semo.org  

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

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

**Coverage area:** Mont-Saint-Hilaire  

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

**Fees:** free  

**Financing:** provincial  

**Legal status:** non-profit organization
SDEM SEMO MONTÉRÉGIE - SAINT-HYACINTHE
1980 des Cascades Avenue, Saint-Hyacinthe, Montérégie, QC, J2S 3J5
1 800 646-6096 Fax: 450 674-7220
Website: sdem-semo.org
Email: info@sdem-semo.org

Eligibility: people with a physical, sensory or intellectual disability or with mental health issues, learning disabilities, neurological disorders or an autism spectrum disorder (ASD)
Coverage area: Saint-Hyacinthe
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00, by appointment only
Fees: free
Financing: provincial
Legal status: non-profit organization

SDEM SEMO MONTÉRÉGIE - SAINT-JEAN-SUR-RICHELIEU
315 MacDonald Street, Suite 115, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 8J3
1 800 646-6096 Fax: 450 674-7220
Website: sdem-semo.org
Email: info@sdem-semo.org

Eligibility: people with a physical, sensory or intellectual disability or with mental health issues, learning disabilities, neurological disorders or an autism spectrum disorder (ASD)
Coverage area: Saint-Jean-Sur-Richelieu
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00, by appointment only
Fees: free
Financing: provincial
Legal status: non-profit organization

SDEM SEMO MONTÉRÉGIE - SALABERRY-DE-VALLEYFIELD
19 du Marché Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1P1
1 800 646-6096 Fax: 450 674-7220
Website: sdem-semo.org
Email: info@sdem-semo.org

Eligibility: people with a physical, sensory or intellectual disability or with mental health issues, learning disabilities, neurological disorders or an autism spectrum disorder (ASD)
Coverage area: Salaberry-De-Valleyfield
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00, by appointment only
Fees: free
Financing: provincial
Legal status: non-profit organization

SDEM SEMO MONTÉRÉGIE - SOREL-TRACY
215 Robillard Street, Sorel-Tracy, Montérégie, QC, J3P 8C7
1 800 646-6096 Fax: 450 674-7220
Website: sdem-semo.org
Email: info@sdem-semo.org

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

Coverage area: Sorel-Tracy
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00, by appointment only
Fees: free
Financing: provincial
Legal status: non-profit organization

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
Eligibility: people living with a physical, sensory or intellectual disability or with mental health issues, learning disabilities, neurological disorders or an autism spectrum disorder (ASD)
Coverage area: MRC 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 D'INTERVENTION EN SANTÉ MENTALE ESPOIR
1704 Saint-Georges Street, Longueuil, Montérégie, QC, J4P 3J2
450 672-4597 ext. 230   Fax: 450 672-5505
Website: www.serviceespoir.com
Email: espoir@serviceespoir.com
Eligibility: adults 18 to 65 years old with mental health problems
Capacity: Maison Cartier: 5 rooms
Coverage area: South Shore
Hours: daytime activities: Monday to Friday 9h00 to 17h00
Financing: provincial
Legal status: non-profit organization

SERVICE D'INTERVENTION EN SANTÉ MENTALE ESPOIR - POINT DE SERVICE RUE SAINT-GEORGES
1704 Saint-Georges Street, Longueuil, Montérégie, QC, J4P 3J2
450 672-4597 ext. 221   Fax: 450 672-5505
Website: www.serviceespoir.com
Email: info@serviceespoir.com
Eligibility: men and women aged 18 to 65 living with mental health issues
Capacity: 1 ½: 10 apartments, 3 ½: 5 apartments
Coverage area: South Shore
Hours: daytime activities: Monday to Friday 9h00 to 17h00
Financing: provincial
Legal status: non-profit organization
SERVICE D'INTERVENTION EN SANTÉ MENTALE ESPOIR - POINT DE SERVICE RUE SAINT-JACQUES

650 Saint-Jacques Street, Longueuil, Montérégie, QC, J4H 3C6
450 672-4597 ext. 221 Fax: 450 672-5505
Website: www.serviceespoir.com
Email: info@serviceespoir.com

Services: Supervised apartments for adults living with mental health issues. * Accompaniment and community follow-up in the implementation of the participants’ life project. * Consolidation of psychosocial rehabilitation skills. * Residents' committee.

Eligibility: men and women aged 18 to 65 living with mental health issues who have previously resided at the Saint-Georges Street service point

Capacity: 10 autonomous 3 1/2 apartments and one shared apartment for 2 people

Coverage area: South Shore

Hours: day activities: Monday to Friday 9h00 to 17h00

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


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

ASSOCIATION DE LA DÉFICIENCE INTELLECTUELLE DE LA RÉGION DE SOREL

1275 des Patriotes Road, Sorel-Tracy, Montérégie, QC, J3P 2N4
450 743-0664 Fax: 450 743-3208
Website: adirs.e-monsite.com
Email: adirs@videotron.ca


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

Coverage area: Contrecoeur, MRC Pierre-De Saurel

Hours: Monday to Friday 9h00 to 16h00

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

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

Legal status: non-profit organization
ASSOCIATION DES PARENTS DES ENFANTS HANDICAPÉS RICHELIEU-VAL-MASKA
16675 Desrochers Avenue, Saint-Hyacinthe, Montérégie, QC, J2T 3K3
450 261-8556
Email: directrice@apehrvm.org


Eligibility: families of people living with an intellectual disability, a physical disability or an autism spectrum disorder

Coverage area: Beloeil, McMasterville, Mont-Saint-Hilaire, MRC Acton, MRC les Maskoutains, MRC Rouville, Otterburn Park, Saint-Charles-sur-Richelieu, Saint-Denis-sur-Richelieu, Saint-Jean-Baptiste, Saint-Mathieu-de-Beloeil

Hours: Monday to Friday 9h00 to 16h00
Fees: free
Financing: provincial
Legal status: non-profit organization

ASSOCIATION DES PERSONNES HANDICAPÉES DE LA RIVE-SUD OUEST
100 Sainte-Marie Street, La Prairie, Montérégie, QC, J5R 1E8
450 659-6519 Fax: 450 659-6510
Website: www.aphrso.org
Email: info@aphrso.org


Eligibility: people with functional limitations, their representatives

Coverage area: MRC Roussillon

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: none
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

ASSOCIATION DES PERSONNES HANDICAPÉES DE LA VALLÉE DU RICHELIEU
308 Montsabré Street, Suite D-209, Beloeil, Montérégie, QC, J3G 2H5
450 464-7445
Website: www.aphvr.org
Email: informations@aphvr.org

Services: * Advocacy and promotion of the rights of people with physical disabilities and with loss of autonomy: accessibility of public sites and facilities, adapted transportation, adapted housing, etc. * Individual listening, information and referral. * Adapted activities to preserve or develop physical or cognitive skills. * Recreational outings and sport activities to promote social bonding. * Online documentation and public awareness on the needs and realities of people living with a physical disability.

Eligibility: people with a physical disability, people with loss of autonomy, their families

Coverage area: MRC de La Vallée-du-Richelieu

Hours: Monday to Thursday 9h30 to 16h30
Fees: annual membership: $20
Financing: provincial, municipal, self-financing
Legal status: non-profit organization
ASSOCIATION DES PERSONNES HANDICAPÉES DE SOREL-TRACY
105 du Prince Street, Suite 42, Sorel-Tracy, Montérégie, QC, J3P 4J9
450 743-6655     Fax: 450 743-5920
Email: aphst@videotron.ca


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

Coverage area: MRC Pierre-De Saurel
Hours: Monday to Thursday 9h00 to 17h00
Fees: $10 per year
Financing: fundraising campaigns, membership fees, donations
Legal status: non-profit organization

ASSOCIATION DES USAGERS DU TRANSPORT ADAPTÉ DE LONGUEUIL
150 Grant Street, Suite 118, Longueuil, Montérégie, QC, J4H 3H6
450 646-2224
Website: www.autal.org
Email: info@autal.org

Services: * Information and telephone referral. * Support to paratransit users in the forwarding of their complaints to the Réseau de transport de Longueuil and follow-up with carriers. * Information sessions for members. * Promotion of the interests and defence of the rights of people using paratransit and public transit.

Eligibility: people with disabilities using the Réseau de transport de Longueuil's paratransit and public transit services

Coverage area: Longueuil agglomeration
Hours: Monday to Friday 8h30 to 16h30
Fees: aucun
Financing: provincial
Legal status: non-profit organization

ASSOCIATION DU SYNDROME DE TURNER DU QUÉBEC
Confidential Address
514 264-6362
Website: syndrometurnerquebec.com
Email: info@syndrometurnerquebec.com


Eligibility: people living with Turner's syndrome, their close ones and anyone interested in Turner's syndrome

Coverage area: Province of Québec
Hours: by appointment
Fees: none
Financing: fundraising campaigns, donations, grants
Legal status: non-profit organization

ASSOCIATION LOCALE DES PERSONNES HANDICAPÉES DE CHAMBLY ET LA RÉGION - ALPHA
608 12th Avenue, Richelieu, Montérégie, QC, J3L 5J9
450 658-9869
Website: www.associationalpha.com
Email: associationalpha@hotmail.com
Disability

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

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

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

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

**Fees:** variable

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

**Legal status:** non-profit organization

**ASSOCIATION PANDA LES DEUX-RIVES**

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

438 793-8188

**Website:** www.pandalesdeuxrives.com

**Email:** pandalesdeuxrives@gmail.com


**Eligibility:** parents of children with an attention deficit disorder with or without hyperactivity

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

**Financing:** donations, fundraising campaigns

**Legal status:** non-profit organization

**ASSOCIATION PAUSE**

375 Bessette Avenue, Saint-Jean-sur-Richelieu, Montérégie, QC, J2X 2N8

450 347-2324

**Website:** www.associationpause.org

**Email:** info@associationpause.org


**Eligibility:** people with intellectual disabilities or autism spectrum disorders (ASD), associated or not with a physical disability, families of participants

**Coverage area:** MRC Le Haut-Richelieu

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

**Fees:** membership fee: $20

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

**Legal status:** non-profit organization

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

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

1 866 635-1961

**Website:** www.dysphasienmonteregie.qc.ca

**Email:** info@dysphasienmonteregie.qc.ca
Services: * Hotline and information research for members. * Support to research on primary language impairment. * Information and social reintegration activities. * Colloquium on dysphasia and its impacts. * Information tool production and advocacy.

Eligibility: people with dysphasia of all ages, parents of children with dysphasia, specialists or people interested in dysphasia

Coverage area: Montérégie

Hours: office: Monday to Thursday 8h00 to 16h00, Friday 9h00 to 13h00, activities: evenings and weekends

Fees: membership: $25 per year for individual, professional and supporter members, $50 for corporate members

Financing: provincial, self-financing, donations

Legal status: non-profit organization

AUTISME MONTÉRÉGIE
755 Sainte-Foy Boulevard, Suite 210, Longueuil, Montérégie, QC, J4J 1Z4
1 888 424-1212 Fax: 450 646-4633
Website: www.autismemonteregie.org
Email: administration@autismemonteregie.org


Eligibility: people living with an autism spectrum disorder (ASD), their family, their close ones

Coverage area: Montérégie

Hours: Monday to Friday 8h00 to 16h00, summer: variable

Fees: annual membership, adult member living with ASD: $15, parent and extended family member: $20, support worker member: $40

Financing: donations, fundraising events, grants, provincial

Legal status: non-profit organization

CEREBRAL PALSY ASSOCIATION OF QUÉBEC
Confidential Address
1 800 311-3770
Website: www.paralysiecerebrale.com
Email: info@paralysiecerebrale.com


Eligibility: people living with cerebral palsy

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 16h30

Fees: annual membership: $10

Financing: self-financing, fundraising campaigns, donations

Legal status: non-profit organization

FONDATION DES RESSOURCES ALTERNATIVES DU SUD-OUEST
30 Saint-Thomas Street, Suite 200, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4J2
450 371-4816 ext. 209
Website: www.lafras.com
Email: info@lafras.com


Eligibility: families of people living with an intellectual disability or an autism spectrum disorder, organizations that support them
GROUPEMENT DES ASSOCIATIONS DE PERSONNES HANDICAPÉES DE LA RIVE-SUD DE MONTRÉAL
1400 Édouard Boulevard, Suite 113, Longueuil, Montérégie, QC, J4T 3T2
450 923-1548
Website: www.gaphrsm.ca
Email: info@gaphrsm.ca
Services: Promotion and advocacy of rights and interests for people with disabilities. * Technical support for member associations. * Consultation regarding the various topics that concern people with disabilities. * Popular education.
Eligibility: people living with physical, sensory or intellectual disabilities or an ASD
Coverage area: Longueuil, Saint-Jean-sur-Richelieu, Châteauguay and surroundings
Hours: Monday to Friday 9h00 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization

INSTITUT NAZARETH ET LOUIS-BRAILLE
1111 Saint-Charles Street West, Suite 200, Longueuil, Montérégie, QC, J4K 5G4
1 800 361-7063 Fax: 450 463-0243
Website: www.inlb.qc.ca
Email: info.inlb@ssss.gouv.qc.ca
Eligibility: people living with a visual impairment
Coverage area: Montréal Island, Montérégie, Laval
Hours: Monday to Friday 8h00 to 17h00, store: Monday to Thursday 9h00 to 17h00
Financing: provincial
Legal status: parapublic organization

INTÉGRATION SOCIALE DES ENFANTS EN MILIEU DE GARDE
386 de Gentilly Street West, Suite 105, Longueuil, Montérégie, QC, J4H 2A2
450 646-2714 Fax: 450 646-6573
Website: isemg.quebec
Email: info@isemg.quebec
Eligibility: daycare services, educators, accompanying people, supervisors, parents, children living with a disability or a developmental delay
Coverage area: Province of Québec
Fees: variable
Financing: foundations
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


Eligibility: adults 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

ORGANISME D’AIDE AUX TROUBLES DYS TUKÀ TULÀ SOS DYS
227 Saint-Édouard Road, Saint-Jean-sur-Richelieu, Montérégie, QC, J2X 5T9
1 800 465-0122
Email: tukatula.sos.dys@gmail.com


Eligibility: children or adults living with a specific learning disability with or without medical diagnosis: dyslexia, dyscalculia, dysorthography, dysphasia, dysgraphy or dyspraxia, parents, families, professionals

Coverage area: Canada

Financing: grants, donations

Legal status: non-profit organization

PARRAINAGE CIVIQUE DES MRC D’ACTON ET DES MASKOUTAINS
1195 Saint-Antoine Street, Suite 206, Saint-Hyacinthe, Montérégie, QC, J2S 3K6
450 774-8758
Website: parrainagecivique.org
Email: parrainageciviqueam@gmail.com


Eligibility: people living with an intellectual disability, physical disability or autism spectrum disorder, volunteers

Coverage area: MRC Acton, MRC Les Maskoutains

Hours: Monday to Friday 8h30 to 16h30

Fees: membership card

Financing: Centraide Richelieu-Yamaska, grants, membership fees

Legal status: non-profit organization

REGROUPEMENT DES USAGERS DU TRANSPORT ADAPTÉ DE CHÂTEAUGUAY
Confidential Address
450 201-1739
Website: rutac.org
Email: info@rutac.org

Eligibility: users of adapted transportation, people with limitations, seniors, caregivers, citizens
Coverage area: Beauharnois, Châteauguay, Léry, Mercier
Fees: none
Financing: provincial, grants, donations
Legal status: parapublic organization

REGROUPEMENT DES USAGERS DU TRANSPORT ADAPTÉ ET COLLECTIF DU HAUT-RICHELIEU
125 Jacques-Cartier Street North, Suite 10, Saint-Jean-Sur-Richelieu, Montérégie, QC, J3B 8C9
450 542-9635  Fax: 450 542-9962
Website: www.rutachr.com
Email: direction@rutachr.com
Services: * Representation and advocacy of rights. * Awareness, promotion and education. * Assistance with the admissibility process.
Eligibility: people with reduced mobility using paratransit
Coverage area: MRC Haut-Richelieu
Hours: Monday to Friday 9h00 to 15h00
Legal status: non-profit organization

SOCIÉTÉ LUÇOISE DES PERSONNES HANDICAPÉES ACTIVES
Confidential Address
450 359-2000
Email: societe_lucoise@hotmail.com
Eligibility: people with physical, mild intellectual and sensory disabilities
Coverage area: MRC Le Haut Richelieu
Fees: $15
Legal status: non-profit organization

VIE AUTONOME MONTÉRÉGIE
245 6th Avenue, Suite 1, Saint-Jean-sur-Richelieu, Montérégie, QC, J2X 0C6
450 347-6041  Fax: 450 347-9059
Website: www.rphrhr.com
Email: rph@videotron.ca
Eligibility: people with physical disabilities
Coverage area: Montérégie
Hours: Monday to Thursday 8h30 to 16h30
Financing: provincial, donations
Legal status: non-profit organization

ZONE LOISIR MONTÉRÉGIE
418 Saint-Charles Avenue, Suite 319, Vaudreuil-Dorion, Montérégie, QC, J7V 2N1
450 771-0707
Website: zlm.qc.ca
Email: infozlm@zlm.qc.ca
Eligibility: organizations, cities, municipalities
Advocacy for people with an intellectual disability

ASSOCIATION DE LA DÉFICIENCE INTELLECTUELLE DE LA RÉGION DE SOREL
1275 des Patriotes Road, Sorel-Tracy, Montérégie, QC, J3P 2N4
450 743-0664     Fax: 450 743-3208
Website: adirs.e-monsite.com
Email: adirs@videotron.ca


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

Coverage area: Contrecoeur, MRC Pierre-De Saurel
Hours: Monday to Friday 9h00 to 16h00
Fees: annual membership card: $10, activities: variable
Financing: federal, provincial, fundraising campaigns, self-financing, contributions, donations
Legal status: non-profit organization

ASSOCIATION DES PARENTS DES ENFANTS HANDICAPÉS RICHELIEU-VAL-MASKA
16675 Desrochers Avenue, Saint-Hyacinthe, Montérégie, QC, J2T 3K3
450 261-8556
Email: directrice@apehrvm.org


Eligibility: families of people living with an intellectual disability, a physical disability or an autism spectrum disorder

Coverage area: Beloeil, McMasterville, Mont-Saint-Hilaire, MRC Acton, MRC les Maskoutains, MRC Rouville, Otterburn Park, Saint-Charles-sur-Richelieu, Saint-Denis-sur-Richelieu, Saint-Jean-Baptiste, Saint-Mathieu-de-Beloeil
Hours: Monday to Friday 9h00 to 16h00
Fees: free
Financing: provincial
Legal status: non-profit organization

ASSOCIATION DES PERSONNES HANDICAPÉES DE LA RIVE-SUD OUEST
100 Sainte-Marie Street, La Prairie, Montérégie, QC, J5R 1E8
450 659-6519     Fax: 450 659-6510
Website: www.aphrso.org
Email: info@aphrso.org


Eligibility: people with functional limitations, their representatives

Coverage area: MRC Roussillon
ASSOCIATION LOCALE DES PERSONNES HANDICAPÉES DE CHAMBLY ET LA RÉGION - ALPHA
608 12th Avenue, Richelieu, Montérégie, QC, J3L 5J9
450 658-9869
Website: www.associationalpha.com
Email: associationalpha@hotmail.com

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

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

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

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

Fees: variable

Financing: provincial, Centraide Richelieu-Yamaska, federal

Legal status: non-profit organization

ASSOCIATION PAUSE
375 Bessette Avenue, Saint-Jean-sur-Richelieu, Montérégie, QC, J2X 2N8
450 347-2324
Website: www.associationpause.org
Email: info@associationpause.org


Eligibility: people with intellectual disabilities or autism spectrum disorders (ASD), associated or not with a physical disability, families of participants

Coverage area: MRC Le Haut-Richelieu

Hours: Monday to Friday 9h00 to 16h00

Fees: membership fee: $20

Financing: provincial, donations, grants, self-financing

Legal status: non-profit organization

AUTISME MONTÉRÉGIE
755 Sainte-Foy Boulevard, Suite 210, Longueuil, Montérégie, QC, J4J 1Z4
1 888 424-1212   Fax: 450 646-4633
Website: www.autismemonteregie.org
Email: administration@autismemonteregie.org

Eligibility: people living with an autism spectrum disorder (ASD), their family, their close ones

Coverage area: Montérégie

Hours: Monday to Friday 8h00 to 16h00, summer: variable

Fees: annual membership, adult member living with ASD: $15, parent and extended family member: $20, support worker member: $40

Financing: donations, fundraising events, grants, provincial

Legal status: non-profit organization

GROUPEMENT DES ASSOCIATIONS DE PERSONNES HANDICAPÉES DE LA RIVE-SUD DE MONTRÉAL

1400 Édouard Boulevard, Suite 113, Longueuil, Montérégie, QC, J4T 3T2
450 923-1548
Website: www.gaphrsm.ca
Email: info@gaphrsm.ca

Services: Promotion and advocacy of rights and interests for people with disabilities. * Technical support for member associations. * Consultation regarding the various topics that concern people with disabilities. * Popular education.

Eligibility: people living with physical, sensory or intellectual disabilities or an ASD

Coverage area: Longueuil, Saint-Jean-sur-Richelieu, Châteauguay and surroundings

Hours: Monday to Friday 9h00 to 16h30

Fees: none

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


Eligibility: adults 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

ORGANISME D’AIDE AUX TROUBLES DYS TUKÀ TULÀ SOS DYS

227 Saint-Édouard Road, Saint-Jean-sur-Richelieu, Montérégie, QC, J2X 5T9
1 800 465-0122
Email: tukatula.sos.dys@gmail.com


Eligibility: children or adults living with a specific learning disability with or without medical diagnosis: dyslexia, dyscalculia, dysorthography, dysphasia, dysgraphy or dyspraxia, parents, families, professionals

Coverage area: Canada

Financing: grants, donations

Legal status: non-profit organization
PARRAINAGE CIVIQUE DES MRC D’ACTON ET DES MASKOUTAINS
1195 Saint-Antoine Street, Suite 206, Saint-Hyacinthe, Montérégie, QC, J2S 3K6
450 774-8758
Website: parrainagecivique.org
Email: parrainageciviqueam@gmail.com
Eligibility: people living with an intellectual disability, physical disability or autism spectrum disorder, volunteers
Coverage area: MRC Acton, MRC Les Maskoutains
Hours: Monday to Friday 8h30 to 16h30
Fees: membership card
Financing: Centraide Richelieu-Yamaska, grants, membership fees
Legal status: non-profit organization

SOCIÉTÉ LUÇOISE DES PERSONNES HANDICAPÉES ACTIVES
Confidential Address
450 359-2000
Email: societe_lucoise@hotmail.com
Eligibility: people with physical, mild intellectual and sensory disabilities
Coverage area: MRC Le Haut Richelieu
Fees: $15
Legal status: non-profit organization

Deaf and hearing impaired

ASSOCIATION DES DEVENUS SOURDS ET DES MALENTENDANTS DU QUÉBEC - SECTEUR SUD-OUEST
35 Grande-Île Street, Suite 1, Salaberry-de-Valleyfield, Montérégie, QC, J6S 3L9
450 377-5941     Fax: 450 377-4293
Email: adsmqso@gmail.com
Eligibility: people who became deaf and hearing impaired
Coverage area: MRC Le Haut-Saint-Laurent, MRC Beauharnois-Salaberry, MRC Vaudreuil-Soulanges, MRC Roussillon
Hours: Monday to Friday 8h00 to 16h00
Fees: annual membership: $25
Financing: membership fees
Legal status: non-profit organization
ASSOCIATION DES PERSONNES HANDICAPÉES DE SOREL-TRACY

105 du Prince Street, Suite 42, Sorel-Tracy, Montérégie, QC, J3P 4J9
450 743-6655 Fax: 450 743-5920
Email: aphst@videotron.ca


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

Coverage area: MRC Pierre-De Saurel

Hours: Monday to Thursday 9h00 to 17h00

Fees: $10 per year

Financing: fundraising campaigns, membership fees, donations

Legal status: non-profit organization

CENTRE ALPHA-SOURD RIVE-SUD

2010 Chambly Road, Suite B, Longueuil, Montérégie, QC, J4J 3Y2
438 806-5149
Website: www.casourdrivesud.org
Email: info@casourdrivesud.org


Eligibility: deaf and deaf-blind people

Capacity: 25

Coverage area: Montérégie

Hours: Wednesday and Friday 8h00 to 15h00

Fees: none

Financing: provincial

Legal status: non-profit organization

CENTRE ALPHA-SOURD RIVE-SUD - LONGUEUIL POINT OF SERVICE

450 Chambly Road, Suite 200, Longueuil, Montérégie, QC, J4H 3L7
438 382-3488 TTY: 438 382-3488
Website: www.dalc.alphasourd.org
Email: dalc@alphasourd.org


Eligibility: deaf and deaf-blind people

Capacity: 50

Coverage area: Montérégie

Hours: Tuesday 13h00 to 16h00 and Thursday 13h00 to 21h00

Fees: none

Financing: provincial

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 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.
* 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 - SAINT-HUBERT
5300 de Chambly Road, Longueuil, Montérégie, QC, J3Y 3N7
1 800 667-4369 Fax: 450 676-2043
Website: www.santemonteregie.qc.ca/services/deficience-physique-readaptation-physique

Services:
* Physical rehabilitation.
* Intensive functional rehabilitation unit.
* Evaluation and occupational and social integration, in childcare and school environments for youth and in socio-professional environment for adults.
* 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.
* Physiotherapy and occupational therapy services.
* Audiology and speech therapy services.
* Hearing aids.
* Posture and mobility technical aids services.

Eligibility:
* People living with a physical or sensory disability or who live with functional limitations related to posture or mobility.

Coverage area: Montérégie
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.
* Hearing 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, J7V 8P4

514 453-7600 ext. 221 Fax: 514 453-7601

Website: mon-camp.ca/en

Email: info@mon-camp.ca


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: housing: 110, for a day: 400

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

COOPÉRATIVE DE SOLIDARITÉ-SANTÉ DE LA MRC D'ACTON

755 de Roxton Street, Acton Vale, Montérégie, QC, J0H 1A0

450 546-3245 Fax: 450 546-4720

Website: coopsanteacton.ca

Email: info@coopsanteacton.ca


Eligibility: individuals without a family doctor or followed by a doctor from the Coopérative de santé de la MRC d’Acton

Coverage area: MRC Acton

Hours: Monday and Wednesday 8h00 to 20h30, Tuesday, Thursday and Friday 8h00 to 17h00

Fees: consultations: none, other services: variable with reduced rates for members, membership on a voluntary basis: $10 for the acquisition of a social share, $65 for the annual contribution

Financing: contributions

Legal status: cooperative

COOPÉRATIVE DE SOLIDARITÉ-SANTÉ DE CONTRECOEUR

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

450 587-2667

Website: www.coopcontrecoeur.com

Email: info@coopcontrecoeur.com


Eligibility: youth clinic: 12 to 18 years old, other services: general public
Coverage area: South Shore
Hours: Monday and Wednesday 8h00 to 17h00, Tuesday and Thursday 8h00 to 20h00, Friday 8h00 to 16h00
Financing: self-financing
Legal status: non-profit organization

FOYER SAINT-ANTOINE DE LONGUEUIL
150 Grant Street, Longueuil, Montérégie, QC, J4H 3H6
450 679-6654
Website: foyerstantoine.ca
Email: info@foyerstantoine.ca
Eligibility: adults living with a physical, sensory or intellectual disability
Coverage area: Montérégie
Hours: day centre: Monday to Thursday 9h00 to 16h00, Friday 9h00 to 14h00, respite and short stays accommodation: 24 hours / 7 days
Fees: membership: $25 per year, respite: $65 per night, day centre: $25 per day, material: $15 per year
Financing: self-financing, federal
Legal status: non-profit organization

GROUPEMENT DES ASSOCIATIONS DE PERSONNES HANDICAPÉES DE LA RIVE-SUD DE MONTRÉAL
1400 Édouard Boulevard, Suite 113, Longueuil, Montérégie, QC, J4T 3T2
450 923-1548
Website: www.gaphrsm.ca
Email: info@gaphrsm.ca
Services: Promotion and advocacy of rights and interests for people with disabilities. * Technical support for member associations. * Consultation regarding the various topics that concern people with disabilities. * Popular education.
Eligibility: people living with physical, sensory or intellectual disabilities or an ASD
Coverage area: Longueuil, Saint-Jean-sur-Richelieu, Châteauguay and surroundings
Hours: Monday to Friday 9h00 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization

REGROUPEMENT SOUTIEN AUX AIDANTS DE BROME-MISSISQUIO
614 J.-André-Deragon Boulevard, Cowansville, Montérégie, QC, J2K 0H7
450 263-4236 Fax: 450 263-0408
Website: rsabm.ca
Email: info@rsabm.ca
Services: Services for caregivers. * Individual and group-based sychosocial support. * Daytime respite and housing respite, 1 to 14 days. * Coffee-meetings, workshops-discussions, creative workshops, night and at-home respite.
Eligibility: any person who is a caregiver for a closed one suffering from a permanent or temporary incapacity due to a disability, an accident, an illness or old age
Capacity: 4 rooms
Coverage area: MRC Brome-Missisquoi and surroundings
Hours: administration: Monday to Friday 8h30 to 16h30, respite: 24 hours / 7 days
Fees: yearly contribution of $10, respite services: $15 for day, $7.50 for a half-day, $25 for housing respite (24 hours)
Disability

Financing: provincial
Legal status: non-profit organization

RÉSEAU|SURDITÉ|MONTÉRÉGIE
125 Jacques-Cartier Street North, Suite 11, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 8C9
450 346-6029  TTY: 450 238-0130
Website: www.reseausurditemonteregie.org
Email: info@reseausurditemonteregie.org
Services: Help, support and assistance for people living with deafness, their families and loved ones. * Help with communication. * Information and referral. * Services and activities that promote the autonomy and development of people living with deafness: conferences, workshops.
Eligibility: deaf and hearing-impaired people
Coverage area: Montérégie-Est, Montérégie-Centre, Montérégie-Ouest
Hours: Monday to Friday 9h00 to 16h00
Financing: provincial
Legal status: non-profit organization

SDEM SEMO MONTÉRÉGIE
365 Saint-Jean Street, Suite 125, Longueuil, Montérégie, QC, J4H 2X7
1 800 646-6096  Fax: 450 674-7220
Website: www.sdem-semo.org
Email: info@sdem-semo.org
Eligibility: people living with a physical, sensory or intellectual disability or with mental health issues, learning disabilities, neurological disorders or an autism spectrum disorder (ASD)
Coverage area: Montérégie
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00, by appointment
Fees: none
Financing: provincial
Legal status: non-profit organization

SDEM SEMO MONTÉRÉGIE - CHÂTEAUGUAY
120 Saint-Jean-Baptiste Boulevard, Suite 202, Châteauguay, Montérégie, QC, J6K 3A9
1 800 646-6096  Fax: 450 674-7220
Website: www.sdem-semo.org
Email: info@sdem-semo.org
Eligibility: people living with a physical, sensory or intellectual disability or with mental health issues, learning disabilities, neurological disorders or an autism spectrum disorder (ASD)
Coverage area: MRC Roussillon, MRC Les Jardins-de-Napierville
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00, by appointment only
Fees: none
Financing: provincial
Legal status: non-profit organization
SDEM SEMO MONTÉRÉGIE - MONT-SAINT-HILAIRE
430 Sir-Wilfrid-Laurier Boulevard, Suite 204, Mont-Saint-Hilaire, Montérégie, QC, J3H 6M5
1 800 646-6096 Fax: 450 674-7220
Website: sdem-semo.org
Email: info@sdem-semo.org
Eligibility: people with a physical, sensory or intellectual disability or with mental health issues, learning disabilities, neurological disorders or an autism spectrum disorder (ASD)
Coverage area: Mont-Saint-Hilaire
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00, by appointment only
Fees: free
Financing: provincial
Legal status: non-profit organization

SDEM SEMO MONTÉRÉGIE - SAINT-HYACINTHE
1980 des Cascades Avenue, Saint-Hyacinthe, Montérégie, QC, J2S 3J5
1 800 646-6096 Fax: 450 674-7220
Website: sdem-semo.org
Email: info@sdem-semo.org
Eligibility: people with a physical, sensory or intellectual disability or with mental health issues, learning disabilities, neurological disorders or an autism spectrum disorder (ASD)
Coverage area: Saint-Hyacinthe
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00, by appointment only
Fees: free
Financing: provincial
Legal status: non-profit organization

SDEM SEMO MONTÉRÉGIE - SAINT-JEAN-SUR-RICHELIEU
315 MacDonald Street, Suite 115, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 8J3
1 800 646-6096 Fax: 450 674-7220
Website: sdem-semo.org
Email: info@sdem-semo.org
Eligibility: people with a physical, sensory or intellectual disability or with mental health issues, learning disabilities, neurological disorders or an autism spectrum disorder (ASD)
Coverage area: Saint-Jean-Sur-Richelieu
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00, by appointment only
Fees: free
Financing: provincial
Legal status: non-profit organization

SDEM SEMO MONTÉRÉGIE - SALABERRY-DE-VALLEYFIELD
19 du Marché Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1P1
1 800 646-6096 Fax: 450 674-7220
Website: sdem-semo.org
Email: info@sdem-semo.org
Eligibility: people with a physical, sensory or intellectual disability or with mental health issues, learning disabilities, neurological disorders or an autism spectrum disorder (ASD)
**Coverage area:** Salaberry-De-Valleyfield  
**Hours:** Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00, by appointment only  
**Fees:** free  
**Financing:** provincial  
**Legal status:** non-profit organization

### SDEM SEMO MONTÉRÉGIE - SOREL-TRACY

215 Robillard Street, Sorel-Tracy, Montérégie, QC, J3P 8C7  
1 800 646-6096     Fax: 450 674-7220  
**Website:** sdem-semo.org  
**Email:** info@sdem-semo.org  
**Services:** Support for training, integration and job retention.  * Preparatory employment program.  * Job search assistance.  
**Eligibility:** people with a physical, sensory or intellectual disability or with mental health issues, learning disabilities, neurological disorders or an autism spectrum disorder (ASD)  
**Coverage area:** Sorel-Tracy  
**Hours:** Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00, by appointment only  
**Fees:** free  
**Financing:** provincial  
**Legal status:** non-profit organization

### 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 or an autism spectrum disorder (ASD)  
**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

### SOCIÉTÉ LUÇOISE DES PERSONNES HANDICAPÉES ACTIVES

Confidential Address  
450 359-2000  
**Email:** societe_lucoise@hotmail.com  
**Services:** Activities and services promoting moral, cultural, physical and social autonomy for people with disabilities.  * Advocacy and social reintegration.  * Awareness on needs and interests of people with disabilities.  * Information and referral services.  * Coffee-meetings.  
**Eligibility:** people with physical, mild intellectual and sensory disabilities  
**Coverage area:** MRC Le Haut Richelieu  
**Fees:** $15  
**Legal status:** non-profit organization
Language disorders

APHASIE RIVE-SUD
1720 De Gaulle Street, Longueuil, Montérégie, QC, J4T 1M9
450 550-4466
Website: aphasierivesud.ca/en/home
Email: info.aphasierivesud@gmail.com

Services: * Workshops: language (speech therapy), written language, theatre, choir, games, adapted scrabble, lunch meeting, relaxation on a chair, etc. * J'active mes neurones workshop. * Parole entre nous workshop. * Workshops for caregivers: Café du bien support group, sociocultural activities, etc.

Eligibility: adults with aphasia, caregivers

Coverage area: South Shore of Montréal

Hours: Monday to Friday 8h30 to 15h30, meetings and workshops: Monday to Friday 9h30 to 11h30

Fees: membership card: $30 per year, activities: $50 per semester

Financing: provincial, self-financing, donations

Legal status: non-profit organization

ASSOCIATION DES JEUNES BÈGUES DU QUÉBEC
1494 de Chambly Road, Suite 901, Longueuil, Montérégie, QC, J4J 3X3
514 388-8455
Website: www.ajbq.qc.ca/fr/
Email: info@ajbq.qc.ca


Eligibility: children and young people 18 years old and under who stutter, their families and close ones

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: annual membership: $30, fees for camps

Financing: self-financing, grants, donations

Legal status: non-profit organization

ASSOCIATION DES PERSONNES APHASIQUES DU RICHELIEU-YAMASKA
1800 Dessaulles Street, door C-3115, Saint-Hyacinthe, Montérégie, QC, J2S 2T2
450 771-3333 ext. 2685
Website: www.aphasieapary.org
Email: info@aphasieapary.org


Eligibility: people with aphasia following a stroke, their relatives

Capacity: 15

Coverage area: Richelieu, Yamaska

Hours: Monday to Friday 8h30 to 15h30

Fees: annual membership: $20, outings: fees for meals

Financing: provincial, self-financing

Legal status: non-profit organization
ASSOCIATION QUÉBÉCOISE DE LA DYSPHASIE - RÉGION MONTÉRÉGIE
55 Saint-Pierre Street, Suite 205, Saint-Constant, Montérégie, QC, J5A 1B9
1 866 635-1961
Website: www.dysphasiemonteregie.qc.ca
Email: info@dysphasiemonteregie.qc.ca
Services: * Hotline and information research for members. * Support to research on primary language impairment. * Information and social reintegration activities. * Colloquium on dysphasia and its impacts. * Information tool production and advocacy.
Eligibility: people with dysphasia of all ages, parents of children with dysphasia, specialists or people interested in dysphasia
Coverage area: Montérégie
Hours: office: Monday to Thursday 8h00 to 16h00, Friday 9h00 to 13h00, activities: evenings and weekends
Fees: membership: $25 per year for individual, professional and supporter members, $50 for corporate members
Financing: provincial, self-financing, donations
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
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
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 DE RÉHABILITATION AVC
500 Saint-Laurent Street, La Prairie, Montérégie, QC, J5R 5X2
514 775-5347
Website: www.centrehabilitationavc.com
Email: accidentvasculaire@hotmail.com
Eligibility: people who have had a stroke, their caregivers
Coverage area: South Shore of Montréal
Hours: Wednesday 9h15 to 15h30
Fees: contribution: $20 per year, outing: $5
Financing: donations, membership fees, provincial
Legal status: non-profit organization

CENTRE DE SERVICES SCOLAIRE DES GRANDES-SEIGNEURIES - PROGRAMME PASSE-PARTOUT
50 Taschereau Boulevard, 2nd Floor, La Prairie, Montérégie, QC, J5R 4V3
514 380-8899 ext. 4635
Website: www.cssdgs.gouv.qc.ca/programme-passe-partout
Email: passe.partout@cssdgs.gouv.qc.ca
Eligibility: parents and their 4 year olds
Coverage area: MRC Roussillon and MRC Les Jardins-de-Napierville (except Saint-Jacques-le-Mineur)
Hours: Monday to Friday 8h15 to 12h00 and 13h00 to 16h15
Fees: free
Financing: provincial
Legal status: parapublic organization

CENTRE NOTRE-DAME DE FATIMA
2464 Perrot Boulevard, Vaudreuil-Dorion, Montérégie, QC, J7V 8P4
514 453-7600 ext. 221 Fax: 514 453-7601
Website: mon-camp.ca/en
Email: info@mon-camp.ca
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: housing: 110, for a day: 400

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

CENTRE PETITE ÉCHELLE
850 Sainte-Hélène Street, Longueuil, Montérégie, QC, J4K 3R8
450 674-2201 ext. 103
Website: www.petiteechelle.org
Email: operations@petiteechelle.org

Services: * Stimulation services for children with special needs between 0 and 12 years old. * Family respite services.

Eligibility: children with specific needs related to one or more diagnosis including an autism spectrum disorder, cerebral lesions, intellectual, visual, motor disability or hearing impairment

Capacity: 10 people

Coverage area: Montérégie

Hours: 7 days 9h00 to 16h00

Fees: daycare and respite: $34 for 3 hours, $44 for 4 hours and $70 for 7 hours

Financing: self-financing, provincial

LEGAL STATUS: non-profit organization

FOYER SAINT-ANTOINE DE LONGUEUIL
150 Grant Street, Longueuil, Montérégie, QC, J4H 3H6
450 679-6654
Website: foyerstantoine.ca
Email: info@foyerstantoine.ca


Eligibility: adults living with a physical, sensory or intellectual disability

Coverage area: Montérégie

Hours: day centre: Monday to Thursday 9h00 to 16h00, Friday 9h00 to 14h00, respite and short stays accommodation: 24 hours / 7 days

Fees: membership: $25 per year, respite: $65 per night, day centre: $25 per day, material: $15 per year

Financing: self-financing, federal

Legal status: non-profit organization

INTÉGRATION SOCIALE DES ENFANTS EN MILIEU DE GARDE
386 de Gentilly Street West, Suite 105, Longueuil, Montérégie, QC, J4H 2A2
450 646-2714 Fax: 450 646-6573
Website: isemg.quebec
Email: info@isemg.quebec


Eligibility: daycare services, educators, accompanying people, supervisors, parents, children living with a disability or a developmental delay

Coverage area: Province of Québec
**KATERI MEMORIAL HOSPITAL CENTRE**

10 River Road, Kahnawake, Montérégie, QC, J0L 1B0  
**450 638-3930**  
**Fax:** 450 638-4634  
**Website:** kmhc.ca  
**Eligibility:** community of Kahnawake  
**Coverage area:** Kahnawake  
**Hours:** Monday to Thursday 9h00 to 20h00, Friday 9h00 to 17h30, Saturday 9h30 to 13h30, visiting hours: 7 days 12h00 to 21h00, walk-in clinic: every Saturday, blood tests: Monday to Friday 7h00 to 9h00  
**Financing:** federal, provincial  
**Legal status:** non-profit organization

**REGROUPEMENT SOUTIEN AUX AIDANTS DE BROME-MISSISQUOI**

614 J.-André-Deragon Boulevard, Cowansville, Montérégie, QC, J2K 0H7  
**450 263-4236**  
**Fax:** 450 263-0408  
**Website:** rsabm.ca  
**Email:** info@rsabm.ca  
**Services:** Services for caregivers.  * Individual and group-based sychosocial support.  * Daytime respite and housing respite, 1 to 14 days.  * Coffee-meetings, workshops-discussions, creative workshops, night and at-home respite.  
**Eligibility:** any person who is a caregiver for a closed one suffering from a permanent or temporary incapacity due to a disability, an accident, an illness or old age  
**Capacity:** 4 rooms  
**Coverage area:** MRC Brome-Missisquoi and surroundings  
**Hours:** administration: Monday to Friday 8h30 to 16h30, respite: 24 hours / 7 days  
**Fees:** yearly contribution of $10, respite services: $15 for day, $7.50 for a half-day, $25 for housing respite (24 hours)  
**Financing:** provincial  
**Legal status:** parapublic organization

**AUTISME MONTÉRÉGIE**

755 Sainte-Foy Boulevard, Suite 210, Longueuil, Montérégie, QC, J4J 1Z4  
**1 888 424-1212**  
**Fax:** 450 646-4633  
**Website:** www.autismemonteregie.org  
**Email:** administration@autismemonteregie.org  
**Eligibility:** people living with an autism spectrum disorder (ASD), their family, their close ones  
**Coverage area:** Montérégie  
**Hours:** Monday to Friday 8h00 to 16h00, summer: variable

**Mobility aids**

**AUTISME MONTÉRÉGIE**

755 Sainte-Foy Boulevard, Suite 210, Longueuil, Montérégie, QC, J4J 1Z4  
**1 888 424-1212**  
**Fax:** 450 646-4633  
**Website:** www.autismemonteregie.org  
**Email:** administration@autismemonteregie.org  
**Eligibility:** people living with an autism spectrum disorder (ASD), their family, their close ones  
**Coverage area:** Montérégie  
**Hours:** Monday to Friday 8h00 to 16h00, summer: variable
Fees: annual membership, adult member living with ASD: $15, parent and extended family member: $20, support worker member: $40
Financing: donations, fundraising events, grants, provincial
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE CONTRECOEUR - À PLEIN COEUR
4956 Legendre Street, Contrecoeur, Montérégie, QC, J0L 1C0
450 587-8227 Fax: 450 401-1151
Website: www.cabcontrecoeur.ca
Email: cab.contrecoeur@videotron.ca
Coverage area: Contrecoeur and Verchères
Hours: centre: Monday to Friday 8h00 to 16h00, family depot: Monday to Friday 13h00 to 16h00, kitchen: Monday to Thursday 8h00 to 16h00
Fees: free
Financing: provincial, donations
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE SAINT-CÉSAIRE
1100 Leclaire Street, Saint-Césaire, Montérégie, QC, J0L 1T0
450 469-3279 Fax: 450 469-0958
Website: www.cabacoeur.org
Email: services@cabacoeur.org
Eligibility: individuals and families on a low income, seniors, caregivers, volunteers
Coverage area: Saint-Césaire
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00, caregivers: 2nd Tuesday of the month, friendship lunch: 3rd Tuesday of the month
Fees: thrift shop: at low cost
Financing: provincial
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE SAINT-HUBERT
3339 Grande Allée, Longueuil, Montérégie, QC, J4T 2S9
450 656-9110 Fax: 450 656-9115
Website: www.cab-saint-hubert.org
Email: info@cab-saint-hubert.org
Eligibility: people in need, people over 65 years old
Coverage area: Saint-Hubert
Hours: Monday to Friday 8h00 to 16h00
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization
CENTRE D’ACTION BÉNÉVOLE DU BAS RICHELIEU
70 Élizabeth Street, Sorel-Tracy, Montérégie, QC, J3P 4G5
450 743-4310   Fax: 450 743-2046
Website: www.cab-basrichelieu.org
Email: direction@cab-basrichelieu.org


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

Coverage area: MRC Pierre-De Saurel

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

Fees: variable

Financing: provincial, Centraide Richelieu-Yamaska, donations, self-financing

Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE LES P’TITS BONHEURS
1665 Montarville Street, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 3T8
450 441-0807   Fax: 450 441-4667
Website: www.cabstbruno.org
Email: infocab.petitsbonheurs@cabstbruno.org


Eligibility: seniors, families, people in difficulty

Capacity: variable

Coverage area: Saint-Bruno-de-Montarville

Hours: Monday to Friday 8h30 to 16h30, thrift store: Monday, Tuesday, Wednesday, Friday and Saturday 10h00 to 16h00, Thursday 10h00 to 19h00

Fees: variable

Financing: provincial

Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE LA RIVE-SUD - CHAMBLY SITE
1410 de Salaberry Avenue, Chambly, Montérégie, QC, J3L 1R7
450 658-4325   Fax: 450 658-1694
Website: benevolatridesud.qc.ca
Email: chambly@benevolatridesud.qc.ca

Eligibility: meals on wheels: seniors 65 years and over, ill or convalescent people, people with physical or intellectual disability, single mothers, people in need, Coup de Pouce Family Counter: individuals, families on a low income
Coverage area: Chambly, Carignan
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: meals on wheels: $6,50 per meal, clothing depot: variable
Financing: donations
Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE LA RIVE-SUD - LONGUEUIL SITE
16 Montcalm Street, Longueuil, Montérégie, QC, J4J 2K6
450 677-5281 Fax: 450 677-8067
Website: www.benevolatrivesud.qc.ca
Email: longueuil@benevolatrivesud.qc.ca


Eligibility: adults and seniors with a loss of autonomy, living alone or in convalescence
Coverage area: Longueuil, ITMAV: Vieux-Longueuil
Hours: Monday to Friday 8h30 to 16h30
Fees: meals on wheels: $6 per meal
Financing: provincial, Centraide of Greater Montréal
Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE LA RIVE-SUD - SAINT-LAMBERT SITE
45 Argyle Street, Saint-Lambert, Montérégie, QC, J4P 2H2
450 465-6130 Fax: 450 465-5638
Website: www.benevolatrivesud.qc.ca
Email: stlambert@benevolatrivesud.qc.ca


Eligibility: people 65 years and older, ill, in recovery or living with a physical or intellectual disability
Coverage area: Saint-Lambert, Greenfield Park, Le Moyne and Brossard
Hours: Monday to Friday 8h30 to 16h30, meals-on-wheels: Tuesday and Thursday 10h00 to 12h00, frozen meals: Thursday 10h00 to 12h00
Fees: meals on wheels: $6 per meal
Financing: provincial, Centraide of Greater Montréal
Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE SAINT-BASILE-LE-GRAND
50 Robert Road, Saint-Basile-le-Grand, Montérégie, QC, J3N 1L7
450 461-2111 Fax: 450 461-1588
Email: centredebenevolat@bellnet.ca

Eligibility: adults and seniors, people on a low income
Coverage area: Saint-Basile-le-Grand
Disability

Hours: Monday to Thursday 8h00 to 16h00, Friday 8h00 to 12h00, thrift store: Wednesday 18h00 to 20h30, Friday and Saturday 9h00 to 12h00
Fees: free or low cost, depending on the service
Financing: donations, grant, self-financing
Legal status: non-profit organization

CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE - CHÂTEAUгуAY
250 Christ-Roi Road, Longueuil, Montérégie, QC, J3Y 3N7
450 692-3171  Fax: 450 692-9754
Website: www.santemonteregie.qc.ca/installations/centre-de-readaptation-en-deficience-physique-de-chateauguay
Eligibility: people living with a physical or sensory disability or having functional limitations related to posture or mobility
Coverage area: Montérégie
Financing: provincial
Legal status: parapublic 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
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 - LONGUEUIL
388 Lamarre Street, Longueuil, Montérégie, QC, J4J 1T2
450 928-4727
Website: www.santemonteregie.qc.ca/services-specialises-dadaptation-et-de-readaptation-en-deficience-physique-dp-deficience-motrice-dm

Eligibility: people living with a physical or sensory disability

Coverage area: Montérégie

Financing: provincial

Legal status: parapublic organization

CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE - SAINT-HUBERT
5300 de Chambly Road, Longueuil, Montérégie, QC, J3Y 3N7
1 800 667-4369     Fax: 450 676-2043
Website: www.santemonteregie.qc.ca/services/deficience-physique-readaptation-physique


Eligibility: people living with a physical or sensory disability or who live with functional limitations related to posture or mobility

Coverage area: Montérégie

Financing: provincial

Legal status: parapublic organization

CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE - UNITÉ DE RÉADAPTATION FONCTIONNELLE INTENSIVE DE SAINT-BRUNO
265, Seigneurial Boulevard West, Longueuil, Montérégie, QC, J4J 1T2
Website: santemonteregie.qc.ca/installations/centre-de-readaptation-en-deficience-physique-unite-de-readaptation-fonctionnelle


Eligibility: people living with a physical or sensory disability

Coverage area: Montérégie

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
Disability


**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

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CEREBRAL PALSY ASSOCIATION OF QUÉBEC

Confidential Address
1 800 311-3770

**Website:** www.paralysiecerebrale.com

**Email:** info@paralysiecerebrale.com

**Services:** Promotion of integration and improvement of the quality of life of people living with cerebral palsy. * Information and guidance. * Specialized equipment loan. * Emergency financial assistance. * Advocacy. * Progress of research: collaboration with the Université Laval cerebral palsy research chair.

**Eligibility:** people living with cerebral palsy

**Coverage area:** Province of Québec

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

**Fees:** annual membership: $10

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

**Legal status:** non-profit organization

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CLSC DE SAINT-POLYCARPE

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

**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


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

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

**Financing:** provincial

**Legal status:** parapublic organization
CLSC JARDIN DU QUÉBEC - NAPIERVILLE
509 Saint-Jacques Street, Napierville, Montérégie, QC, J0J 1L0
450 245-3336 Fax: 450 245-0278
Website: sante.gouv.qc.ca/en/reertoire-ressources/ressource/?noliche=42457&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J0J1L0
Coverage area: CISSS de la Montérégie-Ouest area
Hours: Monday, Wednesday and Friday 8h00 to 16h00, Tuesday and Thursday 8h00 to 20h00, Saturday and Sunday: closed but covered by the Saint-Rémi CLSC, tests centre: Tuesday and Thursday 6h30 to 9h00
Financing: provincial
Legal status: parapublic organization

CLUB SAINT-LUC DE VERCHÈRES
1045 Marie-Victorin Boulevard, PO Box 737, Verchères, Montérégie, QC, J0L 2R0
514 709-3627
Website: sites.google.com/site/clubstlucdevercheres
Email: clubstlucdevercheres@gmail.com
Services: Promotion of home care for seniors. * Tour of banks, a grocery store and drugstore. * Cultural and recreational activities with transportation. * Loan of orthopedic equipment: canes, wheelchairs, walkers, etc.
Eligibility: seniors 55 years and over, fully or partially autonomous
Coverage area: Calixa-Lavallée, Verchères
Fees: equipment loan: free, transportation by minibus for activities: $5
Financing: provincial, municipal, fundraising campaigns
Legal status: non-profit organization

COOPÉRATIVE DE SOLIDARITÉ-SANTÉ DE CONTRECOEUR
4915 Marie-Victorin Road, Contrecoeur, Montérégie, QC, J0L 1C0
450 587-2667
Website: www.coopcontrecoeur.com
Email: info@coopcontrecoeur.com
Eligibility: youth clinic: 12 to 18 years old, other services: general public
Coverage area: South Shore
Hours: Monday and Wednesday 8h00 to 17h00, Tuesday and Thursday 8h00 to 20h00, Friday 8h00 to 16h00
Financing: self-financing
Legal status: non-profit organization

ENVOLÉE (L’), CENTRE D’ACTION BÉNÉVOLE SAINTE-JULIE
695 Sainte-Julie Road, Sainte-Julie, Montérégie, QC, J3E 1W8
450 649-8874 Fax: 450 649-1362
Website: lenvolee.org
Email: info@lenvolee.org
Eligibility: seniors, people with a loss of autonomy, caregivers, families, community organizations
Coverage area: Sainte-Julie  
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00  
Fees: meals on wheels: $6 for a complete meal  
Financing: provincial, donations, fundraising campaigns, self-financing  
Legal status: non-profit organization

FONDATION JACQUES HAMELIN

Confidential Address  
450 451-0038  
Email: jacquelinelapoint@hotmail.com  
Coverage area: Rigaud, Pointe-Fortune, Très-Saint-Rédempteur, Sainte-Marthe  
Fees: none  
Financing: donations  
Legal status: non-profit organization

INSTITUT NAZARETH ET LOUIS-BRAILLE

1111 Saint-Charles Street West, Suite 200, Longueuil, Montérégie, QC, J4K 5G4  
1 800 361-7063     Fax: 450 463-0243  
Website: www.inlb.qc.ca  
Email: info.inlb@ssss.gouv.qc.ca  
Eligibility: people living with a visual impairment  
Coverage area: Montréal Island, Montérégie, Laval  
Hours: Monday to Friday 8h00 to 17h00, store: Monday to Thursday 9h00 to 17h00  
Financing: provincial  
Legal status: parapublic organization

MARIEVILLE - CENTRE D’ACTION BÉNÉVOLE LA SEIGNEURIE DE MONNOIR

146 Ruisseau-Barré Road, Marieville, Montérégie, QC, J3M 1P2  
450 460-2825     Fax: 450 460-4992  
Website: www.cabsm.org  
Email: info@cabsm.org  
Eligibility: seniors, people who are ill or with a loss of autonomy, families in need, assistance with grocery shopping: people 70 years and over  
Coverage area: Sainte-Angèle-de-Monnoir, Marieville, Richelieu, Saint-Mathias-sur-Richelieu, Rougemont  
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30  
Fees: community meals: $8, meals on wheels: $7 per meal, coffee-meetings: $5  
Financing: Centraide Richelieu-Yamaska, provincial, donations, fundraising campaigns, self-financing  
Legal status: non-profit organization
MIRA FOUNDATION (THE)
1820 rang Nord-Ouest, Sainte-Madeleine, Montérégie, QC, J0H 1S0
1 800 799-6472 Fax: 450 795-3789
Website: www.mira.ca/en
Email: info@mira.ca
Eligibility: people living with one or multiple visual or motor disabilities, youth living with an autism spectrum disorder
Coverage area: Province of Québec
Hours: Monday to Friday 8h00 to 16h30
Financing: donations
Legal status: non-profit organization

SE RECONSTRUIRE, CENTRE DE SANTÉ DU SEIN
67 Sainte-Elizabeth Street, Longueuil, Montérégie, QC, J4H 1J3
438 527-7346
Website: www.centresereconstruire.ca
Email: info@centresereconstruire.ca
Eligibility: women and men living with breast cancer
Coverage area: Greater Montréal
Financing: grants
Legal status: non-profit organization

Paratransit

BALADEUR RENÉ DE LONGUEUIL
1901 Claude Street, Longueuil, Montérégie, QC, J4G 1Y5
450 341-0909
Website: baladeurrenedelongueuil.org
Email: info@baladeurrenedelongueuil.org
Services: Adapted group transportation via minibus for errands and recreational activities.
Eligibility: organizations who offer services to seniors with reduced mobility
Capacity: 2 minibuses with a capacity of 18 passengers each
Coverage area: Longueuil
Fees: variable
Financing: grants, self-financing
Legal status: non-profit organization

OMNIBUS RÉGION D’ACTON
1545 Peerless Street, Office 203, Acton Vale, Montérégie, QC, J0H 1A0
450 546-4039
Website: www.omnibusra.com
Email: omnibusacton@outlook.com
Services: Collective and adapted transportation. * Collective transportation, boarding and disembarking at Acton Vale, Roxton Falls, Sainte-Christine, Upton, Saint-Nazaire-d’Acton, Saint-Théodore-d’Acton et Saint-Hyacinthe. * Adapted transformation.
Eligibility: adapted transportation: disabled people, people with severe and persisting mental health issues, people with limited mobility including: an inability to walk a distance of 400 meters, to climb a 35 centimeter step with support or to come down without support, to make a complete trip on regular public transit, to orient oneself in time or space, to manage situations, or behaviours that could be dangerous for oneself or for others
Coverage area: MRC Acton, Saint-Hyacinthe
Hours: administration: Monday to Friday 8h00 to 16h00, transportation service: Monday and Tuesday 7h00 to 19h00, Wednesday and Thursday 7h00 to 20h00, Friday 7h00 to 23h00, Saturday 8h00 to 17h00
Financing: provincial, municipal, self-financing
Legal status: non-profit organization

RÉSEAU DE TRANSPORT DE LONGUEUIL - TRANSPORT ADAPTÉ
1150 Marie-Victorin Boulevard, Longueuil, Montérégie, QC, J4G 2M4
450 670-2992 ext. 1 Fax: 450 656-6802
Website: www.rtl-longueuil.qc.ca/en-CA/rtl-paratransit-service
Services: Regular, occasional, metropolitan and secondary transportation by adapted minibus or by taxi. * Possibility to travel with your personal attendant.
Eligibility: people with a significant and persistent functional limitation who meet the criteria set by the ministère des Transports du Québec's paratransit eligibility policy
Coverage area: Longueuil agglomeration
Hours: operating hours: Monday to Thursday 6h30 to 24h00, Friday and Saturday 6h30 to 1h00, Sunday 6h30 to 23h00, reservations: 7 days, 9h00 to 19h00, administration: Monday to Friday 8h30 to 16h30, customer service: Monday to Friday 7h00 to 20h00, Saturday, Sunday and holidays 8h30 to 16h30
Fees: variable
Financing: provincial, municipal, self-financing
Legal status: parapublic organization

SOCIÉTÉ DE TRANSPORT DE SALABERRY DE VALLEYFIELD - PARATRANSIT
51 Hébert Street, Salaberry-de-Valleyfield, Montérégie, QC, J6S 2R5
Website: stsv.ca
Email: ta@stsv.ca
Eligibility: people with disabilities, people with reduced mobility including: an inability to walk 400 metres on even ground, to climb a step 35 centimetres high with support or descend without support, to make an entire trip using regular public transit, to keep track of time or find their bearings, to handle situations or behaviour that could compromise their own safety or that of others
Coverage area: Coteau-du-Lac, Les Coteaux, Rivière-Beaudette, Saint-Louis-de-Gonzague, Saint-Polycarpe, Saint-Stanislas-de-Kosta, Saint-Zotique, Salaberry-de-Valleyfield
Hours: reservation Monday to Friday from 7h00 to 5h00, transportation: 7 days
Fees: variables
Financing: municipal, provincial
Legal status: parapublic organization

SUR LES ROUTES DU SAINT-LAURENT
10 King Street, Office 126, Huntingdon, Montérégie, QC, J0S 1H0
450 264-2267 Fax: 450 264-2919
Email: transports.adapte-slrsl@outlook.com
Services: * Transportation for people with reduced mobility, by employees.
Eligibility: people with reduced mobility
Coverage area: Dundee, Elgin, Godmanchester, Hinchinbrooke, Huntingdon, Ormstown, Saint-Anicet, Sainte-Barbe
Hours: transportation: 7 days, 6h00 to 21h00, administration: Monday to Friday 8h00 to 16h30
Fees: variable
Financing: self-financing, grants
Legal status: non-profit organization

TRANSPORTS ACCÈS
185 Saint-Jean-Baptiste Boulevard, Suite 300C, Châteauguay, Montérégie, QC, J6K 3B4
450 699-1077    Fax: 450 699-7305
Email: administration@transportsacces.com
Services: Paratransit by minibus or taxi offering door-to-door assistance.
Eligibility: people living with a disability
Coverage area: Châteauguay, Léry, Mercier, Beauharnois
Hours: Monday to Friday 7h00 to 23h00, Saturday 10h00 to 24h00, Sunday 10h00 to 23h00
Fees: variable depending on destination
Financing: provincial, self-financing
Legal status: parapublic organization

Recreation and camps

ACTION INTÉGRATION EN DÉFICIENCE INTELLECTUELLE
6180 Agathe Street, Brossard, Montérégie, QC, J4Z 1E1
450 676-5058    Fax: 450 676-5686
Website: actionintegration.org
Email: info@actionintegration.org
Eligibility: people 16 years and over living with an intellectual disability or an autism spectrum disorder
Coverage area: South Shore, from Sainte-Catherine to Varennes
Hours: office: Monday to Friday 8h30 to 16h30, activities: 7 days
Fees: annual membership: $10
Financing: provincial, fundraising campaigns, membership fees, federal
Legal status: non-profit organization

AMIS-SOLEILS DE SAINT-BRUNO (LES)
1139 Cadieux Street, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 4P8
438 520-1696
Website: www.lesamissoleils.org
Email: coordinatrice@lesamissoleils.org
Services: Adapted recreational activities for people with intellectual disabilities or other development disorders.  * Summer day camp.  * Weekend activities.  * Artistic, sport and cultural activities.
Eligibility: children, adolescents and adults with intellectual disabilities or other development disorders and their parents
Coverage area: Longueuil, MRC La Vallée-du-Richelieu, Saint-Bruno-de-Montarville
Hours: Saturday: 10h00 to 16h30, Sunday: variable, summer: Monday to Friday 8h00 to 18h00
Fees: variable depending on the season, reduced prices for the residents of Saint-Bruno-de-Montarville
Financing: fundraising campaigns, donations
Legal status: non-profit organization

APHASIE RIVE-SUD
1720 De Gaulle Street, Longueuil, Montérégie, QC, J4T 1M9
450 550-4466
Website: aphasierivesud.ca/en/home
Email: info.aphasierivesud@gmail.com
Services: * Workshops: language (speech therapy), written language, theatre, choir, games, adapted scrabble, lunch meeting, relaxation on a chair, etc. * J'active mes neurones workshop. * Parole entre nous workshop. * Workshops for caregivers: Café du bien support group, sociocultural activities, etc.

Eligibility: adults with aphasia, caregivers

Coverage area: South Shore of Montréal

Hours: Monday to Friday 8h30 to 15h30, meetings and workshops: Monday to Friday 9h30 to 11h30

Fees: membership card: $30 per year, activities: $50 per semester

Financing: provincial, self-financing, donations

Legal status: non-profit organization

ASSOCIATION DE LA DÉFICIENCE INTELLECTUELLE DE LA RÉGION DE SOREL

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

450 743-0664 Fax: 450 743-3208

Website: adirs.e-monsite.com

Email: adirs@videotron.ca


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

Coverage area: Contrecoeur, MRC Pierre-De Saurel

Hours: Monday to Friday 9h00 to 16h00

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

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

Legal status: non-profit organization

ASSOCIATION DE LA SCLÉROSE EN PLAQUES SOREL-TRACY ET RÉGIONS

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

450 746-5536 Fax: 450 746-7409

Email: asp.soreltracy@gmail.com


Eligibility: people with multiple sclerosis and their relatives

Coverage area: MRC Pierre-De Saurel

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

Financing: self-financing

Legal status: non-profit organization

ASSOCIATION DE LA VALLÉE DU RICHELIEU POUR LA DÉFICIENCE INTELLECTUELLE

625 Lechasseur Street, Beloeil, Montérégie, QC, J3G 2L3

450 467-8644

Website: www.avrdi.org

Email: avrdibeloeil@gmail.com


Eligibility: people aged over 13 years old with mild or moderate intellectual disabilities and with or without an autism spectrum disorder

Capacity: depending on the activities, between 10 and 100 people

Coverage area: MRC La Vallée-du-Richelieu

Hours: Monday to Saturday 9h00 to 16h30

Fees: variable depending on the activity
ASSOCIATION DE PARENTS DE L’ENFANCE EN DIFFICULTÉ
1050 Curé-Poirier Boulevard West, Suite 100, Longueuil, Montérégie, QC, J4K 2E4
450 679-9310    Fax: 450 679-3294
Website: aped.org
Email: info@aped.org
Eligibility: parents of a child living with an intellectual disability, an autism spectrum disorder, an attention deficit disorder with or without hyperactivity, behavioural disorders or with a mental health issue, youth service: youth 5 to 21 years old living with an intellectual disability, an autism spectrum disorder or a mental health issue
Coverage area: South Shore
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00, mutual aid groups and trainings: evening
Fees: annual membership: $20, participation fees for some services
Financing: Centraide of Greater Montréal, provincial, municipal, self-financing
Legal status: non-profit organization

ASSOCIATION DES DEVENUS SOURDS ET DES MALENTENDANTS DU QUÉBEC - SECTEUR SUD-OUEST
35 Grande-Île Street, Suite 1, Salaberry-de-Valleyfield, Montérégie, QC, J6S 3L9
450 377-5941    Fax: 450 377-4293
Email: adsmqso@gmail.com
Eligibility: people who became deaf and hearing impaired
Coverage area: MRC Le Haut-Saint-Laurent, MRC Beauharnois-Salaberry, MRC Vaudreuil-Soulanges, MRC Roussillon
Hours: Monday to Friday 8h00 to 16h00
Fees: annual membership: $25
Financing: membership fees
Legal status: non-profit organization

ASSOCIATION DES JEUNES BÈGUES DU QUÉBEC
1494 de Chambly Road, Suite 901, Longueuil, Montérégie, QC, J4J 3X3
514 388-8455
Website: www.ajbq.qc.ca/fr/
Email: info@ajbq.qc.ca
Eligibility: children and young people 18 years old and under who stutter, their families and close ones
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: annual membership: $30, fees for camps
Financing: self-financing, grants, donations
Legal status: non-profit organization
ASSOCIATION DES PARENTS ET DES HANDICAPÉS DE LA RIVE-SUD MÉTROPOLITAINE
2545 De Lorimier Street, Suite 110, Longueuil, Montérégie, QC, J4K 3P7
450 674-5224  Fax: 450 674-8594
Website: www.aphrsm.org
Email: apfrsm@hotmail.com
Services: * Therapeutic and specialized sports and recreational activities.
Eligibility: adults with intellectual disabilities, with or without associated inabilities or an autism spectrum disorder
Capacity: variable depending on activities
Coverage area: Boucherville, Brossard, Candiac, Delson, La Prairie, Longueuil, Saint-Constant, Saint-Lambert, Sainte-Julie
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00
Fees: variable
Financing: donations, membership fees, grants
Legal status: non-profit organization

ASSOCIATION DES PERSONNES APHASIQUES DU RICHELIEU-YAMASKA
1800 Dessaulles Street, door C-3115, Saint-Hyacinthe, Montérégie, QC, J2S 2T2
450 771-3333 ext. 2685
Website: www.aphasieapary.org
Email: info@aphasieapary.org
Eligibility: people with aphasia following a stroke, their relatives
Capacity: 15
Coverage area: Richelieu, Yamaska
Hours: Monday to Friday 8h30 to 15h30
Fees: annual membership: $20, outings: fees for meals
Financing: provincial, self-financing
Legal status: non-profit organization

ASSOCIATION DES PERSONNES HANDICAPÉES DE LA VALLÉE DU RICHELIEU
308 Montsabré Street, Suite D-209, Beloeil, Montérégie, QC, J3G 2H5
450 464-7445
Website: www.aphvr.org
Email: informations@aphvr.org
Services: * Advocacy and promotion of the rights of people with physical disabilities and with loss of autonomy: accessibility of public sites and facilities, adapted transportation, adapted housing, etc. * Individual listening, information and referral. * Adapted activities to preserve or develop physical or cognitive skills. * Recreational outings and sport activities to promote social bonding. * Online documentation and public awareness on the needs and realities of people living with a physical disability.
Eligibility: people with a physical disability, people with loss of autonomy, their families
Coverage area: MRC de La Vallée-du-Richelieu
Hours: Monday to Thursday 9h30 to 16h30
Fees: annual membership: $20
Financing: provincial, municipal, self-financing
Legal status: non-profit organization

ASSOCIATION DES PERSONNES HANDICAPÉES DE SOREL-TRACY
105 du Prince Street, Suite 42, Sorel-Tracy, Montérégie, QC, J3P 4J9
450 743-6655  Fax: 450 743-5920
Email: aphst@videotron.ca

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

Coverage area: MRC Pierre-De Saurel

Hours: Monday to Thursday 9h00 to 17h00

Fees: $10 per year

Financing: fundraising campaigns, membership fees, donations

Legal status: non-profit organization

ASSOCIATION DES TRAUMATISÉS CRANIO-CÉRÉBRAUX DE LA MONTÉRÉGIE

308 Montsabré Street, Suite D-131, Beloeil, Montérégie, QC, J3G 2H5

450 446-1111  Fax: 450 446-6405

Website: www.atccmonteregie.qc.ca

Email: atcc@atccmonteregie.qc.ca


Eligibility: people 16 years old and over having sustained a medically recognized craniocerebral trauma (light, light complex, moderate or severe) and with a stable state of health, their close ones

Coverage area: Montérégie

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

Fees: free

Financing: provincial

Legal status: non-profit organization

ASSOCIATION GARAGONA

23 Garagona Road, Frelighsburg, Montérégie, QC, J0J 1C0

450 298-5159

Website: www.garagona.org/en

Email: info@campgaragona.qc.ca


Eligibility: teenagers and adults living with an intellectual disability or an autism spectrum disorder

Capacity: summer camp: 80, weekend respite: 15

Coverage area: Province of Québec, day program: MRC Brome-Missisquoi

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

Fees: administrative fees: $55, session fees: $127.50 per night

Financing: self-financing, grants, donations

Legal status: non-profit organization

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

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

450 658-9869

Website: www.associationalpha.com

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

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

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

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

Fees: variable

Financing: provincial, Centraide Richelieu-Yamaska, federal

Legal status: non-profit organization

ASSOCIATION PAUSE
375 Bessette Avenue, Saint-Jean-sur-Richelieu, Montérégie, QC, J2X 2N8
450 347-2324
Website: www.associationpause.org
Email: info@associationpause.org


Eligibility: people with intellectual disabilities or autism spectrum disorders (ASD), associated or not with a physical disability, families of participants

Coverage area: MRC Le Haut-Richelieu

Hours: Monday to Friday 9h00 to 16h00

Fees: membership fee: $20

Financing: provincial, donations, grants, self-financing

Legal status: non-profit organization

ASSOCIATION SCLÉROSE EN PLAQUES RIVE-SUD
Confidential Address
450 926-5210
Website: asprs.qc.ca
Email: info@asprs.qc.ca

Services: * Listening, accompaniment, information, support and referral. * Assistance for members to access all the services available. * Advocacy for essential services. * Group outings, community lunches, information meetings and conferences. * Support and mutual aid activities. * Monthly brunch, body awakening, coffee meetings, fundraising activities, etc.

Eligibility: people with multiple sclerosis and their close ones

Coverage area: agglomération de Longueuil, MRC Roussillon, MRC Marguerite-D'Youville, MRC La Vallée-du-Richelieu

Hours: telephone reception: Monday to Thursday 9h00 to 16h00

Financing: provincial, self-financing

Legal status: non-profit organization
AU MOULIN DE LA SOURCE - CENTRE VALLEYFIELD
226 Montcalm Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2E4
450 377-5254   Fax: 450 377-5254
Website: www.moulindelasource.com
Email: info@moulindelasource.com

Eligibility: people living with a physical disability, parents, beneficiaries and close ones
Coverage area: MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges
Hours: Monday to Friday 8h30 to 16h00
Fees: $5 per visit
Financing: provincial, fundraising campaigns, donations
Legal status: non-profit organization

CENTRE ALPHA-SOURD RIVE-SUD
2010 Chambly Road, Suite B, Longueuil, Montérégie, QC, J4J 3Y2
438 806-5149
Website: www.casourdrivesud.org
Email: info@casourdrivesud.org

Eligibility: deaf and deaf-blind people
Capacity: 25
Coverage area: Montérégie
Hours: Wednesday and Friday 8h00 to 15h00
Fees: none
Financing: provincial
Legal status: non-profit organization

CENTRE ALPHA-SOURD RIVE-SUD - LONGUEUIL POINT OF SERVICE
450 Chambly Road, Suite 200, Longueuil, Montérégie, QC, J4H 3L7
438 382-3488   TTY: 438 382-3488
Website: www.dalc.alphasourd.org
Email: dalc@alphasourd.org

Eligibility: deaf and deaf-blind people
Capacity: 50
Coverage area: Montérégie
Hours: Tuesday 13h00 to 16h00 and Thursday 13h00 to 21h00
Fees: none
Financing: provincial
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE L’ENTRAIDE PLUS
2437 Bourgogne Avenue, Chambly, Montérégie, QC, J3L 2A5
450 658-4469   Fax: 450 658-4469
Website: entraideplus.org
Email: info@entraideplus.org

Eligibility: people 50 years old and over, autonomous, disabled, sick or in loss of autonomy, caregivers
Capacity: Resto-Entre: 44 places
Coverage area: Chambly, Carignan, Richelieu, Saint-Mathias-sur-Richelieu, Sainte-Angèle-de-Monnoir, Marieville
Hours: Monday to Thursday 9h00 to 16h00, Friday 9h00 to 14h00, respite: Monday and Thursday 9h30 to 15h30, Resto-Entre: Monday to Friday 11h00 to 13h00
Fees: members: $20 per year, Resto-Entre: $6 for members, $7 for non-members
Financing: donations, grants
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DU GRAND CHÂTEAUGUAY
10 Gilmour Street, Châteauguay, Montérégie, QC, J6J 1K4
450 699-6289
Website: www.cabgc.org
Email: info@cabgc.org
Eligibility: people 50 years old and over, people with a loss of autonomy, caregivers, people on a low income
Coverage area: Châteauguay, Saint-Urbain-Premier, Saint-Isidore, Sainte-Martine, Mercier, Léry
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 15h00
Financing: federal, provincial, donations
Legal status: non-profit organization

CENTRE DE RÉHABILITATION AVC
500 Saint-Laurent Street, La Prairie, Montérégie, QC, J5R 5X2
514 775-5347
Website: www.centrerehabilitationavc.com
Email: accidentvasculaire@hotmail.com
Eligibility: people who have had a stroke, their caregivers
Coverage area: South Shore of Montréal
Hours: Wednesday 9h15 to 15h30
Fees: contribution: $20 per year, outing: $5
Financing: donations, membership fees, provincial
Legal status: non-profit organization

CENTRE DE RÉPIT-DÉPANNAGE AUX QUATRES POCHES
560 du Lac Road, Boucherville, Montérégie, QC, J4B 6X3
450 641-1255
Website: centrequatrepoches.org
Email: info@centrequatrepoches.org
Eligibility: children over 3 years old with a light or severe intellectual disability, with or without a physical disability and behavior disorder, day center: adults 21 years old and over
Capacity: 18 children in the day and 10 in the night
Coverage area: Montérégie
Hours: week-ends: 24 hours, school childcare: 15h45 to 17h30, pedagogical days: 7h00 to 18h00
Disability

**Fees:** $50 for 8 hours, $100 for 24 hours, $200 for 48 hours
**Financing:** donations, contributions, grants
**Legal status:** non-profit organization

**CENTRE ÉQUESTRE THÉRAPEUTIQUE MARIE-LAURENCE**
1750 4th Road, Sainte-Justine-de-Newton, Montérégie, QC, J0P 1T0
450 764-3156
Email: cetml@hotmail.com
**Services:** Adapted horseback-riding lessons for children living with a physical or intellectual disability or with learning difficulties.
**Eligibility:** children living with a physical or intellectual disability or with learning difficulties
**Coverage area:** Province of Québec
**Hours:** 8h00 to 18h00, 7 days
**Fees:** variable
**Financing:** donations
**Legal status:** non-profit organization

**CENTRE MULTIFONCTIONNEL HORIZON**
78 du Lac-Saint-Louis Road, Léry, Montérégie, QC, J6N 1A1
450 692-6000 ext. 101
Website: www.centrehorizon.org
Email: info@centrehorizon.org
**Eligibility:** people living with an intellectual disability, a physical disability or an autism spectrum disorder aged 6 years and over and their family, respite at home: people 6 years and older, summer camp: people 12 to 21 years old
**Capacity:** variable, respite: 8 beds
**Coverage area:** MRC Roussillon, MRC Beauharnois-Salaberry, MRC Les Jardins-de-Napierville and MRC Haut-Saint-Laurent
**Hours:** Monday to Friday 7h00 to 18h00, respite: Friday 19h00 to Sunday 19h00
**Fees:** variable depending on the type of membership
**Financing:** provincial, donations, self-financing
**Legal status:** non-profit organization

**CENTRE NOTRE-DAME DE FATIMA**
2464 Perrot Boulevard, Vaudreuil-Dorion, Montérégie, QC, J7V 8P4
514 453-7600 ext. 221  Fax: 514 453-7601
Website: 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. * Winter activities: skiing, snowshoeing, sliding on tubes or carpets, ice skating, etc. * Summer activities: swimming pool.
**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:** housing: 110, for a day: 400
**Coverage area:** Province of Québec, Ontario
**Hours:** administration: Monday to Friday 8h00 to 17h00
**Fees:** variable, financial aid available
Disability

Financing: federal, provincial, municipal, donations, self-financing, grants
Legal status: non-profit organization

CLÉ DES CHAMPS SAINTE-JULIE (LA)
27 du Plateau Street, Sainte-Julie, Montérégie, QC, J3E 3N6
514 567-9333
Website: lacdca.ca
Email: info@lacdc.ca
Services: * Organization of cultural, sports and recreational activities. * Various monthly outings. * Annual outing of two days in an adapted summer camp. * Summer day camp.
Eligibility: youth living with an intellectual disability or an autism spectrum disorder, with or without physical disabilities
Coverage area: Sainte-Julie
Hours: September to May: Saturday 9h30 to 15h00, summer day camp: late June to mid-August, Monday to Thursday 7h30 to 17h30
Fees: $50 per season, day camp: $90 per week
Financing: donations, municipal
Legal status: non-profit organization

CLUB DES PERSONNES HANDICAPÉES BROME MISSISQUOI
183 Principale Street, Sainte-Sabine, Montérégie, QC, J0J 2B0
450 293-2326
Email: cphf@videotron.ca
Eligibility: people living with an intellectual or physical handicap, their families and caregivers
Coverage area: Ange-Gardien, MRC Brome-Missisquoi
Hours: Monday to Thursday 8h00 to 14h30
Financing: grants
Legal status: non-profit organization

CLUB LA JOIE DE VIVRE POUR PERSONNE VIVANT AVANT UNE DI/TED
286 Jacques-Cartier Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4T1
450 377-1213
Website: clubjoiedevivre.net
Email: joiedevivre.saj@gmail.com
Services: Leisure club for people living with an intellectual disability or an autism spectrum disorder. * Leisure, educational and socialization activities. * Promotion of social integration and maintenance of autonomy.
Eligibility: adults aged 21 years and over living with an intellectual disability, a pervasive developmental disorder or an autism spectrum disorder
Coverage area: MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges
Hours: Monday to Friday 9h00 to 15h00, Saturday 9h00 to 16h00
Fees: none
Financing: donations
Legal status: non-profit organization

CONSEIL CANADIEN DES AVEUGLES DE LONGUEUIL
1255 Beauregard Street, Suite 2509, Longueuil, Montérégie, QC, J4K 2M3
450 442-2008
Website: ccalongueuil.org
Email: info@ccalongueuil.org
Eligibility: people living with a partial or total vision loss
Coverage area: agglomeration of Longueuil
Hours: weekly activities: variable, outings: one Saturday per month
Fees: annual contribution: $5, activities: variable
Financing: provincial, municipal, self-financing, contributions, donations
Legal status: non-profit organization

CONSEIL DES AVEUGLES DE ST-HYACINTHE
5065 Gouin Street, Saint-Hyacinthe, Montérégie, QC, J2S 1E3
450 252-5624
Email: f_ledoux@hotmail.com

Eligibility: people aged 18 and over living with a visual disability
Coverage area: MRC les Maskoutains, MRC Acton
Hours: 2 Tuesdays per month 13h00 to 16h00
Fees: member: 10$ per year, activities: none, outings: variable
Financing: membership fees, self-financing, grants, donations
Legal status: non-profit organization

CONTACT'L DE VARENNES
2016 René-Gaultier Boulevard, Suite 4, Varennes, Montérégie, QC, J3X 1E9
450 652-0004
Website: www.contactl.org
Email: contactL@contactL.org

Eligibility: adult women, immigrant women, women living with a disability
Coverage area: Boucherville, Saint-Amable, Sainte-Julie, Varennes, Verchères
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00
Fees: annual membership: $15, activities: variable
Financing: provincial, municipal, fundraising campaigns
Legal status: non-profit organization

DROIT DI RÊVER
479 Hébert boulevard, Salaberry-de-Valleyfield, Montérégie, QC, J6S 5Y9
450 377-4241
Website: droitdirever.org
Email: ddirosq@gmail.com

Services: Organization seeking to promote, inform and facilitate the social inclusion in all areas of daily life for people living with an intellectual disability or autism spectrum disorder. * Trainings and workshops: hygiene, nutrition, self-esteem, etc. * Physical and cultural activities: theater, dance, yoga, etc. * Volunteer work.
Eligibility: people aged 21 and over living with an intellectual disability or an autism spectrum disorder
Coverage area: Le Suroît
Hours: Monday to Friday 9h00 to 17h00 or by appointment
Fees: variable
Financing: fundraising campaigns, donations
Legal status: non-profit organization
ENVOL DU HAUT-RICHELIEU (L’)
245 6th Avenue, Suite 1, Saint-Jean-sur-Richelieu, Montérégie, QC, J2X 0C6
450 347-6041 ext. 4 Fax: 450 347-9059
Website: www.rphrhr.com/en
Email: lmorin@rphrhr.com

Eligibility: people with a physical or intellectual disability
Coverage area: MRC Le Haut-Richelieu, MRC Les Jardins-de-Napierville, MRC Le Haut-Saint-Laurent
Hours: Monday, Tuesday, Thursday and Friday 9h00 to 12h00 and 13h00 to 16h00
Fees: annual membership: $20, recreational activities: variable
Financing: provincial, self-financing, donations
Legal status: non-profit organization

FADÔQ - RÉGION RICHELIEU-YAMASKA
2775 Bourdages Avenue North, Saint-Hyacinthe, Montérégie, QC, J2S 5S3
450 774-8111 Fax: 450 774-6161
Website: fadoqry.ca
Email: info@fadoqry.ca

Eligibility: people 50 years and over
Coverage area: MRC Acton, MRC Brome-Missisquoi, MRC La Haute-Yamaska, MRC La Vallée-du-Richelieu, MRC les Maskoutains, MRC Pierre-De Saurel et MRC Rouville
Hours: Monday 13h00 to 16h30, Tuesday to Thursday 8h30 to 12h00 and 13h00 to 16h30. Friday 8h30 to 12h00
Fees: membership: 30$ per year or 50$ for 2 years
Financing: self-financing, contributions, grants
Legal status: non-profit organization

FADÔQ - RÉGION RIVE-SUD-SUROÎT
900 Industriel Boulevard, Suite 250, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 8J4
1 800 828-3344 Fax: 450 347-6385
Website: www.fadoq.ca/en/rive-sud-suroit
Email: fadoq@fadoqrrss.org

Eligibility: people 50 years and over
Coverage area: South Shore, Suroît
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: self-financing, contributions, grants
Legal status: non-profit organization

FONDATION DES GOUVERNEURS DE L’ESPOIR
101 Saint-Jean-Baptiste Boulevard, Suite 215, Châteauguay, Montérégie, QC, J6J 3H9
438 838-8588
Website: fondationdesgouverneurs.org
Email: info@gouverneursdelespoir.org

Eligibility: youth aged 18 and under living with cancer, a rare or orphan disease, their family
Coverage area: Province of Québec
Hours: Monday to Thursday 9h00 to 16h00, Friday 9h00 to 12h00
Financing: donations, fundraising campaigns
Legal status: non-profit organization

FONDATION PAPILLON - CAMP DE GRANDPRÉ
756 des Patriotes Road South, Otterburn Park, Montérégie, QC, J3H 1Z5
514 937-6171 ext. 222  Fax: 450 467-0099
Website: fondationpapillon.ca/camps-et-sejours/camp-de-grandpre
Email: sboijeot@fondationpapillon.ca
Eligibility: people living with a physical or intellectual disabilities from different age groups
Capacity: 178 people
Coverage area: Province of Québec
Hours: information: Monday to Friday
Fees: variable
Financing: fundraising campaigns, grants
Legal status: non-profit organization

HALTE SOLEIL
404 Filiatrault Street, Saint-Joseph-de-Sorel, Montérégie, QC, J3R 3S8
450 742-4959  Fax: 450 742-3016
Email: haltesoleil@bellnet.ca
Eligibility: people living with an intellectual or physical disability, their families
Coverage area: Saint-Joseph-de-Sorel
Hours: 24 hours / 7 days
Legal status: non-profit organization

HYPER-LUNE
5675 Chambly Road, Suite 50, Longueuil, Montérégie, QC, J3Y 3R1
450 678-8434
Website: www.hyper-lune.org
Email: hyperlune@videotron.ca
Eligibility: parents, children, teenagers and adults living with an attention deficit disorder with or without hyperactivity (ADD/ADHD), with a diagnosis or in the process of obtaining one, their family and professionals
Coverage area: Montérégie
Hours: Monday to Thursday 9h00 to 16h30, variable on Sundays and some weeknights
Fees: annual membership: $20 per parent, guardian or adult, $50 per professional, $15 per supporter, services: variable
Financing: provincial, self-financing, donations
Legal status: non-profit organization
**INSTITUT NAZARETH ET LOUIS-BRAILLE**

1111 Saint-Charles Street West, Suite 200, Longueuil, Montérégie, QC, J4K 5G4

1 800 361-7063  Fax: 450 463-0243

Website: www.inlb.qc.ca

Email: info.inlb@ssss.gouv.qc.ca


**Eligibility:** people living with a visual impairment

**Coverage area:** Montréal Island, Montérégie, Laval

**Hours:** Monday to Friday 8h00 to 17h00, store: Monday to Thursday 9h00 to 17h00

**Financing:** provincial

**Legal status:** parapublic organization

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**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


**Eligibility:** adults 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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**KAHNAWAKE SHAKOTII’TAKEHNHAS COMMUNITY SERVICES**

Confidential Address

450 632-6880  Fax: 450 632-5116

Website: www.kscs.ca


**Eligibility:** Kahnawake residents

**Coverage area:** Kahnawake

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

**Financing:** grants

**Legal status:** non-profit organization
**LOISIRS ET RÉPIT SANS LIMITES**
20 Pierre-Boucher Street, Boucherville, Montérégie, QC, J4B 5A4
514 771-8347
Website: www.loisirssanslimites.org
Email: direction@loisirssanslimites.org

**Services:** Support for people living with an intellectual disability or autism spectrum disorder. * Recreational activities, outings. * Respite service. * Fall and winter camps. * Day camp and respite trip in summer.

**Eligibility:** people 5 years old and over living with an intellectual disability or an autism spectrum disorder

**Coverage area:** Boucherville, Sainte-Julie, Varennes, Verchères

**Hours:** activities and outings: mainly on Saturday

**Fees:** variable depending on the activities

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

**Legal status:** non-profit organization

**LUCIOLES (LES)**
2060 Homes Street, Longueuil, Montérégie, QC, J4T 1R8
Website: www.lucioles.ca
Email: ca.lucioles@gmail.com

**Services:** Support for people living with a physical disability. * Community lunches. * Support group. * Thematic events.

**Eligibility:** autonomous people 18 to 65 years old living with physical disabilities

**Capacity:** 30 people

**Coverage area:** Longueuil

**Hours:** Friday 10h00 to 14h30

**Fees:** membership: $7 per year, lunch: $6 for members, $7 for non-members

**Financing:** provincial

**Legal status:** non-profit organization

**MA DEUXIÈME MAISON À MOI**
240 Saint-Laurent Avenue, Saint-Lambert, Montérégie, QC, J4R 2S2
450 671-5344     Fax: 450 671-6733
Website: www.madeuxiememaison.org
Email: info@madeuxiememaison.org


**Eligibility:** people living with an intellectual disability or an autism spectrum disorder

**Capacity:** 30 children

**Coverage area:** Montérégie

**Hours:** adult component: Monday to Friday 8h00 to 16h00, youth component: days, evenings and weekends all year round

**Fees:** variable

**Financing:** self-financing

**Legal status:** non-profit organization

**MAISON RÉPIT-VACANCES**
259 Sénécal Street, Longueuil, Montérégie, QC, J4G 1M8
450 928-9105
Website: maisonrepitvacances.ca
Email: mrvacances@hotmail.com


**Eligibility:** adults living with an intellectual disability or an autism spectrum disorder without motor impairment or behavioral disorder
Coverage area: Montérégie
Hours: weekend camps: Friday 18h00 to Sunday 16h00, drop-in respite: Monday to Friday 8h00 to 16h00, occasional respite: by appointment
Fees: weekend camps: $170, special camps: prices can vary depending on the number of entries and the location of accommodation, drop-in respite: $45, emergency respite: $90
Financing: grants, self-financing, fundraising campaigns, provincial
Legal status: non-profit organization

MOUVEMENT ACTION DÉCOUVERTE POUR PERSONNES HANDICAPÉES DE LA RÉGION DE CHÂTEAUGUAY
25-B Saint-Francis Boulevard, Châteauguay, Montérégie, QC, J6J 1Y2
450 698-3361 Fax: 450 698-3362
Website: actiondecouverte.org/en
Email: actiondecouverte_info@videotron.ca
Eligibility: adults living with intellectual disabilities, with or without other disorders
Coverage area: Châteauguay
Hours: Monday to Friday 9h00 to 16h00, variable in the evening and on Saturday
Fees: variable
Financing: Centraide of Greater Montréal, foundations, donations, provincial
Legal status: non-profit organization

MOUVEMENT ACTION LOISIRS
1675 Saint-Pierre Street West, Saint-Hyacinthe, Montérégie, QC, J2T 1P4
450 771-6676
Website: www.lemali.ca
Email: infomali@maskatel.net
Eligibility: people 7 years old and over living with an intellectual disability
Coverage area: Saint-Hyacinthe
Hours: administration: Monday to Friday 8h30 to 15h30, coffee meetings: Tuesday and Wednesday 9h00 to 15h00, leisure time: Sunday 10h00 to 16h00
Fees: variable
Financing: contributions, municipal, self-financing, grants
Legal status: non-profit organization

MULTIPLE SCLEROSIS SOCIETY OF CANADA - MONTÉRÉGIE SECTION
1705 Victoria Avenue, Suite C-121, Saint-Lambert, Montérégie, QC, J4R 2T7
450 466-5209 Fax: 450 466-9268
Website: mssociety.ca
Email: info.monteregie@scleroseenplaques.ca
Eligibility: patients with multiple sclerosis and their relatives
Coverage area: Montérégie
Hours: Monday to Friday 9h00 to 17h00
Financing: fundraising campaigns, donations, grants
Legal status: non-profit organization
PARKINSON RIVE-SUD
Confidential Address
514 943-7583
Website: parkinsonquebec.ca/regions/rive-sud
Email: rivesud@parkinsonquebec.ca
Eligibility: people with a Parkinson diagnosis and their close ones
Coverage area: Montérégie, support groups: Longueuil, Saint-Jean and Saint-Constant
Fees: sport activities: variable
Financing: donations, fundraising campaigns
Legal status: non-profit organization

PARRAINAGE CIVIQUE CHAMPLAIN
3222 Windsor Street, Longueuil, Montérégie, QC, J4T 2X2
450 678-7025     Fax: 450 676-6111
Website: www.parrainagechamplain.org
Email: info@parrainagechamplain.org
Services: * Pairing for people living with a disability. * Day camp for youth 5 to 21 years old.
Eligibility: people living with an intellectual disability, a pervasive developmental disorder (PDD, autism), a physical disability or a mental health disorder
Coverage area: Boucherville, Brossard, Longueuil, Saint-Hubert, Saint-Bruno-de-Montarville, Saint-Lambert, Candiac
Hours: Monday to Friday 9h00 to 16h00, day camp: Monday to Thursday 8h00 to 16h00
Fees: mandatory membership card: $10 per year, day camp: $150 per week, $32 per day, childcare: $8 per day
Financing: grants, provincial
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
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

PHARE - SAINT-HYACINTHE ET RÉGIONS (LE)
620 Robert Avenue, Saint-Hyacinthe, Montérégie, QC, J2S 4L8
450 773-7202     Fax: 450 773-5117
Website: www.lephare-apamm.ca
Email: reception@lephare-apamm.ca
Disability


**Eligibility:** family and friends of people living with mental health challenges, community workers, training and awareness raising: organisations, schools, companies

**Coverage area:** MRC d'Acton, MRC Les Maskoutains, MRC La Vallée-du-Richelieu (Carignan and Chambly excluded), Saint-Bruno-de-Montarville

**Hours:** office: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, open until 20h30 on Wednesday

**Fees:** none

**Financing:** grants, donations

**Legal status:** non-profit organization

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**PROJET INTÉGRATION AUTISMOPOLIS**

415 du Séminaire Boulevard North, Suite B, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 5L4

450 895-1470

Website: www.autismopolis.com

Email: administration@autismopolis.com

**Services:** * 6 month-long preparation for employment project. * Socialization activities for 13 years old and over.

**Eligibility:** people with an autism spectrum disorder and without intellectual disabilities

**Capacity:** 12 people

**Coverage area:** Province of Québec

**Hours:** Monday to Thursday 8h30 to 16h30, Friday 8h30 to 16h30 and 18h00 to 20h00, Saturday 9h00 to 16h00

**Fees:** free

**Financing:** fundraising campaigns, provincial

**Legal status:** non-profit organization

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**REGROUPEMENT DES PERSONNES HANDICAPÉES RÉGION DU HAUT-RICHELIEU**

245 6th Avenue, Suite 1, Saint-Jean-sur-Richelieu, Montérégie, QC, J2X 0C6

450 347-6041     Fax: 450 347-9059

Website: www.rphrhr.com

Email: rph@videotron.ca

**Services:** * Adapted housing. * Temporary accommodation and respite rooms. * Activities and outings.

**Eligibility:** people with physical disabilities, seniors with limited mobility

**Capacity:** 54 apartments, 2 respite rooms

**Coverage area:** MRC Le Haut-Richelieu, MRC Les Jardins-de-Napierville, MRC Le Haut-Saint-Laurent

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

**Fees:** membership: $20 per year, temporary accommodation: according to income

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

**Legal status:** non-profit organization

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**RÉPIT LE ZÉPHYR**

663 Bord-de-l'Eau Boulevard, Salaberry-de-Valleyfield, Montérégie, QC, J6S 0B5

450 371-6825 ext. 208

Website: repitlezephyr.com/en

Email: reception@repitlezephyr.com

**Services:** Respite and babysitting for families living with a dependent with a hypothesis or diagnosis of intellectual disability or autism spectrum disorder. * Respite at the organization's respite homes or at home. * Accompaniment during social outings. * Summer day camp and spring break. * Information and referrals.

**Eligibility:** children or adults living with a suspected or diagnosed intellectual disability (ID) or autism spectrum disorder (ASD)

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

**Hours:** office: Monday to Friday 9h00 to 16h00, services: 24 hours / 7 days  
**Fees:** variable  
**Financing:** foundations  
**Legal status:** non-profit organization  

**RÉSEAU|SURDITÉ|MONTÉRÉGIE**  
125 Jacques-Cartier Street North, Suite 11, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 8C9  
450 346-6029  
**Website:** www.reseausurditemontregie.org  
**Email:** info@reseausurditemontregie.org  
**Services:** Help, support and assistance for people living with deafness, their families and loved ones. * Help with communication. * Information and referral. * Services and activities that promote the autonomy and development of people living with deafness: conferences, workshops.  
**Eligibility:** deaf and hearing-impaired people  
**Coverage area:** Montérégie-Est, Montérégie-Centre, Montérégie-Ouest  
**Hours:** Monday to Friday 9h00 to 16h00  
**Financing:** provincial  
**Legal status:** non-profit organization  

**RÉSIDENCE LA P’TITE MAISON BLEUE**  
2406 9e Rang, Roxton, Montérégie, QC, J0H 1E0  
450 548-5795  
**Website:** www.residencelaptitemaisonbleue.com  
**Email:** info@residencelaptitemaisonbleue.com  
**Services:** Respite services and summer camps in a family environment. * Weekend respite care. * Daytime respite care. * Summer camps.  
**Eligibility:** adults living with an intellectual disability with or without an autism spectrum disorder, without behavioral disorder and able to function on a daily basis in a ratio of three residents for one worker  
**Coverage area:** MRC Acton  
**Hours:** Monday 9h00 to 16h00, weekend respite care: Friday 18h00 to Sunday 16h00  
**Fees:** day respite care: $60, weekend respite care: $200, 24 hours respite care: $125, 31 hours respite care: $165, summer camp: $850 per week, meal or additional hour: $10  
**Financing:** donations, provincial, self-financing  
**Legal status:** non-profit organization  

**S.A.U.S.**  
9 Montcalm Street North, Suite 512, Candiac, Montérégie, QC, J5R 3L5  
514 944-4986  
**Website:** s-au-s.org/en  
**Email:** info@s-au-s.org  
**Eligibility:** children, youth, young adults 21 and over, living with an autism spectrum disorder (level 2-3)  
**Coverage area:** Greater Montréal, Montérégie  
**Hours:** office: Monday to Thursday 9h00 to 15h00  
**Fees:** non-mandatory membership: 50 or $100 depending on the type chosen, activities: variable  
**Financing:** self-financing  
**Legal status:** non-profit organization
SOCIÉTÉ LUÇOISE DES PERSONNES HANDICAPÉES ACTIVES
Confidential Address
450 359-2000
Email: societe_lucoise@hotmail.com
Eligibility: people with physical, mild intellectual and sensory disabilities
Coverage area: MRC Le Haut Richelieu
Fees: $15
Legal status: non-profit organization

VENTS D’ESPOIR DE LA VALLÉE DU SAINT-LAURENT
99-D Lachapelle Street East, Saint-Rémi, Montérégie, QC, J0L 2L0
450 992-0512
Website: ventsdespoir.org
Email: info.ventsdespoir@gmail.com
Eligibility: people between 18 and 55 years old living with cranial trauma or a physical disability
Capacity: 15 persons per day
Coverage area: Beauharnois, MRC Le Haut-Saint-Laurent, MRC Les Jardins-de-Napierville, MRC Roussillon, MRC Vaudreuil-Soulanges
Hours: day centre: Monday to Thursday 8h30 to 16h00, office: Monday to Friday 8h00 to 16h00
Fees: $10 per day
Financing: self-financing, donations
Legal status: non-profit organization

Respite services and housing

ACADÉMIE ZÉNITH
3063 de Lyon Street, Longueuil, Montérégie, QC, J4L 3R8
450 332-4406
Website: academiezenith.com
Email: info@academiezenith.com
Services: Day centre aiming at maintaining and developing abilities acquired in school. * Adapted social activities and workshops. * Artistic activities and cultural visits.
Eligibility: people 21 years old and over living with an intellectual disability, paired or not with a physical disability or an autism spectrum disorder
Coverage area: agglomeration of Longueuil
Hours: Monday to Friday 8h30 to 16h30
Fees: free
Financing: donations, fundraising campaigns
Legal status: non-profit organization

ACTION INTÉGRATION EN DÉFICIENCE INTELLECTUELLE
6180 Agathe Street, Brossard, Montérégie, QC, J4Z 1E1
450 676-5058 Fax: 450 676-5686
Website: actionintegration.org
Email: info@actionintegration.org
Disability

Eligibility: people 16 years and over living with an intellectual disability or an autism spectrum disorder
Coverage area: South Shore, from Sainte-Catherine to Varennes
Hours: office: Monday to Friday 8h30 to 16h30, activities: 7 days
Fees: annual membership: $10
Financing: provincial, fundraising campaigns, membership fees, federal
Legal status: non-profit organization

APPART À MOI (L’)
5210 de Chambly Road, Suite 102, Longueuil, Montérégie, QC, J3Y 3N6
514 290-0408
Website: en.lappartamoi.ca
Email: info.lappartamoi@gmail.com
Services: Stable, permanent and safe housing. * Social integration.
Eligibility: young adults living with trisomy 21 or an intellectual disability without a behavioural disorder
Capacity: 9
Coverage area: Longueuil
Financing: donations, fundraising campaigns, municipal
Legal status: non-profit organization

ARCHE MONTÉRÉGIE (L’)
221 Bernard-Pilon Street, Beloeil, Montérégie, QC, J3G 1V2
450 446-1061
Website: www.larchemonteregie.org
Email: info@larchemonteregie.org
Eligibility: people 18 years old and over living with an intellectual disability
Capacity: 3 group homes with a maximum capacity of 17 persons
Coverage area: Montérégie
Hours: 24 hours / 7 days
Fees: variable annual pension
Financing: provincial, donations
Legal status: non-profit organization

ASSOCIATION DE PARENTS DE L’ENFANCE EN DIFFICULTÉ
1050 Curé-Poirier Boulevard West, Suite 100, Longueuil, Montérégie, QC, J4K 2E4
450 679-9310 Fax: 450 679-3294
Website: aped.org
Email: info@aped.org
Eligibility: parents of a child living with an intellectual disability, an autism spectrum disorder, an attention deficit disorder with or without hyperactivity, behavioural disorders or with a mental health issue, youth service: youth 5 to 21 years old living with an intellectual disability, an autism spectrum disorder or a mental health issue
Coverage area: South Shore
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00, mutual aid groups and trainings: evening
Fees: annual membership: $20, participation fees for some services
Financing: Centraide of Greater Montréal, provincial, municipal, self-financing
Legal status: non-profit organization
ASSOCIATION GARAGONA
23 Garagona Road, Frelighsburg, Montérégie, QC, J0J 1C0
450 298-5159
Website: www.garagona.org/en
Email: info@campgaragona.qc.ca
Eligibility: teenagers and adults living with an intellectual disability or an autism spectrum disorder
Capacity: summer camp: 80, weekend respite: 15
Coverage area: Province of Québec, day program: MRC Brome-Missisquoi
Hours: office: Monday to Friday 9h00 to 17h00
Fees: administrative fees: $55, session fees: $127.50 per night
Financing: self-financing, grants, donations
Legal status: non-profit organization

ASSOCIATION LOCALE DES PERSONNES HANDICAPÉES DE CHAMBLY ET LA RÉGION - ALPHA
608 12th Avenue, Richelieu, Montérégie, QC, J3L 5J9
450 658-9869
Website: www.associationalpha.com
Email: associationalpha@hotmail.com
Services: * Raising awareness and advocating for the rights of people with an autism spectrum disorder or a physical or intellectual disability. * IPS Program: day program for adults with an intellectual disability or an autism spectrum disorder that aims to develop and maintain skills through various workshops and with specialists in music therapy, zootherapy and massotherapy. * Activities and workshops: drama, visual arts, cooking, dance, meetings, dance night and special outings. * Journée Déclic: weekly activity or outing. * Espace TSA: workshop for children and pre-adolescents with an autism spectrum disorder to develop their socialization skills. * Coin des amis: workshop for children and pre-adolescents with intellectual disabilities. * Summer day camp.
Eligibility: people with an intellectual disability, a physical disability or an autism spectrum disorder, their family, IPS program: people 21 years old and over with an intellectual disability or an ASD
Coverage area: Richelieu, Saint-Mathias-sur-Richelieu, Chambly, Carignan, Marieville, Sainte-Angèle-de-Monnoir, Rougemont, Saint-Césaire
Hours: IPS program and summer day camp: Monday to Friday from 8h30 to 15h30, journée Déclic: Saturday 9h30 to 15h30, day camp daycare: Monday to Friday 7h00 to 8h45 and 15h30 to 17h30, workshops: varied schedule, consult the online calendar
Fees: variable
Financing: provincial, Centraide Richelieu-Yamaska, federal
Legal status: non-profit organization

ASSOCIATION PAUSE
375 Bessette Avenue, Saint-Jean-sur-Richelieu, Montérégie, QC, J2X 2N8
450 347-2324
Website: www.associationpause.org
Email: info@associationpause.org
Eligibility: people with intellectual disabilities or autism spectrum disorders (ASD), associated or not with a physical disability, families of participants
Coverage area: MRC Le Haut-Richelieu
Hours: Monday to Friday 9h00 to 16h00
Fees: membership fee: $20
Financing: provincial, donations, grants, self-financing
Legal status: non-profit organization
AUTISME MONTÉRÉGIE
755 Sainte-Foy Boulevard, Suite 210, Longueuil, Montérégie, QC, J4J 1Z4
1 888 424-1212 Fax: 450 646-4633
Website: www.autismemonteregie.org
Email: administration@autismemonteregie.org
Eligibility: people living with an autism spectrum disorder (ASD), their family, their close ones
Coverage area: Montérégie
Hours: Monday to Friday 8h00 to 16h00, summer: variable
Fees: annual membership, adult member living with ASD: $15, parent and extended family member: $20, support worker member: $40
Financing: donations, fundraising events, grants, provincial
Legal status: non-profit organization

CENTRE DE RÉPIT-DÉPANNAGE AUX QUATRES POCHES
560 du Lac Road, Boucherville, Montérégie, QC, J4B 6X3
450 641-1255
Website: centrequatrepoches.org
Email: info@centrequatrepoches.org
Eligibility: children over 3 years old with a light or severe intellectual disability, with or without a physical disability and behavior disorder, day center: adults 21 years old and over
Capacity: 18 children in the day and 10 in the night
Coverage area: Montérégie
Hours: week-ends: 24 hours, school childcare: 15h45 to 17h30, pedagogical days: 7h00 to 18h00
Fees: $50 for 8 hours, $100 for 24 hours, $200 for 48 hours
Financing: donations, contributions, grants
Legal status: non-profit organization

CENTRE ÉLODI (LE)
135 5th Avenue, Saint-Jean-sur-Richelieu, Montérégie, QC, J2X 4J5
450 347-7472 Fax: 450 358-1025
Email: direction@lecentreelodi.org
Services: Socio-recreational activities and maintenance of skills. * Day centre.
Eligibility: adults living with an intellectual disability or autism spectrum disorder
Coverage area: Montérégie
Hours: Monday to Friday 8h00 to 15h00
Financing: provincial
Legal status: non-profit organization

CENTRE LOUISE BIBEAU
2110 Mailhot Avenue, Saint-Hyacinthe, Montérégie, QC, J2S 9E1
450 773-7321 Fax: 450 252-1321
Website: centrelouisebibeau.com
Email: clb@maskatel.net
Eligibility: people living with an intellectual disability with or without physical disabilities
Capacity: 12 people per day
Coverage area: Montérégie
Hours: drop-in respite: weekend, summer or emergency: 24 hours / 7 days
Fees: annual membership: $15, respite: variable
Disability

Financing: Centraide Richelieu-Yamaska, provincial, donations, foundations
Legal status: non-profit organization

CENTRE MULTIFONCTIONNEL HORIZON
78 du Lac-Saint-Louis Road, Léry, Montérégie, QC, J6N 1A1
450 692-6000 ext. 101
Website: www.centrehorizon.org
Email: info@centrehorizon.org
Eligibility: people living with an intellectual disability, a physical disability or an autism spectrum disorder aged 6 years and over and their family, respite at home: people 6 years and older, summer camp: people 12 to 21 years old
Capacity: variable, respite: 8 beds
Coverage area: MRC Roussillon, MRC Beauharnois-Salaberry, MRC Les Jardins-de-Napierville and MRC Haut-Saint-Laurent
Hours: Monday to Friday 7h00 to 18h00, respite: Friday 19h00 to Sunday 19h00
Fees: variable depending on the type of membership
Financing: provincial, donations, self-financing
Legal status: non-profit organization

CENTRE NOTRE-DAME DE FATIMA
2464 Perrot Boulevard, Vaudreuil-Dorion, Montérégie, QC, J7V 8P4
514 453-7600 ext. 221  Fax: 514 453-7601
Website: mon-camp.ca/en
Email: info@mon-camp.ca
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: housing: 110, for a day: 400
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

CENTRE PETITE ÉCHELLE
850 Sainte-Hélène Street, Longueuil, Montérégie, QC, J4K 3R8
450 674-2201 ext. 103
Website: www.petiteechelle.org
Email: operations@petiteechelle.org
Services: * Stimulation services for children with special needs between 0 and 12 years old. * Family respite services.
Eligibility: children with specific needs related to one or more diagnosis including an autism spectrum disorder, cerebral lesions, intellectual, visual, motor disability or hearing impairment
Capacity: 10 people
Coverage area: Montérégie
Hours: 7 days 9h00 to 16h00
Fees: daycare and respite: $34 for 3 hours, $44 for 4 hours and $70 for 7 hours
Financing: self-financing, provincial
Legal status: non-profit organization

CENTRES DE RÉADAPTATION EN DÉFICIENCE INTELLECTUELLE ET TROUBLE DU SPECTRE DE L'AUTISME - SERVICES EXTERNES - SAINT-JEAN-SUR-RICHELIEU
315 MacDonald Street, Suite 105, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 8J3
450 348-6121
Website: santemonteregie.qc.ca/services-specialises-en-deficience-intellectuelle-et-trouble-du-spectre-de-lautisme
Eligibility: people living with an intellectual disability or autism spectrum disorder (ASD), their families and relatives
Coverage area: Montérégie
Financing: provincial
Legal status: parapublic organization

CLUB DES PERSONNES HANDICAPÉES BROME MISSISQUOI
183 Principale Street, Sainte-Sabine, Montérégie, QC, J0J 2B0
450 293-2326
Email: cphf@videotron.ca
Eligibility: people living with an intellectual or physical handicap, their families and caregivers
Coverage area: Ange-Gardien, MRC Brome-Missisquoi
Hours: Monday to Thursday 8h00 to 14h30
Financing: grants
Legal status: non-profit organization

COOPÉRATIVE DE SOUTIEN À DOMICILE DU PAYS DES VERGERS
175 Principale Street, Suite 7, Cowansville, Montérégie, QC, J2K 3L9
450 266-5484     Fax: 450 266-1919
Website: soutienadomicile.coop
Email: info@soutienadomicile.coop
Coverage area: MRC Brome-Missisquoi, Sainte-Brigide-d'Iberville, Ange-Gardien
Fees: variable
Financing: self-financing
Legal status: cooperative

ENVOl DU HAUT-RICHELIEU (L')
245 6th Avenue, Suite 1, Saint-Jean-sur-Richelieu, Montérégie, QC, J2X 0C6
450 347-6041 ext. 4     Fax: 450 347-9059
Website: www.rphrhr.com/en
Email: lmorin@rphrhr.com
Eligibility: people with a physical or intellectual disability
Coverage area: MRC Le Haut-Richelieu, MRC Les Jardins-de-Napierville, MRC Le Haut-Saint-Laurent
Hours: Monday, Tuesday, Thursday and Friday 9h00 to 12h00 and 13h00 to 16h00
Disability

Fees: annual membership: $20, recreational activities: variable
Financing: provincial, self-financing, donations
Legal status: non-profit organization

FONDATION LE RENFORT
315 MacDonald Street, Suite 105, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 8J3
579 362-5262
Website: lerenfort.com
Email: info@lerenfort.com
Eligibility: people with a diagnosis of an intellectual disability or an autism spectrum disorder, their family
Coverage area: MRC Le Haut-Richelieu, MRC Les Jardins-de-Napierville, MRC Rouville, some towns of the MRC Brome-Missisquoi, Chambly, Carignan
Hours: August to April: Monday to Friday 8h00 to 17h00, May to July: Monday to Thursday 8h00 to 17h00
Financing: donations, fundraising campaigns
Legal status: non-profit organization

FOYER SAINT-ANTOINE DE LONGUEUIL
150 Grant Street, Longueuil, Montérégie, QC, J4H 3H6
450 679-6654
Website: foyerstantoine.ca
Email: info@foyerstantoine.ca
Eligibility: adults living with a physical, sensory or intellectual disability
Coverage area: Montérégie
Hours: day centre: Monday to Thursday 9h00 to 16h00, Friday 9h00 to 14h00, respite and short stays accommodation: 24 hours / 7 days
Fees: membership: $25 per year, respite: $65 per night, day centre: $25 per day, material: $15 per year
Financing: self-financing, federal
Legal status: non-profit organization

HALTE SOLEIL
404 Filiatrault Street, Saint-Joseph-de-Sorel, Montérégie, QC, J3R 3S8
450 742-4959   Fax: 450 742-3016
Email: haltesoleil@bellnet.ca
Eligibility: people living with an intellectual or physical disability, their families
Coverage area: Saint-Joseph-de-Sorel
Hours: 24 hours / 7 days
Legal status: non-profit organization

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

Eligibility: adults 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

LANTERNE BLEUE (LA)
3020 Barry Avenue, Brossard, Montérégie, QC, J4Z 1T6
450 443-7335
Website: www.lalanternebleue.ca
Email: lanternebleue@videotron.ca

Services: * Week-end respite: outings on Saturday and thematic days on Sunday adapted according to age groups. * Specialized support: variable ratio of 1 for 1 to 1 for 2.

Eligibility: people living with an autism spectrum disorder

Capacity: 4 people per night, 5 to 7 people per day

Coverage area: Montérégie

Hours: respite centre: Friday 19h00 to Sunday 16h00, pedagogical days upon request, office: Monday to Friday 9h00 to 17h00

Fees: membership: $25 per year, variable hourly rates

Financing: donations, foundations, self-financing, provincial

Legal status: non-profit organization

LOISIRS ET RÉPIT SANS LIMITES
20 Pierre-Boucher Street, Boucherville, Montérégie, QC, J4B 5A4
514 771-8347
Website: www.loisirssanslimites.org
Email: direction@loisirssanslimites.org


Eligibility: people 5 years old and over living with an intellectual disability or an autism spectrum disorder

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

Hours: activities and outings: mainly on Saturday

Fees: variable depending on the activities

Financing: fundraising campaigns, donations, grants

Legal status: non-profit organization

MA DEUXIÈME MAISON À MOI
240 Saint-Laurent Avenue, Saint-Lambert, Montérégie, QC, J4R 2S2
450 671-5344 Fax: 450 671-6733
Website: www.madeuxiememaison.org
Email: info@madeuxiememaison.org


Eligibility: people living with an intellectual disability or an autism spectrum disorder

Capacity: 30 children

Coverage area: Montérégie

Hours: adult component: Monday to Friday 8h00 to 16h00, youth component: days, evenings and weekends all year round

Fees: variable
MAISON DE LA FAMILLE DE LA VALLÉE DU RICHELIEU (LA)
91 Cartier Boulevard, Beloeil, Montérégie, QC, J3G 6R4
450 446-0852
Website: www.mfvr.ca
Email: reception@mfvr.ca
Eligibility: families, caregivers, seniors
Hours: office: Monday to Friday 8h30 to 16h00, daycare: Monday to Friday 8h30 to 15h30, Saturday 8h30 to 12h00, seniors pavilion: Monday to Thursday 13h00 to 16h00
Fees: annual membership card: $20
Financing: donations, fundraising campaigns, grants
Legal status: non-profit organization

MAISON DE RÉPIT L’INTERMÈDE
192 F.X.-Garneau Street, Beloeil, Montérégie, QC, J3G 4Y1
450 464-9261 ext. 2
Website: www.repit-intermede.com
Email: coordoservices@gmail.com
Eligibility: people with an intellectual disability or an autism spectrum disorder
Coverage area: MRC La Vallée-du-Richelieu
Hours: by reservation, regular respite: Thursday 16h00 to Sunday 19h00, day and night
Fees: $8.50 per hour up to a maximum of $102 per 24 hours, at-home respite: $16 per hour
Financing: grants, Centraide Richelieu-Yamaska, donations, self-financing
Legal status: non-profit organization

MAISON RÉPIT-VACANCES
259 Sénécal Street, Longueuil, Montérégie, QC, J4G 1M8
450 928-9105
Website: maisonrepitvacances.ca
Email: mrvacances@hotmail.com
Eligibility: adults living with an intellectual disability or an autism spectrum disorder without motor impairment or behavioral disorder
Coverage area: Montérégie
Hours: weekend camps: Friday 18h00 to Sunday 16h00, drop-in respite: Monday to Friday 8h00 to 16h00, occasional respite: by appointment
Fees: weekend camps: $170, special camps: prices can vary depending on the number of entries and the location of accommodation, drop-in respite: $45, emergency respite: $90
Disability

Financing: grants, self-financing, fundraising campaigns, provincial
Legal status: non-profit organization

MOUVEMENT ACTION DÉCOUVERTE POUR PERSONNES HANDICAPÉES DE LA RÉGION DE CHÂTEAUGUAY
25-B Saint-Francis Boulevard, Châteauguay, Montérégie, QC, J6J 1Y2
450 698-3361 Fax: 450 698-3362
Website: actiondecouverte.org/en
Email: actiondecouverte_info@videotron.ca


Eligibility: adults living with intellectual disabilities, with or without other disorders
Coverage area: Châteauguay
Hours: Monday to Friday 9h00 to 16h00, variable in the evening and on Saturday
Fees: variable
Financing: Centraide of Greater Montréal, foundations, donations, provincial
Legal status: non-profit organization

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


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

REGROUPEMENT SOUTIEN AUX AIDANTS DE BROME-MISSISQUOI
614 J.-André-Deragon Boulevard, Cowansville, Montérégie, QC, J2K 0H7
450 263-4236 Fax: 450 263-0408
Website: rsabm.ca
Email: info@rsabm.ca

Services: Services for caregivers. * Individual and group-based sychosocial support. * Daytime respite and housing respite, 1 to 14 days. * Coffee-meetings, workshops-discussions, creative workshops, night and at-home respite.

Eligibility: any person who is a caregiver for a closed one suffering from a permanent or temporary incapacity due to a disability, an accident, an illness or old age
Capacity: 4 rooms
Coverage area: MRC Brome-Missisquoi and surroundings
Hours: administration: Monday to Friday 8h30 to 16h30, respite: 24 hours / 7 days
Fees: yearly contribution of $10, respite services: $15 for day, $7.50 for a half-day, $25 for housing respite (24 hours)
Financing: provincial
Legal status: non-profit organization
**RÉPIT LE ZÉPHYR**

663 Bord-de-l’Eau Boulevard, Salaberry-de-Valleyfield, Montérégie, QC, J6S 0B5

**450 371-6825 ext. 208**

**Website:** repitlezeephyr.com/en

**Email:** reception@repitlezeephyr.com

**Services:** Respite and babysitting for families living with a dependent with a hypothesis or diagnosis of intellectual disability or autism spectrum disorder. * Respite at the organization's respite homes or at home. * Accompaniment during social outings. * Summer day camp and spring break. * Information and referrals.

**Eligibility:** children or adults living with a suspected or diagnosed intellectual disability (ID) or autism spectrum disorder (ASD)

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

**Hours:** office: Monday to Friday 9h00 to 16h00, services: 24 hours / 7 days

**Fees:** variable

**Financing:** foundations

**Legal status:** non-profit organization

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**RÉSIDENCE LA P'TITE MAISON BLEUE**

2406 9e Rang, Roxton, Montérégie, QC, J0H 1E0

**450 548-5795**

**Website:** www.residencelapttitemaisonbleue.com

**Email:** info@residencelapttitemaisonbleue.com

**Services:** Respite services and summer camps in a family environment. * Weekend respite care. * Daytime respite care. * Summer camps.

**Eligibility:** adults living with an intellectual disability with or without an autism spectrum disorder, without behavioral disorder and able to function on a daily basis in a ratio of three residents for one worker

**Coverage area:** MRC Acton

**Hours:** Monday 9h00 to 16h00, weekend respite care: Friday 18h00 to Sunday 16h00

**Fees:** day respite care: $60, weekend respite care: $200, 24 hours respite care: $125, 31 hours respite care: $165, summer camp: $850 per week, meal or additional hour: $10

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

**Legal status:** non-profit organization

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**SENIORS RESPITE MONTÉRÉGIE**

83 Churchill Boulevard, Longueuil, Montérégie, QC, J4V 3L8

**450 486-4722**

**Website:** www.adultdaycare.ca

**Email:** info@seniorsrespitemonterie.ca

**Services:** Respite for caregivers of seniors. * Day centre and at-home respite. * Group stimulation activities. * Physical, cognitive, sensory and sociocultural activities.

**Eligibility:** caregivers of seniors, day centre: people 50 years old and over, autonomous or with a loss of cognitive or physical autonomy related to Alzheimer's disease, Parkinson's disease, dementia or intellectual disability

**Capacity:** day centre: 20 people

**Coverage area:** agglomeration of Longueuil

**Hours:** office: Monday to Friday 9h30 to 16h30, day centre: Monday to Friday 9h30 to 16h00, at-home respite: 7 days

**Fees:** variable

**Financing:** donations, self-financing

**Legal status:** non-profit organization
Support Associations

AIDE ARTHRITE DU BAS-RICHELIEU
71 De Ramezay Street, Suite 151-B, Sorel-Tracy, Montérégie, QC, J3P 3Z1
450 989-0619
Email: arthrite@hotmail.com

Eligibility: people living with arthritis
Coverage area: MRC Pierre-De Saurel
Hours: September to May, Monday 9h00 to 12h00, Tuesday 13h30 to 15h00
Fees: $20 per year
Financing: donations
Legal status: non-profit organization

ALZHEIMER SOCIETY OF RIVE-SUD
1160 Nobert Boulevard, Longueuil, Montérégie, QC, J4K 2P1
450 442-3333 Fax: 450 442-9271
Website: alzheimer.ca/rivesud/en
Email: info@alzheimerrivesud.ca

Eligibility: people with Alzheimer's disease or another major neurocognitive disorder, caregivers
Capacity: Campanile: 22 rooms
Hours: Monday to Friday 8h30 to 17h00
Financing: fundraising campaigns, donations
Legal status: non-profit organization

AMITIÉ MATERN'ELLE
90 Marie-Victorin Boulevard, Candiac, Montérégie, QC, J5R 1C1
450 659-7661 ext. 1387
Website: www.amitiematernelle.com
Email: amitiematernelle@gmail.com

Eligibility: pregnant women, families with infants
Coverage area: CLSC Kateri territory
Fees: none
Financing: provincial
Legal status: non-profit organization

ANTRE-TEMPS LONGUEUIL (L’)
950 Roland-Therrien Boulevard, Longueuil, Montérégie, QC, J4J 5H3
450 651-0125 Fax: 450 651-0126
Website: antre-temps.org
Email: admin@antre-temps.org

Eligibility: youth in difficulty 16 to 21 years old, support group: parents with children 12 years old and over

Capacity: 14 places, support group: 5 to 10 parents

Coverage area: priority to the South Shore

Hours: 24 hours / 7 days

Fees: shelter: $8 per day, support group for parents: free

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

Legal status: non-profit organization

APHASIE RIVE-SUD
1720 De Gaulle Street, Longueuil, Montérégie, QC, J4T 1M9
450 550-4466

Website: aphasierivesud.ca/en/home
Email: info.aphasierivesud@gmail.com

Services: * Workshops: language (speech therapy), written language, theatre, choir, games, adapted scrabble, lunch meeting, relaxation on a chair, etc. * J'active mes neurones workshop. * Parole entre nous workshop. * Workshops for caregivers: Café du bien support group, sociocultural activities, etc.

Eligibility: adults with aphasia, caregivers

Coverage area: South Shore of Montréal

Hours: Monday to Friday 8h30 to 15h30, meetings and workshops: Monday to Friday 9h30 to 11h30

Fees: membership card: $30 per year, activities: $50 per semester

Financing: provincial, self-financing, donations

Legal status: non-profit organization

ASSOCIATION DE FIBROMYALGIE DU BAS-RICHELIEU
71 de Ramezay Street, Suite 220, Sorel-Tracy, Montérégie, QC, J3P 3Z1
450 908-0910

Email: afbr@live.ca


Eligibility: people suffering from fibromyalgia or chronic pain

Coverage area: MRC Pierre-De Saurel

Financing: self-financing, donations

Legal status: non-profit organization

ASSOCIATION DE FIBROMYALGIE ET DU SYNDROME DE FATIGUE CHRONIQUE DE VAUDREUIL-SOULANGES
10 Saint-Louis Street, Vaudreuil-Dorion, Montérégie, QC, J7V 1C7
450 218-7722      Fax: 450 218-7722
Website: www.afsfc-vs.org/?lang=en
Email: info@afsfc-vs.org


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

Coverage area: MRC Vaudreuil-Soulanges

Hours: variable

Fees: annual membership: $25

Financing: provincial, donations, membership fees

Legal status: non-profit organization
ASSOCIATION DE LA DÉFICIENCE INTELLECTUELLE DE LA RÉGION DE SOREL
1275 des Patriotes Road, Sorel-Tracy, Montérégie, QC, J3P 2N4
450 743-0664 Fax: 450 743-3208
Website: adirs.e-monsite.com
Email: adirs@videotron.ca


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

Coverage area: Contrecoeur, MRC Pierre-De Saurel

Hours: Monday to Friday 9h00 to 16h00

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

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

Legal status: non-profit organization

ASSOCIATION DE LA FIBROMYALGIE - RÉGION MONTÉRÉGIE
570 Roland-Therrien Boulevard, Suite 205, Longueuil, Montérégie, QC, J4H 3V9
450 928-1261
Website: www.fibromyalgiemonteregie.ca
Email: info@fibromyalgiemonteregie.ca

Services: * Phone listening. * Support, information, conferences and workshops. * Adapted physical courses and activities. * Support (moderated by a community worker) and self-help groups (moderated by peers) at many service points. * Documentation centre.

Eligibility: people living with fibromyalgia, their close ones

Coverage area: Montérégie

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

Fees: membership: $20 per year, classes, workshops et conferences: variable depending on the activity, support and self-help groups: free for members

Financing: self-financing, grants, provincial

Legal status: non-profit organization

ASSOCIATION DE LA SCLÉROSE EN PLAQUES SOREL-TRACY ET RÉGIONS
71 Ramezay Street, Suite 151-A, Sorel-Tracy, Montérégie, QC, J3P 3Z1
450 746-5536 Fax: 450 746-7409
Email: asp.soreltracy@gmail.com


Eligibility: people with multiple sclerosis and their relatives

Coverage area: MRC Pierre-De Saurel

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

Financing: self-financing

Legal status: non-profit organization

ASSOCIATION DE LA VALLÉE DU RICHELIEU POUR LA DÉFICIENCE INTELLECTUELLE
625 Lechasseur Street, Beloeil, Montérégie, QC, J3G 2L3
450 467-8644
Website: www.avrdi.org
Email: avrdibeloeil@gmail.com

Eligibility: people aged over 13 years old with mild or moderate intellectual disabilities and with or without an autism spectrum disorder
Capacity: depending on the activities, between 10 and 100 people
Coverage area: MRC La Vallée-du-Richelieu
Hours: Monday to Saturday 9h00 to 16h30
Fees: variable depending on the activity
Financing: donations, provincial, self-financing
Legal status: non-profit organization

ASSOCIATION DE PARENTS DE L'ENFANCE EN DIFFICULTÉ
1050 Curé-Poirier Boulevard West, Suite 100, Longueuil, Montérégie, QC, J4K 2E4
450 679-9310 Fax: 450 679-3294
Website: aped.org
Email: info@aped.org
Eligibility: parents of a child living with an intellectual disability, an autism spectrum disorder, an attention deficit disorder with or without hyperactivity, behavioural disorders or with a mental health issue, youth service: youth 5 to 21 years old living with an intellectual disability, an autism spectrum disorder or a mental health issue
Coverage area: South Shore
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00, mutual aid groups and trainings: evening
Fees: annual membership: $20, participation fees for some services
Financing: Centraide of Greater Montréal, provincial, municipal, self-financing
Legal status: non-profit organization

ASSOCIATION DES JEUNES BÈGUES DU QUÉBEC
1494 de Chambly Road, Suite 901, Longueuil, Montérégie, QC, J4J 3X3
514 388-8455
Website: www.ajbq.qc.ca/fr/
Email: info@ajbq.qc.ca
Eligibility: children and young people 18 years old and under who stutter, their families and close ones
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: annual membership: $30, fees for camps
Financing: self-financing, grants, donations
Legal status: non-profit organization

ASSOCIATION DES PARENTS DES ENFANTS HANDICAPÉS RICHELIEU-VAL-MASKA
16675 Desrochers Avenue, Saint-Hyacinthe, Montérégie, QC, J2T 3K3
450 261-8556
Email: directrice@apehrvm.org
Eligibility: families of people living with an intellectual disability, a physical disability or an autism spectrum disorder
ASSOCIATION DES PERSONNES APHASIQUES DU RICHELIEU-YAMASKA
1800 Dessaulles Street, door C-3115, Saint-Hyacinthe, Montérégie, QC, J2S 2T2
450 771-3333 ext. 2685
Website: www.aphasieapary.org
Email: info@aphasieapary.org


Eligibility: people with aphasia following a stroke, their relatives

Capacity: 15

ASSOCIATION DES STOMISÉS RICHELIEU-YAMASKA
Confidential Address
450 230-1795
Website: stomisesry.com
Email: jacques.inspiration@gmail.com

Services: Information and support for its members in their efforts to readapt physically, psychologically and socially. * Help for people living with a stoma. * Advocacy for the rights of people living with a stoma. * Support group for people newly living with a stoma. * Information sessions on the care of people living with a stoma. * Social activities. * Support and listening over the phone.

Eligibility: people living with a stoma (after an inflammatory intestinal disease, an intestinal or urinary cancer, or a trauma that required the installation of a stoma) and people who do not have a stoma but suffer from an inflammatory intestinal disease

Coverage area: Montérégie

ASSOCIATION DES TRAUMATISÉS CRANIO-CÉRÉBRAUX DE LA MONTÉRÉGIE
308 Montsabré Street, Suite D-131, Beloeil, Montérégie, QC, J3G 2H5
450 446-1111 Fax: 450 446-6405
Website: www.atccmonteregie.qc.ca
Email: atcc@atccmonteregie.qc.ca


Eligibility: people 16 years old and over having sustained a medically recognized cranio-cerebral trauma (light, light complex, moderate or severe) and with a stable state of health, their close ones

Coverage area: Montérégie

Hours: Monday to Thursday 9h30 to 12h00 and 13h00 to 16h30, Friday 9h30 to 12h00 and 13h00 to 16h00
ASSOCIATION DU SYNDROME DE TURNER DU QUÉBEC
Confidential Address
514 264-6362
Website: syndrometurnerquebec.com
Email: info@syndrometurnerquebec.com
Eligibility: people living with Turner’s syndrome, their close ones and anyone interested in Turner’s syndrome
Coverage area: Province of Québec
Hours: by appointment
Fees: none
Financing: fundraising campaigns, donations, grants
Legal status: non-profit organization

ASSOCIATION INFERTILITÉ QUÉBEC
1538 Saint-Jean-Baptiste Boulevard, Mercier, Montérégie, QC, J6R 2L1
514 452-6775
Website: www.infertilite.ca
Email: president@infertilite.ca
Eligibility: infertile couples and individuals of all sexual orientations
Coverage area: Province of Québec
Fees: annual membership: $25.50
Financing: membership fees
Legal status: non-profit organization

ASSOCIATION LOCALE DES PERSONNES HANDICAPÉES DE CHAMBLY ET LA RÉGION - ALPHA
608 12th Avenue, Richelieu, Montérégie, QC, J3L 5J9
450 658-9869
Website: www.associationalpha.com
Email: associationalpha@hotmail.com
Services: * Raising awareness and advocating for the rights of people with an autism spectrum disorder or a physical or intellectual disability. * IPS Program: day program for adults with an intellectual disability or an autism spectrum disorder that aims to develop and maintain skills through various workshops and with specialists in music therapy, zootherapy and massotherapy. * Activities and workshops: drama, visual arts, cooking, dance, meetings, dance night and special outings. * Journée Déclic: weekly activity or outing. * Espace TSA: workshop for children and pre-adolescents with an autism spectrum disorder to develop their socialization skills. * Coin des amis: workshop for children and pre-adolescents with intellectual disabilities. * Summer day camp.
Eligibility: people with an intellectual disability, a physical disability or an autism spectrum disorder, their family, IPS program: people 21 years old and over with an intellectual disability or an ASD
Coverage area: Richelieu, Saint-Mathias-sur-Richelieu, Chambly, Carignan, Marieville, Sainte-Angèle-de-Monnoir, Rougemont, Saint-Césaire
Hours: IPS program and summer day camp: Monday to Friday from 8h30 to 15h30, journée Déclic: Saturday 9h30 to 15h30, day camp daycare: Monday to Friday 7h00 to 8h45 and 15h30 to 17h30, workshops: varied schedule, consult the online calendar
ASSOCIATION PANDA LES DEUX-RIVES
4915 Marie-Victorin Road, Contrecœur, Montérégie, QC, J0L 1C0
438 793-8188
Website: www.pandalesdeuxrives.com
Email: pandalesdeuxrives@gmail.com
Eligibility: parents of children with an attention deficit disorder with or without hyperactivity
Coverage area: MRC Marguerite-d’Youville, MRC Pierre-De Saurel
Financing: donations, fundraising campaigns
Legal status: non-profit organization

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 concerned by attention deficit disorder with or without hyperactivity
Coverage area: CSSS Vaudreuil-Soulanges
Financing: donations, provincial
Legal status: non-profit organization

ASSOCIATION PULMONAIRE DU QUÉBEC - APNÉE BELOEIL
Confidential Address
1 888 768-6669
Website: poumonquebec.ca
Email: info@poumonquebec.ca
Eligibility: people living with sleep apnea, spouses, caregivers, close ones
Capacity: 50
Coverage area: Beloeil
Financing: fundraising campaigns, self-financing, donations
Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DE LA DYSPHASIE - RÉGION MONTÉRÉGIE
55 Saint-Pierre Street, Suite 205, Saint-Constant, Montérégie, QC, J5A 1B9
1 866 635-1961
Website: www.dysphasiemonteregie.qc.ca
Email: info@dysphasiemonteregie.qc.ca
Services: * Hotline and information research for members. * Support to research on primary language impairment. * Information and social reintegration activities. * Colloquium on dysphasia and its impacts. * Information tool production and advocacy.

Eligibility: people with dysphasia of all ages, parents of children with dysphasia, specialists or people interested in dysphasia

Coverage area: Montérégie

Hours: office: Monday to Thursday 8h00 to 16h00, Friday 9h00 to 13h00, activities: evenings and weekends

Fees: membership: $25 per year for individual, professional and supporter members, $50 for corporate members

Financing: provincial, self-financing, donations

Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DES PARENTS D’ENFANTS HANDICAPÉS VISUELS

10 Churchill Boulevard, Suite 203, Longueuil, Montérégie, QC, J4V 2L7

1 888 849-8729 Fax: 450 465-5129

Website: www.aqpehv.qc.ca

Email: info@aqpehv.qc.ca


Eligibility: parents of children living with a visual impairment or a neurovisual impairment aged 0 to 21 years old

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: active members: $10 per parent, support members: $25 per person, member organization: $30

Financing: grants, donations

Legal status: non-profit organization

ASSOCIATION SCLÉROSE EN PLAQUES RIVE-SUD

Confidential Address

450 926-5210

Website: asprs.qc.ca

Email: info@asprs.qc.ca

Services: * Listening, accompaniment, information, support and referral. * Assistance for members to access all the services available. * Advocacy for essential services. * Group outings, community lunches, information meetings and conferences. * Support and mutual aid activities. * Monthly brunch, body awakening, coffee meetings, fundraising activities, etc.

Eligibility: people with multiple sclerosis and their close ones

Coverage area: agglomération de Longueuil, MRC Roussillon, MRC Marguerite-D’Youville, MRC La Vallée-du-Richelieu

Hours: telephone reception: Monday to Thursday 9h00 to 16h00

Financing: provincial, self-financing

Legal status: non-profit organization

AUTISME MONTÉRÉGIE

755 Sainte-Foy Boulevard, Suite 210, Longueuil, Montérégie, QC, J4J 1Z4

1 888 424-1212 Fax: 450 646-4633

Website: www.autismemonteregie.org

Email: administration@autismemonteregie.org


Eligibility: people living with an autism spectrum disorder (ASD), their family, their close ones

Coverage area: Montérégie

Hours: Monday to Friday 8h00 to 16h00, summer: variable
Disability

**Fees:** annual membership, adult member living with ASD: $15, parent and extended family member: $20, support worker member: $40

**Financing:** donations, fundraising events, grants, provincial

**Legal status:** non-profit organization

**BARRIE MEMORIAL HOSPITAL**
28 Gale Street, Ormstown, Montérégie, QC, J0S 1K0
450 829-2321  Fax: 450 829-3582

**Website:** santemonteregie.qc.ca/en/installations/hopital-barrie-memorial-barrie-memorial-hospital


**Coverage area:** Province of Québec

**Hours:** 24 hours / 7 days

**Financing:** provincial

**Legal status:** parapublic organization

**CANADIAN CANCER SOCIETY - SAINT-HYACINTHE SERVICE CENTRE**
5330 des Seigneurs Street East, Saint-Hyacinthe, Montérégie, QC, J2R 1Z8
833 562-8869

**Website:** www.cancer.ca/en
**Email:** pdesgagne@quebec.cancer.ca

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

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

**Coverage area:** Saint-Hyacinthe

**Hours:** by appointment only

**Financing:** fundraising campaigns, donations

**Legal status:** non-profit organization

**CANADIAN CANCER SOCIETY - SAINT-JEAN-SUR-RICHELIEU SERVICE CENTRE**
920 du Séminaire Boulevard North, 3rd floor, Saint-Jean-sur-Richelieu, Montérégie, QC, J3A 1B7
450 359-5000 ext. 5157

**Website:** www.cancer.ca/en

**Services:** * Documentation and information. * Loan of capillary prostheses. * Loan of breast prostheses.

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

**Coverage area:** Saint-Jean-Sur-Richelieu

**Financing:** fundraising campaigns, donations

**Legal status:** non-profit organization

**CANADIAN CANCER SOCIETY - SOREL-TRACY SERVICE CENTRE**
70 Élizabeth Street, Sorel-Tracy, Montérégie, QC, J3P 4G5
450 743-4310 ext. 209

**Website:** www.cancer.ca/en

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

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

**Coverage area:** Sorel-Tracy

**Financing:** fundraising campaigns, donations

**Legal status:** non-profit organization
CARREFOUR NAISSANCE-FAMILLE
5750 Saint-Roch Road, Sorel-Tracy, Montérégie, QC, J3R 3L9
450 743-0359 ext. 21 Fax: 450 743-8529
Website: www.carrefournaisancefamille.com
Email: communication@carrefournaisancefamille.com


Eligibility: future parents, families with children from 0 to 17 years old
Coverage area: MRC Pierre-De Saurel and surrounding areas
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: membership card: $25 for residents of the MRC Pierre-De Saurel, $50 for residents from surrounding areas, activities and services: free or variable
Financing: contributions, donations, self-financing, fundraising campaigns
Legal status: non-profit organization

CENTRE ALPHA-SOURD RIVE-SUD
2010 Chambly Road, Suite B, Longueuil, Montérégie, QC, J4J 3Y2
438 806-5149
Website: www.casourdrivesud.org
Email: info@casourdrivesud.org


Eligibility: deaf and deaf-blind people
Capacity: 25
Coverage area: Montérégie
Hours: Wednesday and Friday 8h00 to 15h00
Fees: none
Financing: provincial
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE VALLEYFIELD
95 Salaberry Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2H5
450 373-2111
Website: cabvalleyfield.com
Email: info@cabvalleyfield.com

Eligibility: adults, seniors, caregivers, organizations
Coverage area: Salaberry-de-Valleyfield, Saint-Stanislas-de-Kostka, caregivers: Salaberry-de-Valleyfield, Saint-Stanislas-de-Kostka, Beauharnois, Saint-Étienne-de-Beauharnois and Saint-Louis-de-Gonzague

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

Fees: meals: $7

Financing: provincial, self-financing

Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DU BAS RICHELIEU
70 Élizabeth Street, Sorel-Tracy, Montérégie, QC, J3P 4G5
450 743-4310     Fax: 450 743-2046
Website: www.cab-basrichelieu.org
Email: direction@cab-basrichelieu.org


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

Coverage area: MRC Pierre-De Saurel

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

Fees: variable

Financing: provincial, Centraide Richelieu-Yamaska, donations, self-financing

Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE LES P’TITS BONHEURS
1665 Montarville Street, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 3T8
450 441-0807     Fax: 450 441-4667
Website: www.cabstbruno.org
Email: infocab.petitsbonheurs@cabstbruno.org


Eligibility: seniors, families, people in difficulty

Capacity: variable

Coverage area: Saint-Bruno-de-Montarville

Hours: Monday to Friday 8h30 to 16h30, thrift store: Monday, Tuesday, Wednesday, Friday and Saturday 10h00 to 16h00, Thursday 10h00 to 19h00

Fees: variable

Financing: provincial

Legal status: non-profit organization
CENTRE DE PÉDIATRIE SOCIALE EN COMMUNAUTÉ MAIN DANS LA MAIN
215 du Sud Street, 3rd floor, Cowansville, Montérégie, QC, J2K 2X5
450 260-1414 ext. 0
Website: cpscmaindanslamain.org/en
Email: reception@cpscmaindanslamain.org
Eligibility: children 0 to 18 years old in situations of great vulnerability
Coverage area: MRC Brome-Missisquoi
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial, donations, fundraising campaigns
Legal status: non-profit organization

CENTRE DE RÉHABILITATION AVC
500 Saint-Laurent Street, La Prairie, Montérégie, QC, J5R 5X2
514 775-5347
Website: www.centrerehabilitationavc.com
Email: accidentvasculaire@hotmail.com
Eligibility: people who have had a stroke, their caregivers
Coverage area: South Shore of Montréal
Hours: Wednesday 9h15 to 15h30
Fees: contribution: $20 per year, outing: $5
Financing: donations, membership fees, provincial
Legal status: non-profit organization

CENTRE LOUISE BIBEAU
2110 Mailhot Avenue, Saint-Hyacinthe, Montérégie, QC, J2S 9E1
450 773-7321 Fax: 450 252-1321
Website: centrelouisebibeau.com
Email: clb@maskatel.net
Eligibility: people living with an intellectual disability with or without physical disabilities
Capacity: 12 people per day
Coverage area: Montérégie
Hours: drop-in respite: weekend, summer or emergency: 24 hours / 7 days
Fees: annual membership: $15, respite: variable
Financing: Centraide Richelieu-Yamaska, provincial, donations, foundations
Legal status: non-profit organization

CENTRE MULTIFONCTIONNEL HORIZON
78 du Lac-Saint-Louis Road, Léry, Montérégie, QC, J6N 1A1
450 692-6000 ext. 101
Website: www.centrehorizon.org
Email: info@centrehorizon.org

Eligibility: people living with an intellectual disability, a physical disability or an autism spectrum disorder aged 6 years and over and their family, respite at home: people 6 years and older, summer camp: people 12 to 21 years old

Capacity: variable, respite: 8 beds

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

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

Fees: variable depending on the type of membership

Financing: provincial, donations, self-financing

Legal status: non-profit organization

CENTRE PÉRINATAL LE BERCEAU
733 Laurier Street, Beloeil, Montérégie, QC, J3G 4J7
450 446-7760
Website: leberceau.org
Email: info@leberceau.org


Eligibility: pregnant women, future parents and parents with a child under one year old

Coverage area: South Shore

Hours: Monday to Friday 8h30 to 16h30, Saturday 9h00 to 16h00

Fees: annual membership card: 15$, activities and services: free or variable

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

Legal status: non-profit organization

CEREBRAL PALSY ASSOCIATION OF QUÉBEC
Confidential Address
1 800 311-3770
Website: www.paralysiecerebrale.com
Email: info@paralysiecerebrale.com


Eligibility: people living with cerebral palsy

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 16h30

Fees: annual membership: $10

Financing: self-financing, fundraising campaigns, donations

Legal status: non-profit organization

COELIAQUE QUÉBEC
1235 Gay-Lussac Street, Boucherville, Montérégie, QC, J4B 7K1
514 529-8806
Website: www.coeliaque.quebec
Email: info@coeliaque.quebec

Eligibility: people living with a gluten-induced disease (celiac disease, dermatitis herpetiformis, gluten ataxia or non celiac gluten sensitivity), health professionals, nutritionists and companies interested by the topic

Coverage area: Canada

Hours: Monday to Friday 9h00 to 17h00

Fees: membership for the first year: $90, renewal: $60

Financing: membership fees, donations, fundraising campaigns

Legal status: non-profit organization

CONSEIL CANADIEN DES AVEUGLES DE LONGUEUIL
1255 Beauregard Street, Suite 2509, Longueuil, Montérégie, QC, J4K 2M3
450 442-2008

Website: ccalongueuil.org
Email: info@ccalongueuil.org


Eligibility: people living with a partial or total vision loss

Coverage area: agglomeration of Longueuil

Hours: weekly activities: variable, outings: one Saturday per month

Fees: annual contribution: $5, activities: variable

Financing: provincial, municipal, self-financing, contributions, donations

Legal status: non-profit organization

COOPÉRATIVE DE SOLIDARITÉ-SANTÉ DE CONTRECOEUR
4915 Marie-Victorin Road, Contrecoeur, Montérégie, QC, J0L 1C0
450 587-2667

Website: www.coopcontrecoeur.com
Email: info@coopcontrecoeur.com


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

Coverage area: South Shore

Hours: Monday and Wednesday 8h00 to 17h00, Tuesday and Thursday 8h00 to 20h00, Friday 8h00 to 16h00

Financing: self-financing

Legal status: non-profit organization

CROISÉE DE LONGUEUIL (LA)
1230 Green Street, Longueuil, Montérégie, QC, J4K 4Z5
450 677-8918     Fax: 450 677-3377

Website: www.lacroiseedelongueuil.qc.ca
Email: lacroisee@lacroiseedelongueuil.qc.ca


Eligibility: families or people on a low income

Coverage area: South Shore, food assistance: Notre-Dame-de-la-Garde, Saint-Georges, Saint-Antoine-de-Padoue, Sainte-Louise-de-Marillac, Saint-Jude parishes

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 15h30
**DIABÈTE BROME-MISSISQUOI**

2 Adhémar Cusson Street, Office 3, Bedford, Montérégie, QC, J0J 1A0
450 248-2224

Website: diabetesbmhr.org
Email: info@diabetesbmhr.org


**Eligibility:** diabetic and prediabetic people

**Coverage area:** MRC Brome-Missisquoi, MRC Haut-Richelieu

**Fees:** yearly membership: $20, activities: variable

**Financing:** grants

**Legal status:** non-profit organization

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**DIABÈTE SAINT-HYACINTHE**

Confidential Address

450 773-4285
Email: beaureve2000@yahoo.ca

**Services:** * Information, awareness raising and prevention of diabetes. * Physical activities. * Conferences.

**Eligibility:** diabetic people

**Coverage area:** Saint-Hyacinthe

**Hours:** variable, make a phone call

**Financing:** self-financing

**Legal status:** non-profit organization

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**DIABÈTE SUROÎT**

521 du Havre Boulevard, Suite 15, Salaberry-de-Valleyfield, Montérégie, QC, J6S 4Z5
450 371-6444 ext. 303     Fax: 450 371-5315

Website: diabetesuroit.com
Email: diabete.suroit@bellnet.ca

**Services:** * Documentation centre: brochure and information books. * Conferences given by health professionals: nutritionist, nurse, podiatrist, pharmacist, kinesiologist, etc. * Screening days. * Foot care assistance program: $20 off (maximum $60 per year) any foot care bill made by a podiatrist or a nurse upon presentation of the receipt. * Financial assistance for camp Carowanis suitable for diabetic children.

**Eligibility:** people with diabetes and their families

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

**Hours:** by appointment

**Fees:** free

**Financing:** donations

**Legal status:** non-profit organization

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**DIABÉTIQUES SOREL-TRACY (LES)**

71 de Ramezay Street, Office 111, Sorel-Tracy, Montérégie, QC, J3P 3Z1
450 743-7461
Email: diabetest@videotron.ca

Eligibility: general population, in particular diabetic people and their closed ones
Coverage area: Sorel-Tracy
Hours: on appointment
Financing: grants
Legal status: non-profit organization

ÉMISSAIRE
1005 Curé-Poirier Boulevard West, Suite 101, Longueuil, Montérégie, QC, J4K 2E2
450 651-9229
Website: emissaire.ca
Email: sylvain.gauthier@emissaire.ca
Eligibility: people living with HIV and AIDS and their families, young people 16 to 29 years old attending Carrefour jeunesse-emploi (CJE) and adult education, people attending drug rehab therapy centres, female sex workers, women victims of sexual violence
Coverage area: Montérégie
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: self-financing, provincial, federal
Legal status: non-profit organization

ENTRAIDE POUR FAMILLES MONOPARENTALES ET FAMILLES RECOMPOSÉES DU SUROÎT
489 Larocque Road, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4C8
450 373-4047
Website: www.entraidedusuroit.ca
Email: info@entraidedusuroit.ca
Eligibility: families with children from 6 to 17 years old, single-parent families, reconstituted families
Coverage area: MRC de Beaufharnois-Salaberry, MRC du Haut-Saint-Laurent, MRC Vaudreuil-Soulanges
Hours: joujouthèque and sportothèque: by appointment
Fees: membership card: $5 per year
Financing: provincial, Centraide Sud-Ouest, membership fees, donations
Legal status: non-profit organization

FAMILLE À COEUR
130 Saint-Georges Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 2S8
450 346-1734     Fax: 450 346-9680
Website: familleacoeur.qc.ca
Email: familleacoeur@familleacoeur.qc.ca
Eligibility: families
Coverage area: MRC Le Haut-Richelieu
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00, some evenings and weekends
Fees: yearly membership: $20 per family per year
Financing: provincial, federal, Centraide of Greater Montréal
Legal status: non-profit organization
FONDATION DES GOUVERNEURS DE L’ESPOIR
101 Saint-Jean-Baptiste Boulevard, Suite 215, Châteauguay, Montérégie, QC, J6J 3H9
438 838-8588
Website: fondationdesgouverneurs.org
Email: info@gouverneursdelespoir.org
Eligibility: youth aged 18 and under living with cancer, a rare or orphan disease, their family
Coverage area: Province of Québec
Hours: Monday to Thursday 9h00 to 16h00, Friday 9h00 to 12h00
Financing: donations, fundraising campaigns
Legal status: non-profit organization

FONDATION LE RENFORT
315 MacDonald Street, Suite 105, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 8J3
579 362-5262
Website: lerenfort.com
Email: info@lerenfort.com
Eligibility: people with a diagnosis of an intellectual disability or an autism spectrum disorder, their family
Coverage area: MRC Le Haut-Richelieu, MRC Les Jardins-de-Napierville, MRC Rouville, some towns of the MRC Brome-Missisquoi, Chambly, Carignan
Hours: August to April: Monday to Friday 8h00 to 17h00, May to July: Monday to Thursday 8h00 to 17h00
Financing: donations, fundraising campaigns
Legal status: non-profit organization

GROUPE DE PARTAGE POUR HOMMES DE LA MONTÉRÉGIE
Confidential Address
514 299-3210
Website: gphm.ca
Email: groupepartagehommes@gmail.com
Eligibility: men with emotional and relational difficulties
Capacity: 10 to 12 people per meeting
Coverage area: Montérégie
Hours: phone: 24 hours / 7 days, meetings: Monday to Thursday 19h00 to 22h00
Fees: membership: $20 per year, support group: voluntary contribution of $10 per meeting
Financing: membership fees, donations
Legal status: non-profit organization

GROUPE LE TOURNANT
29 Diderot Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J2W 3C7
514 771-8572     Fax: 450 348-1410
Email: letournant@hotmail.ca
Eligibility: people living with a serious illness, people in palliative care, caregivers, volunteers
Coverage area: Carignan, Chambly, MRC Le Haut-Richelieu
Financing: grants
Legal status: non-profit organization

HORIZON SOLEIL - TABLE DE CONCERTATION DE PRÉVENTION DES TOXICOMANIES ET DE PROMOTION DE LA SANTÉ DE LA RÉGION D’ACTON
1049 A du Marché Street, Acton Vale, Montérégie, QC, J0H 1A0
450 366-0105
Email: hsoleil@live.ca
Eligibility: people 12 to 25, seniors
Coverage area: MRC d’Acton
Hours: family support: Monday to Friday 8h00 to 16h00, street work: Monday to Friday 13h00 to 21h00
Fees: free
Legal status: non-profit organization

HYPER-LUNE
5675 Chambly Road, Suite 50, Longueuil, Montérégie, QC, J3Y 3R1
450 678-8434
Website: www.hyper-lune.org
Email: hyperlune@videotron.ca
Eligibility: parents, children, teenagers and adults living with an attention deficit disorder with or without hyperactivity (ADD/ADHD), with a diagnosis or in the process of obtaining one, their family and professionals
Coverage area: Montérégie
Hours: Monday to Thursday 9h00 to 16h30, variable on Sundays and some weeknights
Fees: annual membership: $20 per parent, guardian or adult, $50 per professional, $15 per supporter, services: variable
Financing: provincial, self-financing, donations
Legal status: non-profit organization

INSTITUT NAZARETH ET LOUIS-BRAILLE
1111 Saint-Charles Street West, Suite 200, Longueuil, Montérégie, QC, J4K 5G4
1 800 361-7063     Fax: 450 463-0243
Website: www.inlb.qc.ca
Email: info.inlb@ssss.gouv.qc.ca
Eligibility: people living with a visual impairment
Coverage area: Montréal Island, Montérégie, Laval
Hours: Monday to Friday 8h00 to 17h00, store: Monday to Thursday 9h00 to 17h00
JEUNES MÈRES EN ACTION
330 Laurier Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 6L3
450 348-4330   Fax: 450 348-7966
Website: www.jeunesmeresenaction.org
Email: info@jeunesmeresenaction.org

Services: Services for young mothers on a low income. * Day centre: workshops with a free daycare service, listening and support, coffee-meetings, individual encounters, listening over the phone, recreational activities, group outings. * Transition housing for mothers planning to attend school.

Eligibility: young mothers on a low income
Coverage area: MRC Le Haut-Richelieu
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: none

Financial: 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


Eligibility: adults with a physical or intellectual disability
Coverage area: MRC Vaudreuil-Soulanges
Hours: Monday to Friday 9h00 to 16h00
Fees: none

Financial: grants
Legal status: non-profit organization

KANONHKWA’TSHERI:IO HEALTH AND SOCIAL FACILITY
31 Hilltop Drive, Akwesasne, Montérégie, QC, H0M 1A0
613 575-2341
Website: www.akwesasne.ca/health
Email: info@akwesasne.ca


Eligibility: members of an aboriginal community
Coverage area: Akwesasne
Fees: none

Legal status: municipal agency

Disability
KATERI MEMORIAL HOSPITAL CENTRE
10 River Road, Kahnawake, Montérégie, QC, J0L 1B0
450 638-3930   Fax: 450 638-4634
Website: kmhc.ca
Eligibility: community of Kahnawake
Coverage area: Kahnawake
Hours: Monday to Thursday 9h00 to 20h00, Friday 9h00 to 17h30, Saturday 9h30 to 13h30, visiting hours: 7 days 12h00 to 21h00, walk-in clinic: every Saturday, blood tests: Monday to Friday 7h00 to 9h00
Financing: federal, provincial
Legal status: parapublic organization

LAIT SOURCE
Confidential Address
Email: laitsource@gmail.com
Eligibility: future and new parents
Coverage area: MRC les Jardins-de-Napierville
Hours: Monday to Sunday 8h00 to 20h00
Fees: none
Financing: municipal
Legal status: non-profit organization

LIGUE LA LECHE
Confidential Address
1 866 255-2483
Website: allaitement.ca
Email: information@allaitement.ca
Eligibility: parents wishing to breastfeed, who are breastfeeding or who want information on weaning, their families, counsellors working with families and their young children, healthcare professionals
Coverage area: Province of Québec
Hours: telephone support: 7 days 9h00 to 21h00
Fees: none
Financing: self-financing, grants
Legal status: non-profit organization

LITTLE BROTHERS - LONGUEUIL
15 Pratt Street, Suite 115, Longueuil, Montérégie, QC, J4H 3S9
579 721-5115
Website: www.petitsfreres.ca/longueuil
Email: longueuil@petitsfreres.ca

**Eligibility:** seniors 75 years old and over and without any present family or significant social contact

**Coverage area:** Urban Agglomeration of Longueuil

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

**Fees:** free

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

**Legal status:** non-profit organization

**LUCIOLES (LES)**

2060 Homes Street, Longueuil, Montérégie, QC, J4T 1R8

**Website:** www.lucioles.ca

**Email:** ca.lucioles@gmail.com

**Services:** Support for people living with a physical disability. * Community lunches. * Support group. * Thematic events.

**Eligibility:** autonomous people 18 to 65 years old living with physical disabilities

**Capacity:** 30 people

**Coverage area:** Longueuil

**Hours:** Friday 10h00 to 14h30

**Fees:** membership: $7 per year, lunch: $6 for members, $7 for non-members

**Financing:** provincial

**Legal status:** non-profit organization

**MAISON DE LA FAMILLE DES MASKOUTAINS**

2130 Mailhot Avenue, Saint-Hyacinthe, Montérégie, QC, J2S 9E1

**450 771-4010  Fax:** 450 250-0272

**Website:** www.mfm.qc.ca

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


**Eligibility:** families, seniors, caregivers, children, immigrants, refugees

**Coverage area:** MRC Les Maskoutains

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

**Fees:** membership card: $10 per year, drop-in respite: free, educational childcare services: $20 per 4-week session, including meals, Tablette et cie: free for members, $5 per 4-month session for non-members, community meals: variable

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

**Legal status:** non-profit organization

**MAISON DE LA FAMILLE KATERI**

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

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

**Website:** www.maisonfamillekateri.com

**Email:** info@maisonfamillekateri.com
Disability


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

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

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

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

**Fees:** variable

**Financing:** grants, fundraising campaigns

**Legal status:** non-profit organization

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**MAISON DE LA FAMILLE LA PARENTR'AIDE**

2060 Holmes Street, Longueuil, Montérégie, QC, J4T 1R8

450 923-9333

Website: laparentraide.ca

Email: info@laparentraide.ca

**Services:** Provides parents with support and tools to enable them to better perform their role as educators and improve the quality of life for their family. * Workshops for parents of children 0 to 5 years: YAPP program, luncheons, Vie de famille, De la discipline à l'amour, Éveil musical, Langagibou. * Baby food workshops. * Daycare for children 0 to 5 years. * Parent-child workshops for children 0 to 5 years: Moments magiques, Exp'art, Mes 5 sens et moi, La boîte à outils, Grouille et gribouille, Tand'aime, Passeport. * Workshops for parents of children 5 to 12 years: Full Parent, Vie de famille, De la discipline à l'amour, Jalousie et rivalité frère/sœur, Parler pour que les enfants écoutent. * Parent-youth workshop for youth 5 to 12 years: Estime de soi. * Workshop for parents of teenagers 12 to 17 years: Parents d'ado, Une traversée. * Flash papa. * Individual meetings. * Summer day camp for children 5 to 11 years old. * Kindergarten preparation day camp for 4 years old children.

**Eligibility:** parents of children 0 to 17 years old

**Coverage area:** Greenfield Park, Longueuil, LeMoyne, Saint-Hubert

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

**Fees:** annual membership: $20

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

**Legal status:** non-profit organization

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**MAISON DE LA FAMILLE VALOISE**

962 Dubois Street, Acton Vale, Montérégie, QC, J0H 1A0

450 546-4627

Website: maisondelafamillevaloise.org

Email: info@mdfvaloise.org


**Eligibility:** parents, families, volunteers

**Coverage area:** MRC d'Acton

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

**Fees:** drop-in: $1.75 per hour

**Financing:** donations

**Legal status:** non-profit organization
MAISON DE SOINS PALLIATIFS SOURCE BLEUE
1130 de Montbrun Street, Boucherville, Montérégie, QC, J4B 8W6
450 641-3165  Fax: 450 641-0934
Website: www.maisonsourcebleue.ca
Email: info@maisonsourcebleue.ca


Eligibility: adult people at the final stage of life with cancer or with a terminal disease and a prognosis of less than 3 months, their families
Capacity: 16 people
Coverage area: Montérégie
Hours: 24 hours / 7 days
Fees: costs of medication and personal care products
Financing: provincial, fundraising campaigns, donations, foundations
Legal status: non-profit organization

MAISON INTERNATIONALE DE LA RIVE-SUD
2500 Lapinière Boulevard, Brossard, Montérégie, QC, J4Z 3V1
450 445-8777  Fax: 450 445-1222
Website: mirs.qc.ca
Email: info@mirs.qc.ca


Eligibility: immigrants and refugees
Coverage area: South Shore
Hours: Monday to Friday 9h00 to 17h00
Fees: variable costs for some services: certification of documents, translation, daycare
Financing: provincial, federal, self-financing
Legal status: non-profit organization

MAISON LE POINT COMMUN
177 Longueuil Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 6P2
450 346-5706  Fax: 450 346-3167
Website: maisonlepointcommun.org
Email: info@pointcommun.ca


Eligibility: adults 18 years and over living with severe mental health issues who want to develop abilities to function in their natural surroundings or to avoid hospitalization
Coverage area: MRC Le Haut-Richelieu, MRC Rouville
Hours: Monday to Wednesday and Friday 8h30 to 12h00 and 13h30 to 16h30, Thursday 13h30 to 16h30
Fees: none
Financing: provincial, grants, donations
Legal status: non-profit organization

MAM - AUTOUR DE LA MATERNITÉ
2060 Holmes Street, Longueuil, Montérégie, QC, J4T 1R8
514 990-9626
Website: www.mam.qc.ca
Email: kim.couture@mam.qc.ca

Eligibility: pregnant women, breastfeeding mothers, babies


Hours: Monday to Wednesday 9h00 to 12h00, Thursday 9h00 to 15h30

Fees: some activities have fees

Financing: provincial

Legal status: non-profit organization

MULTIPLE SCLEROSIS SOCIETY OF CANADA - MONTÉRÉGIE SECTION

1705 Victoria Avenue, Suite C-121, Saint-Lambert, Montérégie, QC, J4R 2T7

450 466-5209     Fax: 450 466-9268

Website: mssociety.ca

Email: info.monteregie@scleroseenplaques.ca


Eligibility: patients with multiple sclerosis and their relatives

Coverage area: Montérégie

Hours: Monday to Friday 9h00 to 17h00

Financing: fundraising campaigns, donations, grants

Legal status: non-profit organization

NOURRI-SOURCE - MONTÉRÉGIE

Confidential Address

1 877 425-0805

Website: nourri-source.org

Email: monteregie@nourri-source.org


Eligibility: families wishing to breastfeed

Coverage area: Montérégie

Hours: 7 days, 8h00 to 21h00

Fees: none

Financing: donations, self-financing

Legal status: non-profit organization

OPTIONS: RESOURCE AND PREGNANCY CENTRE FOR YOUTH

25 D’Anjou Boulevard, Châteauguay, Montérégie, QC, J6J 2P7

450 699-4357

Website: www.centreoptions.org/indexen1

Email: options@jslmontreal.org


Eligibility: teens, young adults and families who struggle with an unexpected pregnancy
**Capacity:** ARK boutique: 25 people per week, pregnancy options support: 3 people per week, other services: as needed

**Coverage area:** Greater Montréal

**Hours:** Monday, Tuesday and Friday 10h00 to 14h00, appointments available outside these hours

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

**ORGANISME D’AIDE AUX TROUBLES DYS TUKÀ TULÀ SOS DYS**

227 Saint-Édouard Road, Saint-Jean-sur-Richelieu, Montérégie, QC, J2X 5T9

1 800 465-0122

Email: tukatula.sos.dys@gmail.com

**Services:** Support for people living with a specific learning disability. * Information, resources and referrals. * Accompaniment and moral, educational, medical and legal support by telephone and online. * Conferences and workshops. * Training in work and school environments.

**Eligibility:** children or adults living with a specific learning disability with or without medical diagnosis: dyslexia, dyscalculia, dysorthography, dysphasia, dysgraphy or dyspraxia, parents, families, professionals

**Coverage area:** Canada

**Financing:** grants, donations

**Legal status:** non-profit organization

**ORGANISME VOUÉ AUX PERSONNES ATTEINTES DE CANCER**

320 Larocque Road, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4C2

450 371-5400     Fax: 450 371-5455

Website: ovpac.org

Email: info@ovpac.org

**Services:** * Referrals. * Psychosocial intervention. * Medical transportation to Montréal.

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

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

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

**Fees:** membership: $15, services: variable

**Financing:** foundations, fundraising campaigns, provincial

**Legal status:** non-profit organization

**PARKINSON RIVE-SUD**

Confidential Address

514 943-7583

Website: parkinsonquebec.ca/regions/rive-sud

Email: rivesud@parkinsonquebec.ca

**Services:** * Monthly support groups preceded by lectures for people living with Parkinson's and their families. * Weekly sport activities. * Support and information line.

**Eligibility:** people with a Parkinson diagnosis and their close ones

**Coverage area:** Montérégie, support groups: Longueuil, Saint-Jean and Saint-Constant

**Fees:** sport activities: variable

**Financing:** donations, fundraising campaigns

**Legal status:** non-profit organization

**PARRAINAGE CIVIQUE CHAMPLAIN**

3222 Windsor Street, Longueuil, Montérégie, QC, J4T 2X2

450 678-7025     Fax: 450 676-6111

Website: www.parrainagechamplain.org

Email: info@parrainagechamplain.org
Services: * Pairing for people living with a disability. * Day camp for youth 5 to 21 years old.
Eligibility: people living with an intellectual disability, a pervasive developmental disorder (PDD, autism), a physical disability or a mental health disorder
Coverage area: Boucherville, Brossard, Longueuil, Saint-Hubert, Saint-Bruno-de-Montarville, Saint-Lambert, Candiac
Hours: Monday to Friday 9h00 to 16h00, day camp: Monday to Thursday 8h00 to 16h00
Fees: mandatory membership card: $10 per year, day camp: $150 per week, $32 per day, childcare: $8 per day
Financing: grants, provincial
Legal status: non-profit organization

PARRAINAGE CIVIQUE DE LA VALLÉE-DU-RICHELIEU
308 Montsabré Street, Suite D132, Beloeil, Montérégie, QC, J3G 2H5
1 877 464-7287
Website: www.pcvr.ca
Email: info@pcvr.ca
Services: Pairing. * Select, monitor and support the volunteers. * Activities promoting social inclusion. * Inclusion workshops and discussion groups on request. * Integration trips.
Eligibility: teenagers 12 to 17 years old, adults and seniors, with an intellectual disability, a mental health problem, trisomy 21 or an autism spectrum disorder
Coverage area: MRC La Vallée-du-Richelieu, MRC Rouville, MRC Marguerite-D’Youville partly, MRC Pierre-de-Saurel
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h30, Friday by appointment only
Fees: membership: $10 per year, volunteer and support member: $15
Financing: Centraide of Greater Montréal, Centraide Richelieu-Yamaska, provincial
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
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

PARRAINAGE CIVIQUE DES MRC D’ACTON ET DES MASKOUTAINS
1195 Saint-Antoine Street, Suite 206, Saint-Hyacinthe, Montérégie, QC, J2S 3K6
450 774-8758
Website: parrainagecivique.org
Email: parrainageciviqueam@gmail.com

**Eligibility:** people living with an intellectual disability, physical disability or autism spectrum disorder, volunteers

**Coverage area:** MRC Acton, MRC Les Maskoutains

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

**Fees:** membership card

**Financing:** Centraide Richelieu-Yamaska, grants, membership fees

**Legal status:** non-profit organization

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**PARRAINAGE CIVIQUE DU HAUT-RICHELIEU**

125 Jacques-Cartier Street North, Suite 8, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 8C9

450 347-8091     Fax: 450 347-8444

Website: entreamis.ca

Email: info@entreamis.ca

**Services:** Friendship pairing between volunteers and people living with a disability. * Club F activity component: leisure activities for the sponsored party awaiting pairing in different community spaces. * Club F volunteer component: volunteering in various organizations and companies in the region for sponsored parties awaiting pairing. * Mine de Partage: program to encourage corporate volunteering.

**Eligibility:** people with an intellectual or physical disability, an autism spectrum disorder or a mental health problem, citizens looking for volunteering opportunities

**Coverage area:** MRC Le Haut-Richelieu, MRC Les Jardins-de-Napierville, MRC Brome-Missisquoi

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

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

**Legal status:** non-profit organization

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**PHARE SOURCE D'ENTRAIDE (LE) - SIÈGE SOCIAL - FARNHAM**

525 Saint-Édouard Street, Suite 103, Farnham, Montérégie, QC, J2N 1G6

450 293-0690     Fax: 450 293-7070

Website: psentraide.org

Email: lephare@videotron.ca


**Eligibility:** people living or having lived with a mental health problem or a period of emotional distress

**Coverage area:** MRC Brome-Missisquoi

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

**Financing:** provincial

**Legal status:** non-profit organization

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**PRÉMA-QUÉBEC**

150 Grant Street, Suite 305, Longueuil, Montérégie, QC, J4H 3H6

1 888 651-4909     Fax: 450 651-2185

Website: www.premaquebec.ca/en

Email: info@premaquebec.ca
Disability


**Eligibility:** parents of premature children, professionals

**Coverage area:** Province of Québec

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

**Fees:** free for parents

**Financing:** provincial, donations, grants

**Legal status:** non-profit organization

**QUARTIER DES FEMMES (LE)**

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

450 692-9805  Fax: 450 692-8243

Website: quartierdesfemmes.com/en

Email: info@quartierdesfemmes.com


**Eligibility:** women

**Coverage area:** CLSC Jardins-Roussillon

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

**Fees:** none, minimal fees for some activities

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

**Legal status:** non-profit organization

**RÉPIT LE ZÉPHYR**

663 Bord-de-l'Eau Boulevard, Salaberry-de-Valleyfield, Montérégie, QC, J6S 0B5

450 371-6825 ext. 208

Website: repitlezephyr.com/en

Email: reception@repitlezephyr.com

**Services:** Respite and babysitting for families living with a dependent with a hypothesis or diagnosis of intellectual disability or autism spectrum disorder. * Respite at the organization's respite homes or at home. * Accompaniment during social outings. * Summer day camp and spring break. * Information and referrals.

**Eligibility:** children or adults living with a suspected or diagnosed intellectual disability (ID) or autism spectrum disorder (ASD)

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

**Hours:** office: Monday to Friday 9h00 to 16h00, services: 24 hours / 7 days

**Fees:** variable

**Financing:** foundations

**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


**Eligibility:** job seekers, immigrants, employers

**Coverage area:** MRC Vaudreuil-Soulanges

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

Financing: grants
Legal status: non-profit organization

RÉSEAU|SURDITÉ|MONTRÉGIE
125 Jacques-Cartier Street North, Suite 11, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 8C9
450 346-6029  TTY: 450 238-0130
Website: www.reseausurditemonteregie.org
Email: info@reseausurditemonteregie.org
Services: Help, support and assistance for people living with deafness, their families and loved ones. * Help with communication. * Information and referral. * Services and activities that promote the autonomy and development of people living with deafness: conferences, workshops.
Eligibility: deaf and hearing-impaired people
Coverage area: Montérégie-Est, Montérégie-Centre, Montérégie-Ouest
Hours: Monday to Friday 9h00 to 16h00
Financing: provincial
Legal status: non-profit organization

S.AU.S.
9 Montcalm Street North, Suite 512, Candiac, Montérégie, QC, J5R 3L5
514 944-4986
Website: s-au-s.org/en
Email: info@s-au-s.org
Eligibility: children, youth, young adults 21 and over, living with an autism spectrum disorder (level 2-3)
Coverage area: Greater Montréal, Montérégie
Hours: office: Monday to Thursday 9h00 to 15h00
Fees: non-mandatory membership: 50 or $100 depending on the type chosen, activities: variable
Financing: self-financing
Legal status: non-profit organization

SCLÉRODERMIE QUÉBEC
550 Chambly Road, Suite 040, Longueuil, Montérégie, QC, J4H 3L8
1 844 990-6789
Website: sclerodermie.ca/en
Email: info@sclerodermie.ca
Eligibility: people with scleroderma, their close ones, health professionals
Capacity: 10 regional groups across Quebec
Coverage area: Province of Québec
Hours: administration: Monday to Friday 9h00 to 16h30, hotline: 11h00 to 19h00
Financing: donations, fundraising campaigns, membership fees, self-financing
Legal status: non-profit organization

SCLÉROSE EN PLAQUES SAINT-HYACINTHE-ACTON
128 Brunette Street West, Saint-Hyacinthe, Montérégie, QC, J2T 2E9
450 773-6285
Website: www.scleroseenplaques.org
Email: sepsha.me@gmail.com
**SE RECONSTRUIRE, CENTRE DE SANTÉ DU SEIN**

67 Sainte-Elizabeth Street, Longueuil, Montérégie, QC, J4H 1J3

438 527-7346

Website: www.centresereconstruire.ca

Email: info@centresereconstruire.ca


**Eligibility:** women and men living with breast cancer

**Coverage area:** Greater Montréal

**Financing:** grants

**Legal status:** non-profit organization

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**SERVICE DE BÉNÉVOLAT DU CENTRE D'HÉBERGEMENT DOCTEUR-AIMÉ-LEDUC**

80 du Marché Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1P5

450 373-4818 ext. 135 or 139

Website: www.santemonteregie.qc.ca/installations/chsld-docteur-aime-leduc

Email: vanessa.grimard.cisssmo16@ssss.gouv.qc.ca

**Services:** A team of volunteers who offer assistance and a friendly presence to residents. * Medical accompaniment. * Palliative care accompaniment. * Recreational activities and friendly visits.

**Eligibility:** general public

**Coverage area:** Salaberry-de-Valleyfield

**Hours:** Monday to Sunday 9h00 to 19h00

**Fees:** none

**Financing:** provincial, municipal

**Legal status:** parapublic organization

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**SOCIÉTÉ ALZHEIMER DES MASKOUTAINS-VALLÉE DES PATRIOTES**

2084 Bernard Street, Saint-Hyacinthe, Montérégie, QC, J2T 1G5

450 768-6616     Fax: 450 768-3716

Website: www.alzheimermvp.com

Email: info@alzheimermvp.com


**Eligibility:** people living with Alzheimer's disease and their families

**Coverage area:** MRC La Vallée-du-Richelieu, La Présentation, Saint-Barnabé-Sud, Saint-Bernard-de-Michaudville, Saint-Damase, Saint-Dominique, Sainte-Hélène-de-Bagot, Sainte-Madeleine, Saint-Hugues, Saint-Hyacinthe, Saint-Jude, Saint-Liboire, Saint-Louis, Saint-Marcel-de-Richelieu, Saint-Pie, Saint-Simon, Saint-Valérien-de-Milton, Saint-Bruno-de-Montarville

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

**Fees:** free

**Financing:** donations

**Legal status:** non-profit organization

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**SOCIÉTÉ ALZHEIMER DES MASKOUTAINS-VALLÉE DES PATRIOTES**

2084 Bernard Street, Saint-Hyacinthe, Montérégie, QC, J2T 1G5

450 768-6616     Fax: 450 768-3716

Website: www.alzheimermvp.com

Email: info@alzheimermvp.com


**Eligibility:** people living with Alzheimer's disease and their families

**Coverage area:** MRC La Vallée-du-Richelieu, La Présentation, Saint-Barnabé-Sud, Saint-Bernard-de-

Michaudville, Saint-Damase, Saint-Dominique, Sainte-Hélène-de-Bagot, Sainte-Madeleine, Saint-Hugues, Saint-Hyacinthe, Saint-Jude, Saint-Liboire, Saint-Louis, Saint-Marcel-de-Richelieu, Saint-Pie, Saint-Simon, Saint-Valérien-de-Milton, Saint-Bruno-de-Montarville

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

**Fees:** free

**Financing:** donations

**Legal status:** non-profit organization
SOCIÉTÉ ALZHEIMER DES MASKOUTAINS-VALLÉE DES PATRIOTES - SERVICE POINT
MONT-SAINT-HILAIRE
95 Centre Civique Street, Mont-Saint-Hilaire, Montérégie, QC, J3H 4X4
450 281-1035
Website: www.alzheimermvp.com
Email: info@alzheimermvp.com
Eligibility: people living with Alzheimer's disease and their families
Hours: Monday to Friday 8h30 to 16h00
Fees: free
Financing: donations
Legal status: non-profit organization

SOCIÉTÉ ALZHEIMER GRANBY ET RÉGION
356 Principale Street, Suite 3, Granby, Montérégie, QC, J2G 2W6
450 777-3363 Fax: 450 777-8677
Website: www.alzheimergranby.ca/en-ca
Email: info@alzheimergranby.ca
Eligibility: people living with neurocognitive disorders and their caregivers
Coverage area: MRC La Haute-Yamaska, MRC Brome-Missisquoi
Hours: Monday, Tuesday, Thursday and Friday 9h00 to 12h00 and 13h00 to 16h00, Wednesday 9h00 to 12h00
Financing: donations, provincial
Legal status: non-profit organization

SOURIRE SANS FIN
2-A Sainte-Famille Street, Saint-Rémi, Montérégie, QC, J0L 2L0
450 454-5747 Fax: 450 454-5640
Website: souriresansfin.org
Email: info@souriresansfin.org
Eligibility: people on a low income, families, ITMAV project: seniors 55 and over
Capacity: 600 per year
Coverage area: MRC Les Jardins-de-Napierville
Hours: Monday to Friday 8h30 to 16h30, collective kitchen: Monday, Tuesday and Wednesday, meals on wheels: Tuesday 11h30
Fees: collective kitchen: $1.25 per portion, meals on wheels: $6 per meal, food bags: $2 per week per family
Disability

Financial: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

SOUTIEN LACTÉA
640 Dorchester Street, Suite 404, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 5A4
450 895-3554 Fax: 450 895-1609
Website: www.lactea.org
Email: info@lactea.org
Eligibility: young parents
Coverage area: MRC le Haut-Richelieu
Hours: Monday, Tuesday, Wednesday 10h00 to 16h00, Thursday 13h00 to 16h00, coffee meetings: Tuesday 13h00 to 15h30
Financial: provincial, fundraising campaigns
Legal status: non-profit organization

STEP-BY-STEP CHILD AND FAMILY CENTER
Confidential Address
450 632-7603 Fax: 450 632-3357
Website: www.stepxstep.ca
Email: info@stepxstep.ca
Eligibility: children 18 months to 6 years old, their families
Capacity: 180
Coverage area: Kahnawake
Hours: Monday to Friday 7h30 to 17h30
Fees: $8.70 per day
Financial: self-financing
Legal status: non-profit organization

TRAIT D’UNION MONTÉRÉGIEN
1195 Saint-Antoine Street, Suite 201, Saint-Hyacinthe, Montérégie, QC, J2S 3K6
450 223-1252 Fax: 450 261-0983
Website: www.tumparraine.org
Email: info@tumparraine.org
Services: Mental health mentoring promoting social reintegration and integration. * Pairing with a volunteer to develop a friendly relationship. * Meeting and outing once a week or as needed. * Listening, mutual aid and support in the development of social and relational skills. * Training workshops for participants and volunteers. * Activities and conferences.
Eligibility: people aged 18 and over living or having lived with a mental health problem or emotional distress, people aged 55 and over experiencing loneliness or at risk of experiencing emotional distress
Coverage area: MRC Acton, MRC Les Maskoutains
Hours: Monday to Thursday 9h00 to 16h30
Fees: none
Financial: provincial, donations
Legal status: non-profit organization
UNIVERSITÉ DE SHERBROOKE - CAMPUS DE LONGUEUIL - CLINIQUE D'ÉVALUATION ET D'INTERVENTION EN ENFANCE ET EN ADOLESCENCE

150 Place Charles-Le Moyne, Longueuil, Montérégie, QC, J4K 0A8
450 463-1835 ext. 61612
Website: www.usherbrooke.ca/psychologie/clinique-devaluation-et-dintervention-en-enfance-et-en-adolescence
Email: psychologie@usherbrooke.ca


Eligibility: children, adolescents, their families

Coverage area: Greater Montréal
Hours: September to April, by appointment
Fees: file opening: $10, services: variable
Financing: self-financing, foundations, provincial
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


Eligibility: people of any age with a terminal illness, incurable, 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, fundraising campaigns
Legal status: non-profit organization

VIE AUTONOME MONTÉRÉGIE

245 6th Avenue, Suite 1, Saint-Jean-sur-Richelieu, Montérégie, QC, J2X 0C6
450 347-6041     Fax: 450 347-9059
Website: www.rphhr.com
Email: rph@videotron.ca


Eligibility: people with physical disabilities

Coverage area: Montérégie
Hours: Monday to Thursday 8h30 to 16h30
Financing: provincial, donations
Legal status: non-profit organization
Support and integration organizations

**ARCHE MONTÉRÉGIE (L')**
221 Bernard-Pilon Street, Beloeil, Montérégie, QC, J3G 1V2
450 446-1061
Website: www.larchemonteregie.org
Email: info@larchemonteregie.org

**Services:** Supervised housing for people living with an intellectual disability. * 3 houses: Fleur de Soleil, l’Envolée, la Montagne * Support and accompaniment. * Artistic, kitchen, garden and maintenance workshops.

**Eligibility:** people 18 years old and over living with an intellectual disability

**Capacity:** 3 group homes with a maximum capacity of 17 persons

**Coverage area:** Montérégie

**Hours:** 24 hours / 7 days

**Fees:** variable annual pension

**Financing:** provincial, donations

**Legal status:** non-profit organization

**ASSOCIATION DE LA DÉFICIENCE INTELLECTUELLE DE LA RÉGION DE SOREL**
1275 des Patriotes Road, Sorel-Tracy, Montérégie, QC, J3P 2N4
450 743-0664     Fax: 450 743-3208
Website: adirs.e-monsite.com
Email: adirs@videotron.ca


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

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

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

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

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

**Legal status:** non-profit organization

**ASSOCIATION DE LA VALLÉE DU RICHELIEU POUR LA DÉFICIENCE INTELLECTUELLE**
625 Lechasseur Street, Beloeil, Montérégie, QC, J3G 2L3
450 467-8644
Website: www.avrdi.org
Email: avrdibeloeil@gmail.com


**Eligibility:** people aged over 13 years old with mild or moderate intellectual disabilities and with or without an autism spectrum disorder

**Capacity:** depending on the activities, between 10 and 100 people

**Coverage area:** MRC La Vallée-du-Richelieu

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

**Fees:** variable depending on the activity

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

**Legal status:** non-profit organization
ASSOCIATION DE PARENTS DE L’ENFANCE EN DIFFICULTÉ
1050 Curé-Poirier Boulevard West, Suite 100, Longueuil, Montérégie, QC, J4K 2E4
450 679-9310 Fax: 450 679-3294
Website: aped.org
Email: info@aped.org


Eligibility: parents of a child living with an intellectual disability, an autism spectrum disorder, an attention deficit disorder with or without hyperactivity, behavioural disorders or with a mental health issue, youth service: youth 5 to 21 years old living with an intellectual disability, an autism spectrum disorder or a mental health issue

Coverage area: South Shore

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00, mutual aid groups and trainings: evening

Fees: annual membership: $20, participation fees for some services

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

Legal status: non-profit organization

ASSOCIATION DES PARENTS DES ENFANTS HANDICAPÉS RICHELIEU-VAL-MASKA
16675 Desrochers Avenue, Saint-Hyacinthe, Montérégie, QC, J2T 3K3
450 261-8556
Email: directrice@apehrvm.org


Eligibility: families of people living with an intellectual disability, a physical disability or an autism spectrum disorder

Coverage area: Beloeil, McMasterville, Mont-Saint-Hilaire, MRC Acton, MRC les Maskoutains, MRC Rouville, Otterburn Park, Saint-Charles-sur-Richelieu, Saint-Denis-sur-Richelieu, Saint-Jean-Baptiste, Saint-Mathieu-de-Beloeil

Hours: Monday to Friday 9h00 to 16h00

Fees: free

Financing: provincial

Legal status: non-profit organization

ASSOCIATION LOCALE DES PERSONNES HANDICAPÉES DE CHAMBLY ET LA RÉGION - ALPHA
608 12th Avenue, Richelieu, Montérégie, QC, J3L 5J9
450 658-9869
Website: www.associationalpha.com
Email: associationalpha@hotmail.com

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

Eligibility: people with an intellectual disability, a physical disability or an autism spectrum disorder, their family, IPS program: people 21 years old and over with an intellectual disability or an ASD
Coverage area: Richelieu, Saint-Mathias-sur-Richelieu, Chambly, Carignan, Marieville, Sainte-Angèle-de-Monnoir, Rougemont, Saint-Césaire

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

Fees: variable

Financing: provincial, Centraide Richelieu-Yamaska, federal

Legal status: non-profit organization

ASSOCIATION PANDA LES DEUX-RIVES
4915 Marie-Victorin Road, Contrecœur, Montérégie, QC, J0L 1C0
438 793-8188

Website: www.pandalesdeuxrives.com

Email: pandalesdeuxrives@gmail.com


Eligibility: parents of children with an attention deficit disorder with or without hyperactivity

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

Financing: donations, fundraising campaigns

Legal status: non-profit organization

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 concerned by attention deficit disorder with or without hyperactivity

Coverage area: CSSS Vaudreuil-Soulanges

Fees: fees for conferences

Financing: donations, provincial

Legal status: non-profit organization

AUTISME MONTÉRÉGIE
755 Sainte-Foy Boulevard, Suite 210, Longueuil, Montérégie, QC, J4J 1Z4
1 888 424-1212 Fax: 450 646-4633

Website: www.autismemonteregie.org

Email: administration@autismemonteregie.org


Eligibility: people living with an autism spectrum disorder (ASD), their family, their close ones

Coverage area: Montérégie

Hours: Monday to Friday 8h00 to 16h00, summer: variable

Fees: annual membership, adult member living with ASD: $15, parent and extended family member: $20, support worker member: $40

Financing: donations, fundraising events, grants, provincial

Legal status: non-profit organization
CENTRE DE RÉADAPTATION EN DÉFICIENCE INTELLECTUELLE ET TROUBLE DU SPECTRE DE L’AUTISME - SERVICES EXTERNES - LONGUEUIL

1255 Beauregard Street, Longueuil, Montérégie, QC, J4K 2M3
450 679-6511
Website: santemonteregie.qc.ca/installations/centre-de-readaptation-en-deficience-intellectuelle-et-trouble-du-spectre-de-14


Eligibility: people living with an intellectual disability or autism spectrum disorder (ASD), their families and relatives

Coverage area: Montérégie

Financing: provincial

Legal status: parapublic organization

CENTRE MULTIFONCTIONNEL HORIZON

78 du Lac-Saint-Louis Road, Léry, Montérégie, QC, J6N 1A1
450 692-6000 ext. 101
Website: www.centrehorizon.org
Email: info@centrehorizon.org


Eligibility: people living with an intellectual disability, a physical disability or an autism spectrum disorder aged 6 years and over and their family, respite at home: people 6 years and older, summer camp: people 12 to 21 years old

Capacity: variable, respite: 8 beds

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

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

Fees: variable depending on the type of membership

Financing: provincial, donations, self-financing

Legal status: non-profit organization

CENTRES DE RÉADAPTATION EN DÉFICIENCE INTELLECTUELLE ET TROUBLE DU SPECTRE DE L’AUTISME - SERVICES EXTERNES - SAINT-JEAN-SUR-RICHELIEU

315 MacDonald Street, Suite 105, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 8J3
450 348-6121
Website: santemonteregie.qc.ca/services-specialises-en-deficience-intellectuelle-et-trouble-du-spectre-de-lautisme


Eligibility: people living with an intellectual disability or autism spectrum disorder (ASD), their families and relatives

Coverage area: Montérégie

Financing: provincial

Legal status: parapublic organization
DROIT DI RÊVER
479 Hébert boulevard, Salaberry-de-Valleyfield, Montérégie, QC, J6S 5Y9
450 377-4241
Website: droitdirever.org
Email: ddirosq@gmail.com
Services: Organization seeking to promote, inform and facilitate the social inclusion in all areas of daily life for people living with an intellectual disability or autism spectrum disorder. * Trainings and workshops: hygiene, nutrition, self-esteem, etc. * Physical and cultural activities: theater, dance, yoga, etc. * Volunteer work.
Eligibility: people aged 21 and over living with an intellectual disability or an autism spectrum disorder
Coverage area: Le Suroît
Hours: Monday to Friday 9h00 to 17h00 or by appointment
Fees: variable
Financing: fundraising campaigns, donations
Legal status: non-profit organization

FONDATION LE RENFORT
315 MacDonald Street, Suite 105, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 8J3
579 362-5262
Website: lerenfort.com
Email: info@lerenfort.com
Eligibility: people with a diagnosis of an intellectual disability or an autism spectrum disorder, their family
Coverage area: MRC Le Haut-Richelieu, MRC Les Jardins-de-Napierville, MRC Rouville, some towns of the MRC Brome-Missisquoi, Chambly, Carignan
Hours: August to April: Monday to Friday 8h00 to 17h00, May to July: Monday to Thursday 8h00 to 17h00
Financing: donations, fundraising campaigns
Legal status: non-profit organization

HYPER-LUNE
5675 Chambly Road, Suite 50, Longueuil, Montérégie, QC, J3Y 3R1
450 678-8434
Website: www.hyper-lune.org
Email: hyperlune@videotron.ca
Eligibility: parents, children, teenagers and adults living with an attention deficit disorder with or without hyperactivity (ADD/ADHD), with a diagnosis or in the process of obtaining one, their family and professionals
Coverage area: Montérégie
Hours: Monday to Thursday 9h00 to 16h30, variable on Sundays and some weeknights
Fees: annual membership: $20 per parent, guardian or adult, $50 per professional, $15 per supporter, services: variable
Financing: provincial, self-financing, donations
Legal status: non-profit organization

INTÉGRATION SOCIALE DES ENFANTS EN MILIEU DE GARDE
386 de Gentilly Street West, Suite 105, Longueuil, Montérégie, QC, J4H 2A2
450 646-2714     Fax: 450 646-6573
Website: isemg.quebec
Email: info@isemg.quebec
Disability

**Services:** Support to the integration in daycare for children with a disability or particular challenges. * Support and advice service on site or online for educators and counsellors of school daycare services. * Training workshops. * Material and book loans.

**Eligibility:** daycare services, educators, accompanying people, supervisors, parents, children living with a disability or a developmental delay

**Coverage area:** Province of Québec

**Fees:** variable

**Financing:** foundations

**Legal status:** non-profit organization

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**JONATHAN DE SOULANGES (LES)**

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

1 450 265-3672    Fax: 450 265-3672

Email: jonathan_soul@videotron.ca


**Eligibility:** adults 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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**MAISON DE LA FAMILLE VALOISE**

962 Dubois Street, Acton Vale, Montérégie, QC, J0H 1A0

1 450 546-4627

[Website](maisondelafamillevaloise.org)

Email: info@mdfvaloise.org


**Eligibility:** parents, families, volunteers

**Coverage area:** MRC d’Acton

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

**Fees:** drop-in: $1.75 per hour

**Financing:** donations

**Legal status:** non-profit organization

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**ORGANISME D’AIDE AUX TROUBLES DYS TUKÀ TULÀ SOS DYS**

227 Saint-Édouard Road, Saint-Jean-sur-Richelieu, Montérégie, QC, J2X 5T9

1 800 465-0122

Email: tukatula sos.dys@gmail.com

**Services:** Support for people living with a specific learning disability. * Information, resources and referrals. * Accompaniment and moral, educational, medical and legal support by telephone and online. * Conferences and workshops. * Training in work and school environments.

**Eligibility:** children or adults living with a specific learning disability with or without medical diagnosis: dyslexia, dyscalculia, dysorthography, dysphasia, dysgraphy or dyspraxia, parents, families, professionals

**Coverage area:** Canada

**Financing:** grants, donations

**Legal status:** non-profit organization
PARRAINAGE CIVIQUE CHAMPLAIN
3222 Windsor Street, Longueuil, Montérégie, QC, J4T 2X2
450 678-7025 Fax: 450 676-6111
Website: www.parrainagechamplain.org
Email: info@parrainagechamplain.org

Services: * Pairing for people living with a disability. * Day camp for youth 5 to 21 years old.
Eligibility: people living with an intellectual disability, a pervasive developmental disorder (PDD, autism), a physical disability or a mental health disorder
Coverage area: Boucherville, Brossard, Longueuil, Saint-Hubert, Saint-Bruno-de-Montarville, Saint-Lambert, Candiac
Hours: Monday to Friday 9h00 to 16h00, day camp: Monday to Thursday 8h00 to 16h00
Fees: mandatory membership card: $10 per year, day camp: $150 per week, $32 per day, childcare: $8 per day
Financing: grants, provincial
Legal status: non-profit organization

PARRAINAGE CIVIQUE DE LA VALLÉE-DU-RICHELIEU
308 Montsabré Street, Suite D132, Beloeil, Montérégie, QC, J3G 2H5
1 877 464-7287
Website: www.pcvr.ca
Email: info@pcvr.ca

Services: Pairing. * Select, monitor and support the volunteers. * Activities promoting social inclusion. * Inclusion workshops and discussion groups on request. * Integration trips.
Eligibility: teenagers 12 to 17 years old, adults and seniors, with an intellectual disability, a mental health problem, trisomy 21 or an autism spectrum disorder
Coverage area: MRC La Vallée-du-Richelieu, MRC Rouville, MRC Marguerite-D'Youville partly, MRC Pierre-de-Saurel
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h30, Friday by appointment only
Fees: membership: $10 per year, volunteer and support member: $15
Financing: Centraide of Greater Montréal, Centraide Richelieu-Yamaska, provincial
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

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

PARRAINAGE CIVIQUE DES MRC D'ACTON ET DES MASKOUTAINS
1195 Saint-Antoine Street, Suite 206, Saint-Hyacinthe, Montérégie, QC, J2S 3K6
450 774-8758
Website: parrainagecivique.org
Email: parrainageciviqueam@gmail.com

**Eligibility:** people living with an intellectual disability, physical disability or autism spectrum disorder, volunteers

**Coverage area:** MRC Acton, MRC Les Maskoutains

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

**Fees:** membership card

**Financing:** Centraide Richelieu-Yamaska, grants, membership fees

**Legal status:** non-profit organization

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**PARRAINAGE CIVIQUE DU HAUT-RICHELIEU**

125 Jacques-Cartier Street North, Suite 8, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 8C9

**450 347-8091 Fax:** 450 347-8444

**Website:** entreamis.ca

**Email:** info@entreamis.ca

**Services:** Friendship pairing between volunteers and people living with a disability. * Club F activity component: leisure activities for the sponsored party awaiting pairing in different community spaces. * Club F volunteer component: volunteering in various organizations and companies in the region for sponsored parties awaiting pairing. * Mine de Partage: program to encourage corporate volunteering.

**Eligibility:** people with an intellectual or physical disability, an autism spectrum disorder or a mental health problem, citizens looking for volunteering opportunities

**Coverage area:** MRC Le Haut-Richelieu, MRC Les Jardins-de-Napierville, MRC Brome-Missisquoi

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

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

**Legal status:** non-profit organization

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**RÉPIT LE ZÉPHYR**

663 Bord-de-l’Eau Boulevard, Salaberry-de-Valleyfield, Montérégie, QC, J6S 0B5

**450 371-6825 ext. 208**

**Website:** repitlezephyr.com/en

**Email:** reception@repitlezephyr.com

**Services:** Respite and babysitting for families living with a dependent with a hypothesis or diagnosis of intellectual disability or autism spectrum disorder. * Respite at the organization’s respite homes or at home. * Accompaniment during social outings. * Summer day camp and spring break. * Information and referrals.

**Eligibility:** children or adults living with a suspected or diagnosed intellectual disability (ID) or autism spectrum disorder (ASD)

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

**Hours:** office: Monday to Friday 9h00 to 16h00, services: 24 hours / 7 days

**Fees:** variable

**Financing:** foundations

**Legal status:** non-profit organization

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**SOURIRE SANS FIN**

2-A Sainte-Famille Street, Saint-Rémi, Montérégie, QC, J0L 2L0

**450 454-5747 Fax:** 450 454-5640

**Website:** souriresansfin.org

**Email:** info@souriresansfin.org

Eligibility: people on a low income, families, ITMAV project: seniors 55 and over

Capacity: 600 per year

Coverage area: MRC Les Jardins-de-Napierville

Hours: Monday to Friday 8h30 to 16h30, collective kitchen: Monday, Tuesday and Wednesday, meals on wheels: Tuesday 11h30

Fees: collective kitchen: $1.25 per portion, meals on wheels: $6 per meal, food bags: $2 per week per family

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

TROUPE DE THÉÂTRE ADAPTÉ LES PAS POUR RIRE

748 Grande-Île Avenue, Salaberry-de-Valleyfield, Montérégie, QC, J6S 3N8

438 502-1220

Website: lespaspourrire.com

Email: info@lespaspourrire.com

Services: * Adapted theater workshops. * Creation, preparation and animation of an original play. * Show- assembler for the adapted groups and the work platforms of the school and social network. * Participation in events and activities: festivals, Journées de la culture, la Fête Différente, FRAS challenge, etc.

Eligibility: adults 18 years and older living with an intellectual disability and adjustment difficulties

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

Hours: Tuesday 19h00 to 21h00, September to June

Fees: membership card: $5, theater workshop: $5

Financing: donations, grants

Legal status: non-profit organization

UNIVERSITÉ DE SHERBROOKE - CAMPUS DE LONGUEUIL - CLINIQUE D’ÉVALUATION ET D’INTERVENTION EN ENFANCE ET EN ADOLESCENCE

150 Place Charles-Le Moyne, Longueuil, Montérégie, QC, J4K 0A8

450 463-1835 ext. 61612

Website: www.usherbrooke.ca/psychologie/clinique-devaluation-et-dintervention-en-enfance-et-en-adolescence

Email: psychologie@usherbrooke.ca


Eligibility: children, adolescents, their families

Coverage area: Greater Montréal

Hours: September to April, by appointment

Fees: file opening: $10, services: variable

Financing: self-financing, foundations, provincial

Legal status: non-profit organization
The Blind

ASSOCIATION DES PERSONNES HANDICAPÉES DE SOREL-TRACY
105 du Prince Street, Suite 42, Sorel-Tracy, Montérégie, QC, J3P 4J9
450 743-6655   Fax: 450 743-5920
Email: aphst@videotron.ca


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

Coverage area: MRC Pierre-De Saurel

Hour: Monday to Thursday 9h00 to 17h00
Fees: $10 per year

Financing: fundraising campaigns, membership fees, donations

Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DES PARENTS D'ENFANTS HANDICAPÉS VISUELS
10 Churchill Boulevard, Suite 203, Longueuil, Montérégie, QC, J4V 2L7
1 888 849-8729   Fax: 450 465-5129
Website: www.aqpehv.qc.ca
Email: info@aqpehv.qc.ca


Eligibility: parents of children living with a visual impairment or a neurovisual impairment aged 0 to 21 years old

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: active members: $10 per parent, support members: $25 per person, member organization: $30

Financing: grants, donations

Legal status: non-profit organization

BROSSARD PUBLIC LIBRARY
7855 San-Francisco Avenue, Brossard, Montérégie, QC, J4X 2A4
450 923-6350   Fax: 450 923-7042
Website: bibliotheque.brossard.ca
Email: bibliotheque@brossard.ca


Coverage area: Brossard

Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00, summer: Monday to Friday 10h00 to 21h00, Saturday 12h00 to 17h00

Fees: residents: free, non-residents: $80
Financing: municipal
Legal status: municipal agency

CENTRE ALPHA-SOURD RIVE-SUD
2010 Chambly Road, Suite B, Longueuil, Montérégie, QC, J4J 3Y2
438 806-5149
Website: www.casourdresud.org
Email: info@casourdresud.org
Eligibility: deaf and deaf-blind people
Capacity: 25
Coverage area: Montérégie
Hours: Wednesday and Friday 8h00 to 15h00
Fees: none
Financing: provincial
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DU GRAND CHÂTEAUGUAY
10 Gilmour Street, Châteauguay, Montérégie, QC, J6J 1K4
450 699-6289
Website: www.cabgc.org
Email: info@cabgc.org
Eligibility: people 50 years old and over, people with a loss of autonomy, caregivers, people on a low income
Coverage area: Châteauguay, Saint-Urbain-Premier, Saint-Isidore, Sainte-Martine, Mercier, Léry
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 15h00
Financing: federal, provincial, donations
Legal status: non-profit organization
CONSEIL CANADIEN DES AVEUGLES DE LONGUEUIL
1255 Beauregard Street, Suite 2509, Longueuil, Montérégie, QC, J4K 2M3
450 442-2008
Website: ccalongueuil.org
Email: info@ccalongueuil.org
Eligibility: people living with a partial or total vision loss
Coverage area: agglomeration of Longueuil
Hours: weekly activities: variable, outings: one Saturday per month
Fees: annual contribution: $5, activities: variable
Financing: provincial, municipal, self-financing, contributions, donations
Legal status: non-profit organization

CONSEIL DES AVEUGLES DE ST-HYACINTHE
5065 Gouin Street, Saint-Hyacinthe, Montérégie, QC, J2S 1E3
450 252-5624
Email: f_ledoux@hotmail.com
Eligibility: people aged 18 and over living with a visual disability
Coverage area: MRC les Maskoutains, MRC Acton
Hours: 2 Tuesdays per month 13h00 to 16h00
Fees: member: 10$ per year, activities: none, outings: variable
Financing: membership fees, self-financing, grants, donations
Legal status: non-profit organization

CONTACT'L DE VARENNES
2016 René-Gaultier Boulevard, Suite 4, Varennes, Montérégie, QC, J3X 1E9
450 652-0004
Website: www.contactL.org
Email: contactL@contactL.org
Eligibility: adult women, immigrant women, women living with a disability
Coverage area: Boucherville, Saint-Amable, Sainte-Julie, Varennes, Verchères
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00
Fees: annual membership: $15, activities: variable
Financing: provincial, municipal, fundraising campaigns
Legal status: non-profit organization

FOYER SAINT-ANTOINE DE LONGUEUIL
150 Grant Street, Longueuil, Montérégie, QC, J4H 3H6
450 679-6654
Website: foyerstantoine.ca
Email: info@foyerstantoine.ca
Eligibility: adults living with a physical, sensory or intellectual disability
Coverage area: Montérégie
Disability

Hours: day centre: Monday to Thursday 9h00 to 16h00, Friday 9h00 to 14h00, respite and short stays accomodation: 24 hours / 7 days
Fees: membership: $25 per year, respite: $65 per night, day centre: $25 per day, material: $15 per year
Financing: self-financing, federal
Legal status: non-profit organization

GROUPEMENT DES ASSOCIATIONS DE PERSONNES HANDICAPÉES DE LA RIVE-SUD DE MONTRÉAL
1400 Édouard Boulevard, Suite 113, Longueuil, Montérégie, QC, J4T 3T2
450 923-1548
Website: www.gaphrsm.ca
Email: info@gaphrsm.ca
Services: Promotion and advocacy of rights and interests for people with disabilities. * Technical support for member associations. * Consultation regarding the various topics that concern people with disabilities. * Popular education.
Eligibility: people living with physical, sensory or intellectual disabilities or an ASD
Coverage area: Longueuil, Saint-Jean-sur-Richelieu, Châteauguay and surroundings
Hours: Monday to Friday 9h00 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization

HANDI-LOGEMENT DU HAUT-RICHELIEU
19 Donais Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J2W 2J7
450 201-0786 ext. 6  Fax: 450 359-9618
Website: www.handi-logement.org
Email: handiloge@videotron.ca
Eligibility: people with physical, sensory or organic disabilities, seniors on a low income
Capacity: 24 units: 12 3½, 10 4½, 2 5½
Coverage area: MRC Le Haut-Richelieu
Fees: 25% of the family income
Financing: federal, provincial
Legal status: non-profit organization

INSTITUT NAZARETH ET LOUIS-BRAILLE
1111 Saint-Charles Street West, Suite 200, Longueuil, Montérégie, QC, J4K 5G4
1 800 361-7063  Fax: 450 463-0243
Website: www.inlb.qc.ca
Email: info.inlb@ssss.gouv.qc.ca
Eligibility: people living with a visual impairment
Coverage area: Montréal Island, Montérégie, Laval
Hours: Monday to Friday 8h00 to 17h00, store: Monday to Thursday 9h00 to 17h00
Disability

Financing: provincial
Legal status: parapublic organization

MIRA FOUNDATION (THE)
1820 rang Nord-Ouest, Sainte-Madeleine, Montérégie, QC, J0H 1S0
1 800 799-6472   Fax: 450 795-3789
Website: www.mira.ca/en
Email: info@mira.ca

Eligibility: people living with one or multiple visual or motor disabilities, youth living with an autism spectrum disorder
Coverage area: Province of Québec
Hours: Monday to Friday 8h00 to 16h30
Financing: donations
Legal status: non-profit organization

REGROUPEMENT SOUTIEN AUX AIDANTS DE BROME-MISSISQUOI
614 J.-André-Deragon Boulevard, Cowansville, Montérégie, QC, J2K 0H7
450 263-4236   Fax: 450 263-0408
Website: rsabm.ca
Email: info@rsabm.ca

Services: Services for caregivers. * Individual and group-based sychosocial support. * Daytime respite and housing respite, 1 to 14 days. * Coffee-meetings, workshops-discussions, creative workshops, night and at-home respite.
Eligibility: any person who is a caregiver for a closed one suffering from a permanent or temporary incapacity due to a disability, an accident, an illness or old age
Capacity: 4 rooms
Coverage area: MRC Brome-Missisquoi and surroundings
Hours: administration: Monday to Friday 8h30 to 16h30, respite: 24 hours / 7 days
Fees: yearly contribution of $10, respite services: $15 for day, $7.50 for a half-day, $25 for housing respite (24 hours)
Financing: provincial
Legal status: non-profit organization

SAINT-LAMBERT PUBLIC LIBRARY
490 Mercille Avenue, Saint-Lambert, Montérégie, QC, J4P 2L5
450 466-3910
Website: bibliotheque.saint-lambert.ca
Email: bibliotheque@saint-lambert.ca

Eligibility: general public
Coverage area: Saint-Lambert
Hours: Monday and Friday 12h00 to 18h00, Tuesday to Thursday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00
Fees: subscription: free for residents, variable for non-residents
Financing: municipal
Legal status: municipal agency
SAINTE-CATHERINE PUBLIC LIBRARY
5365 Saint-Laurent Boulevard, Sainte-Catherine, Montérégie, QC, J5C 1A6
450 632-0590 ext. 5230
Website: www.ville.sainte-catherine.qc.ca/sports-culture-et-loisirs/bibliotheque
Email: bibliotheque@ville.sainte-catherine.qc.ca
Coverage area: Sainte-Catherine and surroundings
Hours: Monday 13h00 to 20h00, Tuesday 13h00 to 17h30, Wednesday and Thursday 10h00 to 20h00, Friday 10h00 to 17h30, Saturday and Sunday 10h00 to 15h00, summer: Monday 13h00 to 20h00, Tuesday 13h00 to 17h30, Wednesday and Thursday 10h00 to 20h00, Friday 10h00 to 17h30, Saturday 10h00 to 15h00
Fees: none
Financing: municipal
Legal status: municipal agency

SDEM SEMO MONTÉRÉGIE
365 Saint-Jean Street, Suite 125, Longueuil, Montérégie, QC, J4H 2X7
1 800 646-6096 Fax: 450 674-7220
Website: www.sdem-semo.org
Email: info@sdem-semo.org
Eligibility: people living with a physical, sensory or intellectual disability or with mental health issues, learning disabilities, neurological disorders or an autism spectrum disorder (ASD)
Coverage area: Montérégie
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

SDEM SEMO MONTÉRÉGIE - CHÂTEAUGUAY
120 Saint-Jean-Baptiste Boulevard, Suite 202, Châteauguay, Montérégie, QC, J6K 3A9
1 800 646-6096 Fax: 450 674-7220
Website: www.sdem-semo.org
Email: info@sdem-semo.org
Eligibility: people living with a physical, sensory or intellectual disability or with mental health issues, learning disabilities, neurological disorders or an autism spectrum disorder (ASD)
Coverage area: MRC Roussillon, MRC Les Jardins-de-Napierville
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00, by appointment only
Fees: none
Financing: provincial
Legal status: non-profit organization
Disability

SDEM SEMO MONTÉRÉGIE - MONT-SAINT-HILAIRE
430 Sir-Wilfrid-Laurier Boulevard, Suite 204, Mont-Saint-Hilaire, Montérégie, QC, J3H 6M5
1 800 646-6096 Fax: 450 674-7220
Website: sdem-semo.org
Email: info@sdem-semo.org
Eligibility: people with a physical, sensory or intellectual disability or with mental health issues, learning disabilities, neurological disorders or an autism spectrum disorder (ASD)
Coverage area: Mont-Saint-Hilaire
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00, by appointment only
Fees: free
Financing: provincial
Legal status: non-profit organization

SDEM SEMO MONTÉRÉGIE - SAINT-HYACINTHE
1980 des Cascades Avenue, Saint-Hyacinthe, Montérégie, QC, J2S 3J5
1 800 646-6096 Fax: 450 674-7220
Website: sdem-semo.org
Email: info@sdem-semo.org
Eligibility: people with a physical, sensory or intellectual disability or with mental health issues, learning disabilities, neurological disorders or an autism spectrum disorder (ASD)
Coverage area: Saint-Hyacinthe
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00, by appointment only
Fees: free
Financing: provincial
Legal status: non-profit organization

SDEM SEMO MONTÉRÉGIE - SAINT-JEAN-SUR-RICHELIEU
315 MacDonald Street, Suite 115, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 8J3
1 800 646-6096 Fax: 450 674-7220
Website: sdem-semo.org
Email: info@sdem-semo.org
Eligibility: people with a physical, sensory or intellectual disability or with mental health issues, learning disabilities, neurological disorders or an autism spectrum disorder (ASD)
Coverage area: Saint-Jean-Sur-Richelieu
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00, by appointment only
Fees: free
Financing: provincial
Legal status: non-profit organization

SDEM SEMO MONTÉRÉGIE - SALABERRY-DE-VALLEYFIELD
19 du Marché Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1P1
1 800 646-6096 Fax: 450 674-7220
Website: sdem-semo.org
Email: info@sdem-semo.org
Eligibility: people with a physical, sensory or intellectual disability or with mental health issues, learning disabilities, neurological disorders or an autism spectrum disorder (ASD)
**Coverage area:** Salaberry-De-Valleyfield  
**Hours:** Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00, by appointment only  
**Fees:** free  
**Financing:** provincial  
**Legal status:** non-profit organization

**SDEM SEMO MONTÉRÉGIE - SOREL-TRACY**  
215 Robillard Street, Sorel-Tracy, Montérégie, QC, J3P 8C7  
1 800 646-6096  Fax: 450 674-7220  
Website: sdem-semo.org  
Email: info@sdem-semo.org  
**Services:** Support for training, integration and job retention.  * Preparatory employment program.  * Job search assistance.  
**Eligibility:** people with a physical, sensory or intellectual disability or with mental health issues, learning disabilities, neurological disorders or an autism spectrum disorder (ASD)  
**Coverage area:** Sorel-Tracy  
**Hours:** Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00, by appointment only  
**Fees:** free  
**Financing:** provincial  
**Legal status:** non-profit organization

**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 or an autism spectrum disorder (ASD)  
**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

**SOCIÉTÉ LUÇOISE DES PERSONNES HANDICAPÉES ACTIVES**  
Confidential Address  
450 359-2000  
Email: societe_lucoise@hotmail.com  
**Services:** Activities and services promoting moral, cultural, physical and social autonomy for people with disabilities.  * Advocacy and social reintegration.  * Awareness on needs and interests of people with disabilities.  * Information and referral services.  * Coffee-meetings.  
**Eligibility:** people with physical, mild intellectual and sensory disabilities  
**Coverage area:** MRC Le Haut Richelieu  
**Fees:** $15  
**Legal status:** non-profit organization
Therapy and rehabilitation centres

**AIDE ARTHRITE DU BAS-RICHELIEU**

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

450 989-0619

Email: arthrite@hotmail.com

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

**Eligibility:** people living with arthritis

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

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

**Fees:** $20 per year

**Financing:** donations

**Legal status:** non-profit organization

**ANNA-LABERGE HOSPITAL**

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

450 699-2425

Website: santemonteregie.qc.ca/en/installations/hopital-anna-laberge


**Capacity:** 225 beds

**Coverage area:** Province of Québec

**Hours:** 24 hours / 7 days

**Financing:** provincial

**Legal status:** parapublic organization

**ASSOCIATION DE LA FIBROMYALGIE - RÉGION MONTÉRÉGIE**

570 Roland-Therrien Boulevard, Suite 205, Longueuil, Montérégie, QC, J4H 3V9

450 928-1261

Website: www.fibromyalgiemonteregie.ca

Email: info@fibromyalgiemonteregie.ca

**Services:** * Phone listening. * Support, information, conferences and workshops. * Adapted physical courses and activities. * Support (moderated by a community worker) and self-help groups (moderated by peers) at many service points. * Documentation centre.

**Eligibility:** people living with fibromyalgia, their close ones

**Coverage area:** Montérégie

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

**Fees:** membership: $20 per year, classes, workshops et conferences: variable depending on the activity, support and self-help groups: free for members

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

**Legal status:** non-profit organization

**ASSOCIATION DES PERSONNES HANDICAPÉES DE LA VALLÉE DU RICHELIEU**

308 Montsabré Street, Suite D-209, Beloeil, Montérégie, QC, J3G 2H5

450 464-7445

Website: www.aphvr.org

Email: informations@aphvr.org
Disability

Services: * Advocacy and promotion of the rights of people with physical disabilities and with loss of autonomy: accessibility of public sites and facilities, adapted transportation, adapted housing, etc. * Individual listening, information and referral. * Adapted activities to preserve or develop physical or cognitive skills. * Recreational outings and sport activities to promote social bonding. * Online documentation and public awareness on the needs and realities of people living with a physical disability.

Eligibility: people with a physical disability, people with loss of autonomy, their families

Coverage area: MRC de La Vallée-du-Richelieu

Hours: Monday to Thursday 9h30 to 16h30

Fees: annual membership: $20

Financing: provincial, municipal, self-financing

Legal status: non-profit organization

ASSOCIATION DES TRAUMATISÉS CRANIO-CÉRÉBRAUX DE LA MONTÉRÉGIE

308 Montsabré Street, Suite D-131, Beloeil, Montérégie, QC, J3G 2H5

450 446-1111 Fax: 450 446-6405

Website: www.atccmonteregie.qc.ca

Email: atcc@atccmonteregie.qc.ca


Eligibility: people 16 years old and over having sustained a medically recognized craniocerebral trauma (light, light complex, moderate or severe) and with a stable state of health, their close ones

Coverage area: Montérégie

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

Fees: free

Financing: provincial

Legal status: non-profit organization

BARRIE MEMORIAL HOSPITAL

28 Gale Street, Ormstown, Montérégie, QC, J0S 1K0

450 829-2321 Fax: 450 829-3582

Website: santemonteregie.qc.ca/en/installations/hopital-barrie-memorial-barrie-memorial-hospital


Coverage area: Province of Québec

Hours: 24 hours / 7 days

Financing: provincial

Legal status: parapublic organization

CARDIO-ACTIFS DU HAUT-SAINT-LAURENT

24 York Street, Suite 101, Huntingdon, Montérégie, QC, J0S 1H0

579 491-3411

Website: cardio-actifs.webnode.fr

Email: cardioactifs@gmail.com


Eligibility: seniors, people recovering from a heart injury, general population

Coverage area: MRC du Haut-Saint-Laurent

Hours: Monday, Wednesday and Friday 8h00 to 16h00, Tuesday and Thursday 8h00 to 20h00

Fees: membership: $10 per year
**CARREFOUR DES AÎNÉS DE BOUCHERVILLE**

1075 Lionel-Daunais Street, Boucherville, Montérégie, QC, J4B 8N5

450 449-8103

Website: carrefourdesainesboucherville.ca

Email: carrefourdesainesboucherville@gmail.com

**Services:** * Promotion of seniors' individual autonomy. * Cultural and educational activities: language classes, etc. * Adapted physical activities. * Christmas concert-lunch. * Occasional community meals.

**Eligibility:** seniors 50 years and over

**Coverage area:** Boucherville

**Hours:** variable

**Fees:** annual membership: $25

**Legal status:** non-profit organization

**CENTRE DE RÉADAPTATION EN DÉFICIENCE INTELLECTUELLE ET TROUBLE DU SPECTRE DE L’AUTISME - SERVICES EXTERNES - LONGUEUIL**

1255 Beauregard Street, Longueuil, Montérégie, QC, J4K 2M3

450 679-6511

Website: santemonteregie.qc.ca/installations/centre-de-readaptation-en-deficience-intellectuelle-et-trouble-du-spectre-de-14

**Services:** Specialized rehabilitation services. * Reception, assessment and orientation. * Adaptation or rehabilitation services in a context of residential, workplace and community integration. * Specialized educational support for families and relatives. * Specialized support for partners.

**Eligibility:** people living with an intellectual disability or autism spectrum disorder (ASD), their families and relatives

**Coverage area:** Montérégie

**Fees:**

**Legal status:** parapublic organization

**CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE - CHÂTEAUGUAY**

250 Christ-Roi Road, Longueuil, Montérégie, QC, J3Y 3N7

450 692-3171     Fax: 450 692-9754

Website: www.santemonteregie.qc.ca/installations/centre-de-readaptation-en-deficience-physique-de-chateauguay

**Services:** * Rehabilitation. * Evaluation and occupational and social integration, in childcare and school environments for youth and in socioprofessional environment for adults. * 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. * Physiotherapy and occupational therapy services. * Audiology and speech therapy services. * Posture and mobility technical aids services.

**Eligibility:** people living with a physical or sensory disability or having functional limitations related to posture or mobility

**Coverage area:** Montérégie

**Fees:**

**Legal status:** parapublic 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
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 - LONGUEUIL
388 Lamarre Street, Longueuil, Montérégie, QC, J4J 1T2
450 928-4727
Website: www.santemonteregie.qc.ca/services-specialises-dadaptation-et-de-readaptation-en-deficience-physique-dp-deficience-motrice-dm
Eligibility: people living with a physical or sensory disability
Coverage area: Montérégie
Financing: provincial
Legal status: parapublic organization

CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE - SAINT-HUBERT
5300 de Chambly Road, Longueuil, Montérégie, QC, J3Y 3N7
1 800 667-4369     Fax: 450 676-2043
Website: www.santemonteregie.qc.ca/services/deficience-physique-readaptation-physique
Eligibility: people living with a physical or sensory disability or who live with functional limitations related to posture or mobility
Coverage area: Montérégie
**Financing:** provincial  
**Legal status:** parapublic organization

**CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE - UNITÉ DE RÉADAPTATION FONCTIONNELLE INTENSIVE DE SAINT-BRUNO**

265, Seigneurial Boulevard West, Longueuil, Montérégie, QC, J4J 1T2  
**Website:** santemonteregie.qc.ca/installations/centre-de-readaptation-en-deficience-physique-unite-de-readaptation-fonctionnelle

**Services:**  
- Physical rehabilitation.  
- Intensive functional rehabilitation unit.  
- Evaluation and occupational and social integration, in childcare and school environments for youth and in socio-professional environment for adults.  
- 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.  
- Physiotherapy and occupational therapy services.  
- Audiology and speech therapy services.

**Eligibility:** people living with a physical or sensory disability  
**Coverage area:** Montérégie  
**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  
**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.  
- Ear hearing 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 DE RÉHABILITATION AVC**

500 Saint-Laurent Street, La Prairie, Montérégie, QC, J5R 5X2  
**Website:** www.centrerehabilitationavc.com  
**Email:** accidentvasculaire@hotmail.com

**Services:**  
- Long-term sensory-motor, verbal, cognitive and psychological rehabilitation following a CVA.  
- Cognitive activities: vocalization, speech therapy, concentration and memory games.  
- Socio-cultural activities: cinema, sugar shack, cultural outings, Christmas party, etc.  
- Adapted physical activities: chair exercises, bowling, bean bag toss and darts.  
- Creative activities: painting, crafts and singing.  
- Various workshops: music therapy, nutrition, relaxation, etc.  
- Information activities and conferences.  
- Weekly meetings.

**Eligibility:** people who have had a stroke, their caregivers  
**Coverage area:** South Shore of Montréal
CENTRE SAINT-LAMBERT
831 Notre-Dame Avenue, Saint-Lambert, Montérégie, QC, J4R 1S1
450 672-3320 Fax: 450 672-3370
Website: santemonterieg.qc.ca/en/installations/centre-saint-lambert
Eligibility: day hospital: seniors with one or more physical, psychological or social problems, their families, social services workers
Coverage area: Montérégie
Hours: visiting hours: Monday to Friday 7h30 to 12h00, Saturday and Sunday 11h00 to 19h00
Financing: provincial
Legal status: parapublic organization

CENTRES DE RÉADAPTATION EN DÉFICIENCE INTELLECTUELLE ET TROUBLE DU SPECTRE DE L’AUTISME - SERVICES EXTERNES - SAINT-JEAN-SUR-RICHELIEU
315 MacDonald Street, Suite 105, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 8J3
450 348-6121
Website: santemonterieg.qc.ca/services-specialises-en-deficience-intellectuelle-et-trouble-du-spectre-de-lautisme
Eligibility: people living with an intellectual disability or autism spectrum disorder (ASD), their families and relatives
Coverage area: Montérégie
Financing: provincial
Legal status: parapublic organization

COOPÉRATIVE DE SOLIDARITÉ SANTÉ LAC CHAMPLAIN
211 16th Avenue West, Suite 100, Venise-en-Québec, Montérégie, QC, J0J 2K0
450 244-5350 Fax: 514 284-9968
Website: coopsantelacchamplain.ca
Email: coopsantelc@gmail.com
Coverage area: MRC Le Haut-Richelieu
Hours: Monday to Friday 8h00 to 16h30, the hours are subject to change without warning
Financing: self-financing, grants
Legal status: cooperative

COOPÉRATIVE DE SOLIDARITÉ-SANTÉ DE CONTRECOEUR
4915 Marie-Victorin Road, Contrecoeur, Montérégie, QC, J0L 1C0
450 587-2667
Website: www.coopcontrecoeur.com
Email: info@coopcontrecoeur.com

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

Coverage area: South Shore

Hours: Monday and Wednesday 8h00 to 17h00, Tuesday and Thursday 8h00 to 20h00, Friday 8h00 to 16h00

Financing: self-financing

Legal status: non-profit organization

DIABÈTE SAINT-HYACINTHE

Confidential Address

450 773-4285

Email: beaureve2000@yahoo.ca


Eligibility: diabetic people

Coverage area: Saint-Hyacinthe

Hours: variable, make a phone call

Financing: self-financing

Legal status: non-profit organization

HÔPITAL DU HAUT-RICHELIEU

920 du Séminaire Boulevard North, Saint-Jean-sur-Richelieu, Montérégie, QC, J3A 1B7

1 866 967-4825

Website: santemonteregie.qc.ca/en/installations/hopital-du-haut-richelieu


Coverage area: Province of Québec

Hours: 24 hours / 7 days

Financing: provincial

Legal status: parapublic organization

INSTITUT NAZARETH ET LOUIS-BRAILLE

1111 Saint-Charles Street West, Suite 200, Longueuil, Montérégie, QC, J4K 5G4

1 800 361-7063    Fax: 450 463-0243

Website: www.inlb.qc.ca

Email: info.inlb@ssss.gouv.qc.ca


Eligibility: people living with a visual impairment

Coverage area: Montréal Island, Montérégie, Laval

Hours: Monday to Friday 8h00 to 17h00, store: Monday to Thursday 9h00 to 17h00

Financing: provincial

Legal status: parapublic organization
KATERI MEMORIAL HOSPITAL CENTRE
10 River Road, Kahnawake, Montérégie, QC, J0L 1B0
450 638-3930    Fax: 450 638-4634
Website: kmhc.ca
Eligibility: community of Kahnawake
Coverage area: Kahnawake
Hours: Monday to Thursday 9h00 to 20h00, Friday 9h00 to 17h30, Saturday 9h30 to 13h30, visiting hours: 7 days 12h00 to 21h00, walk-in clinic: every Saturday, blood tests: Monday to Friday 7h00 to 9h00
Financing: federal, provincial
Legal status: parapublic organization

SCLÉROSE EN PLAQUES SAINT-HYACINTHE-ACTON
128 Brunette Street West, Saint-Hyacinthe, Montérégie, QC, J2T 2E9
450 773-6285
Website: www.scleroseenplaques.org
Email: sepsha.me@gmail.com
Coverage area: MRC les Maskoutains, MRC Acton
Hours: Monday to Friday 9h00 to 17h00
Financing: provincial, self-financing
Legal status: Select Legal Status

SE RECONSTRUIRE, CENTRE DE SANTÉ DU SEIN
67 Sainte-Elizabeth Street, Longueuil, Montérégie, QC, J4H 1J3
438 527-7346
Website: www.centresereconstruire.ca
Email: info@centresereconstruire.ca
Eligibility: women and men living with breast cancer
Coverage area: Greater Montréal
Financing: grants
Legal status: non-profit organization
Education and Literacy

ACADEMIC AND VOCATIONAL GUIDANCE

COMPUTER WORKSHOPS

DIFFICULTIES AND LEARNING DISABILITIES

HOMEWORK ASSISTANCE AND TUTORING

LANGUAGE COURSES

LITERACY

PUBLIC EDUCATION

SCHOOL PERSEVERANCE

SCHOOL SERVICE CENTERS
Academic and vocational guidance

**ACTION EMPLOI HAUTE-YAMASKA - SAINT-HYACINTHE**

440 Saint-Joseph Avenue, Saint-Hyacinthe, Montérégie, QC, J2S 8K5

**450 773-8888**  **Fax:** 450 773-7985

**Website:** action-emploi.ca  
**Email:** info@action-emploi.ca


**Eligibility:** people 50 and over looking for employment, employers

**Coverage area:** Saint-Hyacinthe

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

**Fees:** none

**Financing:** grants

**Legal status:** non-profit organization

**ALLIANCE CARRIÈRE TRAVAIL (ACT) - CENTRE DE SERVICES DE BROSSARD**

1 Place du Commerce, Suite 100, Brossard, Montérégie, QC, J4W 2Z7

**450 462-2003**  **Fax:** 450 462-3733

**Website:** alliancect.ca/en  
**Email:** info@alliancect.ca

**Services:** Organization targeting socioprofessional development and autonomy to facilitate job market and school integration.  * Services to individuals: job search, integration to Québec's job market, career orientation, full potential discovery, trainings, business pre-startup, project development, etc. * Services to businesses: coffee-meetings, luncheon conferences, employment evenings, bank of candidates, job posting and job fair.

**Eligibility:** people 16 years and over

**Coverage area:** Montérégie

**Hours:** Monday 8h30 to 20h00, Tuesday to Friday 8h30 to 16h30

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

**ALLIANCE CARRIÈRE TRAVAIL (ACT) - CENTRE DE SERVICES DE CHÂTEAUGUAY**

265 d'Anjou Boulevard, Suite 205, Châteauguay, Montérégie, QC, J6J 5J9

**450 699-4545**  **Fax:** 450 699-1175

**Website:** alliancect.ca/en  
**Email:** info@alliancect.ca

**Services:** Organization targeting socioprofessional development and autonomy to facilitate job market and school integration.  * Services to individuals: job search, integration to Québec's job market, career orientation, full potential discovery, trainings, business pre-startup, project development, etc. * Services to businesses: coffee-meetings, luncheon conferences, employment evenings, bank of candidates, job posting and job fair.

**Eligibility:** people 16 years and over

**Coverage area:** Montérégie

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

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization
ALLIANCE CARRIÈRE TRAVAIL (ACT) - CENTRE DE SERVICES DE SAINT-HUBERT
3258 Grande-Allée Boulevard, Longueuil, Montérégie, QC, J4T 2S5
450 876-1509
Website: alliancect.ca/en
Email: info@alliancect.ca
Services: Organization targeting socioprofessional development and autonomy to facilitate job market and school integration. * Services to individuals: job search, integration to Québec's job market, career orientation, full potential discovery, trainings, business pre-startup, project development, etc. * Services to businesses: coffee-meetings, luncheon conferences, employment evenings, bank of candidates, job posting and job fair.
Eligibility: people 16 years and over
Coverage area: Montérégie
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00
Fees: none
Financing: provincial
Legal status: non-profit organization

AVENUE PROFESION'ELLE - COWANSVILLE
403 Sud Street, Cowansville, Montérégie, QC, J2K 2X6
450 266-0993
Website: passage.qc.ca/avenue
Email: ap@passage.qc.ca
Eligibility: women, organizations, education sector, businesses
Coverage area: MRC Brome-Missisquoi, MRC La Haute-Yamaska, Acton Vale
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, by appointment only: Friday 13h00 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization

AVENUE PROFESION'ELLE - GRANBY
425 Cabana Street, Granby, Montérégie, QC, J2G 1P3
450 378-2212
Website: passage.qc.ca/avenue
Email: ap@passage.qc.ca
Eligibility: women, organizations, education sector, businesses
Coverage area: MRC Brome-Missisquoi, MRC La Haute-Yamaska, Acton Vale
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization
CARREFOUR JEUNESSE-EMPLOI - COMTÉ DE JOHNSON
975 Boulay Street, Suite 202, Acton Vale, Montérégie, QC, J0H 1A0
450 546-0311  Fax: 450 546-0316
Website: cjejohnson.org
Email: acton@cjejohnson.org


Eligibility: young adults 16 to 35 years old, parents, employers, Départ à neuf: youth 18 to 29 years old, Jeunes volontaires: youth 16 to 29 years old

Coverage area: Acton Vale, Béthanie, Drummondville, Durham-Sud, L'Avenir, Lefebvre, Roxton, Roxton Falls, Roxton Pond, Sainte-Cécile-de-Milton, Sainte-Christine, Saint-Edmond-de-Grantham, Saint-Eugène, Saint-Germain-de-Grantham, Sainte-Hélène-de-Bagot, Saint-Joachim-de-Shefford, Saint-Majorique-de-Grantham, Saint-Nazaire-d'Acton, Saint-Théodore-d'Acton, Saint-Valérien-de-Milton, Upton, Wickham

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

Fees: none

Financing: provincial

Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI BEAUHARNOIS-SALABERRY
71 Dufferin Street, Salaberry-de-Valleyfield, Montérégie, QC, J6S 1Y3
450 373-6767  Fax: 450 373-0057
Website: www.cjeb-s.ca
Email: carrefour@cjeb-s.ca


Eligibility: young adults 16 to 35 years old, parents, employers, Départ@9: youth 16 to 29 years old, Créneau Carrefour Jeunesse: youth 15 to 35 years old, Jeunes volontaires: youth 16 to 29 years old

Coverage area: Beauharnois, Saint-Étienne-de-Beauharnois, Saint-Louis-de-Gonzague, Saint-Stanislas-de-Kostka, Salaberry-de-Valleyfield

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

Fees: none

Financing: provincial, federal, municipal

Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI BEAUHARNOIS-SALABERRY - POINT DE SERVICE
BEAUHARNOIS
660 Ellice Street, Beauharnois, Montérégie, QC, J6N 1Y1
450 373-6767
Website: www.cjeb-s.ca
Email: carrefour@cjeb-s.ca

Eligibility: young adults 16 to 35 years old, parents, employers, Départ@9: youth 16 to 29 years old, Créneau Carrefour Jeunesse: youth 15 to 35 years old, Jeunes volontaires: youth 16 to 29 years old

Coverage area: Beauharnois, Saint-Étienne-de-Beauharnois, Saint-Louis-de-Gonzague, Saint-Stanislas-de-Kostka, Salaberry-de-Valleyfield

Hours: by appointment only

Fees: none

Financing: provincial, federal

Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI CHÂTEAUGUAY
105 Lauzon Street, Châteauguay, Montérégie, QC, J6K 1C7
450 699-8001  Fax: 450 699-9728
Website: cjechateauguay.org
Email: info@cjechateauguay.org

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

Eligibility: youth 16 to 35 years old

Coverage area: MRC Roussillon

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

Fees: none

Financing: provincial

Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI COMTÉS IBERVILLE ET SAINT-JEAN - POINT DE SERVICE FARNHAM
151 Principale Street East, Farnham, Montérégie, QC, J2N 1L2
450 293-0923  Fax: 450 293-0920
Website: www.cje-isj.com
Email: cje.farnham@cje-isj.com


Eligibility: youth 16 to 35 years old, employers

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

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization
CARREFOUR JEUNESSE-EMPLOI COMTÉS IBERVILLE ET SAINT-JEAN - POINT DE SERVICE MARIEVILLE

491 Sainte-Marie Street, Marieville, Montérégie, QC, J3M 1M4
450 460-8887 Fax: 450 460-1147
Website: www.cje-isj.com
Email: cje.marieville@cje-isj.com


Eligibility: youth 16 to 35 years old, employers
Coverage area: MRC Le Haut-Richelieu, MRC Rouville, MRC Brome-Missisquoi
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization

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

215 Saint-Paul Street, Suite 120, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 0H9
450 347-4717 Fax: 450 347-5152
Website: www.cje-isj.com
Email: cje.st-jean@cje-isj.com


Eligibility: youth 16 to 35 years old, employers
Coverage area: MRC Le Haut-Richelieu, MRC Rouville, MRC Brome-Missisquoi, bicycle recovery: MRC Le Haut-Richelieu
Hours: Monday to Friday 8h30 to 16h30, Tuesday 8h30 to 20h00
Fees: none
Financing: provincial
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI DE PIERRE-DE SAUREL

37 du Roi Street, Suite 200, Sorel-Tracy, Montérégie, QC, J3P 4M6
450 743-1441
Website: cje-pierredesaurel.com
Email: info@cje-pierredesaurel.com


Eligibility: people 16 to 35 years old
Coverage area: MRC Pierre-de Saurel
Financing: provincial
Legal status: non-profit organization
CARREFOUR JEUNESSE-EMPLOI HUNTINGDON
2 Henderson Street, Suite 1, Huntingdon, Montérégie, QC, J0S 1H0
450 264-5858  Fax: 450 264-2058
Website: cjehuntingdon.org
Email: cmoran@cjehuntingdon.org
Eligibility: youth 16 to 35 years old, youth service cooperative: youth 14 to 17 years old, Jeunes volontaires: youth 16 to 29 years old
Hours: Monday, Wednesday to Friday 8h30 to 12h00 and 13h00 to 16h30, Tuesday 10h30 to 12h00 and 13h00 to 16h30, evenings by appointment
Fees: none
Financing: provincial, municipal
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI HUNTINGDON - POINT DE SERVICE SAINT-RÉMI
18 de l'Église Street, Saint-Rémi, Montérégie, QC, J0L 2L0
450 454-5814  Fax: 450 454-3533
Website: cjehuntingdon.org
Email: info-stremi@cjehuntingdon.org
Eligibility: youth 16 to 35 years old, youth service cooperative: youth 13 to 17 years old, Jeunes volontaires: youth 16 to 29 years old
Coverage area: MRC Les Jardins-de-Napierville
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 10h30 to 12h00 and 13h00 to 16h30, evenings by appointment
Fees: none
Financing: provincial, municipal, donations
Legal status: non-profit organization

CENTRE D'ORIENTATION ET DE FORMATION POUR FEMMES EN RECHERCHE D'EMPLOI
49 Saint-Jacques Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 2J8
450 347-6101  Fax: 450 347-1198
Website: www.coffre.ca
Email: st-jean@coffre.ca
Eligibility: women who are unemployed or with a precarious job
Coverage area: MRC Le Haut-Richelieu
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization
CENTRE D'ORIENTATION ET DE FORMATION POUR FEMMES EN RECHERCHE D'EMPLOI - SAINT-HUBERT

5664 Chambly Road, Longueuil, Montérégie, QC, J3Y 7E5
450 678-3838 Fax: 450 678-8292
Website: coffre.ca/services-saint-hubert
Email: st-hubert@coffre.ca


Eligibility: unemployed women or with an unstable employment

Coverage area: Longueuil, MRC Rouville, MRC Marguerite D’Youville, MRC La Vallée-du-Richelieu, MRC Roussillon

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

Fees: none

Financing: provincial

Legal status: non-profit organization

DE SOI À L’EMPLOI

2035 Victoria Avenue, Suite 303, Saint-Lambert, Montérégie, QC, J4S 1H1
450 465-4078 Fax: 450 465-2202
Website: www.soi-emploi.qc.ca
Email: info@soi-emploi.qc.ca


Eligibility: women

Coverage area: Montérégie

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

Fees: free

Financing: provincial

Legal status: non-profit organization

ESPACE PIVOT - CENTRE D’INTÉGRATION JEUNESSE ADULTE

465 Victoria Street, Suite 500, Saint-Lambert, Montérégie, QC, J4P 2J2
450 671-8949 Fax: 450 671-0239
Website: espacepivot.ca/en/
Email: info@espacepivot.ca


Eligibility: job seekers 35 to 65 years old receiving social assistance, with precarious income or without any income

Coverage area: Montérégie

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

Fees: none

Financing: provincial

Legal status: non-profit organization

FEMMES REGROUPÉES EN OPTIONS NON TRADITIONNELLES

Confidential Address
514 944-2030
Website: www.front.qc.ca
Email: mdupuis60@outlook.com
Services: Advocacy in terms of integration, retention and development of women working or wishing to work in jobs not traditionally occupied by women. * Information and referrals regarding studies, job access, conditions to maintain employment and promotions. * Awareness, education and consultation.

Eligibility: women
Coverage area: Province of Québec
Hours: variable, on call
Financing: grants
Legal status: non-profit organization

INTÉGRATION COMPÉTENCES
285 Cartier Boulevard, Beloeil, Montérégie, QC, J3G 3R2
450 464-4481     Fax: 450 464-8455
Website: www.integrationcompetences.ca
Email: info@integrationcompetences.ca


Eligibility: adults, immigrants, youth 16 to 35 years old
Coverage area: MRC La Vallée-du-Richelieu
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00
Fees: none
Financing: provincial, fundraising campaigns, donations
Legal status: non-profit organization

INTÉGRATION COMPÉTENCES - POINT DE SERVICE CHAMBY
1179 Bourgogne Street, 2nd Floor, Chambly, Montérégie, QC, J3L 1X3
450 464-4481     Fax: 450 447-2037
Website: integrationcompetences.ca
Email: info@integrationcompetences.ca


Eligibility: adults, immigrants, youth 16 to 35 years old
Coverage area: MRC La Vallée-du-Richelieu
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00
Fees: none
Financing: provincial, fundraising campaigns, donations
Legal status: non-profit organization

INTÉGRATION TRAVAIL ROUSSILLON
120 Saint-Jean-Baptiste Boulevard, Suite 201, Châteauguay, Montérégie, QC, J6K 3K9
450 691-9622     Fax: 450 691-9559
Website: www.lejalon.ca
Email: info@lejalon.ca

Services: * Procedures to integrate the job market: self-awareness, job market research, job search tools and techniques. * Action plan to achieve the professional choice.
Eligibility: people wishing to re-enter the job market, income security recipients, employment insurance recipients or those without public support
Coverage area: Châteauguay and Saint-Constant local employment centres
Hours: Monday to Thursday 8h00 to 16h00, Friday 8h00 to 12h00
Fees: free
Financing: provincial
Legal status: non-profit organization

LE 2159
2159 de Chambly Road, Longueuil, Montérégie, QC, J4J 3Z1
450 396-6426
Website: www.le2159.com
Email: info@le2159.com

Services: * Mid and long-term housing. * Activities and workshops offered on a weekly basis on various topics. * Psychosocial intervention: individual meetings with a counsellor. * Accompaniment for a return to school, an internship, job or apartment search and for appointments. * Social reinsertion through internships.
Eligibility: youth 17 to 25 at risk of delinquency, homelessness, sexual exploitation or mental health issues
Capacity: 16 rooms
Coverage area: Montérégie
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: federal, provincial, foundations, fundraising campaigns
Legal status: non-profit organization

P.S. JEUNESSE
99 Salaberry Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2H5
450 377-9155     Fax: 450 377-8037
Website: psjeunesse.org
Email: info@psjeunesse.org

Eligibility: adults
Capacity: no limits
Coverage area: MRC Roussillon, MRC Les Jardins-de-Napierville, MRC Le Haut-Saint-Laurent, MRC Beauharnois-Salaberry, MRC Vaudreuil-Soulanges
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Education and Literacy

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

PLACE À L'EMPLOI
125 Sainte-Foy Boulevard, 3rd floor, Longueuil, Montérégie, QC, J4J 1W7
450 646-1030 Fax: 450 646-9060
Website: placealemploi.ca
Email: info@placealemploi.ca
Services: Consolidation of services to develop employability by offering support and individual services. * Accompaniment services: information, exploration, career choice, training, job search and project development.
Eligibility: people 16 years and over
Coverage area: South Shore
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization

PLACE À L'EMPLOI - CARREFOUR JEUNESSE-EMPLOI LONGUEUIL
125 Sainte-Foy Boulevard, 3rd floor, Longueuil, Montérégie, QC, J4J 1W7
450 646-1030 Fax: 450 646-9060
Website: placealemploi.ca
Email: info@placealemploi.ca
Eligibility: youth 16 to 35 years old
Coverage area: Longueuil
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization
SERVICES EXTERNES DE MAIN D’OEUVRE LE JALON

120 Saint-Jean-Baptiste Boulevard, Suite 201, Châteauguay, Montérégie, QC, J6K 3K9
450 691-9622     Fax: 450 691-9559
Website: www.lejalon.ca
Email: info@lejalon.ca

Services: * Procedures to help women integrate the job market: self-awareness, job market information, job search tools and techniques. * Action plan regarding a career choice.
Eligibility: women wishing to re-enter the labor market, income security recipients, employment insurance recipients and those without public support
Coverage area: MRC Roussillon, MRC Les Jardins-de-Napierville
Hours: Monday to Thursday 8h00 to 16h00, Friday 8h00 to 12h00
Fees: free
Financing: provincial
Legal status: non-profit organization

SERVICE EXTERNE DE MAIN D’OEUVRE LE JALON - POINT OF SERVICE SAINT-CONSTANT

55 Saint-Pierre Street, Suite 201-202, Saint-Constant, Montérégie, QC, J5A 1B9
450 638-6277     Fax: 450 845-1554
Website: www.lejalon.ca
Email: info@lejalon.ca

Services: * Procedures to help women integrate the job market: self-awareness, job market information, job search tools and techniques. * Action plan regarding career choice.
Eligibility: women wishing to re-enter the job market, income security recipients, employment insurance recipients or those without public support
Coverage area: MRC Roussillon, MRC Les-Jardins-de-Napierville
Hours: Monday to Thursday 8h00 to 16h00, Friday 8h00 to 12h00
Fees: free
Financing: provincial
Legal status: non-profit organization

TANDEM EMPLOI

545 Sir-Wilfrid-Laurier Boulevard, Suite 301, Beloeil, Montérégie, QC, J3G 4H8
450 464-5323     Fax: 450 464-7402
Website: www.tandem-emploi.org
Email: info@tandem-emploi.org

Eligibility: people over 18 years old looking for job opportunities or going through a career transition
Coverage area: Montérégie
Hours: Monday to Friday 8h30 to 12h00 and 12h30 to 16h00
Fees: free
Financing: provincial
Legal status: non-profit organization

TANDEM EMPLOI - CHAMBLY SITE

240 Fréchette Boulevard, Suite 210, Chambly, Montérégie, QC, J3L 2Z5
450 447-4037     Fax: 450 447-8130
Website: www.tandem-emploi.org
Email: info@tandem-emploi.org

Eligibility: people over 18 years old looking for job opportunities or going through a career transition

Coverage area: Montérégie

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

Fees: free

Financing: provincial

Legal status: non-profit organization

Computer workshops

AFFAIRE DE FAMILLE (UNE)
19 Bridge Street, Ormstown, Montérégie, QC, J0S 1K0
450 829-3782
Website: www.uneaffairedefamillehsl.com
Email: uaf.reception@gmail.com


Eligibility: parents, young adults, children, teenagers, seniors

Coverage area: MRC du Haut-Saint-Laurent

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00, closed in July and August

Financing: self-financing, municipal

Legal status: non-profit organization

AIDE PÉDAGOGIQUE AUX ADULTES ET AUX JEUNES DE SAINTE-HYACINTHE
900 Saint-Antoine Street, Saint-Hyacinthe, Montérégie, QC, J2S 3K1
450 261-0384
Website: www.apaj.ca
Email: info@apaj.ca


Eligibility: people living with problem of illiteracy

Coverage area: Saint-Hyacinthe

Hours: Monday to Thursday 9h00 to 17h00

Fees: small fee for the collective kitchen

Financing: provincial

Legal status: non-profit organization

ALPHABÉTISATION IOTA
200 Saint-Louis Street, Longueuil, Montérégie, QC, J4R 2L6
450 466-0076 ext. 223
Website: alphaiota.alphabetisation.ca
Email: direction@alphaiota.ca
Services: * Literacy. * Computer initiation workshops for beginners: computer, tablet, smartphone, web browsing, emails, social media, Internet security, tools for French, etc. * Lessons, individualized and for small groups, adapted to the needs and backgrounds of the participants. * On-site recovery of books. * Annual sale of books.

Eligibility: adults coping with illiteracy, poorly educated, 18 years and over, computer workshops: adults with at least a secondary 2

Coverage area: South Shore

Hours: Monday to Thursday 8h45 to 16h00, computer workshops: Monday, Wednesday and Thursday

Fees: $5 per session

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

Legal status: non-profit organization

ARDOISE, GROUPE POPULAIRE EN ALPHABÉTISATION (L')
50 du Roi Street, Suite 110, Sorel-Tracy, Montérégie, QC, J3P 4M7
450 780-1016
Email: info@lardoisealphabetisationpopulaire.org


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

Coverage area: Sorel-Tracy

Hours: Monday to Thursday 8h30 to 16h30

Fees: none

Financing: grants

Legal status: non-profit organization

AU COEUR DES MOTS
12 Sainte-Marie Street, Lacolle, Montérégie, QC, J0J 1J0
450 246-4131 Fax: 450 246-2908
Email: aucoeurdesmotsalpha@hotmail.com


Eligibility: people 16 years old and over, families

Coverage area: MRC Le Haut-Richelieu, MRC Les Jardins-de-Napierville

Hours: Monday to Thursday 9h00 to 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

BROSSARD PUBLIC LIBRARY
7855 San-Francisco Avenue, Brossard, Montérégie, QC, J4X 2A4
450 923-6350 Fax: 450 923-7042
Website: bibliotheque.brossard.ca
Email: bibliotheque@brossard.ca

Coverage area: Brossard
Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00, summer: Monday to Friday 10h00 to 21h00, Saturday 12h00 to 17h00
Fees: residents: free, non-residents: $80
Financing: municipal
Legal status: municipal agency

CANDIAC PUBLIC LIBRARY
59 Haendel Road, Candiac, Montérégie, QC, J5R 1R7
450 635-6032 Fax: 450 635-0900
Website: candiac.ca/bibliotheque
Email: biblio@ville.candiac.qc.ca

Eligibility: general public
Coverage area: Candiac
Hours: Tuesday and Thursday 10h00 to 20h00, Wednesday and Friday 13h00 to 20h00, Saturday 10h00 to 16h30, Sunday 12h00 to 16h30, summer: closed on Sunday
Fees: registration: free for residents, variable for non-residents
Financing: municipal
Legal status: municipal agency

CENTRE ALPHA-SOURD RIVE-SUD
2010 Chambly Road, Suite B, Longueuil, Montérégie, QC, J4J 3Y2
438 806-5149
Website: www.casourdrivesud.org
Email: info@casourdrivesud.org

Eligibility: deaf and deaf-blind people
Capacity: 25
Coverage area: Montérégie
Hours: Wednesday and Friday 8h00 to 15h00
Fees: none
Financing: provincial
Legal status: non-profit organization

CENTRE ALPHA-SOURD RIVE-SUD - LONGUEUIL POINT OF SERVICE
450 Chambly Road, Suite 200, Longueuil, Montérégie, QC, J4H 3L7
438 382-3488 TTY: 438 382-3488
Website: www.dalc.alphasourd.org
Email: dalc@alphasourd.org

Eligibility: deaf and deaf-blind people
Capacity: 50
Coverage area: Montérégie
Hours: Tuesday 13h00 to 16h00 and Thursday 13h00 to 21h00
Fees: none
Financing: provincial
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE L'ENTRAIDE PLUS
2437 Bourgogne Avenue, Chambly, Montérégie, QC, J3L 2A5
450 658-4469     Fax: 450 658-4469
Website: entraideplus.org
Email: info@entraideplus.org
Eligibility: people 50 years old and over, autonomous, disabled, sick or in loss of autonomy, caregivers
Capacity: Resto-Entre: 44 places
Coverage area: Chambly, Carignan, Richelieu, Saint-Mathias-sur-Richelieu, Sainte-Angèle-de-Monnoir, Marieville
Hours: Monday to Thursday 9h00 to 16h00, Friday 9h00 to 14h00, respite: Monday and Thursday 9h30 to 15h30, Resto-Entre: Monday to Friday 11h00 to 13h00
Fees: members: $20 per year, Resto-Entre: $6 for members, $7 for non-members
Financing: donations, grants
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE LE TRAIT D'UNION
3100 Mousseau Street, Longueuil, Montérégie, QC, J4L 4P1
450 647-1107     Fax: 450 647-4245
Website: www.cctu.ca
Email: info@cctu.ca
Eligibility: seniors, youth and adults
Capacity: 200
Coverage area: Longueuil
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Financing: self-financing, grants
Legal status: non-profit organization

CENTRE D'ÉDUCATION POPULAIRE
18 d'Anjou Boulevard, Châteauguay, Montérégie, QC, J6K 1B7
450 699-9955
Email: cep@videotron.ca
Eligibility: people 16 years and over who no longer attend school on a regular basis
Coverage area: Greater Châteauguay: Beauharnois, Châteauguay, Kahnawake, Léry, Mercier, Saint-Isidore, Saint-Rémi, Saint-Urbain-Premier, Sainte-Martine
Hours: Monday to Friday 8h30 to 16h30
Fees: membership: $15
Financing: provincial
Legal status: non-profit organization
CLUB ÂGE D’OR SAINT-JUDE
930 du Centre Street, Saint-Jude, Montérégie, QC, J0H 1P0
450 250-2485     Fax: 450 924-0953
Website: fadoqsjude.com/home
Email: info@agedorstjude.com
Eligibility: seniors
Coverage area: MRC Les Maskoutains
Fees: yearly membership
Financing: donations, provincial, contributions
Legal status: non-profit organization

CLUB LE RENDEZ-VOUS DE CHÂTEAUGUAY
319 Brault Street, Châteauguay, Montérégie, QC, J6J 4M9
450 692-2190
Website: rendezvouschateauguay.club
Email: clubrvchat@gmail.com
Eligibility: people 45 years and over
Coverage area: Province of Québec
Fees: membership: $30 per year, 80 years and over: $15
Financing: self-financing, contributions
Legal status: non-profit organization

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, computer, conversation, equivalency test for high school degree, mentoring. * French as a second language learning: beginner classes.
Eligibility: literacy: adults aged 16 years and over, French learning: immigrants
Coverage area: Hudson, L’Île-Cadieux, L’Île-Perrot, Notre-Dame-de-l’Île-Perrot, Ouest-de-l’Île, Pincourt, Terrasse-Vaudreuil, Vaudreuil-Dorion, West Island
Hours: office: Monday to Wednesday 8h00 to 18h00, Thursday 8h00 to 18h00, courses: day and evening during the week
Fees: classes: free, literacy classes: $30 one-time registration fee
Financing: provincial
Legal status: non-profit organization

CRESO CENTRE-CONSEIL EN EMPLOI
139 Victoria Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1A4
450 377-4889     Fax: 450 377-5199
Website: www.creso-emploi.ca
Email: information@creso-emploi.ca
Education and Literacy


**Eligibility:** adults, immigrants, reception and employment assistance for immigrant people: immigrants who have lived in Québec for less than 5 years

**Capacity:** 5

**Coverage area:** Salaberry-de-Valleyfield, Beauharnois and Huntingdon

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

**Financing:** provincial

**Legal status:** non-profit organization

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**DELSON PUBLIC LIBRARY**

1 1st Avenue, Delson, Montérégie, QC, J5B 1M9
450 632-1050 ext. 3700

**Website:** www.ville.delson.qc.ca/fr/services-municipaux/loisirs-et-culture/bibliotheque/

**Email:** biblio@ville.delson.qc.ca


**Coverage area:** Delson

**Hours:** Tuesday to Thursday 13h00 to 20h30, Friday and Saturday 10h00 to 16h00

**Fees:** residents: free

**Financing:** municipal

**Legal status:** municipal agency

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**ÉDUC À TOUT - CHAMBLY**

620 Sénécal Street, Chambly, Montérégie, QC, J3L 1N9
450 460-5433

**Email:** educatout146@outlook.com


**Eligibility:** people 10 to 70 years old

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

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

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

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**ÉDUC À TOUT - SAINT-CÉSAIRE**

2002 de l'Union Avenue, Saint-Césaire, Montérégie, QC, J0L 1T0
450 460-5433

**Email:** educatout146@outlook.com


**Eligibility:** people 10 to 70 years old

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

**Hours:** Monday to Friday 9h00 to 16h00
FADOQ - BOUCHERVILLE
31 Pierre-Boucher Street, Boucherville, Montérégie, QC, J4B 5A8
450 655-5014 Fax: 450 655-1454
Website: fadoqboucherville.org
Email: fadoqboucherville@videotron.ca
Eligibility: seniors 50 years and over
Coverage area: Boucherville
Hours: Monday to Thursday 10h00 to 16h00, summer: Tuesday to Thursday 13h00 to 16h00
Fees: membership: $25
Financing: contributions, self-financing
Legal status: non-profit organization

FORMATIO
3205 de Rome Boulevard, Brossard, Montérégie, QC, J4Y 1R2
450 656-3348 ext. 1
Website: www.formatio.info
Email: info@formatio.info
Services: Computer training. * Training for groups of up to 6 participants. * On-site classrooms and possibility to give training in the offices of other organizations or companies. * Private classes. * Computer club.
Eligibility: adults
Coverage area: South Shore
Hours: office: Monday to Friday 9h00 to 17h00, trainings: Monday to Friday 9h00 to 21h00
Fees: training: with or without fees
Financing: municipal, donations, fundraising campaigns
Legal status: non-profit organization

HELLENIC SOCIAL SERVICES OF QUÉBEC - SOUTH SHORE
5220 Grande-Allée, Longueuil, Montérégie, QC, J3Y 1A1
450 443-8197
Website: hcgm.org
Email: info@hcgm.org
Eligibility: people of various origins, particularly Greek
Coverage area: South Shore
Hours: Monday and Tuesday 9h00 to 19h00, Wednesday 9h00 to 17h00, Sunday 8h00 to 16h00
Financing: donations, grants, provincial
Legal status: non-profit organization
IOHACHI:IO EDUCATION AND TRAINING INSTITUTE
16 Iohahi:io Road, Akwesasne, Montérégie, QC, H0M 1A1
613 575-2754 Fax: 613 575-1478
Website: iohahio.ambe.ca
Email: info.iohahio@ambe.ca
Eligibility: Akwesasne Mohawks
Coverage area: Akwesasne
Financing: municipal, federal
Legal status: municipal agency

JOYEUX RETRAITÉS (LES)
1 Curé-Poirier Boulevard East, Longueuil, Montérégie, QC, J4J 2C6
450 463-7100 ext. 2404
Website: www.lesjoyeuxretraites.com
Email: joyeuxretraites@outlook.fr
Eligibility: people 50 years and over
Coverage area: Longueuil and surroundings
Hours: administration: Wednesday 9h00 to 11h30
Fees: membership: $10 renewable in May
Financing: contributions, provincial
Legal status: non-profit organization

LONGUEUIL PUBLIC LIBRARIES NETWORK - CLAUDE-HENRI-GRIGNON LIBRARY
1660 Bourassa Street, Longueuil, Montérégie, QC, J4J 3A4
450 463-7180 Fax: 450 646-6710
Website: longueuil.quebec/fr/bibliotheque-claude-henri-grignon
Coverage area: Longueuil
Hours: Tuesday 10h00 to 21h00, Wednesday and Thursday 13h00 to 21h00, Friday 13h00 to 18h00, Saturday and Sunday 10h00 to 17h00, summer: closed on Sunday
Fees: subscription: free for residents, variables for non-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: lamagiedesmots.com
Email: comdelamagie@outlook.com
Eligibility: people 16 years and over
MAISON DE LA FAMILLE DES MASKOUTAINS
2130 Mailhot Avenue, Saint-Hyacinthe, Montérégie, QC, J2S 9E1
450 771-4010     Fax: 450 250-0272
Website: www.mfm.qc.ca
Email: accueil@mfm.qc.ca

Services: 

Eligibility: families, seniors, caregivers, children, immigrants, refugees

MAISON DES AÎNÉS DE LA PRAIRIE
500 Saint-Laurent Street, La Prairie, Montérégie, QC, J5R 5X2
450 444-6736
Website: maisondesaineslaprairie.org
Email: admin@maisondesaineslaprairie.org

Services: 

Eligibility: people 50 years and over, at-home hairdressing: people 50 years and over in recovery and without a car or people 80 years and over

MAISON INTERNATIONALE DE LA RIVE-SUD - CAFÉ DES AÎNÉS
2500 Lapinière Boulevard, Brossard, Montérégie, QC, J4Z 3V1
450 445-8777 ext. 235     Fax: 450 445-1222
Website: mirs.qc.ca
Email: jb.henry@mirs.qc.ca

Education and Literacy


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

Fees: none

Financing: provincial

Legal status: non-profit organization

Eligibility: senior immigrants

REGROUPEMENT POUR LA SANTÉ DES ÂNÉS PIERRE-DE SAUREL
71 De Ramezay Street, Suite 109, Sorel-Tracy, Montérégie, QC, J3P 3Z1
450 855-3737
Website: rsaps.ca
Email: rsaps@videotron.ca


Eligibility: people 50 years old and over

RESSOURCES-FEMMES DE LA RÉGION D’ACTON
1018 Daigneault Street, Acton Vale, Montérégie, QC, J0H 1A0
450 546-3366
Website: www.ressources-femmes.org
Email: coordonnatrice@ressources-femmes.org


Eligibility: women

SAINT-BRUNO-DE-MONTARVILLE PUBLIC LIBRARY
82 Seigneurial Boulevard West, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 5N7
450 645-2950      Fax: 450 441-8485
Website: biblio.stbruno.ca
Email: bibliothèque@stbruno.ca

Coverage area: Saint-Bruno-de-Montarville
Hours: Monday to Friday 9h00 to 20h00, Saturday and Sunday 10h00 to 17h00, summer: Monday to Friday 9h00 to 20h00, Saturday 10h00 to 17h00, Sunday 13h00 to 17h00
Fees: residents: free, non-residents: $43 per person or $74 per families
Financing: municipal
Legal status: municipal agency

SAINT-CONSTANT PUBLIC LIBRARY
162 Monchamp Boulevard, Saint-Constant, Montérégie, QC, J5A 2K8
450 638-2010 ext. 7233
Website: saint-constant.ca/fr/bibliotheque-municipale
Email: bibliotheque@saint-constant.ca
Eligibility: general public
Coverage area: Saint-Constant
Hours: Monday to Wednesday 12h00 to 20h00, Thursday 9h30 to 20h00, Friday 13h00 to 17h00, Saturday 10h00 to 15h00, Sunday 12h00 to 16h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal
Legal status: municipal agency

SAINT-LAMBERT COUNCIL FOR SENIORS
574 Notre-Dame Avenue, Saint-Lambert, Montérégie, QC, J4P 2K9
450 671-1757 Fax: 450 923-6608
Website: www.stlambertseniors.ca
Email: maisond@videotron.ca
Eligibility: people aged 55 years old and over
Coverage area: Saint-Lambert
Hours: Monday to Friday 9h00 to 16h00 from September to June
Fees: annual membership: $35
Financing: self-financing
Legal status: non-profit organization

SAINT-MICHEL MUNICIPAL LIBRARY
440 Saint-Michel Place, Saint-Michel, Montérégie, QC, J0L 2J0
450 454-7995
Website: www.reseaubibliomonteregie.qc.ca/fr/bibliotheques-horaire-et-localisation/b25/bibliotheque-de-saint-michel-claire-lazure
Email: bibliotheque@mst-michel.ca
Coverage area: Saint-Michel
SAINTE-JULIE PUBLIC LIBRARY
1600 du Fer-à-Cheval Road, Sainte-Julie, Montérégie, QC, J3E 0A3
450 922-7070  Fax: 450 922-7077
Website: www.ville.sainte-julie.qc.ca/bibliotheque
Email: biblio@ville.sainte-julie.qc.ca


Coverage area: Sainte-Julie

Eligibility: seniors, people in need, volunteers, community organizations

SERVICE D’ACTION BÉNÉVOLE AU COEUR DU JARDIN - HEMMINGFORD SITE
476 Frontière Street, Hemmingford, Montérégie, QC, J0L 1H0
450 247-2893
Website: sabjardin.org
Email: sabhemmingford@hotmail.com


Coverage area: Hemmingford

Eligibility: seniors, people in need, volunteers, community organizations

SERVICE D’ACTION BÉNÉVOLE AU COUR DU JARDIN
1030 Notre-Dame Street, Saint-Rémi, Montérégie, QC, J0L 2L0
450 454-6567  Fax: 450 454-6567
Website: sabjardin.org
Email: sab.stremi@bellnet.ca


Coverage area: MRC Les Jardins-de-Napierville

Eligibility: volunteers, community organizations, autonomous caregivers, seniors and people in need

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: frozen meals: main meal $3, soup $2, dessert $1, free delivery every 15 days, minibus grocery shopping: $4, monthly breakfast: $3
Financing: Centraide of Greater Montréal, 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
Coverage area: Vaudreuil-Dorion
Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00
Fees: membership: Vaudreuil-Dorion residents: free, Vaudreuil-sur-le-Lac residents: $75, non-residents: $135
Financing: municipal
Legal status: municipal agency

Difficulties and learning disabilities

CENTRE ÉQUESTRE THÉRAPEUTIQUE MARIE-LAURENCE
1750 4th Road, Sainte-Justine-de-Newton, Montérégie, QC, J0P 1T0
450 764-3156
Email: cetml@hotmail.com
Services: Adapted horseback-riding lessons for children living with a physical or intellectual disability or with learning difficulties.
Eligibility: children living with a physical or intellectual disability or with learning difficulties
Coverage area: Province of Québec
Hours: 8h00 to 18h00, 7 days
Fees: variable
Financing: donations
Legal status: non-profit organization

INTÉGRATION SOCIALE DES ENFANTS EN MILIEU DE GARDE
386 de Gentilly Street West, Suite 105, Longueuil, Montérégie, QC, J4H 2A2
450 646-2714 Fax: 450 646-6573
Website: isemg.quebec
Email: info@isemg.quebec
Eligibility: daycare services, educators, accompanying people, supervisors, parents, children living with a disability or a developmental delay
Coverage area: Province of Québec
Fees: variable
Financing: foundations
Legal status: non-profit organization
ORGANISME D’AIDE AUX TROUBLES DYS TUKÀ TULÀ SOS DYS

227 Saint-Édouard Road, Saint-Jean-sur-Richelieu, Montérégie, QC, J2X 5T9
1 800 465-0122
Email: tukatula.sos.dys@gmail.com


Eligibility: children or adults living with a specific learning disability with or without medical diagnosis: dyslexia, dyscalculia, dysorthography, dysphasia, dysgraphy or dyspraxia, parents, families, professionals

Coverage area: Canada
Financing: grants, donations
Legal status: non-profit organization

SDEM SEMO MONTÉRÉGIE

365 Saint-Jean Street, Suite 125, Longueuil, Montérégie, QC, J4H 2X7
1 800 646-6096    Fax: 450 674-7220
Website: www.sdem-semo.org
Email: info@sdem-semo.org


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

Coverage area: Montérégie
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

SDEM SEMO MONTÉRÉGIE - CHÂTEAUGUAY

120 Saint-Jean-Baptiste Boulevard, Suite 202, Châteauguay, Montérégie, QC, J6K 3A9
1 800 646-6096    Fax: 450 674-7220
Website: www.sdem-semo.org
Email: info@sdem-semo.org


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

Coverage area: MRC Roussillon, MRC Les Jardins-de-Napierville
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00, by appointment only
Fees: none
Financing: provincial
Legal status: non-profit organization

SDEM SEMO MONTÉRÉGIE - MONT-SAINT-HILAIRE

430 Sir-Wilfrid-Laurier Boulevard, Suite 204, Mont-Saint-Hilaire, Montérégie, QC, J3H 6M5
1 800 646-6096    Fax: 450 674-7220
Website: www.sdem-semo.org
Email: info@sdem-semo.org


Eligibility: people with a physical, sensory or intellectual disability or with mental health issues, learning disabilities, neurological disorders or an autism spectrum disorder (ASD)
Coverage area: Mont-Saint-Hilaire
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00, by appointment only
Fees: free
Financing: provincial
Legal status: non-profit organization

SDEM SEMO MONTÉRÉGIE - SAINT-HYACINTHE
1980 des Cascades Avenue, Saint-Hyacinthe, Montérégie, QC, J2S 3J5
1 800 646-6096 Fax: 450 674-7220
Website: sdem-semo.org
Email: info@sdem-semo.org
Eligibility: people with a physical, sensory or intellectual disability or with mental health issues, learning disabilities, neurological disorders or an autism spectrum disorder (ASD)
Coverage area: Saint-Hyacinthe
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00, by appointment only
Fees: free
Financing: provincial
Legal status: non-profit organization

SDEM SEMO MONTÉRÉGIE - SAINT-JEAN-SUR-RICHELIEU
315 MacDonald Street, Suite 115, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 8J3
1 800 646-6096 Fax: 450 674-7220
Website: sdem-semo.org
Email: info@sdem-semo.org
Eligibility: people with a physical, sensory or intellectual disability or with mental health issues, learning disabilities, neurological disorders or an autism spectrum disorder (ASD)
Coverage area: Saint-Jean-Sur-Richelieu
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00, by appointment only
Fees: free
Financing: provincial
Legal status: non-profit organization

SDEM SEMO MONTÉRÉGIE - SALABERRY-DE-VALLEYFIELD
19 du Marché Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1P1
1 800 646-6096 Fax: 450 674-7220
Website: sdem-semo.org
Email: info@sdem-semo.org
Eligibility: people with a physical, sensory or intellectual disability or with mental health issues, learning disabilities, neurological disorders or an autism spectrum disorder (ASD)
Coverage area: Salaberry-De-Valleyfield
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00, by appointment only
Fees: free
Financing: provincial
Legal status: non-profit organization
SDEM SEMO MONTÉRÉGIE - SOREL-TRACY
215 Robillard Street, Sorel-Tracy, Montérégie, QC, J3P 8C7
1 800 646-6096   Fax: 450 674-7220
Website: sdem-semo.org
Email: info@sdem-semo.org
Services: Support for training, integration and job retention. * Preparatory employment program. * Job search assistance. Eligibility: people with a physical, sensory or intellectual disability or with mental health issues, learning disabilities, neurological disorders or an autism spectrum disorder (ASD)
Coverage area: Sorel-Tracy
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00, by appointment only
Fees: free
Financing: provincial
Legal status: non-profit organization

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 or an autism spectrum disorder (ASD)
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

ACTION JEUNESSE ROUSSillon
58 Prince Street, Saint-Constant, Montérégie, QC, J5A 1H5
450 993-1616
Website: www.mdjsaintconstant.com
Email: mdjstconstant@gmail.com
Eligibility: youth 12 to 17 years old
Coverage area: Saint-Constant
Hours: Wednesday to Saturday 18h00 to 21h00
Financing: provincial
Legal status: non-profit organization

ADOMISSILE (L') - MAISON DES JEUNES - SAINT-RÉMI
100 de la Gare Street, Saint-Rémi, Montérégie, QC, J0L 2L0
450 454-6657   Fax: 450 454-3618
Website: adomissile.com
Email: mdj@adomissile.com
**Services:** Meeting place for youth. * Discussion, information and daily support. * Music, sports and creative activities and outings. * Access to equipment: computers, kitchen, music room, sports and circus gear, pool table, ping-pong, foosball, video games, board games, art material etc. * Homework assistance. * Popular education. * Outreach work, intervention and prevention of STDs, violence, addiction and delinquency.

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

**Coverage area:** Saint-Isidore, Saint-Michel, Saint-Rémi, Sainte-Clotilde

**Hours:** Monday to Thursday 16h00 to 21h00, Friday 16h00 to 22h30

**Fees:** annual membership: $5

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

**Legal status:** non-profit organization

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**AFFAIRE DE FAMILLE (UNE)**

19 Bridge Street, Ormstown, Montérégie, QC, J0S 1K0

450 829-3782

Website: www.uneaffairedefamillehsl.com

Email: uaf.reception@gmail.com


**Eligibility:** parents, young adults, children, teenagers, seniors

**Coverage area:** MRC du Haut-Saint-Laurent

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h00, closed in July and August

**Financing:** self-financing, municipal

**Legal status:** non-profit organization

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**BAMBINERIE DE BOUCHERVILLE (LA)**

1075 Lionel-Daunais Street, Suite 108, Boucherville, Montérégie, QC, J4B 8N5

450 641-2366

Website: bambinerie.com

Email: info@bambinerie.com


**Eligibility:** families and children

**Coverage area:** Boucherville

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

**Fees:** annual membership: $10 per family

**Financing:** municipal, self-financing

**Legal status:** non-profit organization

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**BROSSARD PUBLIC LIBRARY**

7855 San-Francisco Avenue, Brossard, Montérégie, QC, J4X 2A4

450 923-6350  Fax: 450 923-7042

Website: bibliotheque.brossard.ca

Email: bibliotheque@brossard.ca

Coverage area: Brossard
Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00, summer: Monday to Friday 10h00 to 21h00, Saturday 12h00 to 17h00
Fees: residents: free, non-residents: $80
Financing: municipal
Legal status: municipal agency

CARREFOUR JEUNESSE D'IBERVILLE
375 Bessette Avenue, Saint-Jean-sur-Richelieu, Montérégie, QC, J2X 2N8
450 347-4419
Email: mdjiberville@hotmail.com
Eligibility: youth 12 to 17 years old
Coverage area: Iberville sector of Saint-Jean-sur-Richelieu
Hours: variable
Fees: none
Financing: grants, provincial, donations
Legal status: non-profit organization

CÉGEP SAINT-JEAN-SUR-RICHELIEU
30 du Séminaire Boulevard North, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 5J4
450 347-5301 Fax: 450 358-9350
Website: www.cstjean.qc.ca
Email: communications@cstjean.qc.ca
Eligibility: general public
Coverage area: Province of Québec
Fees: variable
Financing: provincial
Legal status: parapublic organization

CENTRE AMITIÉ-JEUNESSE CHAMBLY
505 Brassard Boulevard, Chambly, Montérégie, QC, J3L 4N5
450 658-6810
Email: mdj_caj@bellnet.ca
Eligibility: youth from 10 to 17 years old, monthly theme dances: youth from 10 to 13 years old
Coverage area: Chambly
Hours: Tuesday 10h50 to 11h50 and 14h40 to 18h00, Wednesday and Thursday 10h50 to 11h50 and 14h40 to 19h00, Friday 10h50 to 11h50 and 14h40 to 20h00
Fees: annual member card: $40
Financing: donations
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE FARNHAM
1810 Principale Street East, Farnham, Montérégie, QC, J2N 1N4
450 293-3265 Fax: 450 293-1010
Website: www.cabfarnham.com
Email: direction@cabfarnham.com


Eligibility: people living with a disability, seniors, families, community organizations
Coverage area: Ange-Gardien, Farnham, Sainte-Brigide-D'iberville, Sainte-Sabine
Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00
Fees: none
Financing: Centraide Richelieu-Yamaska, provincial
Legal status: non-profit organization

CENTRE DE LA FAMILLE SAINT-PIE
70 Saint-François Avenue, Saint-Pie, Montérégie, QC, J0H 1W0
450 772-6828
Website: www.centredelafamillestpie.com
Email: centredelafamillestpie@gmail.com


Eligibility: families, children, youth, seniors
Capacity: 25
Coverage area: MRC Les Maskoutains
Hours: Monday to Wednesday 9h00 to 18h00, Thursday 9h00 to 20h00, Friday 8h00 to 12h00 and 14h30 to 18h00
Fees: membership card: $10 per family per year
Financing: provincial, municipal, Centraide Richelieu-Yamaska
Legal status: non-profit organization

CENTRE DE PÉDIATRIE SOCIALE EN COMMUNAUTÉ MAIN DANS LA MAIN
215 du Sud Street, 3rd floor, Cowansville, Montérégie, QC, J2K 2X5
450 260-1414 ext. 0
Website: cpscmaindanslamain.org/en
Email: reception@cpscmaindanslamain.org


Eligibility: children 0 to 18 years old in situations of great vulnerability
**Education and Literacy**

**COMITÉ D’ENTRAIDE - UNITÉ PASTORALE SAINT-LAMBERT**
311 Saint-Thomas Street, Saint-Lambert, Montérégie, QC, J4R 1Y2
450 671-5721 ext. 0
Website: upsaint-lambert.org
Email: entraide.saintlambert@gmail.com


**Eligibility:** people on a low income, immigrants

**Coverage area:** Saint-Lambert
**Hours:** Monday to Friday 10h00 to 12h00 and 14h00 to 16h00, French conversation workshop: Tuesday
**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

**COMITÉ JEUNESSE LA PRESQU’ÎLE**
375 Cardinal-Léger Boulevard, Pincourt, Montérégie, QC, J7W 9H6
514 425-1060
Website: cjlp.co/en/
Email: info@comitejeunesselapresquile.org


**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, computer, conversation, equivalency test for high school degree, mentoring. * French as a second language learning: beginner classes.

**Eligibility:** literacy: adults aged 16 years and over, French learning: immigrants

**Coverage area:** Hudson, L’Île-Cadieux, L’Île-Perrot, Notre-Dame-de-l’Île-Perrot, Ouest-de-l’Île, Pincourt, Terrasse-Vaudreuil, Vaudreuil-Dorion, West Island
**Hours:** office: Monday to Wednesday 8h00 to 18h00, Thursday 8h00 to 18h00, courses: day and evening during the week

**Fees:** classes: free, literacy classes: $30 one-time registration fee

**Financing:** provincial

**Legal status:** non-profit organization
ÉDUC À TOUT - CHAMBLY
620 Sénécal Street, Chambly, Montérégie, QC, J3L 1N9
450 460-5433
Email: educatout146@outlook.com


Eligibility: people 10 to 70 years old
Coverage area: Carignan, Chambly, Marieville, Richelieu, Rougemont, Saint-Césaire, Saint-Hubert, Saint-Hyacinthe, Saint-Mathias-sur-Richelieu, Saint-Paul d'Abbotsford, Sainte-Angèle-de-Monnoir

Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: provincial
Legal status: non-profit organization

ÉDUC À TOUT - SAINT-CÉSAIRE
2002 de l'Union Avenue, Saint-Césaire, Montérégie, QC, J0L 1T0
450 460-5433
Email: educatout146@outlook.com


Eligibility: people 10 to 70 years old
Coverage area: Carignan, Chambly, Marieville, Richelieu, Rougemont, Saint-Césaire, Saint-Hubert, Saint-Hyacinthe, Saint-Mathias-sur-Richelieu, Saint-Paul d'Abbotsford, Sainte-Angèle-de-Monnoir

Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: provincial
Legal status: non-profit organization

MAISON DE JEUNES DES QUATRE LIEUX
2002 Union Avenue, Saint-Césaire, Montérégie, QC, J0L 1T0
450 469-0110   Fax: 450 469-1221
Email: mdj4lieux@gmail.com


Eligibility: youth 11 to 17 years old
Coverage area: Ange-Gardien, Rougemont, Saint-Césaire, Saint-Paul-d'Abbotsford

Hours: variable
Fees: annual membership: $7
Financing: Centraide Richelieu-Yamaska, fundraising campaigns, donations, provincial, municipal
Legal status: non-profit organization

MAISON DE JEUNES L’ESCALIER EN MON TEMPS
5964 Auteuil Avenue, Brossard, Montérégie, QC, J4Z 1N2
450 656-9690
Website: www.mdjbrossard.org
Email: coordo@mdjbrossard.org


Eligibility: youth 10 to 17 years old
Coverage area: Brossard
MAISON DE JONATHAN (LA)
81 Saint-Jean Street, Longueuil, Montérégie, QC, J4H 2W8
450 670-4099    Fax: 450 670-4129
Website: lamaisondejonathan.ca
Email: info@lamaisondejonathan.ca

Services: Intervention with teenagers experiencing personal, social, familial or educational difficulties to promote school retention. * School workshops: French, English and mathematics. * Sports, recreational and artistic activities: pyrography, stained-glass, drawing, painting, carpentry, scale models, cooking, piano, guitar and physical training. * External services and prevention of addictions: workshops for young people in secondary school, for teachers, school and community workers.

Eligibility: youth 12 to 17 years old
Capacity: 45 young people
Coverage area: Marie-Victorin and des Patriotes School Service Centres

MAISON DE LA FAMILLE DES MASKOUTAINS
2130 Mailhot Avenue, Saint-Hyacinthe, Montérégie, QC, J2S 9E1
450 771-4010    Fax: 450 250-0272
Website: www.mfm.qc.ca
Email: accueil@mfm.qc.ca


Eligibility: families, seniors, caregivers, children, immigrants, refugees
Coverage area: MRC Les Maskoutains

MAISON DE LA FAMILLE JOLI-COEUR (LA)
4865 Legendre Street, Contrecoeur, Montérégie, QC, J0L 1C0
450 587-2965    Fax: 450 587-8343
Website: www.maisondelafamillejolicoeur.ca
Email: mdfjolicoeur@videotron.ca

Education and Literacy

Hours: youth 10 to 12 years old: Tuesday 16h00 to 20h00, youth 11 to 17 years old: Wednesday 16h00 to 21h00, youth 12 to 17 years old: Thursday 16h00 to 21h00, Friday 16h00 to 22h00, Saturday 15h00 to 22h00, summer period: youth 10 to 12 years old: Tuesday 14h00 to 21h00, youth 11 to 17 years old: Wednesday 14h00 to 21h00, youth 12 to 17 years old: Monday, Thursday and Friday 14h00 to 21h00

Fees: none
Financing: self-financing, provincial, federal, grants
Legal status: non-profit organization
MAISON DE LA FAMILLE LEMOYNE
1882 St-Georges Street, Suite 503, Longueuil, Montérégie, QC, J4P 3J4
450 465-3571
Website: www.maisondelafamillelemoyne.org
Email: mfl@bellnet.ca

Services: Education, helping relationship, welcoming and referrals for neighbourhood families. * Educational daycare for youth 0 to 5 years old: Sourissimo (3 to 18 months old), Souriceaux (18 months to 3 years old) and Souris-Moi (3 to 5 years old). * 7 weeks daycare during the summer: Lucioles (22 months to 3 years old) and Libellules (3 to 6 years old). * Trotti-bouge: parent-child activities for 18 months to 3 years old. * In-school activities for the 6 to 12 years old: homework help, Lire et faire lire program and collective kitchens. * Les P'Tits vendredis: recreational activities in the evening for youth 8 to 12 years old. * Morning talk for parents. * Welcome, listening and referral. * Family activities. * Espace-libre: community library for children, parents and the community of LeMoyne and surroundings, animations and workshops. * Used items recovery and donations: toys, clothing for children and adults, etc. * Possibility of volunteering and getting involved in the activities. * Tax clinic for members.

Eligibility: parents, children 0 to 12 years, families, seniors

MAISON DE LA FAMILLE VAUDREUIL-SOULANGES
1210 Principale Street, Saint-Zotique, Montérégie, QC, J0P 1Z0
450 217-2177
Website: www.maisondelafamillevs.ca
Email: info@mfvs.ca


Eligibility: families
Financing: donations, contributions, financing campaigns
Legal status: non-profit organization

MAISON DE LA JEUNESSE 12-17 DE VALLEYFIELD
42, Anderson Street, Salaberry-de-Valleyfield, Montérégie, QC, J6S 0L1
450 373-6788
Website: mdjvalleyfield.com
Email: direction@mdjvalleyfield.com
Eligibility: youth 12 to 17 years old
Coverage area: Salaberry-de-Valleyfield
Hours: reception and administration: Monday to Friday 9h00 to 16h00, regular intervention and animation schedule: Monday to Thursday 16h30 to 21h00, Friday 16h30 to 22h00, Saturday 14h00 to 21h00, summer intervention and animation schedule: Monday to Thursday 13h00 to 21h00, Friday 13h00 to 22h00, Saturday 13h00 to 18h00
Legal status: non-profit organization

MAISON DES ENFANTS DE LA MONTÉRÉGIE (LA)
20 Vincent Street, Varennes, Montérégie, QC, J3X 1R8
450 929-1488
Website: mdevarennes.org
Email: direction@mdevarennes.org
Eligibility: children 5 to 12 years old, their parents
Coverage area: Commission scolaire des Patriotes
Hours: Monday, Tuesday and Thursday 8h30 to 16h30, Wednesday 8h30 to 20h30
Financing: grants, fundraising campaigns, donations, provincial
Legal status: non-profit organization

MAISON DES JEUNES D'ACTON VALE (LA)
1400 Landry Street, Acton Vale, Montérégie, QC, J0H 1A0
450 546-2927
Website: mdjactonvale.ca
Email: infomdjacton@gmail.com
Eligibility: youth from 12 to 17 years old
Coverage area: MRC d'Acton
Hours: Tuesday to Saturday 14h00 to 22h00, office: Monday to Friday 8h45 to 17h45
Fees: youth centre rental: Tuesday to Saturday $200 per day, Sunday and Monday $150 per day, basement space rental: Tuesday to Saturday $125 per day, Sunday and Monday $75 per day
Financing: municipal, donations
Legal status: non-profit organization
MAISON DES JEUNES DE BEAUHARNOIS
21 Saint-Joseph Street, Beauharnois, Montérégie, QC, J6N 0P3
450 225-6878
Website: mdjbeauharnois.ca
Email: mdjbeauharnois@videotron.ca
Eligibility: youth 12 to 17 years old
Coverage area: Beauharnois
Hours: Wednesday and Thursday 18h00 to 21h00, Friday 18h00 to 22h00 and Saturday 14h00 to 17h00 and 18h00 to 22h00, homework assistance: Tuesday and Thursday 16h00 to 18h00, administration: Tuesday to Friday 9h00 to 17h00
Fees: free
Financing: municipal, provincial, self-financing
Legal status: non-profit organization

MAISON DES JEUNES DE BEAUJEU (LA)
89 de l’Église Street North, Lacolle, Montérégie, QC, J0J 1J0
450 246-8764
Website: www.mdjbeaujeu.com
Email: mdjbeaujeu@gmail.com
Eligibility: youth 12 to 17 years old, some activities include youth 10 to 12 years old
Capacity: 30 people
Coverage area: Lacolle
Hours: Tuesday 16h00 to 21h00, homework assistance: school period, Tuesday and Thursday 16h00 to 18h00
Financing: provincial, grants
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
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 LA PRAIRIE
565 Notre-Dame Street, La Prairie, Montérégie, QC, J5R 5E5
450 444-6717
Website: maisondesjeunes.ca
Email: mdjlaprairieequipe@videotron.ca

Eligibility: youth 12 to 17 years old

Coverage area: La Prairie

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

Fees: life membership: $10

Financing: provincial, municipal, self-financing

Legal status: non-profit organization

MAISON DES JEUNES DE LONGUEUIL (LA)

540 King-George Street, Longueuil, Montérégie, QC, J4J 2V7

450 468-5907 Fax: 450 468-6074

Email: m.d.j.longueuil@hotmail.com


Eligibility: youth 12 to 17 years old

Capacity: 329 people

Coverage area: Longueuil

Hours: Monday to Friday 15h00 to 21h00

Fees: none

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

Legal status: non-profit organization

MAISON DES JEUNES DE MARIEVILLE

1972 du Pont Street, Marieville, Montérégie, QC, J3M 1J8

450 708-0635

Email: mdjmarieville@hotmail.com


Eligibility: youth from 12 to 17 years old

Coverage area: Marieville

Hours: Tuesday to Friday 16h00 to 21h00

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

Legal status: non-profit organization

MAISON DES JEUNES DE RIGAUD (LA)

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

450 451-9937

Email: mdjderigaud@bell.net


Eligibility: youth 11 to 18 years old

Capacity: 30

Coverage area: Rigaud and surroundings

Hours: Tuesday and Wednesday 15h00 to 20h00, Thursday 15h00 to 20h30, Friday 18h00 to 21h00, one Saturday per month 10h00 to 17h00, pedagogical days: 14h00 to 18h00, phone reception: Tuesday to Thursday 13h00 to 16h00
MAISON DES JEUNES DE SAINT-BRUNO
1425 Goyer Street, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 3Z4
450 441-1989
Website: mdjstbruno.org
Email: maisondesjeunesst-bruno@videotron.ca


Eligibility: youth 11 to 17 years old
Coverage area: Sainte-Julie
Hours: school year: Monday to Thursday 15h00 to 20h00, Friday 15h00 to 21h00, summer: Monday to Friday 13h00 to 21h00, collective suppers: Wednesday 17h00 to 19h00
Fees: free, variables fees for outings
Financing: donations, self-financing, grants
Legal status: non-profit organization

MAISON DES JEUNES DE SAINTE-JULIE
1581 du Fer-à-Cheval Road, Sainte-Julie, Montérégie, QC, J3E 1G5
450 649-3031
Website: www.mdjsaintejulie.com
Email: info@mdj-steinjulie.ca


Eligibility: youth 9 to 17 years old
Coverage area: Sainte-Julie
Hours: Tuesday to Thursday 16h30 to 21h00, Friday 16h30 to 22h00, Saturday 14h00 to 22h00, summer schedule: Monday and Tuesday 14h00 to 20h00, Wednesday to Saturday 14h00 to 22h00
Fees: none
Financing: provincial, municipal, federal
Legal status: non-profit organization

MAISON DES JEUNES DE VERCHÈRES
41 Calixa-Lavallée Street, Suite A, Verchères, Montérégie, QC, J0L 2R0
450 583-5201 Fax: 450 583-5201
Website: www.mdjvercheres.org
Email: mdjvercheres@videotron.ca


Eligibility: youth 12 to 17 years old
Coverage area: Calixa-Lavallée, Verchères
Hours: school year: Monday 10h00 to 17h00 (office only), Tuesday to Thursday 17h00 to 21h00, Friday 15h30 to 22h00, Saturday 14h00 to 22h00, summer: Tuesday to Saturday 14h00 to 22h00
Fees: none
Financing: provincial
Legal status: non-profit organization
MAISON DES JEUNES DES QUATRE FENÊTRES - MAISON DE BELOEIL
1060 Saint-Joseph Street, Beloeil, Montérégie, QC, J3G 6C6
450 536-9096
Website: www.mdj4f.ca
Email: direction@mdj4f.ca
Services: Meeting place, support and referral. * Organization of sporting, cultural and volunteering activities. * Homework help. * Cooperative young entrepreneurs to work. * Online discussion group on Discord.
Eligibility: youth 12 to 17 years old
Coverage area: Mont-Saint-Hilaire, Beloeil, McMasterville, Otterburn Park
Hours: Wednesday and Thursday 18h00 to 21h00, Friday and Saturday 18h00 to 22h00, Sunday 13h30 to 17h00
Financing: Centraide, federal, provincial, fundraising campaigns
Legal status: non-profit organization

MAISON DES JEUNES DES QUATRE FENÊTRES - MAISON DE MONT-SAINT-HILAIRE
100 Michel Street, Mont-Saint-Hilaire, Montérégie, QC, J3H 3R3
450 464-8224
Website: www.mdj4f.ca
Email: direction@mdj4f.ca
Eligibility: youth 12 to 17 years old
Coverage area: Mont-Saint-Hilaire, Beloeil, McMasterville, Otterburn Park
Hours: Thursday 18h00 to 21h00, Friday 18h00 to 22h00, Saturday 16h00 to 18h00, Sunday 13h30 to 17h00
Fees: free, variables fees for outings
Financing: Centraide Richelieu-Yamaska, provincial, federal, fundraising campaigns
Legal status: non-profit organization

MAISON DES JEUNES ÉQUINOX
5185 Saint-Laurent Boulevard, Sainte-Catherine, Montérégie, QC, J5C 1A6
450 632-5122     Fax: 450 632-1680
Website: mdjequinox.ca
Email: direction@mdjequinox.ca
Eligibility: youth 12 to 17 years old, certain times for youth 10 to 11 years old
Coverage area: Sainte-Catherine and surroundings
Hours: school year: Tuesday to Thursday 16h00 to 21h00, Friday 16h00 to 22h00, Saturday 14h00 to 21h00, youth 10 to 11 years old: Monday 15h00 to 17h30, summer: Tuesday to Friday 14h00 to 17h00 and 18h00 to 22h00, Saturday 14h00 to 21h00, youth 10 to 11 years old: Monday 15h00 to 17h30
Fees: none
Financing: municipal, provincial
Legal status: non-profit organization

MAISON DES JEUNES LA TRAVERSÉE
138 de l'Église Street, Saint-Marc-sur-Richelieu, Montérégie, QC, J0L 2E0
450 584-2173     Fax: 450 584-2570
Website: www.mdj1217.com
Email: mdjstmarc@gmail.com
Eligibility: youth 12 to 17 years old, some services for 10 to 12 years old, Pas de grand program: youth 10 to 12 years old

Education and Literacy
440
**Coverage area:** Vallée-du-Richelieu, Saint-Marc-sur-Richelieu, Saint-Antoine-sur-Richelieu
**Hours:** Tuesday and Wednesday 18h00 to 21h00, Friday 18h00 to 22h00, Saturday 15h00 to 22h00, 10 to 12 year olds: Thursday 15h00 to 18h00
**Financing:** Centraide, fundraising campaigns, municipal, provincial, donations, grants
**Legal status:** non-profit organization

**MAISON DES JEUNES LA TRAVERSÉE - MAISON DE SAINT-ANTOINE-SUR-RICHELIEU**

1060 du Moulin-Payet Street, Saint-Antoine-sur-Richelieu, Montérégie, QC, J0L 1R0
450 787-3497
**Website:** www.mdj1217.com
**Email:** mdjstmarc@gmail.com


**Eligibility:** youth 10 to 17 years old
**Coverage area:** Vallée-du-Richelieu, Saint-Marc-sur-Richelieu, Saint-Antoine-sur-Richelieu
**Hours:** 10 to 12 years old: Thursday 18h00 to 21h00, Friday 15h00 to 18h00, Saturday 15h00 to 18h00, 12 to 17 years old: Thursday 18h00 to 21h00, Friday 18h00 to 22h00, Saturday 18h00 to 22h00
**Fees:** free
**Financing:** Centraide, fundraising campaigns, municipal, provincial, donations, grants
**Legal status:** non-profit organization

**MAISON DES JEUNES LE BREAK**

210 16th Avenue West, Venise-en-Québec, Montérégie, QC, J0J 2K0
438 808-5001
**Website:** assisto.ca/ressource/maison-des-jeunes-le-break
**Email:** mdjlebreak@outlook.com

**Services:** A place for youth to meet, exchange and learn. * Listening, information and referral to local resources. * Sports, cultural and recreational activities. * Promotion of rights and advocacy. * Homework help. * Assistance with resume writing.

**Eligibility:** youth from 11 to 17 years old
**Capacity:** 20
**Coverage area:** Henryville, Saint-Georges-de-Clarenceville, Saint-Sébastien, Venise-en-Québec
**Hours:** Wednesday and Thursday 18h00 to 21h00, Friday 18h00 à 22h00, Saturday 13h00 to 18h00, Sunday 18h00 to 21h00
**Fees:** none
**Financing:** municipal, provincial
**Legal status:** non-profit organization

**MAISON DES JEUNES LES CÈDRES**

145 Valade Street, Les Cèdres, Montérégie, QC, J7T 1A1
450 452-0215
**Email:** mdjjescedres@gmail.com


**Eligibility:** youth 12 to 17 years old
**Coverage area:** Les Cèdres
**Hours:** Tuesday, Wednesday and Thursday 18h00 to 21h00, Friday 18h00 to 22h00
**Financing:** provincial
**Legal status:** non-profit organization
MAISON DES JEUNES SYMPHOLIE
65 Boardman Street, Delson, Montérégie, QC, J5B 2B8
450 632-1050 ext. 3120
Email: mdjsympholie2@hotmail.com
Eligibility: youth 12 to 17 years old, homework assistance: 9 years old and over
Capacity: 300
Coverage area: Delson
Hours: Tuesday to Thursday 16h00 to 21h00, Friday 16h00 to 22h00, Saturday 13h00 to 22h00, homework assistance for 9 to 12 years old: Tuesday and Thursday 15h00 to 18h00, 11 years old only: Friday 15h00 to 18h00
Fees: life membership: $5
Financing: municipal, provincial, self-financing
Legal status: non-profit organization

MAISON LA VIREVOLTE
335 Le Moyne Street West, Longueuil, Montérégie, QC, J4H 1W4
450 651-1901     Fax: 450 651-9125
Website: www.maisonlavirevolte.com
Email: info@maisonlavirevolte.com
Eligibility: families living in the borough of Vieux-Longueuil, in particular those living in HLMs
Coverage area: Vieux-Longueuil
Hours: Monday to Friday 9h00 to 17h00
Fees: membership: $5 per family or $2 per person, other fees for specific activities
Financing: Centraide of Greater Montréal, federal, provincial
Legal status: non-profit organization

MAISON TREMPLIN DE LONGUEUIL (LA)
267 Toulouse Street, Longueuil, Montérégie, QC, J4L 4X1
450 442-4019
Website: www.maisontremplin.com
Email: info@maisontremplin.com
Eligibility: services: all, activities: families and children 0 to 12 years old
Coverage area: Vieux-Longueuil
Hours: Monday to Thursday 8h30 to 16h00, Friday 8h30 to 12h00
Fees: membership: $7 per year per family with children, $5 per adult, activities: variable
Financing: Centraide of Greater Montréal, federal, provincial, self-financing, donations
Legal status: non-profit organization

MAISONNETTE BERTHELET (LA)
1254 Blainville Street, Longueuil, Montérégie, QC, J4M 1H6
450 448-4418
Website: lamaisonnetteberthelet.org
Email: info@lamaisonnetteberthelet.org

Eligibility: people on a low income or immigrants

Capacity: 85 families

Coverage area: Gentilly neighbourhood

Hours: Tuesday to Friday 9h00 to 20h30, variable according to activities

Financing: provincial, federal, municipal

Legal status: non-profit organization

MOUVEMENT SEM (SENSIBILISATION POUR UNE ENFANCE MEILLEURE)

366-368 Laurier Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 6L3

450 348-0209     Fax: 450 348-9665

Website: mouvementsem.org

Email: reception@mouvementsem.com


Eligibility: children, teenagers, parents

Coverage area: Montérégie

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, availability in the evening by appointment, homework help: 15h00 to 18h00

Fees: $20 per year

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

Legal status: non-profit organization

PARTAGE SAINT-FRANÇOIS-DE-SALES

1800 Vianney Street, Longueuil, Montérégie, QC, J4J 4T2

450 468-4545

Website: partagelongueuil.com

Email: mpsfds1800@gmail.com


Eligibility: people and families on a low income

Coverage area: Saint-François-de-Sales parish

Hours: administration: Monday to Thursday 9h00 to 12h00 and 13h00 to 15h00

Fees: none

Financing: donations, self-financing, fundraising campaigns

Legal status: non-profit organization

Language courses

ASSOCIATION DES DEVENUS SOURDS ET DES MALENTENDANTS DU QUÉBEC - SECTEUR SUD-OUEST

35 Grande-Île Street, Suite 1, Salaberry-de-Valleyfield, Montérégie, QC, J6S 3L9

450 377-5941     Fax: 450 377-4293

Email: adsmqso@gmail.com
Education and Literacy


Eligibility: people who became deaf and hearing impaired

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

Hours: Monday to Friday 8h00 to 16h00

Fees: annual membership: $25

Financing: membership fees

Legal status: non-profit organization

ASSOCIATION DES FEMMES D'ICI ET D'AILLEURS
5400 Payer Boulevard, Suite 4, Longueuil, Montérégie, QC, J3Y 1J4

Website: femmesdicietdailleurs.webs.com

Email:afia-st-hubert@hotmail.com


Eligibility: immigrant women of all origins and ages

Coverage area: agglomeration of Longueuil

Hours: variable depending on the activities, phoneline: 7 days 9h00 to 21h00

Fees: variable depending on the activities

Financing: self-financing, fundraising campaigns, donations

Legal status: non-profit organization

AU COEUR DES MOTS
12 Sainte-Marie Street, Lacolle, Montérégie, QC, J0J 1J0

Website: aucoeurdesmotsalpha@hotmail.com


Eligibility: people 16 years old and over, families

Coverage area: MRC Le Haut-Richelieu, MRC Les Jardins-de-Napierville

Hours: Monday to Thursday 9h00 to 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

BROSSARD PUBLIC LIBRARY
7855 San-Francisco Avenue, Brossard, Montérégie, QC, J4X 2A4

Website: bibliotheque.brossard.ca

Email: bibliotheque@brossard.ca
Services:
* Loan and consultation of books and audiovisual documents.
* Computers, Internet access and printing devices.
* Work rooms.
* Story time on-site or by phone in French, English, Dari, Spanish, Arabic and Chinese.
* Language development and early literacy workshops.
* Book clubs for children, teenagers and adults.
* Planète livres: reading and writing workshops for adults learning French.
* Générations@branchées: introduction to computer technology for seniors by pairing with a teenager-teacher.
* French and English conversation workshops.
* Homework assistance for children and teenagers.
* Soda: youth space with recreational and artistic activities.
* Fab Lab: creative manufacturing with various tools and computers.
* STIM: activities on science and technology.
* Computer workshops.
* Movie projections.
* Board games and videogames.
* Intercultural workshops.
* Biblio-aidants: information services for caregivers.
* Adapted books and CCTV for people with a visual disability.
* Conferences and workshops.

Coverage area: Brossard

Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00, summer: Monday to Friday 10h00 to 21h00, Saturday 12h00 to 17h00

Fees: residents: free, non-residents: $80

Financing: municipal

Legal status: municipal agency

CARREFOUR LE MOUTIER

219 Saint-Charles Street West, Longueuil, Montérégie, QC, J4H 1E1
450 679-7111 Fax: 450 679-5562
Website: carrefourmoutier.org
Email: info@carrefourmoutier.org

Services:
* Welcoming, listening and referral centre.
* In-person and phone listening service.
* Personalized support: 3 to 10 listening meetings by appointments.
* Information and referral service.
* Réseau Sentinelles: community distress prevention.
* Various training workshops: listening, distress process, migratory journey, etc.
* Assistance with newcomers' settlement: individual meetings, information sessions, part-time francization courses, French conversation workshops, translation and document certification services, daycare search assistance.
* Social involvement and consultation work with other actors in the community.

Eligibility: general public, immigrants, newcomers

Coverage area: Montérégie

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: Centraide of Greater Montréal, provincial, donations

Legal status: non-profit organization

CARREFOUR MOUSSEAU

230 des Ormeaux Boulevard, Longueuil, Montérégie, QC, J4L 1J4
450 468-4926 Fax: 450 468-1485
Website: www.carrefourmousseau.org
Email: cmousseau1990@videotron.ca

Services:
* Popular education, social prevention and global development.
* Information and communications sessions.
* French conversation and francization.
* Workshops on human and social relationships.
* Coffee-meetings.
* Luncheon conferences.
* Healthy collective kitchens.
* Creative art workshops.
* Choir with concerts in CHSLD.
* Nobody’s perfect program: parenting skills trainings.
* Cooking workshops for 8 to 12 years old (educational day).
* Various stimulation programs and activities for children 16 months to 5 years old: preparation for kindergarten, language stimulation, musical awakening, etc.
* Language course for children 3 to 5 years old.
* Respite care for children 3 months to 5 years old.
* Daycare available for members during activities.

Eligibility: families, children 3 months to 5 years old, youth 8 to 12 years old, vulnerable, low-income or isolated adults, seniors, language course: children with language or attention problems

Capacity: 300 people

Coverage area: Vieux-Longueuil borough

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

Fees: annual membership: $5, activities: 2 to $8, daycare: free, respite care: $7 per day

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Education and Literacy

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

CENTRE ALPHA-SOURD RIVE-SUD
2010 Chambly Road, Suite B, Longueuil, Montérégie, QC, J4J 3Y2
438 806-5149
Website: www.casourdrivesud.org
Email: info@casourdrivesud.org
Capacity: 25
Coverage area: Montérégie
Hours: Wednesday and Friday 8h00 to 15h00
Fees: none
Financing: provincial
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE LE TRAIT D’UNION
3100 Mousseau Street, Longueuil, Montérégie, QC, J4L 4P1
450 647-1107  Fax: 450 647-4245
Website: www.cctu.ca
Email: info@cctu.ca
Eligibility: seniors, youth and adults
Capacity: 200
Coverage area: Longueuil
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Financing: self-financing, grants
Legal status: non-profit organization

CENTRE D’ÉDUCATION POPULAIRE
18 d’Anjou Boulevard, Châteauguay, Montérégie, QC, J6K 1B7
450 699-9955
Email: cep@videotron.ca
Eligibility: people 16 years and over who no longer attend school on a regular basis
Coverage area: Greater Châteauguay: Beauharnois, Châteauguay, Kahnawake, Léry, Mercier, Saint-Isidore, Saint-Rémi, Saint-Urbain-Premier, Sainte-Martine
Hours: Monday to Friday 8h30 to 16h30
Fees: membership: $15
Financing: provincial
Legal status: non-profit organization
CENTRE DE FORMATION DE HUNTINGDON
163 Châteauguay Street, Huntingdon, Montérégie, QC, J0S 1H0
450 264-5558
Website: www.cfhuntingdon.com
Email: centreformationhuntingdon@gmail.com
Eligibility: people 16 years and over
Coverage area: French services: MRC Le Haut-Saint-Laurent, English services: Suroît
Hours: September to June: Monday to Thursday 8h00 to 16h00
Fees: free
Financing: self-financing, donations
Legal status: non-profit organization

CENTRE DE FRANÇAIS L'INSULAIRE
19 Sainte-Cécile Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1L4
450 377-7606
Website: www.linsulaire.org
Email: info.cflinsulaire@cgocable.ca
Eligibility: people 16 years old and over
Capacity: 100 persons
Coverage area: MRC Beauharnois-Salaberry
Hours: Monday to Thursday 8h30 to 16h30
Fees: variable
Financing: provincial, Centraide Sud-Ouest, donations
Legal status: non-profit organization

CENTRE DE SERVICES SCOLAIRE DES GRANDES-SEIGNEURIES
50 Taschereau Boulevard, 2nd Floor, La Prairie, Montérégie, QC, J5R 4V3
514 380-8899
Website: www.cssdgs.gouv.qc.ca
Email: communications@csdgs.qc.ca
Coverage area: MRC Roussillon and MRC Les Jardins-de-Napierville (except Saint-Jacques-le-Mineur)
Hours: Place La Citière: Monday to Friday 8h15 to 12h00 and 13h00 to 16h15, Jacques-de-Lignery Administrative Centre: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00
Financing: self-financing, provincial
Legal status: parapublic organization

CENTRE DE SERVICES SCOLAIRE DES HAUTES-RIVIÈRES
210 Notre-Dame Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 6N3
450 359-6411     Fax: 450 359-1569
Website: www.csdhr.qc.ca
Email: secgen@csdhr.qc.ca

Coverage area: MRC Rouville, MRC Le Haut-Richelieu, Saint-Jacques-le-Mineur

Hours: administration: Monday to Friday 8h30 to 11h45 and 13h00 to 16h00

Financing: provincial

Legal status: parapublic organization

CENTRE DE SERVICES SCOLAIRE DES PATRIOTES
1740 Roberval Street, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 3R3
450 441-2919    Fax: 450 441-0838
Website: cssp.gouv.qc.ca
Email: info@cssp.ca


Coverage area: Boucherville, MRC La Vallée-du-Richelieu, MRC Marguerite-D'Youville, Saint-Bruno-de-Montarville

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

Financing: self-financing, provincial

Legal status: parapublic organization

CENTRE DE SOUTIEN EN SANTÉ MENTALE - MONTÉRÉGIE
2046 Édouard Boulevard, Longueuil, Montérégie, QC, J4T 1Z7
450 486-1609    Fax: 514 227-8314
Website: www.cssm-m.com
Email: ssm2510@videotron.ca


Eligibility: people with mental illnesses, their family and relatives

Coverage area: Montérégie

Hours: Monday to Friday 8h30 to 16h30

Fees: members: $10 per year, variable contributions for outings and some activities

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

Legal status: non-profit organization

CHÂTEAUGAY VALLEY LITERACY COUNCIL
Confidential Address
450 698-0342
Website: cvlc-chateauguay.weebly.com
Email: cvlc.chateauguay@gmail.com


Eligibility: adults, families, children, seniors
Coverage area: Châteauguay and surrounding areas
Hours: Monday to Thursday 9h00 to 17h00
Fees: free or low cost
Financing: provincial, grants, donations, municipal, fundraising campaigns
Legal status: non-profit organization

CLÉ DES MOTS (LA)
200 Saint-Pierre Street, Suite 103, Saint-Constant, Montérégie, QC, J5A 2G9
450 635-1411
Website: www.lacledesmots.ca
Email: info@lacledesmots.ca
Eligibility: adults
Capacity: 60
Coverage area: Saint-Constant
Hours: courses: Monday to Friday 9h00 to 16h00, bookstore: Wednesday and Friday 10h00 to 16h00, Thursday 10h00 to 17h00 and the 1st Sunday of the month
Fees: registration: $20
Financing: provincial, self-financing
Legal status: non-profit organization

COMITÉ D’ENTRAIDE - UNITÉ PASTORALE SAINT-LAMBERT
311 Saint-Thomas Street, Saint-Lambert, Montérégie, QC, J4R 1Y2
450 671-5721 ext. 0
Website: upsaint-lambert.org
Email: entraide.saintlambert@gmail.com
Eligibility: people on a low income, immigrants
Coverage area: Saint-Lambert
Hours: Monday to Friday 10h00 to 12h00 and 14h00 to 16h00, French conversation workshop: Tuesday
Fees: none
Financing: 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, computer, conversation, equivalency test for high school degree, mentoring. * French as a second language learning: beginner classes.
Eligibility: literacy: adults aged 16 years and over, French learning: immigrants
Coverage area: Hudson, L’Île-Cadieux, L’Île-Perrot, Notre-Dame-de-l’Île-Perrot, Ouest-de-l’Île, Pincourt, Terrasse-Vaudreuil, Vaudreuil-Dorion, West Island
Hours: office: Monday to Wednesday 8h00 to 18h00, Thursday 8h00 to 18h00, courses: day and evening during the week
Fees: classes: free, literacy classes: $30 one-time registration fee
Financing: provincial
Legal status: non-profit organization
ÉDUC À TOUT
146 du Ruisseau-Barré Road, Marieville, Montérégie, QC, J3M 1P2
450 460-5433
Email: educatout146@outlook.com
Eligibility: people 10 to 70 years old
Coverage area: Carignan, Chambly, Marieville, Richelieu, Rougemont, Saint-Césaire, Saint-Hubert, Saint-Hyacinthe, Saint-Mathias-sur-Richelieu, Saint-Paul d'Abbotsford, Sainte-Angèle-de-Monnoir
Hours: Monday to Friday 9h00 to 16h00, by appointment in the evening
Fees: none
Financing: provincial
Legal status: non-profit organization

ÉDUC À TOUT - CHAMBLY
620 Sénécal Street, Chambly, Montérégie, QC, J3L 1N9
450 460-5433
Email: educatout146@outlook.com
Eligibility: people 10 to 70 years old
Coverage area: Carignan, Chambly, Marieville, Richelieu, Rougemont, Saint-Césaire, Saint-Hubert, Saint-Hyacinthe, Saint-Mathias-sur-Richelieu, Saint-Paul d'Abbotsford, Sainte-Angèle-de-Monnoir
Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: provincial
Legal status: non-profit organization

ÉDUC À TOUT - SAINT-CÉSAIRE
2002 de l'Union Avenue, Saint-Césaire, Montérégie, QC, J0L 1T0
450 460-5433
Email: educatout146@outlook.com
Eligibility: people 10 to 70 years old
Coverage area: Carignan, Chambly, Marieville, Richelieu, Rougemont, Saint-Césaire, Saint-Hubert, Saint-Hyacinthe, Saint-Mathias-sur-Richelieu, Saint-Paul d'Abbotsford, Sainte-Angèle-de-Monnoir
Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: provincial
Legal status: non-profit organization

HELLENIC SOCIAL SERVICES OF QUÉBEC - SOUTH SHORE
5220 Grande-Allée, Longueuil, Montérégie, QC, J3Y 1A1
450 443-8197
Website: hcmc.org
Email: info@hcmc.org
Eligibility: people of various origins, particularly Greek
Covered area: South Shore
Hours: Monday and Tuesday 9h00 to 19h00, Wednesday 9h00 to 17h00, Sunday 8h00 to 16h00
Financing: donations, grants, provincial
Legal status: non-profit organization

HEMMINGFORD COMMUNITY LIBRARY
552 Goyette Avenue, Hemmingford, Montérégie, QC, J0L 1H0
450 247-0010
Website: mabibliotheque.ca/hemmingford
Email: bibliotheque@hemmingford.ca
Coverage area: Hemmingford
Hours: Tuesday 14h00 to 17h00, Wednesday 14h00 to 20h00, Saturday 10h00 to 14h00, summer: Tuesday 15h00 to 17h00, Wednesday 14h00 to 17h00, Thursday 18h30 to 20h30, Saturday 9h00 to 12h00
Financing: municipal
Legal status: municipal agency

JOYEUX RETRAITÉS (LES)
1 Curé-Poirier Boulevard East, Longueuil, Montérégie, QC, J4J 2C6
450 463-7100 ext. 2404
Website: www.lesjoyeuxretraites.com
Email: joyeuxretraites@outlook.fr
Eligibility: people 50 years and over
Coverage area: Longueuil and surroundings
Hours: administration: Wednesday 9h00 to 11h30
Fees: membership: $10 renewable in May
Financing: contributions, provincial
Legal status: non-profit organization

LOISIRS DU VIEUX-LONGUEUIL (LES)
735 Saint-Jean Street, Longueuil, Montérégie, QC, J4H 2Y8
450 646-6720
Website: loisirsduvieuxlongueuil.com
Email: info@loisirsduvl.com
Services: * Cultural activities: line, social and country dancing, dancing for kids, guitar and ukulele, language courses (English, Spanish, Italian), sewing, knitting, etc. * Physical training: abs-glutes, cardio-boxe, stretching, meditation, pound, tai chi, zumba, yoga, etc. * Recreational sports: badminton, floor hockey, volleyball and soccer for kids.
Eligibility: residents, general public
Coverage area: Longueuil
Hours: Monday to Thursday 9h00 to 16h00, Friday 9h00 to 13h00
Fees: variable
Financing: self-financing, municipal
Legal status: non-profit organization
MAGIE DES MOTS (LA)
340-E du Fleuve Road, Côteau-du-Lac, Montérégie, QC, J0P 1B0
450 763-1331
Website: lamagiedesmots.com
Email: comdelamagie@outlook.com
Eligibility: people 16 years and over
Hours: Monday to Friday day or evening, Saturday and Sunday on request
Fees: none
Financing: provincial
Legal status: non-profit organization

MAISON DE LA FAMILLE DES MASKOUTAINS
2130 Mailhot Avenue, Saint-Hyacinthe, Montérégie, QC, J2S 9E1
450 771-4010     Fax: 450 250-0272
Website: www.mfm.qc.ca
Email: accueil@mfm.qc.ca
Eligibility: families, seniors, caregivers, children, immigrants, refugees
Coverage area: MRC Les Maskoutains
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Fees: membership card: $10 per year, drop-in respite: free, educational childcare services: $20 per 4-week session, including meals, Tablette et cie: free for members, $5 per 4-month session for non-members, community meals: variable
Financing: provincial, donations, grants, membership fees
Legal status: non-profit organization

MAISON DES ÂNÉS DE LA PRAIRIE
500 Saint-Laurent Street, La Prairie, Montérégie, QC, J5R 5X2
450 444-6736
Website: maisondesaineslaprairie.org
Email: admin@maisondesaineslaprairie.org
Eligibility: people 50 years and over, at-home hairdressing: people 50 years and over in recovery and without a car or people 80 years and over
Coverage area: La Prairie, MRC Roussillon, at-home hairdressing: La Prairie
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, Friday 9h00 to 12h00
MAISON INTERNATIONALE DE LA RIVE-SUD
2500 Lapinière Boulevard, Brossard, Montérégie, QC, J4Z 3V1
450 445-8777 Fax: 450 445-1222
Website: mirs.qc.ca
Email: info@mirs.qc.ca


Eligibility: immigrants and refugees

Coverage area: South Shore

Hours: Monday to Friday 9h00 to 17h00

Fees: annual membership: $18 for La Prairie citizens, $21 for others, courses and hairdressing: variable

Financing: self-financing, provincial

Legal status: non-profit organization

MAISON INTERNATIONALE DE LA RIVE-SUD - CAFÉ DES AÎNÉS
2500 Lapinière Boulevard, Brossard, Montérégie, QC, J4Z 3V1
450 445-8777 ext. 235 Fax: 450 445-1222
Website: mirs.qc.ca
Email: jb.henry@mirs.qc.ca


Eligibility: senior immigrants

Capacity: 70

Coverage area: South Shore

Hours: Monday to Friday 9h00 to 17h00

Fees: membership card: $30, subscription to activities: variable

Financing: self-financing, provincial, contributions

Legal status: non-profit organization

MONTÉRÉGIE WEST COMMUNITY NETWORK - CHÂTEAUGUAY
255 D'Anjou Boulevard, Suite 203, Châteauguay, Montérégie, QC, J6J 2R4
450 691-1444
Website: www.mwcn.ca
Email: info@mwcn.ca


Eligibility: English-speaking community groups, citizens of all ages

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

Hours: Monday to Thursday 8h30 to 16h30

Fees: membership: $10 per year

Financing: federal, provincial, donations

Legal status: non-profit organization
MONTÉRÉGIE WEST COMMUNITY NETWORK - HEMMINGFORD
476 Frontière Street, Hemmingford, Montérégie, QC, J0L 1H0
514 249-5539
Website: www.mwcn.ca
Email: info@mwcn.ca
Eligibility: English-speaking community groups, citizens of all ages
Coverage area: MRC Les Jardins-de-Napierville, MRC Roussillon, MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges
Fees: membership: $10 per year
Financing: federal, provincial, donations
Legal status: non-profit organization

MONTÉRÉGIE WEST COMMUNITY NETWORK - HUNTINGDON WELLNESS CENTRE
72 Dalhousie Street, Huntingdon, Montérégie, QC, J0S 1H0
450 264-3596
Website: mwcn.ca
Eligibility: English-speaking community groups, citizens of all ages
Coverage area: MRC Les Jardins-de-Napierville, MRC Roussillon, MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges
Hours: Monday to Thursday 8h30 to 16h30
Fees: membership: $10 per year
Financing: federal, provincial, donations
Legal status: non-profit organization

MONTÉRÉGIE WEST COMMUNITY NETWORK - VAUDREUIL-SOULANGES
117D Cardinal-Léger Boulevard, Pincourt, Montérégie, QC, J7W 7A8
514 425-0399
Website: www.mwcn.ca
Email: lorie@mwcn.ca
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 Les Jardins-de-Napierville, MRC Roussillon, MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges
Hours: Monday to Thursday 8h30 to 16h30
Fees: membership: $10 per year
Financing: federal, provincial, donations
Legal status: non-profit organization
PORTE OUVERTE (LA)
81 Frontenac Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 2Y4
450 346-3283
Email: laporteouverte.conseil@gmail.com
Eligibility: adults with low literacy skills and immigrants
Coverage area: Saint-Jean-sur-Richelieu and surrounding areas
Hours: Monday to Friday 9h00 to 15h00, Centre du Livre Usagé: Monday to Wednesday 10h00 to 18h00, Thursday 11h00 to 20h00
Fees: none
Financing: provincial, grants, self-financing
Legal status: non-profit organization

RIVERSIDE SCHOOL BOARD
7525 de Chambly Road, Longueuil, Montérégie, QC, J3Y 0N7
450 672-4010     Fax: 450 465-8809
Website: www.rsb.qc.ca
Email: enews@rsb.qc.ca
Coverage area: South Shore: extends from Sorel to the North, Sainte-Catherine to the West, South from the United States border and several kilometres East of the Richelieu River
Hours: Monday to Friday 8h30 to 11h45 and 13h00 to 16h30
Financing: provincial, self-financing
Legal status: parapublic 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
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

SINO-QUÉBEC CENTRE OF SOUTH SHORE
7209 Taschereau Boulevard, Suite 108, Brossard, Montérégie, QC, J4Y 1A1
450 445-6666     Fax: 450 445-8188
Website: www.famillechinoise.qc.ca/fr
Email: direction@centresinoquebec.com
**LiCibilitY:** Chinese and Asian communities  
**Coverage area:** Montérégie  
**Hours:** Monday to Friday 9h00 to 17h00  
**Fees:** francization program and gambling addiction prevention program: free  
**Financing:** grants, self-financing  
**Legal status:** non-profit organization

### Literacy

**ACTIVITÉS PRÉSCHOOLAIRES DE BROSSARD**  
1025 des Prairies Road, Brossard, Montérégie, QC, J4Y 2Y7  
450 619-7765  
**Website:** www.activitesprescolaires.com  
**Email:** activitesprescolaires@yahoo.com  
**Eligibility:** children 2 to 5 years old  
**Coverage area:** Brossard  
**Financing:** self-financing, municipal, fundraising campaigns  
**Legal status:** non-profit organization

**AIDE PÉDAGOGIQUE AUX ADULTES ET AUX JEUNES DE SAINTE-HYACINTHE**  
900 Saint-Antoine Street, Saint-Hyacinthe, Montérégie, QC, J2S 3K1  
450 261-0384  
**Website:** www.apaj.ca  
**Email:** info@apaj.ca  
**Eligibility:** people living with problem of illiteracy  
**Coverage area:** Saint-Hyacinthe  
**Hours:** Monday to Thursday 9h00 to 17h00  
**Fees:** small fee for the collective kitchen  
**Financing:** provincial  
**Legal status:** non-profit organization

**ALPHABÉTISATION IOTA**  
200 Saint-Louis Street, Longueuil, Montérégie, QC, J4R 2L6  
450 466-0076 ext. 223  
**Website:** alphaiota.alphabetisation.ca  
**Email:** direction@alphaiota.ca  
**Services:** * Literacy. * Computer initiation workshops for beginners: computer, tablet, smartphone, web browsing, emails, social media, Internet security, tools for French, etc. * Lessons, individualized and for small groups, adapted to the needs and backgrounds of the participants. * On-site recovery of books. * Annual sale of books.  
**Eligibility:** adults coping with illiteracy, poorly educated, 18 years and over, computer workshops: adults with at least a secondary 2  
**Coverage area:** South Shore  
**Hours:** Monday to Thursday 8h45 to 16h00, computer workshops: Monday, Wednesday and Thursday  
**Fees:** $5 per session  
**Financing:** donations, provincial, federal, municipal, fundraising campaigns  
**Legal status:** non-profit organization
APHASIE RIVE-SUD
1720 De Gaulle Street, Longueuil, Montérégie, QC, J4T 1M9
450 550-4466
Website: aphasierivesud.ca/en/home
Email: info.aphasierivesud@gmail.com
Services: * Workshops: language (speech therapy), written language, theatre, choir, games, adapted scrabble, lunch meeting, relaxation on a chair, etc. * J’active mes neurones workshop. * Parole entre nous workshop. * Workshops for caregivers: Café du bien support group, sociocultural activities, etc.
Eligibility: adults with aphasia, caregivers
Coverage area: South Shore of Montréal
Hours: Monday to Friday 8h30 to 15h30, meetings and workshops: Monday to Friday 9h30 to 11h30
Fees: membership card: $30 per year, activities: $50 per semester
Financing: provincial, self-financing, donations
Legal status: non-profit organization

APPRENDRE EN COEUR
25 Saint-Sauveur Street, Saint-Rémi, Montérégie, QC, J0L 2L0
450 454-0400
Website: apprendreencoeur.org
Email: apprendreencoeur@gmail.com
Eligibility: families with children 0 to 5 years old
Coverage area: MRC Les Jardins-de-Napierville
Hours: Monday to Friday 9h00 to 16h00, by appointment
Fees: programs and workshops: free, summer camp: $5 for a half-day
Financing: grants, fundraising campaigns
Legal status: non-profit organization

ARDOISE, GROUPE POPULAIRE EN ALPHABÉTISATION (L’)
50 du Roi Street, Suite 110, Sorel-Tracy, Montérégie, QC, J3P 4M7
450 780-1016
Email: info@lardoisealphabetisationpopulaire.org
Eligibility: people with low literacy skills or with difficulties reading and writing
Coverage area: Sorel-Tracy
Hours: Monday to Thursday 8h30 to 16h30
Fees: none
Financing: grants
Legal status: non-profit organization

ASSOCIATION POUR LA DÉFENSE DES DROITS SOCIAUX HUNTINGDON
163 Châteauguay Street, Huntingdon, Montérégie, QC, J0S 1H0
450 264-6888
Website: addshuntingdonhsl.weebly.com
Email: adds.huntingdon@hotmail.ca
Eligibility: people on a low income
Coverage area: MRC Le Haut-Saint-Laurent
Education and Literacy

**AU COEUR DES MOTS**
12 Sainte-Marie Street, Lacolle, Montérégie, QC, J0J 1J0
450 246-4131  Fax: 450 246-2908
Email: aucoeurdesmotsalpha@hotmail.com

**Services:** * Literacy courses. * Francization. * Introduction to computers. * Loan and recovery of second-hand books.

**Eligibility:** people 16 years old and over, families

**Coverage area:** MRC Le Haut-Richelieu, MRC Les Jardins-de-Napierville

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

**Fees:** none

**Legal status:** non-profit organization

**BOÎTE À LETTRES DE LONGUEUIL**
1178 Sainte-Foy Boulevard, Longueuil, Montérégie, QC, J4K 1W9
450 646-9273

**Website:** boitealettres.ca
**Email:** bal@boitealettres.ca

**Services:** Literacy and illiteracy prevention. * Reading and writing workshops. * Conferences and training.

**Eligibility:** people 16 to 25 years old

**Coverage area:** agglomeration of Longueuil

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

**Fees:** none

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

**Legal status:** non-profit organization

**BROSSARD PUBLIC LIBRARY**
7855 San-Francisco Avenue, Brossard, Montérégie, QC, J4X 2A4
450 923-6350  Fax: 450 923-7042

**Website:** bibliotheque.brossard.ca
**Email:** bibliotheque@brossard.ca


**Coverage area:** Brossard

**Hours:** Monday to Friday 10h00 to 21h00, Saturday and Sunday 12h00 to 17h00, summer: Monday to Friday 10h00 to 21h00, Saturday 12h00 to 17h00

**Fees:** residents: free, non-residents: $80

**Financing:** municipal

**Legal status:** municipal agency
CARREFOUR MOUSSEAU
230 des Ormeaux Boulevard, Longueuil, Montérégie, QC, J4L 1J4
450 468-4926 Fax: 450 468-1485
Website: www.carrefourmousseau.org
Email: cmousseau1990@videotron.ca
Eligibility: families, children 3 months to 5 years old, youth 8 to 12 years old, vulnerable, low-income or isolated adults, seniors, language course: children with language or attention problems
Capacity: 300 people
Coverage area: Vieux-Longueuil borough
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00
Fees: annual membership: $5, activities: 2 to $8, daycare: free, respite care: $7 per day
Financing: grants, donations, self-financing
Legal status: non-profit organization

CENTRE ALPHA-SOURD RIVE-SUD
2010 Chambly Road, Suite B, Longueuil, Montérégie, QC, J4J 3Y2
438 806-5149
Website: www.casourdrivesud.org
Email: info@casourdrivesud.org
Eligibility: deaf and deaf-blind people
Capacity: 25
Coverage area: Montérégie
Hours: Wednesday and Friday 8h00 to 15h00
Fees: none
Financing: provincial
Legal status: non-profit organization

CENTRE ALPHA-SOURD RIVE-SUD - LONGUEUIL POINT OF SERVICE
450 Chambly Road, Suite 200, Longueuil, Montérégie, QC, J4H 3L7
438 382-3488 TTY: 438 382-3488
Website: www.dalc.alphasourd.org
Email: dalc@alphasourd.org
Eligibility: deaf and deaf-blind people
Capacity: 50
Coverage area: Montérégie
Hours: Tuesday 13h00 to 16h00 and Thursday 13h00 to 21h00
Fees: none
Financing: provincial
Legal status: non-profit organization
CENTRE D’ÉDUCATION POPULAIRE
18 d’Anjou Boulevard, Châteauguay, Montérégie, QC, J6K 1B7
450 699-9955
Email: cep@videotron.ca


Eligibility: people 16 years and over who no longer attend school on a regular basis
Coverage area: Greater Châteauguay: Beauharnois, Châteauguay, Kahnawake, Léry, Mercier, Saint-Isidore, Saint-Rémi, Saint-Urbain-Premier, Sainte-Martine

Hours: Monday to Friday 8h30 to 16h30
Fees: membership: $15
Financing: provincial
Legal status: non-profit organization

CENTRE DE FORMATION DE HUNTINGDON
163 Châteauguay Street, Huntingdon, Montérégie, QC, J0S 1H0
450 264-5558
Website: www.cfhuntingdon.com
Email: centreformationhuntingdon@gmail.com


Eligibility: people 16 years and over
Coverage area: French services: MRC Le Haut-Saint-Laurent, English services: Suroît

Hours: September to June: Monday to Thursday 8h00 to 16h00
Fees: free
Financing: self-financing, donations
Legal status: non-profit organization

CENTRE DE FRANÇAIS L’INSULAIRE
19 Sainte-Cécile Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1L4
450 377-7606
Website: www.linsulaire.org
Email: info.cflinsulaire@cgocable.ca


Eligibility: people 16 years old and over
Capacity: 100 persons
Coverage area: MRC Beauharnois-Salaberry

Hours: Monday to Thursday 8h30 to 16h30
Fees: variable
Financing: provincial, Centraide Sud-Ouest, donations
Legal status: non-profit organization

CHÂTEAUGAY VALLEY LITERACY COUNCIL
Confidential Address
450 698-0342
Website: cvlc-chateauguay.weebly.com
Email: cvlc.chateauguay@gmail.com


Eligibility: adults, families, children, seniors
Coverage area: Châteauguay and surrounding areas
Education and Literacy

Hours: Monday to Thursday 9h00 to 17h00
Fees: free or low cost
Financing: provincial, grants, donations, municipal, fundraising campaigns
Legal status: non-profit organization

CLÉ DES MOTS (LA)

200 Saint-Pierre Street, Suite 103, Saint-Constant, Montérégie, QC, J5A 2G9
450 635-1411
Website: www.lacledesmots.ca
Email: info@lacledesmots.ca

Eligibility: adults
Capacity: 60
Coverage area: Saint-Constant
Hours: courses: Monday to Friday 9h00 to 16h00, bookstore: Wednesday and Friday 10h00 to 16h00, Thursday 10h00 to 17h00 and the 1st Sunday of the month
Fees: registration: $20
Financing: provincial, 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, computer, conversation, equivalency test for high school degree, mentoring. * French as a second language learning: beginner classes.
Eligibility: literacy: adults aged 16 years and over, French learning: immigrants
Coverage area: Hudson, L’Île-Cadieux, L’Île-Perrot, Notre-Dame-de-l’Île-Perrot, Ouest-de-l’Île, Pincourt, Terrasse-Vaudreuil, Vaudreuil-Dorion, West Island
Hours: office: Monday to Wednesday 8h00 to 18h00, Thursday 8h00 to 18h00, courses: day and evening during the week
Fees: classes: free, literacy classes: $30 one-time registration fee
Financing: provincial
Legal status: non-profit organization

ÉCRIT TÔT DE SAINT-HUBERT (L’)

4050 Grande Allée Boulevard, Longueuil, Montérégie, QC, J4T 2W2
450 443-1411     Fax: 450 443-3772
Website: www.ecritot.ca
Email: ecritot@bellnet.ca

Eligibility: parents and children experiencing academic difficulties, illiterate individuals
Coverage area: Montérégie
Hours: Monday to Friday 8h30 to 16h30
Fees: membership: $5
Financing: grants, donations, self-financing
Legal status: non-profit organization
ÉDUC À TOUT
146 du Ruisseau-Barré Road, Marieville, Montérégie, QC, J3M 1P2
450 460-5433
Email: educatout146@outlook.com


Eligibility: people 10 to 70 years old
Coverage area: Carignan, Chambly, Marieville, Richelieu, Rougemont, Saint-Cézaire, Saint-Hubert, Saint-Hyacinthe, Saint-Mathias-sur-Richelieu, Saint-Paul d'Abbotsford, Sainte-Angèle-de-Monnoir

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

Fees: none

Financing: provincial

Legal status: non-profit organization

ÉDUC À TOUT - CHAMBLY
620 Sénécal Street, Chambly, Montérégie, QC, J3L 1N9
450 460-5433
Email: educatout146@outlook.com


Eligibility: people 10 to 70 years old
Coverage area: Carignan, Chambly, Marieville, Richelieu, Rougemont, Saint-Cézaire, Saint-Hubert, Saint-Hyacinthe, Saint-Mathias-sur-Richelieu, Saint-Paul d'Abbotsford, Sainte-Angèle-de-Monnoir

Hours: Monday to Friday 9h00 to 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

ÉDUC À TOUT - SAINT-CÉZAIRE
2002 de l'Union Avenue, Saint-Cézaire, Montérégie, QC, J0L 1T0
450 460-5433
Email: educatout146@outlook.com


Eligibility: people 10 to 70 years old
Coverage area: Carignan, Chambly, Marieville, Richelieu, Rougemont, Saint-Cézaire, Saint-Hubert, Saint-Hyacinthe, Saint-Mathias-sur-Richelieu, Saint-Paul d'Abbotsford, Sainte-Angèle-de-Monnoir

Hours: Monday to Friday 9h00 to 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

FABLIER, UNE HISTOIRE DE FAMILLES (LE)
2014 de Chambly Road, Longueuil, Montérégie, QC, J4J 3Y2
450 616-0620
Website: www.lefablier.org
Email: info@lefablier.org


Eligibility: parents of children 0 to 12 years old, their children

Coverage area: Longueuil

Hours: Monday to Thursday 9h00 to 15h30

Fees: none
Financing: provincial, self-financing, donations
Legal status: non-profit organization

HALTE FAMILIALE (LA)
600 Ellice Street, Suite 303, Beauharnois, Montérégie, QC, J6N 3P7
450 225-2725
Website: www.haltefamiliale.org
Email: info@haltefamiliale.org
Eligibility: children, families, communities
Coverage area: Beauharnois
Hours: Monday to Friday 8h00 to 16h30, closed during summer
Fees: variable
Financing: grants
Legal status: non-profit organization

HOME-START CHAMPLAIN
78 Saint-Louis Street, Longueuil, Montérégie, QC, J4R 2L4
450 923-4138
Website: premierspasenglish.weebly.com
Email: info@premierspaschamplain.org
Eligibility: families with children under 12 years old
Coverage area: South Shore
Hours: Monday to Friday 9h00 to 16h00
Fees: workshops: variable
Financing: provincial
Legal status: non-profit organization

IOHAHI:IO EDUCATION AND TRAINING INSTITUTE
16 Iohahi:io Road, Akwesasne, Montérégie, QC, H0M 1A1
613 575-2754     Fax: 613 575-1478
Website: iohahiio.ambe.ca
Email: info.iohahiio@ambe.ca
Eligibility: Akwesasne Mohawks
Coverage area: Akwesasne
Financing: municipal, federal
Legal status: municipal agency
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


Eligibility: adults 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

LUCIOLES, COOP DE SOLIDARITÉ
254 des Patriotes Road, Saint-Mathias-sur-Richelieu, Montérégie, QC, J3L 6A3
450 658-8166  Fax: 450 658-4110
Email: fraco-mousses@fraco.com


Eligibility: families, children from 1 to 5 years old
Coverage area: MRC de Rouville
Legal status: non-profit organization

MAISON DE LA FAMILLE KATERI
200 Balmoral Street, La Prairie, Montérégie, QC, J5R 4L5
450 659-9188  Fax: 450 659-5573
Website: www.maisonfamillekateri.com
Email: info@maisonfamillekateri.com


Eligibility: children aged 0 to 17 years old and their parents
Capacity: 5 groups of 8 dyads (parent-child) by category, plus siblings
Coverage area: La Prairie, Candiac, Delson, Sainte-Catherine, Saint-Constant, Saint-Mathieu, Saint-Philippe
Hours: Monday to Friday 8h30 to 16h30, Saturday 8h30 to 12h00
Fees: variable
Financing: grants, fundraising campaigns
Legal status: non-profit organization

MAISON DE LA FAMILLE LA PARENTR’AIDE
2060 Holmes Street, Longueuil, Montérégie, QC, J4T 1R8
450 923-9333
Website: laparentraide.ca
Email: info@laparentraide.ca
Education and Literacy

**Services:** Provides parents with support and tools to enable them to better perform their role as educators and improve the quality of life for their family.  * Workshops for parents of children 0 to 5 years: YAPP program, luncheons, Vie de famille, De la discipline à l'amour, Eveil musical, Langagibou.  * Baby food workshops.  * Daycare for children 0 to 5 years.  * Parent-child workshops for children 0 to 5 years: Moments magiques, Exp'art, Mes 5 sens et moi, La boîte à outils, Grouille et gribouille, Tand’aime, Passeport.  * Workshops for parents of children 5 to 12 years: Full Parent, Vie de famille, De la discipline à l'amour, Jalousie et rivalité frère/soeur, Parler pour que les enfants écoutent.  * Parent-youth workshop for youth 5 to 12 years: Estime de soi.  * Workshop for parents of teenagers 12 to 17 years: Parents d'ado, Une traversée.  * Flash papa.  * Individual meetings.  * Summer day camp for children 5 to 11 years old.  * Kindergarten preparation day camp for 4 years old children.

**Eligibility:** parents of children 0 to 17 years old

**Coverage area:** Greenfield Park, Longueuil, LeMoyne, Saint-Hubert

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

**Fees:** annual membership: $20

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

**Legal status:** non-profit organization

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**MAISON DE LA FAMILLE LEMOYNE**

1882 St-Georges Street, Suite 503, Longueuil, Montérégie, QC, J4P 3J4

450 465-3571

**Website:** www.maisondelafamillelemoyne.org

**Email:** mfl@bellnet.ca

**Services:** Education, helping relationship, welcoming and referrals for neighbourhood families.  * Educational daycare for youth 0 to 5 years old: Sourissimo (3 to 18 months old), Souriceaux (18 months to 3 years old) and Souris-Moi (3 to 5 years old).  * 7 weeks daycare during the summer: Lucioles (22 months to 3 years old) and Libellules (3 to 6 years old).  * Trotti-bouge: parent-child activities for 18 months to 3 years old.  * In-school activities for the 6 to 12 years old: homework help, Lire et faire lire program and collective kitchens.  * Les P’tits vendredis: recreational activities in the evening for youth 8 to 12 years old.  * Morning talk for parents.  * Welcome, listening and referral.  * Family activities.  * Espace-libre: community library for children, parents and the community of LeMoyne and surroundings, animations and workshops.  * Used items recovery and donations: toys, clothing for children and adults, etc.  * Possibility of volunteering and getting involved in the activities.  * Tax clinic for members.

**Eligibility:** parents, children 0 to 12 years, families, seniors

**Coverage area:** Longueuil agglomeration, priority to people living in LeMoyne and surrounding areas

**Hours:** Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h30, Trotti-Bouge: Friday 9h00 to 10h00 and 10h30 to 11h30, talks: Tuesday 9h00 to 10h30

**Fees:** membership: $10, daycare: $5 per morning, activities: variable

**Financing:** Centraide Greater Montreal, provincial, federal, donations, self-financing

**Legal status:** non-profit organization

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**MAISON DE LA FAMILLE VAUDREUIL-SOULANGES**

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

450 217-2177

**Website:** www.maisondelafamillevs.ca

**Email:** info@mfvs.ca

**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

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**NATIONAL ABORIGINAL CIRCLE AGAINST FAMILY VIOLENCE**

2 River Road, Kahnawake, Montérégie, QC, J0L 1B0

450 638-2968  Fax: 450 638-9415

**Website:** nacafv.ca

**Email:** lindsey@nacafv.ca


**Eligibility:** shelters and transition houses workers, shelters and transition houses who works with Indigenous communities

**Coverage area:** Canada

**Fees:** none

**Financing:** federal, grants, donations

**Legal status:** non-profit organization

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**PORTE OUVERTE (LA)**

81 Frontenac Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 2Y4

450 346-3283

**Email:** laporteouverte.conseil@gmail.com


**Eligibility:** adults with low literacy skills and immigrants

**Coverage area:** Saint-Jean-sur-Richelieu and surrounding areas

**Hours:** Monday to Friday 9h00 to 15h00, Centre du Livre Usagé: Monday to Wednesday 10h00 to 18h00, Thursday 11h00 to 20h00

**Fees:** none

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

**Legal status:** non-profit organization
Education and Literacy

SAINT-ÉDOUARD PUBLIC LIBRARY
405B Montée Lussier, Saint-Édouard, Montérégie, QC, J0L 1Y0
450 454-6333 ext. 26
Website: www.reseaubibliomontregie.qc.ca/fr/bibliotheques-horaire-et-localisation/b29/bibliotheque-de-saint-edouard
Email: biblio@saintedouard.ca
Coverage area: Saint-Édouard
Hours: Tuesday 13h00 to 16h00, Wednesday and Thursday 18h00 to 20h00
Fees: free
Financing: municipal
Legal status: municipal agency

SAINTE-CATHERINE PUBLIC LIBRARY
5365 Saint-Laurent Boulevard, Sainte-Catherine, Montérégie, QC, J5C 1A6
450 632-0590 ext. 5230
Website: www.ville.sainte-catherine.qc.ca/sports-culture-et-loisirs/bibliotheque
Email: bibliotheque@ville.sainte-catherine.qc.ca
Coverage area: Sainte-Catherine and surroundings
Hours: Monday 13h00 to 20h00, Tuesday 13h00 to 17h30, Wednesday and Thursday 10h00 to 20h00, Friday 10h00 to 17h30, Saturday and Sunday 10h00 to 15h00, summer: Monday 13h00 to 20h00, Tuesday 13h00 to 17h30, Wednesday and Thursday 10h00 to 20h00, Friday 10h00 to 17h30, Saturday 10h00 to 15h00
Fees: none
Financing: municipal
Legal status: municipal agency

SOUTH SHORE READING COUNCIL
279 Hubert Street, Suite 4, Longueuil, Montérégie, QC, J4V 1R9
450 671-4375
Website: www.ssrc.ca
Email: ssrc@videotron.ca
Eligibility: English-speaking adults and youth with reading problems, families
Coverage area: South Shore
Hours: Monday to Thursday 10h00 to 15h00
Fees: free
Financing: provincial
Legal status: non-profit organization

STATION DE L'AVENTURE - MAISON DE LA FAMILLE (LA)
540 du Lac-Saint-Louis Road, Léry, Montérégie, QC, J6N 1A3
450 691-4897
Website: www.stationdelaventure.com
Email: famille@stationdelaventure.com
Eligibility: families with children 0 to 18 years old
Coverage area: Léry, Sainte-Martine, Châteauguay, Mercier, Saint-Isidore
Hours: Monday to Friday 8h30 to 15h30, respite: Monday and Tuesday
Fees: annual membership: $15, activities: variable
Financing: self-financing, fundraising campaigns, provincial
Legal status: non-profit organization

Public education

ARC-EN-CIEL DES SEIGNEURIES - GROUPE D'ENTRAIDE EN SANTÉ MENTALE (L')
274 Sainte-Anne Street, Varennes, Montérégie, QC, J3X 1R7
450 985-0522    Fax: 450 985-0805
Website: www.arcencieldesseigneuries.org
Email: info@arcencieldesseigneuries.org
Eligibility: people living with or who have lived with mental health issues
Coverage area: Boucherville, Calixa-Lavallée, Contrecoeur, Saint-Amable, Sainte-Julie, Varennes, Verchères
Hours: Monday to Thursday 9h00 to 16h30, occasionally on nights and weekends
Fees: membership card: $5
Financing: provincial, donations, membership fees
Legal status: non-profit organization

ASSOCIATION FÉMININE D’ÉDUCATION ET D’ACTION SOCIALE - RICHELIEU-YAMASKA
650 Girouard Street East, Saint-Hyacinthe, Montérégie, QC, J2S 2Y2
450 796-5808    Fax: 450 773-7015
Website: www.afeas.qc.ca
Email: afeasry@cgocable.ca
Eligibility: women 16 years old and over
Coverage area: MRC Acton, MRC La Vallée-du-Richelieu and MRC Les Maskoutains
Fees: annual membership: $35
Financing: contributions, grants, provincial
Legal status: non-profit organization

ASSOCIATION POUR LA DÉFENSE DES DROITS SOCIAUX HUNTINGDON
163 Châteauguay Street, Huntingdon, Montérégie, QC, J0S 1H0
450 264-6888
Website: addshuntingdonhsl.weebly.com
Email: adds.huntingdon@hotmail.ca
Eligibility: people on a low income
Coverage area: MRC Le Haut-Saint-Laurent
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00
Fees: none
Legal status: non-profit organization

AU COEUR DES MOTS
12 Sainte-Marie Street, Lacolle, Montérégie, QC, J0J 1J0
450 246-4131 Fax: 450 246-2908
Email: aucoeurdesmotsalpha@hotmail.com


Eligibility: people 16 years old and over, families

Coverage area: MRC Le Haut-Richelieu, MRC Les Jardins-de-Napierville

Hours: Monday to Thursday 9h00 to 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

AUBERGE DU COEUR LE BALUCHON
2290 Saint-Joseph Avenue, Saint-Hyacinthe, Montérégie, QC, J2S 5L4
1 866 263-8794 Fax: 450 773-7145
Website: www.maisonlebaluchon.org
Email: info@maisonlebaluchon.org


Eligibility: short-term housing: youth experiencing difficulties aged 12 to 17 years old

Capacity: 9 places

Coverage area: MRC Acton, MRC La Haute-Yamaska, MRC La Vallée-du-Richelieu, MRC Les Maskoutains, MRC Pierre-De Saurel, MRC Rouville

Hours: 24 hours / 7 days

Fees: registration $50, $7 per day and $20 deposit

Financing: provincial, federal, Centraide Richelieu-Yamaska, foundations, donations, fundraising campaigns

Legal status: non-profit organization

CAFÉ DES DEUX PAINS DE VALLEYFIELD
107 Jacques-Cartier Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4R8
450 371-8909 Fax: 450 371-7556
Website: www.cafedesdeuxpains.org
Email: cddp@oricom.ca


Eligibility: individuals and families on a low income and isolated

Coverage area: Salaberry-De-Valleyfield

Hours: Monday to Friday 9h00 to 18h00

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

Legal status: non-profit organization

CARDIO-ACTIFS DU HAUT-SAINT-LAURENT
24 York Street, Suite 101, Huntingdon, Montérégie, QC, J0S 1H0
579 491-3411
Website: cardio-actifs.webnode.fr
Email: cardioactifs@gmail.com

Eligibility: seniors, people recovering from a heart injury, general population

Coverage area: MRC du Haut-Saint-Laurent

Hours: Monday, Wednesday and Friday 8h00 to 16h00, Tuesday and Thursday 8h00 to 20h00

Fees: membership: $10 per year

Financing: provincial, self-financing

Legal status: non-profit organization

CARREFOUR LE MOUTIER
219 Saint-Charles Street West, Longueuil, Montérégie, QC, J4H 1E1
450 679-7111 Fax: 450 679-5562
Website: carrefourmoutier.org
Email: info@carrefourmoutier.org


Eligibility: general public, immigrants, newcomers

Coverage area: Montérégie

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: Centraide of Greater Montréal, provincial, donations

Legal status: non-profit organization

CARREFOUR MOUSSEAU
230 des Ormeaux Boulevard, Longueuil, Montérégie, QC, J4L 1J4
450 468-4926 Fax: 450 468-1485
Website: www.carrefourmousseau.org
Email: cmousseau1990@videotron.ca


Eligibility: families, children 3 months to 5 years old, youth 8 to 12 years old, vulnerable, low-income or isolated adults, seniors, language course: children with language or attention problems

Capacity: 300 people

Coverage area: Vieux-Longueuil borough

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

Fees: annual membership: $5, activities: 2 to $8, daycare: free, respite care: $7 per day

Financing: grants, donations, self-financing

Legal status: non-profit organization

CENTRE D’ÉDUCATION POPULAIRE
18 d’Anjou Boulevard, Châteauguay, Montérégie, QC, J6K 1B7
450 699-9955
Email: cep@videotron.ca
Education and Literacy


Eligibility: people 16 years and over who no longer attend school on a regular basis

Coverage area: Greater Châteauguay: Beauharnois, Châteauguay, Kahnawake, Léry, Mercier, Saint-Isidore, Saint-Rémi, Saint-Urbain-Premier, Sainte-Martine

Hours: Monday to Friday 8h30 to 16h30

Fees: membership: $15

Financing: provincial

Legal status: non-profit organization

CENTRE DE FEMMES L'ÉCLAIRCIE
1025 Centrale Street, Sainte-Catherine, Montérégie, QC, J5C 1A2
450 638-1131   Fax: 450 638-1132
Website: www.centrefemmesleclaircie.com
Email: info@eclaircie.org


Eligibility: women, children 5 years old and under

Capacity: 15

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

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

Fees: free or low cost for some activities

Financing: grants, self-financing, donations

Legal status: non-profit organization

CENTRE DE FORMATION DE HUNTINGDON
163 Châteauguay Street, Huntingdon, Montérégie, QC, J0S 1H0
450 264-5558
Website: www.cfhuntingdon.com
Email: centreformationhuntingdon@gmail.com


Eligibility: people 16 years and over

Coverage area: French services: MRC Le Haut-Saint-Laurent, English services: Suroît

Hours: September to June: Monday to Thursday 8h00 to 16h00

Fees: free

Financing: self-financing, donations

Legal status: non-profit organization

CENTRE DE FRANÇAIS L'INSULAIRE
19 Sainte-Cécile Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1L4
450 377-7606
Website: www.linsulaire.org
Email: info.cflinsulaire@cgocable.ca


Eligibility: people 16 years old and over

Capacity: 100 persons

Coverage area: MRC Beauharnois-Salaberry

Hours: Monday to Thursday 8h30 to 16h30

Fees: variable
Financing: provincial, Centraide Sud-Ouest, donations
Legal status: non-profit organization

CENTRE DE SERVICES SCOLAIRE DE SAINT-HYACINTHE
2255 Sainte-Anne Avenue, Saint-Hyacinthe, Montérégie, QC, J2S 5H7
450 773-8401  Fax: 450 773-6876
Website: cssh.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. * School transportation coordination.
Coverage area: MRC des Maskoutains, Acton Vale, Roxton Falls, Saint-Nazaire-D'acton, Saint-Théodore-D'acton, Sainte-Christine, Upton
Hours: Monday to Friday 8h15 to 11h45 and 13h00 to 16h30
Financing: self-financing
Legal status: parapublic organization

CENTRE DE SERVICES SCOLAIRE DE SOREL-TRACY
41 de l'Hôtel-Dieu Avenue, Sorel-Tracy, Montérégie, QC, J3P 1L1
450 746-3990  Fax: 450 746-4474
Website: www.cs-soreltracy.qc.ca
Coverage area: Sorel-Tracy
Financing: provincial
Legal status: parapublic organization

CENTRE DE SERVICES SCOLAIRE DES GRANDES-SEIGNEURIES
50 Taschereau Boulevard, 2nd Floor, La Prairie, Montérégie, QC, J5R 4V3
514 380-8899
Website: www.cssdgs.gouv.qc.ca
Email: communications@cssdgs.qc.ca
Coverage area: MRC Roussillon and MRC Les Jardins-de-Napierville (except Saint-Jacques-le-Mineur)
Hours: Place La Citière: Monday to Friday 8h15 to 12h00 and 13h00 to 16h15, Jacques-de-Lignery Administrative Centre: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00
Financing: self-financing, provincial
Legal status: parapublic organization

CENTRE DE SERVICES SCOLAIRE DES HAUTES-RIVIÈRES
210 Notre-Dame Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 6N3
450 359-6411  Fax: 450 359-1569
Website: www.csdhr.qc.ca
Email: secgen@csdhr.qc.ca
**Services:** French School Board gathering elementary, high and specialized schools. * Vocational training and adult education: help and guidance. * Vocational training. * Adult education. * 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. * French classes, integration services. * Distance training. * Services to companies. * School transportation coordination.

**Coverage area:** MRC Rouville, MRC Le Haut-Richelieu, Saint-Jacques-le-Mineur

**Hours:** administration: Monday to Friday 8h30 to 11h45 and 13h00 to 16h00

**Financing:** provincial

**Legal status:** parapublic organization

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**CENTRE DE SERVICES SCOLAIRE DES PATRIOTES**

1740 Roberval Street, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 3R3

450 441-2919     Fax: 450 441-0838

Website: cssp.gouv.qc.ca

Email: info@csp.ca

**Services:** French primary schools, high schools and specialized schools board. * Vocational training. * Adult education. * Vocational training and adult education: help and guidance. * High school equivalency test (TENS): assessment of the knowledge of adults who don't have a high school diploma in order to obtain a certificate of educational equivalence (AENS) that facilitates access to certain jobs and vocational training. * Socio-professional integration and social insertion services. * French classes. * Distance training. * Services to companies. * School transportation coordination.

**Coverage area:** Boucherville, MRC La Vallée-du-Richelieu, MRC Marguerite-D'Youville, Saint-Bruno-de-Montarville

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

**Financing:** self-financing, provincial

**Legal status:** parapublic organization

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**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.cstrois-lacs.qc.ca

Email: dgenerale@cstrois-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

**Financing:** self-financing, provincial

**Legal status:** parapublic organization

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**CENTRE DE SERVICES SCOLAIRE MARIE-VICTORIN**

13 Saint-Laurent Street East, Longueuil, Montérégie, QC, J4H 4B7

450 670-0730

Website: cssmv.gouv.qc.ca

Email: info@cssmv.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. * Distance training. * Services to companies and international development (SAEDI). * School transportation coordination.
Coverage area: Brossard, Longueuil, Saint-Lambert
Hours: office: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 16h00
Financing: provincial, self-financing
Legal status: parapublic organization

COLLECTIF DE DÉFENSE DES DROITS DE LA MONTÉRÉGIE - CHÂTEAUGUAY ET VALLEYFIELD
107 Jacques-Cartier Street, Suite 21, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4R8
1 866 377-2481 Fax: 450 747-3135
Website: cddm.weebly.com
Email: valleyfield@cddm.qc.ca
Eligibility: people living with or having lived with emotional issues
Coverage area: Châteauguay, Salaberry-de-Valleyfield
Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: provincial
Legal status: non-profit organization

COLLECTIF DE DÉFENSE DES DROITS DE LA MONTÉRÉGIE - SAINT-HYACINTHE
1195 Saint-Antoine Street, Suite 309, Saint-Hyacinthe, Montérégie, QC, J2S 3K6
1 877 771-1164 Fax: 450 771-8506
Website: cddm.weebly.com
Email: st-hyacinthe@cddm.qc.ca
Eligibility: people living with or having lived with emotional issues
Coverage area: Saint-Hyacinthe
Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: provincial
Legal status: non-profit organization

COLLECTIF DE DÉFENSE DES DROITS DE LA MONTÉRÉGIE - SAINT-JEAN-SUR-RICHELIEU
125 Jacques-Cartier Street, Suite 2, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 8C9
1 833 684-2504 Fax: 450 674-3019
Website: cddm.weebly.com
Email: st-jean@cddm.qc.ca
Eligibility: people living with or having lived with emotional issues
Coverage area: Saint-Jean-sur-Richelieu
Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: provincial
Legal status: non-profit organization
COLLECTIVE DE DÉFENSE DES DROITS DE LA MONTÉRÉGIE - SOREL-TRACY
71 de Ramesay Street, Suite 308 C, Sorel-Tracy, Montérégie, QC, J3P 3Z1
1 877 771-1164     Fax: 450 855-4995
Website: cddm.weebly.com
Email: conseillersorel@cddm.qc.ca
Eligibility: people living or having lived emotional issues.
Coverage area: Sorel-Tracy
Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: provincial
Legal status: non-profit organization

COM’FEMME
6035 Adam Street, Brossard, Montérégie, QC, J4Z 1A9
450 676-7719
Website: www.comfemme.org
Email: cf.membres@outlook.com
Eligibility: women 18 years and over
Coverage area: Brossard, Longueuil, Saint-Lambert
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 17h00
Fees: annual membership: $12
Financing: provincial, 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, computer, conversation, equivalency test for high school degree, mentoring. * French as a second language learning: beginner classes.
Eligibility: literacy: adults aged 16 years and over, French learning: immigrants
Coverage area: Hudson, L’Île-Cadieux, L’Île-Perrot, Notre-Dame-de-l’Île-Perrot, Ouest-de-l’Île, Pincourt, Terrasse-Vaudreuil, Vaudreuil-Dorion, West Island
Hours: office: Monday to Wednesday 8h00 to 18h00, Thursday 8h00 to 18h00, courses: day and evening during the week
Fees: classes: free, literacy classes: $30 one-time registration fee
Financing: provincial
Legal status: non-profit organization

CORPORATION DE DÉVELOPPEMENT DE LA RIVIÈRE NOIRE
26 du Marché Street, Roxton, Montérégie, QC, J0H 1E0
514 588-5510
Website: www.riviere-noire.org
Email: dg.cdrn@riviere-noire.org
Services: Promoting environmental preservation. * Workshops to educate and raise awareness about environmental protection in the classroom and outdoors. * Carrying out sustainable and environmental development activities and projects in collaboration with local stakeholders. * Shoreline planting and characterization service.

Coverage area: MRC d'Acton

Financing: grants

Legal status: non-profit organization

D'MAIN DE FEMMES
77 Saint-Charles Street, Salaberry-de-Valleyfield, Montérégie, QC, J6S 3Z9
450 371-1500
Website: www.dmaindefemmes.org
Email: information.dmf@gmail.com


Eligibility: women

Coverage area: MRC de Beauharnois-Salaberry

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

Fees: membership: $5 per year, free activities

Financing: fundraising campaigns, grants

Legal status: non-profit organization

ÉCRIT TÔT DE SAINT-HUBERT (L')
4050 Grande Allée Boulevard, Longueuil, Montérégie, QC, J4T 2W2
450 443-1411  Fax: 450 443-3772
Website: www.ecritot.ca
Email: ecritot@bellnet.ca


Eligibility: parents and children experiencing academic difficulties, illiterate individuals

Coverage area: Montérégie

Hours: Monday to Friday 8h30 to 16h30

Fees: membership: $5

Financing: grants, donations, self-financing

Legal status: non-profit organization

ÉDUC À TOUT
146 du Ruisseau-Barré Road, Marieville, Montérégie, QC, J3M 1P2
450 460-5433
Email: educatout146@outlook.com


Eligibility: people 10 to 70 years old

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

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

Fees: none

Financing: provincial

Legal status: non-profit organization
ÉDUC À TOUT - CHAMBLY
620 Sénécal Street, Chambly, Montérégie, QC, J3L 1N9
450 460-5433
Email: educatout146@outlook.com


Eligibility: people 10 to 70 years old

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

Hours: Monday to Friday 9h00 to 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

ÉDUC À TOUT - SAINT-CÉSAIRE
2002 de l'Union Avenue, Saint-Césaire, Montérégie, QC, J0L 1T0
450 460-5433
Email: educatout146@outlook.com


Eligibility: people 10 to 70 years old

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

Hours: Monday to Friday 9h00 to 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

IOHAHI:IO EDUCATION AND TRAINING INSTITUTE
16 Iohahi:iO Road, Akwesasne, Montérégie, QC, H0M 1A1
613 575-2754     Fax: 613 575-1478
Website: iohahiio.ambe.ca
Email: info.iohahiio@ambe.ca


Eligibility: Akwesasne Mohawks

Coverage area: Akwesasne

Financing: municipal, federal

Legal status: municipal agency

LA MAISON AMÉRINDIENNE
510 des Trentes Montée, Mont-Saint-Hilaire, Montérégie, QC, J3H 2R8
450 464-2500     Fax: 450 464-0071
Website: www.maisonamerindienne.com
Email: info@maisonamerindienne.com


Eligibility: general population, day camps: children 6 to 12 years old, educational programs: preschool, primary, secondary and post-secondary level

Coverage area: Province of Québèc

Hours: Monday to Friday 9h00 to 17h00, Saturday and Sunday 13h00 to 17h00

Fees: variable
**Financing:** self-financing  
**Legal status:** non-profit organization

**LIBERTÉ DE CHOISIR**  
52 Larocque Road, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4A2  
**450 370-3444**  
**Fax:** 450 377-4394  
**Website:** www.libertedechoisir.ca  
**Email:** libertedechoisir@cgocable.ca


**Eligibility:** youth 12 to 24 years old, parents, community workers, teachers, community organizations  
**Coverage area:** MRC Vaudreuil-Soulanges, MRC Roussillon, MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent  
**Hours:** Monday to Friday 8h00 to 16h00  
**Fees:** none  
**Financing:** donations, provincial

**MAGIE DES MOTS (LA)**  
340-E du Fleuve Road, Coteau-du-Lac, Montérégie, QC, J0P 1B0  
**450 763-1331**  
**Website:** lamagiedesmots.com  
**Email:** comdelamagie@outlook.com

**Services:**  * Free 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). * French as a second language classes: beginner, intermediate or advanced. * Digital literacy, food literacy and financial literacy.

**Eligibility:** people 16 years 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 Friday day or evening, Saturday and Sunday on request  
**Fees:** none  
**Financing:** provincial

**MAISON DES JEUNES LE BREAK**  
210 16th Avenue West, Venise-en-Québec, Montérégie, QC, J0J 2K0  
**438 808-5001**  
**Website:** assisto.ca/ressource/maison-des-jeunes-le-break  
**Email:** mdjlebreak@outlook.com

**Services:** A place for youth to meet, exchange and learn.  * Listening, information and referral to local resources. * Sports, cultural and recreational activities. * Promotion of rights and advocacy. * Homework help. * Assistance with resume writing.

**Eligibility:** youth from 11 to 17 years old  
**Capacity:** 20  
**Coverage area:** Henryville, Saint-Georges-de-Clarenceville, Saint-Sébastien, Venise-en-Québec  
**Hours:** Wednesday and Thursday 18h00 to 21h00, Friday 18h00 à 22h00, Saturday 13h00 to 18h00, Sunday 18h00 to 21h00  
**Fees:** none
**NEW FRONTIERS SCHOOL BOARD**
214 McLeod Street, Châteauguay, Montérégie, QC, J6J 2H4
450 691-1440
Website: www.nfsb.qc.ca
Email: info@nfsb.qc.ca

**Services:** English School Board gathering elementary, high and specialized schools. *Vocational training.*
*Adult education.* *Vocational training and adult education: help and orientation.* *High school equivalency test (TENS): assessment of the knowledge of adults who don't have a high school diploma in order to obtain a certificate of educational equivalence (AENS) that facilitates access to certain jobs and vocational training.* *Bilingual education.* *School transportation coordination.*

**Coverage area:** Southwest of Québec: stretches from the Saint Lawrence River to the North, Autoroute 15 to the East, the American border to the South and the Ontario border to the West

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

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

**ORGANISATION POPULAIRE DES DROITS SOCIAUX - SALABERRY-DE-VALLEYFIELD**
11 de la Fabrique Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4G7
450 371-3559
Email: opdsv@cooptel.qc.ca

**Services:** *Information on social programs.* *Popular education activities.* *Advocacy.* *Assistance with contesting decisions made by social welfare.* *Help filling out government forms.* *Raising awareness and mobilization in order to improve the living conditions of unemployed people and those in social programs.* *Link with government agents.* *Tax clinic.*

**Eligibility:** unemployed people

**Coverage area:** Salaberry-de-Valleyfield

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

**Financing:** provincial, donations

**Legal status:** non-profit organization

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


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

**Capacity:** 50

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

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

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

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

**Legal status:** non-profit organization
POUR UN RÉSEAU ACTIF DANS NOS QUARTIERS
222 Alphonse-Desjardins Street, Suite 201, Salaberry-de-Valleyfield, Montérégie, QC, J6S 2N9
450 370-4387
Website: praq.weebly.com
Email: praqcoordo@gocable.ca
Eligibility: citizens, organizations, schools
Capacity: variable depending on the project
Coverage area: Salaberry-de-Valleyfield and surroundings
Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: fundraising campaigns, grants
Legal status: non-profit organization

QUÉBEC ASSOCIATION FOR GIFTEDNESS
Confidential Address
Website: www.aqdouance.org
Email: info@aqdouance.org
Eligibility: people seeking valid information about giftedness, health and education professionals
Coverage area: Province of Québec
Fees: trainings: variable
Financing: donations, self-financing
Legal status: non-profit organization

RESSOURCES SAINT-JEAN-VIANNEY
2255 Cartier Street, Suite 090, Longueuil, Montérégie, QC, J4K 4E8
450 646-6722
Website: www.rsjv.org
Email: direction@rsjv.org
Eligibility: children, adults, seniors, families
Coverage area: Saint-Jean-Vianney neighborhood outlined by Curé-Poirier Boulevard to the North, Jacques-Cartier Boulevard to the South, Notre-Dame-de-Grâce Street to the East and Taschereau Boulevard to the West
Hours: administration: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, activities: variable, Monday to Friday 18h00 to 22h00, Saturday 9h00 to 22h00
Fees: variable
Financing: provincial, federal, self-financing, donations
Legal status: non-profit organization
RIVERSIDE SCHOOL BOARD
7525 de Chambly Road, Longueuil, Montérégie, QC, J3Y 0N7
450 672-4010   Fax: 450 465-8809
Website: www.rsb.qc.ca
Email: enews@rsb.qc.ca
Coverage area: South Shore: extends from Sorel to the North, Sainte-Catherine to the West, South from the United States border and several kilometres East of the Richelieu River
Hours: Monday to Friday 8h30 to 11h45 and 13h00 to 16h30
Financing: provincial, self-financing
Legal status: parapublic organization

SANTÉ MENTALE QUÉBEC - PIERRE-DE SAUREL
71 Hôtel-Dieu Street, Suite 105, Sorel-Tracy, Montérégie, QC, J3P 1L3
450 746-1497
Website: www.smqpierredesaurel.org
Email: info@smqpierredesaurel.org
Services: Promotion and prevention of mental health in the MRC Pierre-De Saurel. * Prevention and promotion work for the protection of the mental health of the population. * Raising awareness in the population about caring for one's mental health as much as their physical health. * L'Astuce: community space for members to share, equip themselves and help each other. * Facilitating the support of people who have lived or are living through affective and emotional difficulties. * Promoting the development of any alternative or community resource enabling the psychosocial integration of people who have lived with mental health issues.
Eligibility: general population, people who have lived or are living through affective and emotional difficulties, people who have lived with mental health issues
Coverage area: MRC Pierre-De Saurel
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00
Fees: upon request, depending on the activity
Financing: grants
Legal status: non-profit organization

SOCIÉTÉ ALZHEIMER GRANBY ET RÉGION
356 Principale Street, Suite 3, Granby, Montérégie, QC, J2G 2W6
450 777-3363     Fax: 450 777-8677
Website: www.alzheimergranby.ca/en-ca
Email: info@alzheimergranby.ca
Eligibility: people living with neurocognitive disorders and their caregivers
Coverage area: MRC La Haute-Yamaska, MRC Brome-Missisquoi
Hours: Monday, Tuesday, Thursday and Friday 9h00 to 12h00 and 13h00 to 16h00, Wednesday 9h00 to 12h00
Financing: donations, provincial
Legal status: non-profit organization
School perseverance

9E GROUPE SCOUT ST-THOMAS DE VILLENEUVE
4775 Quevillon Street, Longueuil, Montérégie, QC, J3Y 2V3
450 676-9620
Website: www.9egroupescout.ca
Email: info@9egroupescout.ca


Eligibility: youth 7 to 26 years old, adults of all ages
Coverage area: Saint-Hubert
Fees: variable
Financing: contributions, fundraising campaigns
Legal status: non-profit organization

BENADO
197 Saint-François-Xavier Road, Delson, Montérégie, QC, J5B 1X7
450 632-1640 Fax: 450 632-6754
Website: benado.org
Email: benado@videotron.ca


Eligibility: dropout alternative section: youth 13 to 18 years old coping with academic, family or social difficulties, alternative justice section: youth 12 to 18 years old, victims, parents and community
Coverage area: Candiac, Châteauguay, Delson, Hemmingford, La Prairie, Léry, Mercier, Saint-Constant, Saint-Édouard, Saint-Isidore, Saint-Mathieu, Saint-Michel, Saint-Philippe, Saint-Rémi, Sainte-Catherine, Sainte-Clotilde, Sherrington
Hours: Monday, Tuesday, Thursday and Friday 8h00 to 16h30, Wednesday 8h00 to 21h00
Financing: Centraide of Greater Montréal, donations, provincial
Legal status: non-profit organization

CARREFOUR JEUNESSE D'IBERVILLE
375 Bessette Avenue, Saint-Jean-sur-Richelieu, Montérégie, QC, J2X 2N8
450 347-4419
Email: mdjiberville@hotmail.com


Eligibility: youth 12 to 17 years old
Coverage area: Iberville sector of Saint-Jean-sur-Richelieu
Hours: variable
Fees: none
Financing: grants, provincial, donations
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI BEAUHARNOIS-SALABERRY
71 Dufferin Street, Salaberry-de-Valleyfield, Montérégie, QC, J6S 1Y3
450 373-6767 Fax: 450 373-0057
Website: www.cjeb-s.ca
Email: carrefour@cjeb-s.ca

**Eligibility:** young adults 16 to 35 years old, parents, employers, Départ@9: youth 16 to 29 years old, Créneau Carrefour Jeunesse: youth 15 to 35 years old, Jeunes volontaires: youth 16 to 29 years old

**Coverage area:** Beauharnois, Saint-Étienne-de-Beauharnois, Saint-Louis-de-Gonzague, Saint-Stanislas-de-Kostka, Salaberry-de-Valleyfield

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

**Fees:** none

**Financing:** provincial, federal, municipal

**Legal status:** non-profit organization

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**CARREFOUR JEUNESSE-EMPLOI BEAUHARNOIS-SALABERRY - POINT DE SERVICE BEAUHARNOIS**

660 Ellice Street, Beauharnois, Montérégie, QC, J6N 1Y1

450 373-6767

**Website:** www.cjeb-s.ca

**Email:** carrefour@cjeb-s.ca


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

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

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

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

450 743-1441

**Website:** cje-pierredesaurel.com

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


**Eligibility:** young adults 16 to 35 years old, parents, employers, Départ@9: youth 16 to 29 years old, Créneau Carrefour Jeunesse: youth 15 to 35 years old, Jeunes volontaires: youth 16 to 29 years old

**Coverage area:** Beauharnois, Saint-Étienne-de-Beauharnois, Saint-Louis-de-Gonzague, Saint-Stanislas-de-Kostka, Salaberry-de-Valleyfield

**Hours:** by appointment only

**Fees:** none

**Financing:** provincial, federal

**Legal status:** non-profit organization
CARREFOUR JEUNESSE-EMPLOI ROUSSILLON
45 Georges-Gagné Boulevard South, Suite 9, Delson, Montérégie, QC, J5B 2E5
450 845-3848     Fax: 450 845-4194
Website: cjer.ca
Email: accueil@cjer.ca
Eligibility: young adults 15 to 35 years old
Coverage area: Candiac, Delson, La Prairie, Saint-Constant, Saint-Mathieu, Saint-Philippe, Sainte-Catherine
Hours: Monday, Tuesday and Thursday 8h00 to 12h00 and 13h00 to 16h30, Wednesday 8h00 to 12h00 and 13h00 to 16h30 and 16h30 to 19h00 by appointment, Friday 8h00 to 12h00
Fees: none
Financing: provincial
Legal status: non-profit organization

CENTRE D’ÉDUCATION POPULAIRE
18 d’Anjou Boulevard, Châteauguay, Montérégie, QC, J6K 1B7
450 699-9955
Email: cep@videotron.ca
Eligibility: people 16 years and over who no longer attend school on a regular basis
Coverage area: Greater Châteauguay: Beauharnois, Châteauguay, Kahnawake, Léry, Mercier, Saint-Isidore, Saint-Rémi, Saint-Urbain-Premier, Sainte-Martine
Hours: Monday to Friday 8h30 to 16h30
Fees: membership: $15
Financing: provincial
Legal status: non-profit organization

ÉCRIT TÔT DE SAINT-HUBERT (L’)
4050 Grande Allée Boulevard, Longueuil, Montérégie, QC, J4T 2W2
450 443-1411     Fax: 450 443-3772
Website: www.ecritot.ca
Email: ecritot@bellnet.ca
Eligibility: parents and children experiencing academic difficulties, illiterate individuals
Coverage area: Montérégie
Hours: Monday to Friday 8h30 to 16h30
Fees: membership: $5
Financing: grants, donations, self-financing
Legal status: non-profit organization
GRANDS FRÈRES GRANDES SOEURS DE LA MONTÉRÉGIE - SAINT-HYACINTHE
1195 de Saint-Antoine Street, Suite 204, Saint-Hyacinthe, Montérégie, QC, J2S 3K6
1 866 464-6188
Website: www.gfgsm.org
Email: info.montegie@grandsfreresgrandessoeurs.ca

Services: Pairing program for young people. * Social, emotional and cultural support. * Professional coaching
and support for volunteers and parents. * School mentoring: weekly dropout prevention meeting in elementary
and secondary schools. * Mentoring for youth 16 to 21 years old who have a history of placement and services
in the DPJ or the YCJA.

Eligibility: youth 6 to 17 years old, mentoring for youth who have a history of placement and services in the
DPJ or the YCJA: youth aged 16 to 21 years old

Coverage area: Montérégie

Hours: Monday to Friday 9h00 to 16h00

Fees: free

Financing: grants, self-financing

Legal status: non-profit organization

GRANDS FRÈRES GRANDES SOEURS DE LA MONTÉRÉGIE - SUROIUT
87 Sainte-Cécile Street, Suite 226, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1L9
1 866 464-6188 ext. 4
Website: www.gfgsm.org
Email: info.montegie@grandsfreresgrandessoeurs.ca

Services: Pairing program for young people. * Social, emotional and cultural support. * Professional coaching
and support for volunteers and parents. * School mentoring: weekly dropout prevention meeting in elementary
and secondary schools. * Mentoring for youth 16 to 21 years old who have a history of placement and services
in the DPJ or the YCJA.

Eligibility: youth 6 to 17 years old

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

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

Fees: free

Financing: grants, self-financing

Legal status: non-profit organization

INTÉGRATION COMPÉTENCES
285 Cartier Boulevard, Beloeil, Montérégie, QC, J3G 3R2
450 464-4481     Fax: 450 464-8455
Website: www.integrationcompetences.ca
Email: info@integrationcompetences.ca


Eligibility: adults, immigrants, youth 16 to 35 years old

Coverage area: MRC La Vallée-du-Richelieu

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00
Fees: none
Financing: provincial, fundraising campaigns, donations
Legal status: non-profit organization

INTÉGRATION COMPÉTENCES - POINT DE SERVICE CHAMBLY
1179 Bourgogne Street, 2nd Floor, Chambly, Montérégie, QC, J3L 1X3
450 464-4481 Fax: 450 447-2037
Website: integrationcompetences.ca
Email: info@integrationcompetences.ca


Eligibility: adults, immigrants, youth 16 to 35 years old
Coverage area: MRC La Vallée-du-Richelieu
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00
Fees: none
Financing: provincial, fundraising campaigns, donations
Legal status: non-profit organization

MACADAM SUD
895 Sainte-Hélène Street, Longueuil, Montérégie, QC, J4K 3R7
450 677-9021 Fax: 450 677-4741
Website: macadamsud.org
Email: info@macadamsud.org


Eligibility: youth 12 to 35 years old marginalized or at risk of marginalization, Squat: youth 12 to 17 years old, Espace-jeunes: youth 15 to 35 years old, any person in distress
Coverage area: Longueuil, Brossard
Hours: services: variable, administration: Monday to Friday 9h00 to 17h00
Fees: none
Financing: federal, provincial, fundraising campaigns, foundations, municipal, Centraide of Greater Montréal
Legal status: non-profit organization

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MAISON DE JONATHAN (LA)
81 Saint-Jean Street, Longueuil, Montérégie, QC, J4H 2W8
450 670-4099 Fax: 450 670-4129
Website: lamaisondejonathan.ca
Email: info@lamaisondejonathan.ca

Services: Intervention with teenagers experiencing personal, social, familial or educational difficulties to promote school retention. * School workshops: French, English and mathematics. * Sports, recreational and artistic activities: pyrography, stained-glass, drawing, painting, carpentry, scale models, cooking, piano, guitar and physical training. * External services and prevention of addictions: workshops for young people in secondary school, for teachers, school and community workers.

Eligibility: youth 12 to 17 years old
Capacity: 45 young people
Coverage area: Marie-Victorin and des Patriotes School Service Centres
Hours: Tuesday to Thursday 8h00 to 16h30, Friday 8h00 to 13h30
Fees: registration and activities: $100
Financing: provincial, Centraide of Greater Montréal, donations, foundations
Legal status: non-profit organization

MAISON DE LA FAMILLE VALOISE
962 Dubois Street, Acton Vale, Montérégie, QC, J0H 1A0
450 546-4627
Website: maisondelafamillevaloise.org
Email: info@mdvaloise.org


Eligibility: parents, families, volunteers
Coverage area: MRC d'Acton
Hours: Monday to Friday 9h00 to 16h00
Fees: drop-in: $1.75 per hour
Financing: donations
Legal status: non-profit organization

MAISON DES ENFANTS MARIE-ROSE
600 Ellice Street, Suite 333, Beauharnois, Montérégie, QC, J6N 3P7
450 395-0704
Website: lamaisondesenfantsmarierose.wordpress.com
Email: maisondesenfantsmarierose@videotron.ca

Services: After school and pedagogical support organization for 5 to 12 years old. * Culinary workshops, horticulture, garden. * Courses of piano, guitar, drums, clarinet, singing, dance, yoga, cinema and theater. * Pause Art: program that allows expelled students to do school work and make art in a calm environment. * Lunch Club every day and 5 to 7 family conferences. * Family dinners. * Benefit concerts and children's party at each session. * Le Pain des enfants: solidarity artisanal bakery.

Eligibility: children 3 to 12 years old, their family
Capacity: 25 children per day and 12 families per month
Coverage area: MRC Beauharnois-Salaberry
Hours: Monday to Friday 9h00 to 17h00
Fees: membership card: $10, workshops: $55 per workshop for the semester, lunches: $4 per meal
Financing: grants, foundations
Legal status: non-profit organization
P.S. JEUNESSE
99 Salaberry Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2H5
450 377-9155 Fax: 450 377-8037
Website: psjeunesse.org
Email: info@psjeunesse.org


Eligibility: adults
Capacity: no limits
Coverage area: MRC Roussillon, MRC Les Jardins-de-Napierville, MRC Le Haut-Saint-Laurent, MRC Beauharnois-Salaberry, MRC Vaudreuil-Soulanges
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
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


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

QUÉBEC ASSOCIATION FOR GIFTEDNESS
Confidential Address
Website: www.aqdouance.org
Email: info@aqdouance.org


Eligibility: people seeking valid information about giftedness, health and education professionals
Coverage area: Province of Québec
Fees: trainings: variable
Financing: donations, self-financing
Legal status: non-profit organization
School service centers

CENTRE DE SERVICES SCOLAIRE DE SAINT-HYACINTHE
2255 Sainte-Anne Avenue, Saint-Hyacinthe, Montérégie, QC, J2S 5H7
450 773-8401     Fax: 450 773-6876
Website: cssh.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. * School transportation coordination.

Coverage area: MRC des Maskoutains, Acton Vale, Roxton Falls, Saint-Nazaire-D’acton, Saint-Théodore-D’acton, Sainte-Christine, Upton

Hours: Monday to Friday 8h15 to 11h45 and 13h00 to 16h30

Financing: self-financing

Legal status: parapublic organization

CENTRE DE SERVICES SCOLAIRE DE SOREL-TRACY
41 de l’Hôtel-Dieu Avenue, Sorel-Tracy, Montérégie, QC, J3P 1L1
450 746-3990     Fax: 450 746-4474
Website: www.cs-soreltracy.qc.ca


Coverage area: Sorel-Tracy

Financing: provincial

Legal status: parapublic organization

CENTRE DE SERVICES SCOLAIRE DES GRANDES-SEIGNEURIES
50 Taschereau Boulevard, 2nd Floor, La Prairie, Montérégie, QC, J5R 4V3
514 380-8899
Website: www.cssdgs.gouv.qc.ca
Email: communications@csdgs.qc.ca


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

Hours: Place La Citière: Monday to Friday 8h15 to 12h00 and 13h00 to 16h15, Jacques-de-Lignery Administrative Centre: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00

Financing: self-financing, provincial

Legal status: parapublic organization

CENTRE DE SERVICES SCOLAIRE DES HAUTES-RIVIÈRES
210 Notre-Dame Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 6N3
450 359-6411     Fax: 450 359-1569
Website: www.csdhr.qc.ca
Email: secgen@csdhr.qc.ca

Coverage area: MRC Rouville, MRC Le Haut-Richelieu, Saint-Jacques-le-Mineur
Hours: administration: Monday to Friday 8h30 to 11h45 and 13h00 to 16h00
Financing: provincial
Legal status: parapublic organization

CENTRE DE SERVICES SCOLAIRE DES PATRIOTES
1740 Roberval Street, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 3R3
450 441-2919  Fax: 450 441-0838
Website: cssp.gouv.qc.ca
Email: info@csp.ca

Coverage area: Boucherville, MRC La Vallée-du-Richelieu, MRC Marguerite-D'Youville, Saint-Bruno-de-Montarville
Hours: office: Monday to Friday 8h15 to 12h00 and 13h00 to 16h15
Financing: self-financing, provincial
Legal status: parapublic organization

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.cstrois-lacs.qc.ca
Email: dgenerale@cstrois-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
Financing: self-financing, provincial
Legal status: parapublic organization

CENTRE DE SERVICES SCOLAIRE MARIE-VICTORIN
13 Saint-Laurent Street East, Longueuil, Montérégie, QC, J4H 4B7
450 670-0730
Website: cssmv.gouv.qc.ca
Email: info@csmv.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. * Distance training. * Services to companies and international development (SAEDI). * School transportation coordination.
Coverage area: Brossard, Longueuil, Saint-Lambert
Hours: office: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 16h00
Financing: provincial, self-financing
Legal status: parapublic organization

NEW FRONTIERS SCHOOL BOARD
214 McLeod Street, Châteauguay, Montérégie, QC, J6J 2H4
450 691-1440
Website: www.nfsb.qc.ca
Email: info@nfsb.qc.ca
Services: English School Board gathering elementary, high and specialized schools. * Vocational training. * Adult education. * Vocational training and adult education: help and orientation. * High school equivalency test (TENS): assessment of the knowledge of adults who don’t have a high school diploma in order to obtain a certificate of educational equivalence (AENS) that facilitates access to certain jobs and vocational training. * Bilingual education. * School transportation coordination.
Coverage area: Southwest of Québec: stretches from the Saint Lawrence River to the North, Autoroute 15 to the East, the American border to the South and the Ontarian border to the West
Hours: Monday to Thursday 8h30 to 16h00, Friday 8h30 to 12h00
Financing: provincial, self-financing
Legal status: parapublic organization

RIVERSIDE SCHOOL BOARD
7525 de Chambly Road, Longueuil, Montérégie, QC, J3Y 0N7
450 672-4010     Fax: 450 465-8809
Website: www.rsb.qc.ca
Email: enews@rsb.qc.ca
Coverage area: South Shore: extends from Sorel to the North, Sainte-Catherine to the West, South from the United States border and several kilometres East of the Richelieu River
Hours: Monday to Friday 8h30 to 11h45 and 13h00 to 16h30
Financing: provincial, self-financing
Legal status: parapublic organization
Employment and Income Support

ADVOCACY FOR WORKERS AND UNEMPLOYED

BUDGET MANAGEMENT AND CONSUMPTION

BUSINESS DEVELOPMENT

EMPLOYMENT SUPPORT AND TRAINING

EMPLOYMENT SUPPORT FOR IMMIGRANTS

EMPLOYMENT SUPPORT FOR SENIORS

EMPLOYMENT SUPPORT FOR WOMEN

EMPLOYMENT SUPPORT FOR YOUTH

TAX CLINICS

VOCATIONAL REHABILITATION AND DISABILITY-RELATED EMPLOYMENT
Advocacy for workers and unemployed

ASSOCIATION DES EMPLOYÉS RETRAITÉS DE LA VILLE DE SAINT-HYACINTHE
2290 du Couvent-de-Lorette Street, Saint-Hyacinthe, Montérégie, QC, J2T 4R3

Services: * Defense of rights and interests.
Eligibility: retired employees of the city of Saint-Hyacinthe
Coverage area: Saint-Hyacinthe
Financing: municipal, donations
Legal status: non-profit organization

ASSOCIATION POUR LA DÉFENSE DES DROITS SOCIAUX HUNTINGDON
163 Châteauguay Street, Huntingdon, Montérégie, QC, J0S 1H0
450 264-6888
Website: addshuntingdonhsl.weebly.com
Email: adds.huntingdon@hotmail.ca

Eligibility: people on a low income
Coverage area: MRC Le Haut-Saint-Laurent
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00
Fees: none
Legal status: non-profit organization

ASSOCIATION VIVRE ET VIEILLIR CHEZ SOI DU BAS RICHELIEU
105 Prince Street, Suite 112, Sorel-Tracy, Montérégie, QC, J3P 4J9
450 743-1584
Website: vivreetvieillirchezsoi.ca
Email: gcmer8@hotmail.com

Eligibility: people aged 50 and over
Coverage area: MRC Pierre-De Saurel
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, Friday 9h00 to 12h00
Fees: incapacity mandate: variable
Financing: donations, provincial, self-financing
Legal status: non-profit organization

COLLECTIF D’ACTION POPULAIRE RICHELIEU-YAMASKA
1195 Saint-Antoine Street, Office 111, Saint-Hyacinthe, Montérégie, QC, J2S 3K6
450 774-2220
Website: capry.ca
Email: capry.qc@gmail.com

Services: * Advocacy for people on social assistance. * Individual help, on appointment.
Eligibility: people on social assistance
Coverage area: MRC Acton, MRC La Vallée-du-Richelieu, MRC Les Maskoutains
Hours: Monday to Thursday 9h00 to 16h30, Friday 9h00 to 13h00
Fees: none
Financing: provincial
Legal status: non-profit organization
COMITÉ CHÔMAGE DU HAUT-RICHELIEU ET DU SUROÎT
198 Mercier Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 6G9
450 357-1162     Fax: 450 346-9781
Website: www.lecnc.com/haut-richelieu
Email: info@cchr.ca
Eligibility: people with or without job
Coverage area: MRC le Haut-Richelieu, MRC Rouville, MRC Roussillon and Suroît area
Hours: Monday to Thursday 8h00 to 16h00
Fees: free
Financing: provincial
Legal status: non-profit organization

COMMISSION DE L’ÉQUITÉ SALARIALE - LONGUEUIL
25 La Fayette Boulevard, Longueuil, Montérégie, QC, J4K 5B7
1 844 838-0808     Fax: 514 864-6756
Website: www.cnesst.gouv.qc.ca/en
Email: equite.salariale@ces.gouv.qc.ca
Services: Support and assistance to employers who must achieve pay equity in their company and to employees wishing to obtain information or exercise their rights. * Front-line telephone service to answer general questions on the application of the Pay Equity Act. * Specialized assistance to understand more complex or technical aspects of the Act. * Conciliation services to promote the settlement of disagreements. * Investigations following complaints or different subjected by the parties or on its own initiative. * Software package to achieve pay equity: computer tool that allows employers to realize their pay equity exercise autonomously, available on the website. * Information lectures on Pay Equity Act and its application, available upon request for groups of employers, employees, or any other grouping wishing to obtain information on pay equity. * Tool development and training accessible free of charge in all regions of Québec. * Research activities.
Eligibility: employees, mostly women who occupy predominantly female job classes, accredited associations and employers
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

COMMISSION DE L’ÉQUITÉ SALARIALE - SAINT-JEAN-SUR-RICHELIEU
145 Saint-Joseph Boulevard, 3rd Floor, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 1W5
1 844 838-0808     Fax: 514 864-6756
Website: www.cnesst.gouv.qc.ca/en
Email: equite.salariale@ces.gouv.qc.ca
Services: Support and assistance to employers who must achieve pay equity in their company and to employees wishing to obtain information or exercise their rights. * Front-line telephone service to answer general questions on the application of the Pay Equity Act. * Specialized assistance to understand more complex or technical aspects of the Act. * Conciliation services to promote the settlement of disagreements. * Investigations following complaints or different subjected by the parties or on its own initiative. * Software package to achieve pay equity: computer tool that allows employers to realize their pay equity exercise autonomously, available on the website. * Information lectures on Pay Equity Act and its application, available upon request for groups of employers, employees, or any other grouping wishing to obtain information on pay equity. * Tool development and training accessible free of charge in all regions of Québec. * Research activities.
Eligibility: employees, mostly women who occupy predominantly female job classes, accredited associations and employers
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

COMMISSION DE L’ÉQUITÉ SALARIALE - VALLEYFIELD
9 Nicholson Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4M4
1 844 838-0808     Fax: 514 864-6756
Website: www.cnesst.gouv.qc.ca/en
Email: equite.salariale@ces.gouv.qc.ca

Services: Support and assistance to employers who must achieve pay equity in their company and to employees wishing to obtain information or exercise their rights. * Front-line telephone service to answer general questions on the application of the Pay Equity Act. * Specialized assistance to understand more complex or technical aspects of the Act. * Conciliation services to promote the settlement of disagreements. * Investigations following complaints or different subjected by the parties or on its own initiative. * Software package to achieve pay equity: computer tool that allows employers to realize their pay equity exercise autonomously, available on the website. * Information lectures on Pay Equity Act and its application, available upon request for groups of employers, employees, or any other grouping wishing to obtain information on pay equity. * Tool development and training accessible free of charge in all regions of Québec. * Research activities.

Eligibility: employees, mostly women who occupy predominantly female job classes, accredited associations and employers
Coverage area: province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

COMMISSION DE L’ÉQUITÉ SALARIALE - YAMASKA
2710 Bachand Street, Saint-Hyacinthe, Montérégie, QC, J2S 8B6
1 844 838-0808     Fax: 514 864-6756
Website: www.cnesst.gouv.qc.ca/en
Email: equite.salariale@ces.gouv.qc.ca

Services: Support and assistance to employers who must achieve pay equity in their company and to employees wishing to obtain information or exercise their rights. * Front-line telephone service to answer general questions on the application of the Pay Equity Act. * Specialized assistance to understand more complex or technical aspects of the Act. * Conciliation services to promote the settlement of disagreements. * Investigations following complaints or different subjected by the parties or on its own initiative. * Software package to achieve pay equity: computer tool that allows employers to realize their pay equity exercise autonomously, available on the website. * Information lectures on Pay Equity Act and its application, available upon request for groups of employers, employees, or any other grouping wishing to obtain information on pay equity. * Tool development and training accessible free of charge in all regions of Québec. * Research activities.

Eligibility: employees, mostly women who occupy predominantly female job classes, accredited associations and employers
Coverage area: province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

COMMISSION DES NORMES DU TRAVAIL - MONTÉRÉGIE
25 La Fayette Boulevard, Longueuil, Montérégie, QC, J4K 5B7
1 844 838-0808
Website: www.cnesst.gouv.qc.ca/en

Services: * Information on labour standards and the obligations stipulated by the law and regulations. * Registration of complaints. * Mediation for employees or employers involved in a complaint of psychological harassment, wrongful dismissal or prohibited practice.

Eligibility: public, employers, employees
Coverage area: Montérégie

495
COMMUNITY LEGAL CENTRE OF THE SOUTH SHORE
101 Roland-Therrien Boulevard, Suite 301, Longueuil, Montérégie, QC, J4H 4B9
450 928-7655     Fax: 450 928-7657
Website: ccjrs.com
Email: administration@ccjrs.com

Services: Legal aid services, free or at a low cost to eligible individuals, provided by family, matrimonial, youth protection, young offenders, criminal and penal, administrative, social, civil and immigration lawyers or notaries. * Representation before a first instance or appeal court, as plaintiff or defendant. * Assistance in certain cases expressly provided for in the Legal Aid Act. * Legal consultation. * Phone consultation, available 24/7, for detention or custody. * Legal information regarding rights and obligations of legal aid recipients. * Community involvement. * Complaints reception.

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

Coverage area: South Shore

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

Financing: provincial

Legal status: provincial government agency

FEMMES REGROUPÉES EN OPTIONS NON TRADITIONNELLES
Confidential Address
514 944-2030
Website: www.front.qc.ca
Email: mdupuis60@outlook.com

Services: Advocacy in terms of integration, retention and development of women working or wishing to work in jobs not traditionally occupied by women. * Information and referrals regarding studies, job access, conditions to maintain employment and promotions. * Awareness, education and consultation.

Eligibility: women

Coverage area: Province of Québec

Hours: variable, on call

Financing: grants

Legal status: non-profit organization

INCLUSION: REGROUPEMENT D’AIDE AUX PERSONNES BÉNÉFICIAIRES DE LA SÉCURITÉ DU REVENU ET À FAIBLES REVENUS DU HAUT-RICHELIEU
198 Mercier Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 6G9
450 346-7369     Fax: 450 346-9781
Email: inclusion@videotron.ca


Eligibility: recipients of income security and people on a low income

Coverage area: MRC Le Haut-Richelieu, MRC Rouville, Chambly, Carignan

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: provincial

Legal status: non-profit organization
LEGAL AID OFFICE - CHÂTEAUGUAY
147 Saint-Jean-Baptiste Boulevard, Châteauguay, Montérégie, QC, J6K 3B1
450 691-4325    Fax: 450 699-0496
Website: ccjrs.com/bureaux/chateauguay
Email: chateauguay@ccjrs.com
Services: Free or low cost legal services to financially eligible individuals. * Receive and process legal aid requests.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible and with a legal need that is covered by the Law
Coverage area: Châteauguay, Saint-Constant, Delson, Kahnawake
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website
Financing: provincial
Legal status: parapublic organization

LEGAL AID OFFICE - CIVIL LAW - LONGUEUIL
101 Roland-Therrien Boulevard, Suite 200, Longueuil, Montérégie, QC, J4H 4B9
450 928-7659    Fax: 450 928-7670
Website: ccjrs.com/bureaux/longueuil-civil
Email: longueuilcivil@ccjrs.com
Services: Free or low cost legal services concerning familial or civil rights to financially eligible individuals. * Receives and processes legal aid requests.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible and with a legal need that is covered by the Law
Coverage area: Boucherville, Brossard, Candiac, Greenfield Park, La Prairie, Longueuil, Saint-Amable, Saint-Basile-le-Grand, Saint-Bruno-de-Montarville, Saint-Hubert, Saint-Lambert, Sainte-Julie-de-Verchères, Varennes, Verchères
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website
Financing: provincial
Legal status: parapublic organization

LEGAL AID OFFICE - SALABERRY-DE-VALLEYFIELD
151 Salaberry Street West, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2H8
450 370-3064    Fax: 450 370-3068
Website: ccjrs.com/bureaux/salaberry-de-valleyfield
Email: valleyfield@ccjrs.com
Services: Free or low cost legal services to eligible individuals. * Receives and processes legal aid request.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law
Coverage area: MRC Beauce-Gaspé, Vaudreuil-Dorion
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website
Financing: provincial
Legal status: parapublic organization

ORGANISATION POPULAIRE DES DROITS SOCIAUX - SALABERRY-DE-VALLEYFIELD
11 de la Fabrique Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4G7
450 371-3559
Email: opdsv@cooptel.qc.ca

Eligibility: unemployed people

Coverage area: Salaberry-de-Valleyfield

Hours: Monday to Thursday 8h00 to 16h00

Financing: provincial, donations

Legal status: non-profit organization

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

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

450 691-6682     Fax: 450 691-2034

Website: riapas.ca

Email: info@riapas.ca


Eligibility: people on social assistance, people living in poverty

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

Hours: Monday to Thursday 8h30 to 16h30

Financing: provincial

Legal status: non-profit organization

Budget management and consumption

AIDE MOMENTANÉE POUR LES URGENCES RIGAUDIENNES

Confidential Address

514 771-4746

Email: amurrigaud@gmail.com


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

ASSOCIATION COOPÉRATIVE D’ÉCONOMIE FAMILIALE DE LA RIVE-SUD

2010 Chambly Road, Longueuil, Montérégie, QC, J4J 3Y2

450 677-6394     Fax: 450 677-0101

Website: www.acefrsm.com

Email: acefrsm@consommateur.qc.ca


Eligibility: general public, mainly low and middle income consumers, Desjardins Mutual Aid Fund loan: people experiencing financial difficulties, people facing occasional emergency expenses

Coverage area: agglomeration of Longueuil, MRC La Vallée-du-Richelieu, MRC Le Haut-Richelieu, MRC Les Jardins-de-Napierville, MRC Marguerite-D'Youville, MRC Roussillon

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

Fees: free
Employment and Income Support

Financing: provincial, Centraide of Greater Montréal, municipal, contributions, donations
Legal status: cooperative

ASSOCIATION COOPÉRATIVE D’ÉCONOMIE FAMILIALE DE LA RIVE-SUD - POINT DE SERVICE DE VALLEYFIELD
19 Sainte-Cécile Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1L4
450 371-3470
Website: www.acefrsm.com
Email: acefrsv@acefrsm.com
Eligibility: consumers on a low or medium income
Coverage area: MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00
Fees: none
Financing: provincial, Centraide of Greater Montréal, municipal, membership fees, donations
Legal status: non-profit organization

ASSOCIATION COOPÉRATIVE D’ÉCONOMIE FAMILIALE MONTÉRÉGIE-EST - GRANBY
162 Saint-Charles-South Street, Granby, Montérégie, QC, J2G 7A4
450 375-1443
Website: www.acefmonteregie-est.com
Email: direction@acefme.org
Coverage area: MRC Acton, MRC Brome-Missisquoi, MRC Haute-Yamaska, MRC Les Maskoutains, MRC Rouville, MRC Pierre-De Saurel
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: Centraide Richelieu-Yamaska, provincial
Legal status: cooperative

ASSOCIATION COOPÉRATIVE D’ÉCONOMIE FAMILIALE MONTÉRÉGIE-EST - SAINT-HYACINTHE
1195 Saint-Antoine Street, Suite 306, Saint-Hyacinthe, Montérégie, QC, J2S 3K6
450 252-0808
Website: acefmonteregie-est.com
Email: acefsainthyacinthe@gmail.com
Coverage area: MRC Acton, MRC Les Maskoutains
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: provincial
Legal status: cooperative
ASSOCIATION COOPÉRATIVE D’ÉCONOMIE FAMILIALE MONTÉRÉGIE-EST - SOREL-TRACY
71 de Ramezay Street, Suite 309, Sorel-Tracy, Montérégie, QC, J3P 3Z1
450 908-0929
Website: www.acefmonteregie-est.com
Email: acefsoreltracy@acefme.org
Eligibility: consumers, tenants
Coverage area: MRC d’Acton, MRC Brome-Missisquoi, MRC Haute-Yamaska, MRC Les Maskoutains, MRC Rouville, MRC Pierre-De Saurel
Hours: Monday to Friday 8h30 to 16h00
Financing: Centraide Richelieu-Yamaska, provincial
Legal status: cooperative

ASSOCIATION DE COOPÉRATIVE D’ÉCONOMIE FAMILIALE DE MONTÉRÉGIE-EST - COWANSVILLE
109 William Street, Suite 111, Cowansville, Montérégie, QC, J2K 1K9
450 305-0440
Website: www.acefmonteregie-est.com
Email: acefcowansville@acefme.org
Coverage area: MRC Acton, MRC Brome-Missisquoi, MRC Haute-Yamaska, MRC Les Maskoutains, MRC Rouville, MRC Pierre-De Saurel
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: Centraide Richelieu-Yamaska, provincial
Legal status: non-profit organization

BOUFFE ADDITIONNELLE (LA)
16 Prince Street, Suite 105, Huntingdon, Montérégie, QC, J0S 1H0
450 264-2241 Fax: 450 264-8215
Website: labouffeadditionnelle.com
Email: labouffeadditionnelle@bellnet.ca
Eligibility: people going through a difficult period
Coverage area: MRC Le Haut-Saint-Laurent, Saint-Louis-De-Gonzague, Saint-Stanislas-De-Kostka
Hours: Monday to Thursday 8h00 to 15h00, by appointment
Fees: food assistance: $2
Financing: Centraide Sud-Ouest du Québec, grants, provincial, donations
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI - COMTÉ DE JOHNSON
975 Boulay Street, Suite 202, Acton Vale, Montérégie, QC, J0H 1A0
450 546-0311 Fax: 450 546-0316
Website: cjejohnson.org
Email: acton@cjejohnson.org
Employment and Income Support


**Eligibility:** young adults 16 to 35 years old, parents, employers, Départ à neuf: youth 18 to 29 years old, Jeunes volontaires: youth 16 to 29 years old

**Coverage area:** Acton Vale, Béthanie, Drummondville, Durham-Sud, L'Avenir, Lefebvre, Roxton, Roxton Falls, Roxton Pond, Sainte-Cécile-de-Milton, Sainte-Christine, Saint-Edmond-de-Grantham, Saint-Eugène, Saint-Germain-de-Grantham, Sainte-Hélène-de-Bagot, Saint-Joachim-de-Shefford, Saint-Majorique-de-Grantham, Saint-Nazaire-d'Acton, Saint-Théodore-d'Acton, Saint-Valérien-de-Milton, Upton, Wickham

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

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

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**CARREFOUR JEUNESSE-EMPLOI BEAUHARNOIS-SALABERRY**

71 Dufferin Street, Salaberry-de-Valleyfield, Montérégie, QC, J6S 1Y3

**Website:** www.cjeb-s.ca

**Email:** carrefour@cjeb-s.ca


**Eligibility:** young adults 16 to 35 years old, parents, employers, Départ@9: youth 16 to 29 years old, Créneau Carrefour Jeunesse: youth 15 to 35 years old, Jeunes volontaires: youth 16 to 29 years old

**Coverage area:** Beauharnois, Saint-Étienne-de-Beauharnois, Saint-Louis-de-Gonzague, Saint-Stanislas-de-Kostka, Salaberry-de-Valleyfield

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

**Fees:** none

**Financing:** provincial, federal, municipal

**Legal status:** non-profit organization

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**CARREFOUR JEUNESSE-EMPLOI BEAUHARNOIS-SALABERRY - POINT DE SERVICE BEAUHARNOIS**

660 Ellice Street, Beauharnois, Montérégie, QC, J6N 1Y1

**Website:** www.cjeb-s.ca

**Email:** carrefour@cjeb-s.ca

Eligibility: young adults 16 to 35 years old, parents, employers, Départ@9: youth 16 to 29 years old, Créneau Carrefour Jeunesse: youth 15 to 35 years old, Jeunes volontaires: youth 16 to 29 years old

Coverage area: Beauharnois, Saint-Étienne-de-Beauharnois, Saint-Louis-de-Gonzague, Saint-Stanislas-de-Kostka, Salaberry-de-Valleyfield

Hours: by appointment only

Fees: none

Financing: provincial, federal

Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI DE PIERRE-DE SAUREL
37 du Roi Street, Suite 200, Sorel-Tracy, Montérégie, QC, J3P 4M6
450 743-1441

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


Eligibility: people 16 to 35 years old

Coverage area: MRC Pierre-de Saurel

Financing: provincial

Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE FARNHAM
1810 Principale Street East, Farnham, Montérégie, QC, J2N 1N4
450 293-3265     Fax: 450 293-1010

Website: www.cafbarnham.com
Email: direction@cabfarnham.com


Eligibility: people living with a disability, seniors, families, community organizations

Coverage area: Ange-Gardien, Farnham, Sainte-Brigide-D’iberville, Sainte-Sabine

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

Fees: none

Financing: Centraide Richelieu-Yamaska, provincial

Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DU BAS RICHELIEU
70 Élizabeth Street, Sorel-Tracy, Montérégie, QC, J3P 4G5
450 743-4310     Fax: 450 743-2046

Website: www.cab-basrichelieu.org
Email: direction@cab-basrichelieu.org

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

Coverage area: MRC Pierre-De Saurel

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

Fees: variable

Financing: provincial, Centraide Richelieu-Yamaska, donations, self-financing

Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE ST-HYACINTHE (LE)

1015 Dessaulles Street, Saint-Hyacinthe, Montérégie, QC, J2S 2Y8
450 773-4966

Website: cbsh.ca

Email: infomad@cbsh.ca


Eligibility: seniors, people and families on a low income, people in a vulnerable situation, volunteers, organizations

Coverage area: MRC Les Maskoutains

Hours: Monday to Friday 8h30 to 16h30, emergency food assistance: by appointment

Fees: variable

Financing: Centraide Richelieu-Yamaska, provincial, donations

Legal status: non-profit organization

CENTRE DE FORMATION À L'AUTOGESTION DU HAUT RICHELIEU

199-A Laurier Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 6Z8
450 346-8357     Fax: 450 346-8357

Email: cfa-hr@hotmail.ca


Eligibility: people 35 years and under

Coverage area: MRC Le Haut-Richelieu

Hours: Monday to Thursday 10h00 to 16h00

Fees: membership: $4 if possible

Financing: provincial, donations

Legal status: non-profit organization
CEREBRAL PALSY ASSOCIATION OF QUÉBEC
Confidential Address
1 800 311-3770
Website: www.paralysiecerebrale.com
Email: info@paralysiecerebrale.com
Eligibility: people living with cerebral palsy
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Fees: annual membership: $10
Financing: self-financing, fundraising campaigns, donations
Legal status: non-profit organization

CHÂTEAUGUAY HORIZON COMMUNITY ASSOCIATION
317 Brault Street, Châteauguay, Montérégie, QC, J6J 4M9
Website: chateauguayhorizon.weebly.com
Email: chateauguayhorizon@gmail.com
Eligibility: Black community of Châteauguay
Coverage area: Châteauguay
Fees: membership: family $20, individual $15
Financing: self-financing
Legal status: non-profit organization

CLUB DES COPAINS DELSON (LE)
1 1st Avenue, Delson, Montérégie, QC, J5B 1M9
514 677-7759
Email: club_copain_delson@hotmail.com
Services: * Food bank. * Assistance with school supplies fees. * Assistance with costs for summer camps.
Eligibility: people in need
Coverage area: Delson
Hours: by appointment, food bank: Tuesday morning
Fees: none
Financing: donations
Legal status: non-profit organization

COLONIE SAINTE-JEANNE D’ARC
10020 Marie-Victorin Road, Contrecoeur, Montérégie, QC, J0L 1C0
1 800 363-0098 Fax: 450 743-8879
Website: csjd.qc.ca
Email: info@csjd.qc.ca
Eligibility: young girls 6 to 16 years old
Coverage area: Greater Montréal
Hours: secretariat: Monday to Friday 9h00 to 17h00
Fees: variable
Financing: Centraide of Greater Montréal, provincial, fundraising campaigns, grants, donations
Legal status: non-profit organization
COMITÉ D’ENTRAIDE DE BOUCHERVILLE
11 Louis-H-Lafontaine Street North, Suite 101, Boucherville, Montérégie, QC, J4B 4Y2
514 236-5042
Email: ceboucherville@outlook.com
Eligibility: people in need
Coverage area: Boucherville
Hours: Monday to Friday 9h00 to 17h00, food bank: Tuesday afternoon and Wednesday morning, by appointment
Fees: none
Financing: donations
Legal status: non-profit organization

DIABÈTE SUIROÎT
521 du Havre Boulevard, Suite 15, Salaberry-de-Valleyfield, Montérégie, QC, J6S 4Z5
450 371-6444 ext. 303  Fax: 450 371-5315
Website: diabetesuroit.com
Email: diabete.suroit@bellnet.ca
Services: * Documentation centre: brochure and information books. * Conferences given by health professionals: nutritionist, nurse, podiatrist, pharmacist, kinesiologist, etc. * Screening days. * Foot care assistance program: $20 off (maximum $60 per year) any foot care bill made by a podiatrist or a nurse upon presentation of the receipt. * Financial assistance for camp Carowanis suitable for diabetic children.
Eligibility: people with diabetes and their families
Coverage area: MRC Le Haut-Saint-Laurent, MRC Beauharnois-Salaberry, MRC Roussillon, MRC Vaudreuil-Soulanges
Hours: by appointment
Fees: free
Financing: donations
Legal status: non-profit organization

ÉPICERIE SOCIALE ÉPI’SOC
290 des Conseillers Avenue, Saint-Jean-sur-Richelieu, Montérégie, QC, J2X 1Z8
450 347-1172 ext. 236
Website: cabiberville.org
Email: depannage@cabiberville.org
Services: Food assistance in the form of a social grocery store. * Food offered at reduced prices on a regular basis. * Bread, pastries and sandwiches for pick-up on site weekly. * Listening, support, needs and budget analysis, referral and follow-up to improve quality of life.
Eligibility: people and families on a low income
Coverage area: Saint-Jean-sur-Richelieu: Iberville and Saint-Athanase neighbourhoods, Mont Saint-Grégoire
Hours: Tuesday and Wednesday 13h00 to 16h00, Thursday and Friday 8h30 to 11h30
Fees: variable
Financing: Centraide of Greater Montréal, donations, provincial, grants
Legal status: non-profit organization

FONDATION ADAPTE-TOIT
115 Saint-Charles Street West, Longueuil, Montérégie, QC, J4H 1C7
514 762-4442
Website: fondationadaptetoit.org/en
Email: info@fondationadaptetoit.org

Eligibility: persons living with a spinal cord injury, financial support: persons 5 years of age and older living with a spinal cord injury not related to a congenital disease or abnormality, permanently using a manual or motorized wheelchair that has been granted by a recognized paying agent such as the SAAQ, RAMQ or other, and having the ability to live independently in their own home, with or without assistance services

Coverage area: Canada

Hours: Monday to Friday 9h00 to 16h30

Financing: donations, fundraising campaigns

Legal status: non-profit organization

FONDATION CYPIHOT-OUELLETTE
1071 De Meulles Street, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 3A4
Website: cypihotouellette.org
Email: info@cypihotouellette.org

Services: Financial support for people living with a visual impairment. * Financial support for studies: support scholarship, merit scholarship, excellence scholarship. * Financial support for social inclusion: cultural, artistic, recreational, sports, scientific or technological activities, individual and group. * Support for research and community development.

Eligibility: people living with a visual impairment, organizations and individuals involved in research or development of projects for people living with a visual impairment, support for studies: people living with a visual impairment who are Canadian citizens or permanent residents and are enrolled in full-time studies in a training program recognized by the MEES

Coverage area: Province of Québec

Fees: none

Financing: donations

Legal status: non-profit organization

FONDATION D’ENTRAIDE DE BROSSARD
Confidential Address
514 778-2050 ext. 4
Website: fondationentraidebrossard.ca
Email: fondationentraidebrossard@gmail.com

Services: * School supplies. * Financial assistance for summer camp and other ad-hoc requests.

Eligibility: disadvantaged people, people on a low income or people living with disabilities

Coverage area: Brossard

Financing: self-financing, donations

Legal status: non-profit organization

FONDATION DE LA PSYCHIATRIE DE LA RÉGION DE VALLEYFIELD
150 St-Thomas Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 6C1
450 373-6258 Fax: 450 373-4910
Email: audrey-ann.rochefort-auger.cisssmo16@ssss.gouv.qc.ca

Services: Raising funds to improve the quality of care and the living conditions of patients receiving psychiatric care. * Financial aid to different psychiatric clienteles. * Fundraising according to the specific needs.

Eligibility: people living with mental health problems

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

Hours: variable

Fees: none

Financing: foundations, 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
Eligibility: children in situation of vulnerability
Coverage area: MRC Vaudreuil-Soulanges
Fees: none
Financing: donations, fundraising campaigns
Legal status: non-profit organization

FONDATION DES GOUVERNEURS DE L’ESPOIR
101 Saint-Jean-Baptiste Boulevard, Suite 215, Châteauguay, Montérégie, QC, J6J 3H9
438 838-8588
Website: fondationdesgouverneurs.org
Email: info@gouverneursdelespoir.org
Eligibility: youth aged 18 and under living with cancer, a rare or orphan disease, their family
Coverage area: Province of Québec
Hours: Monday to Thursday 9h00 to 16h00, Friday 9h00 to 12h00
Financing: donations, fundraising campaigns
Legal status: non-profit organization

FONDATION DES RESSOURCES ALTERNATIVES DU SUD-OUEST
30 Saint-Thomas Street, Suite 200, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4J2
450 371-4816 ext. 209
Website: www.lafras.com
Email: info@lafras.com
Eligibility: families of people living with an intellectual disability or an autism spectrum disorder, organizations that support them
Coverage area: MRC Beauharnois-Salaberry, MRC du Haut-Saint-Laurent, MRC Roussillon, MRC Vaudreuil-Soulanges, MRC Jardins-de-Napierville
Financing: donations
Legal status: non-profit organization

FONDATION GISÈLE FAUBERT INC.
25 Maple Boulevard, Châteauguay, Montérégie, QC, J6J 3P7
450 691-1761 Fax: 450 691-3530
Website: fondationgiselefaubert.org
Email: info@fondationgiselefaubert.com
Services: Support for families who have a sick child. * Financial assistance. * Help with accommodation for the child outside their region. * Support for the purchase of a treatment device.
Eligibility: families on a low income with a sick child or children
Coverage area: MRC Roussillon
Hours: Monday to Friday 8h30 to 16h30
Employment and Income Support

FONDATION LE RENFORT
315 MacDonald Street, Suite 105, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 8J3
579 362-5262
Website: lerenfort.com
Email: info@lerenfort.com


Eligibility: people with a diagnosis of an intellectual disability or an autism spectrum disorder, their family

Coverage area: MRC Le Haut-Richelieu, MRC Les Jardins-de-Napierville, MRC Rouville, some towns of the MRC Brome-Missisquoi, Chambly, Carignan

Hours: August to April: Monday to Friday 8h00 to 17h00, May to July: Monday to Thursday 8h00 to 17h00

FINANCING: donations, fundraising campaigns

LEGAL STATUS: non-profit organization

INTÉGRATION COMPÉTENCES
285 Cartier Boulevard, Beloeil, Montérégie, QC, J3G 3R2
450 464-4481 Fax: 450 464-8455
Website: www.integrationcompetences.ca
Email: info@integrationcompetences.ca


Eligibility: adults, immigrants, youth 16 to 35 years old

Coverage area: MRC La Vallée-du-Richelieu

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

Fees: none

FINANCING: provincial, fundraising campaigns, donations

LEGAL STATUS: non-profit organization

INTÉGRATION COMPÉTENCES - POINT DE SERVICE CHAMBLY
1179 Bourgogne Street, 2nd Floor, Chambly, Montérégie, QC, J3L 1X3
450 464-4481 Fax: 450 447-2037
Website: integrationcompetences.ca
Email: info@integrationcompetences.ca

Eligibility: adults, immigrants, youth 16 to 35 years old
Coverage area: MRC La Vallée-du-Richelieu
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00
Fees: none
Financing: provincial, fundraising campaigns, donations
Legal status: non-profit organization

LAS DE COEUR CENTRE D’INTERVENTION POUR JOUEURS COMPULSIFS ET PATHOLOGIQUES
505 Sainte-Hélène Street, Suite 200, Longueuil, Montérégie, QC, J4K 3R5
450 442-9566  Fax: 450 332-2197
Website: www.lasdecoeur.ca
Email: lasdecoeur@videotron.ca

Services: Professional external services with individual follow-up. * Individual, couple and family intervention, with possibility of online consultation. * Financial counselling.
Eligibility: people with gambling issues and their close ones
Coverage area: Montérégie
Hours: Monday to Thursday 9h00 to 20h00, Friday 9h00 to 17h00
Fees: none
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: lamagiedesmots.com
Email: comdelamagie@outlook.com

Eligibility: people 16 years and over
Hours: Monday to Friday day or evening, Saturday and Sunday on request
Fees: none
Financing: provincial
Legal status: non-profit organization
MAIN OUVERTE (LA)
345 6th Avenue, Saint-Jean-sur-Richelieu, Montérégie, QC, J2X 1R1
438 523-6881
Email: infos.lamainouverte@gmail.com
Eligibility: people and families on a low income
Coverage area: MRC Le Haut-Richelieu
Hours: Monday 9h00 to 11h00, Wednesday 13h00 to 15h00, Thursday 9h30 to 15h00
Fees: $16
Financing: donations, fundraising campaigns
Legal status: non-profit organization

MONTÉRÉGIE WEST COMMUNITY NETWORK - CHÂTEAUGUAY
255 D’Anjou Boulevard, Suite 203, Châteauguay, Montérégie, QC, J6J 2R4
450 691-1444
Website: www.mwcn.ca
Email: info@mwcn.ca
Eligibility: English-speaking community groups, citizens of all ages
Coverage area: MRC Les Jardins-de-Napierville, MRC Roussillon, MRC Beaudhanois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges
Hours: Monday to Thursday 8h30 to 16h30
Fees: membership: $10 per year
Financing: federal, provincial, donations
Legal status: non-profit organization

MONTÉRÉGIE WEST COMMUNITY NETWORK - HEMMINGFORD
476 Frontière Street, Hemmingford, Montérégie, QC, J0L 1H0
514 249-5539
Website: www.mwcn.ca
Email: info@mwcn.ca
Eligibility: English-speaking community groups, citizens of all ages
Coverage area: MRC Les Jardins-de-Napierville, MRC Roussillon, MRC Beaudhanois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges
Fees: membership: $10 per year
Financing: federal, provincial, donations
Legal status: non-profit organization

MONTÉRÉGIE WEST COMMUNITY NETWORK - HUNTINGDON WELLNESS CENTRE
72 Dalhousie Street, Huntingdon, Montérégie, QC, J0S 1H0
450 264-3596
Website: mwcn.ca
Eligibility: English-speaking community groups, citizens of all ages
Coverage area: MRC Les Jardins-de-Napierville, MRC Roussillon, MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges
Hours: Monday to Thursday 8h30 to 16h30
Fees: membership: $10 per year
Financing: federal, provincial, donations
Legal status: non-profit organization

MONTÉRÉGIE WEST COMMUNITY NETWORK - VAUDREUIL-SOULANGES
117D Cardinal-Léger Boulevard, Pincourt, Montérégie, QC, J7W 7A8
514 425-0399
Website: www.mwcn.ca
Email: lorie@mwcn.ca
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 Les Jardins-de-Napierville, MRC Roussillon, MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges
Hours: Monday to Thursday 8h30 to 16h30
Fees: membership: $10 per year
Financing: federal, provincial, donations
Legal status: non-profit organization

MOSAÏQUE (LA), CENTRE D’ACTION BÉNÉVOLE ET COMMUNAUTAIRE
1650 de l’Église Avenue, Longueuil, Montérégie, QC, J4P 2C8
450 465-1803 Fax: 450 465-5440
Website: www.lamosaique.org
Email: info@lamosaique.qc.ca
Eligibility: volunteers, people in need, community organizations and organizations in the health and social services network
Coverage area: agglomeration of Longueuil
Hours: administration: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30, thrift store: Tuesday to Saturday 10h00 to 17h00, shopping trips: twice a month
Fees: thrift store: variable low prices, other services: low cost or free
Financing: donations, grants, self-financing
Legal status: non-profit organization

NATIONAL ABORIGINAL CIRCLE AGAINST FAMILY VIOLENCE
2 River Road, Kahnawake, Montérégie, QC, J0L 1B0
450 638-2968 Fax: 450 638-9415
Website: nacafv.ca
Email: lindsey@nacafv.ca
PARTAGE SAINT-FRANÇOIS-DE-SALES
1800 Vianney Street, Longueuil, Montérégie, QC, J4J 4T2
450 468-4545
Website: partagelongueuil.com
Email: mpsfds1800@gmail.com
Eligibility: people and families on a low income
Coverage area: Saint-François-de-Sales parish
Hours: administration: Monday to Thursday 9h00 to 12h00 and 13h00 to 15h00
Fees: none
Financing: donations, self-financing, fundraising campaigns
Legal status: non-profit organization

PRÉMA-QUÉBEC
150 Grant Street, Suite 305, Longueuil, Montérégie, QC, J4H 3H6
1 888 651-4909    Fax: 450 651-2185
Website: www.premaquebec.ca/en
Email: info@premaquebec.ca
Eligibility: parents of premature children, professionals
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 16h00
Fees: free for parents
Financing: provincial, donations, grants
Legal status: non-profit organization

RÉSEAU DE TRANSPORT DE LONGUEUIL
1150 Marie-Victorin Boulevard, Longueuil, Montérégie, QC, J4G 2M4
450 442-8600
Website: www.rtl-longueuil.qc.ca/en-CA/home-page/
Eligibility: paratransit: people with disabilities and people with limitations affecting their mobility
Coverage area: Longueuil agglomeration
Hours: office: Monday to Friday 8h30 to 16h30, customer service: Monday to Friday 7h00 to 20h00, Saturday, Sunday and national holidays: 8h30 to 16h30
SAINT-POLYCARPE - LOISIRS, CULTURE ET VIE COMMUNAUTAIRE
1263 Élie-Auclair Road, Saint-Polycarpe, Montérégie, QC, J0P 1X0
450 265-3777 ext. 223   Fax: 450 265-1124
Website: stpolycarpe.ca/loisir-culture-et-vie-communautaire
Email: loisirs@stpolycarpe.ca
Coverage area: Saint-Polycarpe
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00, Friday 9h00 to 12h00
Financing: municipal
Legal status: parapublic organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - CHÂTEAUGUAY
42 Gilmour Street, Châteauguay, Montérégie, QC, J6J 1K6
450 691-1007   Fax: 450 692-5063
Email: ssvpchateauguay@hotmail.com
Eligibility: people on a low income
Coverage area: Châteauguay, Léry, Mercier
Hours: general store: Monday to Friday 9h30 to 15h30, Saturday 9h00 to 12h00, food aid on demand
Financing: donations, self-financing
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CONFÉRENCE ISOLÉE DE SAINT-CYPRIEN-DE-NAPIERVILLE
470 Saint-Jacques Street, Napierville, Montérégie, QC, J0J 1L0
450 245-3335
Email: info@ecofriperie.com
Eligibility: people on a low income
Coverage area: MRC Les Jardins-de-Napierville
Hours: Monday 10h00 to 16h00, Tuesday and Wednesday 10h00 to 17h00, Thursday 12h00 to 20h00, Friday 10h00 to 20h00, Saturday and Sunday 10h00 to 16h00
Financing: self-financing, donations
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CONFÉRENCE SAINT-LUC
55 des Échevins Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J2W 2N6
450 349-1553   Fax: 450 348-8630
Website: www.ssvp-st-luc.org
Email: ssvpluc@gmail.com
Eligibility: people in need
Coverage area: Saint-Jean-sur-Richelieu: Sainte-Marie-de-la-Visitation and Saint-Luc areas
Hours: Tuesday and Thursday 13h00 to 16h00, Wednesday 12h00 to 20h00, Saturday 9h00 to 12h00
Financing: donations  
Legal status: non-profit organization

Business development

ALLIANCE CARRIÈRE TRAVAIL (ACT) - CENTRE DE SERVICES DE BROSSARD  
1 Place du Commerce, Suite 100, Brossard, Montérégie, QC, J4W 2Z7  
450 462-2003  Fax: 450 462-3733  
Website: alliancect.ca/en  
Email: info@alliancect.ca  
Services: Organization targeting socioprofessional development and autonomy to facilitate job market and school integration. * Services to individuals: job search, integration to Québec's job market, career orientation, full potential discovery, trainings, business pre-startup, project development, etc. * Services to businesses: coffee-meetings, luncheon conferences, employment evenings, bank of candidates, job posting and job fair.  
Eligibility: people 16 years and over  
Coverage area: Montérégie  
Hours: Monday 8h30 to 20h00, Tuesday to Friday 8h30 to 16h30  
Fees: none  
Financing: provincial  
Legal status: non-profit organization

ALLIANCE CARRIÈRE TRAVAIL (ACT) - CENTRE DE SERVICES DE CHÂTEAUGUAY  
265 d’Anjou Boulevard, Suite 205, Châteauguay, Montérégie, QC, J6J 5J9  
450 699-4545  Fax: 450 699-1175  
Website: alliancect.ca/en  
Email: info@alliancect.ca  
Services: Organization targeting socioprofessional development and autonomy to facilitate job market and school integration. * Services to individuals: job search, integration to Québec's job market, career orientation, full potential discovery, trainings, business pre-startup, project development, etc. * Services to businesses: coffee-meetings, luncheon conferences, employment evenings, bank of candidates, job posting and job fair.  
Eligibility: people 16 years and over  
Coverage area: Montérégie  
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00  
Fees: none  
Financing: provincial  
Legal status: non-profit organization

ALLIANCE CARRIÈRE TRAVAIL (ACT) - CENTRE DE SERVICES DE SAINT-HUBERT  
3258 Grande-Allée Boulevard, Longueuil, Montérégie, QC, J4T 2S5  
450 876-1509  
Website: alliancect.ca/en  
Email: info@alliancect.ca  
Services: Organization targeting socioprofessional development and autonomy to facilitate job market and school integration. * Services to individuals: job search, integration to Québec's job market, career orientation, full potential discovery, trainings, business pre-startup, project development, etc. * Services to businesses: coffee-meetings, luncheon conferences, employment evenings, bank of candidates, job posting and job fair.  
Eligibility: people 16 years and over  
Coverage area: Montérégie  
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00  
Fees: none  
Financing: provincial  
Legal status: non-profit organization
ASSOCIATION DES GENS D’AFFAIRES DE BOUCHERVILLE (L’)
Confidential Address
450 655-9551
Website: www.agab.net
Email: info@agab.net
Services: Grouping of stakeholders. * Member’s growth stimulation and accompaniment.
Eligibility: professionals, business entrepreneurs and managers in the retail, manufacturing or industrial fields and of public or parapublic institutions
Coverage area: Boucherville
Fees: annual membership: starting at $125
Financing: contributions, municipal
Legal status: non-profit organization

CENTRE D’AIDE AUX ENTREPRISES DE LA RIVE-SUD
270 Sir-Wilfrid-Laurier Boulevard, Suite 200, Bélœil, Montérégie, QC, J3G 4G7
514 656-5650 Fax: 450 446-3806
Website: caecapital.com/en
Email: info@caecapital.com
Eligibility: businesses
Coverage area: South Shore
Hours: Monday to Friday 9h00 to 17h00
Financing: municipal, provincial, federal
Legal status: non-profit organization

CENTRE D’AIDE AUX ENTREPRISES HAUTE-MONTÉRÉGIE
45 de l’Aéroport Road, Suite 22, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 7B5
450 357-9800 Fax: 450 357-9583
Website: www.caehm.com/en
Email: info@caehm.com
Services: Promoting the economic development of the region and the creation of jobs by supporting entrepreneurship. * Services to young businesses and start-ups: non-conventional financing, consulting services, technical assistance, mentoring program, networking and individual coaching.
Eligibility: businesses and entrepreneurs
Coverage area: MRC Le Haut-Richelieu, MRC Les Jardins-de-Napierville, MRC Brome-Missisquoi, MRC Roussillon
Hours: Monday to Friday 9h00 to 17h00
Financing: municipal, provincial, federal
Legal status: non-profit organization

CENTRE INTÉGRÉ DE SANTÉ ET DE SERVICES SOCIAUX DE LA MONTÉRÉGIE-CENTRE
3141 Taschereau Boulevard, Suite 220, Longueuil, Montérégie, QC, J4V 2H2
450 466-5000 Fax: 450 466-8887
Website: santemonteregie.qc.ca/en/center
Services: Planning, coordination and organization of social and health services. * Responsibility of the availability of care to the entire population, including the most vulnerable. * Management of simplified access to services. * Administration of partnerships with intermediate resources. * Handling of complaints regarding dissatisfaction or violation of rights of users.
Coverage area: Montérégie-Centre: Réseau local de service Champlain, Réseau local de service du Haut-Richelieu-Rouville
Financing: provincial
Legal status: parapublic organization
**CENTRE INTÉGRÉ DE SANTÉ ET DE SERVICES SOCIAUX DE LA MONTÉRÉGIE-EST**

2750 Laframboise Boulevard, Saint-Hyacinthe, Montérégie, QC, J2S 4Y8  
**450 771-3333 ext. 3561**  
**Fax:** 450 771-3246  
**Website:** santemonteregie.qc.ca/en/east  

**Services:** Planning, coordination and organization of social and health services. * Responsibility of the availability of care to the entire population, including the most vulnerable. * Management of simplified access to services. * Administration of partnerships with intermediate resources. * Handling of complaints regarding dissatisfaction or violation of rights of users.  

**Coverage area:** Montérégie-Est: CSSS Pierre-Boucher, CSSS Pierre-De-Saurel, CSSS Richelieu-Yamaska, Centre jeunesse de la Montérégie  

**Financing:** provincial  

**Legal status:** parapublic organization

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**CENTRE INTÉGRÉ DE SANTÉ ET DE SERVICES SOCIAUX DE LA MONTÉRÉGIE-OUEST**

200 Brisebois Boulevard, Châteauguay, Montérégie, QC, J6K 4W8  
**450 699-2425**  
**Fax:** 450 699-2551  
**Website:** santemonteregie.qc.ca/en/west  

**Services:** Planning, coordination and organization of social and health services. * Responsibility of the availability of care to the entire population, including the most vulnerable. * Management of simplified access to services. * Administration of partnerships with intermediate resources. * Handling of complaints regarding dissatisfaction or violation of rights of users.  

**Coverage area:** Montérégie-Ouest: CSSS Jardins-Roussillon, Suroît, Haut-Saint-Laurent, Vaudreuil-Soulanges, CRDITED de la Montérégie-Est and SRSOR, Centre Montérégien de Réadaptation, Le Virage and Foster  

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

**Financing:** provincial  

**Legal status:** parapublic organization

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**CENTRE LOCAL D’EMPLOI DU HAUT-SAINT-LAURENT**

220 Châteauguay Street, Huntingdon, Montérégie, QC, J0S 1H0  
**450 264-5323**  
**Fax:** 450 264-3297  
**Website:** www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi  

**Services:** Accompaniment services regarding job market integration process and last-resort financial assistance. * Info-emploi counter: job bank that can be consulted on site. * Job search assistance: redaction of resume and preparation to interview. * Multiservices room: access to phone, fax, computers and printing machines. * Workplace learning program. * Training programs aiming professional skills development for enterprises and specific client group: students, women, youth, young mothers, older workers, disabled people, immigrants or visible minorities. * Business assistance: advices and financial support in human resources management. * Last-resort financial and social assistance for people with severe or temporary restrictions on employment or occupational disabilities. * Last-resort financial and social assistance.  

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

**Coverage area:** MRC Le-Haut-Saint-Laurent  

**Hours:** Monday, Tuesday, Thursday and Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30  

**Financing:** provincial  

**Legal status:** provincial government agency
CENTRE LOCAL DE DÉVELOPPEMENT BEAUHARNOIS-SALABERRY
85 Notre-Dame Street, Suite 6, Salaberry-de-Valleyfield, Montérégie, QC, J6S 1E7
450 373-2214     Fax: 450 373-3386
Website: www.cldbhhs.ca
Email: info@cldbhhs.ca
Services: Stimulating and supporting economic development. * Help with starting and expanding businesses: consultation, financial assistance and technical support.
Eligibility: businesses
Coverage area: MRC Beauharnois-Salaberry
Hours: Monday to Thursday 8h00 to 16h45 and Friday 8h00 to 12h00
Fees: none
Financing: provincial, municipal
Legal status: non-profit organization

CENTRE LOCAL DE DÉVELOPPEMENT DES JARDINS DE NAPIERVILLE
361 Saint-Jacques Street, Napierville, Montérégie, QC, J0J 1L0
450 245-7289     Fax: 450 245-7417
Website: cld-jardinsdenapierville.com
Email: info@cldjdn.ca
Eligibility: businesses, future entrepreneurs
Coverage area: MRC Les Jardins-de-Napierville
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, summer schedule from 24 June to the first Monday of September: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00
Fees: none
Financing: provincial
Legal status: non-profit organization

CERCLES D'ENTRAIDE RIVE-SUD
270 Sir-Wilfrid-Laurier Boulevard, Suite 200, Béloroi, Montérégie, QC, J3G 4G7
514 656-5650
Website: caecapital.com/en
Email: info@caecapital.com
Services: * Pre-startup training. * Cercles d'entraide Rive-Sud fund: loan opportunities for people starting up a business or who have already started up a business, accompaniment and technical support. * Networking activities. * Self-employment support: guidance, technical advice and financial support to eligible candidates.
Eligibility: adults who started or are starting up a business, self-employed persons
Coverage area: agglomeration of Longueuil, MRC La Vallée-du-Richelieu, MRC Marguerite-D'Youville, MRC Les Maskoutains, MRC Rouville, MRC Pierre-De Saurel
Hours: Monday to Thursday 8h30 to 17h00
Fees: none
Financing: grants, self-financing
Legal status: non-profit organization

COMMISSION DE PROTECTION DU TERRITOIRE AGRICOLE DU QUÉBEC
25 Lafayette Boulevard, 3rd Floor, Longueuil, Montérégie, QC, J4K 5C7
1 800 361-2090     Fax: 450 651-2258
Website: www.cptaq.gouv.qc.ca
Email: info@cptaq.gouv.qc.ca

**Coverage area:** Province of Québec

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

**Financing:** provincial

**Legal status:** parapublic organization

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**CONTINUUMS**

6300 Auteuil Avenue, Suite 505, Brossard, Montérégie, QC, J4Z 3P2

438 888-4647

**Website:** www.continuums.ca

**Email:** info@continuums.ca

**Services:** Organization that provides advisory services in open innovation (OI) and entrepreneurial networking. * Advisory services: accompaniment of corporate, community and municipal clients through open innovation approaches to enable projects’ risks mitigation through rapid experimentation. * Garage &amp; co: incubator, design and hardware for young innovative companies. * Satellite spaces: support for the creation and growth of local businesses by creating spaces adapted to their needs and to the new realities of the virtual, face-to-face and hybrid work world.

**Eligibility:** entrepreneurs, SMEs and large companies

**Capacity:** 50

**Coverage area:** Montérégie in priority, Province of Québec

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

**Fees:** variable according to the services

**Financing:** self-financing, grants

**Legal status:** non-profit organization

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**CONTRECOEUR - CITY**

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

450 587-5901     Fax: 450 587-5855

**Website:** www.ville.contrecoeur.qc.ca

**Email:** cardinj@ville.contrecoeur.qc.ca


**Coverage area:** Contrecoeur

**Hours:** Monday to Thursday 8h15 to 12h00 and 13h00 to 16h45, Friday 8h15 to 12h00

**Financing:** municipal

**Legal status:** municipal agency

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**COOPÉRATIVE DE DÉVELOPPEMENT RÉGIONAL DU QUÉBEC - MONTÉRÉGIE**

1050 du Séminaire Boulevard, Saint-Jean-sur-Richelieu, Montérégie, QC, J3A 1S7

450 346-4426

**Website:** cdrq.coop/en

**Email:** monteregie@cdrq.coop

**Services:** Consultancy services for starting and developing cooperatives. * Information and promotion of cooperative system. * Feasibility evaluation and start-up support. * Accompaniment through constitution and document production: constitution, rules, membership contract, etc. * Business plan, feasibility study, funding research, strategical planning, etc. * Consultancy about both associative and commercial facets of an existing cooperative. * Advanced training: governance, financial management, fiscality, management tools, etc.

**Eligibility:** people or groups interested in starting a cooperative business
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Fees: variable, services are partly subsidized
Financing: provincial
Legal status: cooperative

DÉVELOPPEMENT ÉCONOMIQUE ET LOCAL DE LA MRC D'ACTON
1037 Beaugrand Street, Acton Vale, Montérégie, QC, J0H 1A0
450 546-3256
Website: mrcaction.ca/la-mrc/role-et-mandats/developpement-economique-et-local
Email: del@mrcaction.ca
Services: * Support for private and collective entrepreneurship: 1st line services. * Support for local development: advisory service and development of tourism and cultural sectors, partnership and support to the project organization. * Advisory body to the Centre local d'Emploi.
Eligibility: entrepreneurs, companies
Coverage area: MRC d'Acton
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Legal status: municipal agency

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
Eligibility: businesses, entrepreneurs
Coverage area: MRC Vaudreuil-Soulanges
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00
Financing: provincial
Legal status: non-profit organization

E VOL - MONTÉRÉGIE
5110 Cousineau Boulevard, Suite 203, Longueuil, Montérégie, QC, J3Y 7G5
1 844 523-7767
Website: evol.ca/en
Email: info@evol.ca
Eligibility: businesses owned at least by 25% by people from diverse backgrounds
Coverage area: Montérégie
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: non-profit organization

FONDS D'EMPRUNT MONTÉRÉGIE
6300 Auteuil Avenue, Suite 505, Brossard, Montérégie, QC, J4Z 3P2
450 904-5822
Website: www.femonteregie.ca/fr
Email: conseillere@femonteregie.ca
Services: Financial and technical assistance to community initiatives or enterprises projects. * Loan up to $20,000. * Pre-startup, startup and project growth technical support. * Personalized guidance.
Employment and Income Support

**Eligibility:** entrepreneurs without access to traditional funding: jobless youth, single-parents, immigrants, beneficiaries of social aid or last resort assistance

**Coverage area:** Montérégie
**Hours:** Monday to Thursday 8h00 to 16h00
**Fees:** none
**Financing:** donations, self-financing
**Legal status:** non-profit organization

**MRC MARGUERITE-D’YOUVILLE**
609 Marie-Victorin Road, Verchères, Montérégie, QC, J0L 2R0
450 583-3301   Fax: 450 583-3592
Website: www.margueritedyouville.ca
Email: infomrc@margueritedyouville.ca


**Coverage area:** MRC Marguerite-D’Youville
**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
**Financing:** municipal, self-financing, provincial
**Legal status:** non-profit organization

**MRC ROUVILLE**
500 Desjardins Street, Suite 100, Marieville, Montérégie, QC, J3M 1E1
450 460-2127   Fax: 450 460-7169
Website: www.mrcrouville.qc.ca
Email: info@mrcrouville.qc.ca


**Coverage area:** MRC Rouville
**Hours:** Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00
**Financing:** municipal, self-financing, provincial
**Legal status:** municipal agency

**PLACE À L’EMPLOI - CARREFOUR JEUNESSE-EMPLOI LONGUEUIL**
125 Sainte-Foy Boulevard, 3rd floor, Longueuil, Montérégie, QC, J4J 1W7
450 646-1030   Fax: 450 646-9060
Website: placealempleo.ca
Email: info@placealempleo.ca


**Eligibility:** youth 16 to 35 years old
**Coverage area:** Longueuil
**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
Eligibility: job seekers, immigrants, employers
Coverage area: MRC Vaudreuil-Soulanges
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: grants
Legal status: non-profit organization

SERVICE DE DÉVELOPPEMENT ÉCONOMIQUE DE LA MRC MARGUERITE-D'YOULLVILLE
609 Marie-Victorin Road, Verchères, Montérégie, QC, J0L 2R0
450 583-3303 Fax: 450 583-6575
Website: www.margueritedyouville.ca
Email: dev.econo@margueritedyouville.ca
Services: * Entrepreneurs support through information, expert advice and technical assistance in order to find offices, financing, networks or assistance for exporting. * Access to different funds and financial services, particularly for young entrepreneurs, freelancers and sustainable development companies.
Eligibility: start-up companies, growing companies, people starting a new company, social economy organizations
Coverage area: MRC Marguerite D'Youville
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: non-profit organization

SERVICES QUÉBEC - ACTON VALE
1130 Daigneault Street, Acton Vale, Montérégie, QC, J0H 1A0
1 800 438-4765 Fax: 450 546-2747
Website: www.quebec.ca/en/government/services-quebec
Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)
Coverage area: Acton Vale
Hours: Monday and Thursday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency
SERVICES QUÉBEC - BELOEIL
515 Sir-Wilfrid-Laurier Boulevard, Suite 201, Beloeil, Montérégie, QC, J3G 6R7
1 877 856-1966 Fax: 450 467-9603
Website: www.quebec.ca/en/government/services-quebec


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

Coverage area: Beloeil
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

SERVICES QUÉBEC - BROSSARD
1 Place du Commerce, Suite 200, Brossard, Montérégie, QC, J4W 2Z7
450 672-1335 Fax: 450 672-4667
Website: www.localisateur.servicesquebec.gouv.qc.ca/en


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

Coverage area: Brossard
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

SERVICES QUÉBEC - CHÂTEAUGUAY
180 d'Anjou Boulevard, Suite 250, Châteauguay, Montérégie, QC, J6K 5G6
450 691-6020 Fax: 450 699-9005
Website: www.localisateur.servicesquebec.gouv.qc.ca/en
Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities) 
Coverage area: Châteauguay 
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30 
Financing: provincial 
Legal status: provincial government agency 

SERVICES QUÉBEC - DIRECTION RÉGIONALE DE LA MONTÉRÉGIE 
135 de Mortagne Boulevard, Suite H, Boucherville, Montérégie, QC, J4B 6G4  
1 800 561-6781 
Website: www.localisateur.servicesquebec.gouv.qc.ca/en 

Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities), sponsored immigrants on or awaiting welfare and their sponsors 
Coverage area: Montérégie 
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30 
Financing: provincial 
Legal status: provincial government agency 

SERVICES QUÉBEC - LONGUEUIL 
2877 de Chambly Road, Suite 40, Longueuil, Montérégie, QC, J4L 1M8  
450 677-5517     Fax: 450 677-5397 
Website: www.localisateur.servicesquebec.gouv.qc.ca/en 

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

Coverage area: Longueuil
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

SERVICES QUÉBEC - MARIEVILLE
497 Sainte-Marie Street, Marieville, Montérégie, QC, J3M 1M4
1 888 872-0680 Fax: 450 460-3368
Website: www.quebec.ca/en/government/services-quebec

Services:

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

Coverage area: Marieville
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

SERVICES QUÉBEC - SAINT-CONSTANT
126 Saint-Pierre Street, Saint-Constant, Montérégie, QC, J5A 2P1
450 635-6221 Fax: 450 635-8018
Website: www.localisateur.servicesquebec.gouv.qc.ca/en


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

Coverage area: Saint-Constant
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency
SERVICES QUÉBEC - SAINT-HYACINTHE
3100 Laframboise Boulevard, Suite 2620, Saint-Hyacinthe, Montérégie, QC, J2S 4Z4
1 800 465-0719    Fax: 450 778-6647    TTY: 1 800 361-9596
Website: www.quebec.ca/en/government/services-quebec


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

Coverage area: Saint-Hyacinthe

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 9h00 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: provincial government agency

SERVICES QUÉBEC - SAINT-JEAN-SUR-RICHELIEU
315 MacDonald Street, Suite 128, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 8J3
450 348-9294     Fax: 450 348-6514
Website: www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi/index_en.asp


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

Coverage area: Saint-Jean-sur-Richelieu

Hours: In person: Monday, Tuesday, Thursday, Friday 8h30 to 16h30, Wednesday 9h00 to 16h30, by phone: Monday to Friday 8h00 to 20h00

Financing: provincial

Legal status: provincial government agency

SERVICES QUÉBEC - SALABERRY-DE-VALLEYFIELD
63 Champlain Street, Suite 110, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1W4
450 370-3027      TTY: 450 370-6848
Website: www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi/index_en.asp


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

Coverage area: Montérégie
SERVICES QUÉBEC - SOREL-TRACY
375 Fiset Boulevard, Sorel-Tracy, Montérégie, QC, J3P 7Z4
450 742-5941 Fax: 450 746-1931
Website: www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi/index_en.asp
Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)
Coverage area: Sorel-Tracy
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

SERVICES QUÉBEC - VAUDREUIL-DORION
430 Harwood Boulevard, Suite 4, Vaudreuil-Dorion, Montérégie, QC, J7V 7H4
450 455-5666 Fax: 450 424-0772
Website: www.localisateur.servicesquebec.gouv.qc.ca/en
Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)
Coverage area: MRC Vaudreuil-Soulanges
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

UNION DES PRODUCTEURS AGRICOLES
555 Roland-Therrien Boulevard, Suite 100, Longueuil, Montérégie, QC, J4H 3Y9
450 679-0530 Fax: 450 679-4943
Website: www.upa.qc.ca/en
Email: info@upa.qc.ca
Eligibility: farm and forestry producers
Capacity: 42,000 members
Coverage area: Province of Québec
Employment and Income Support

**Hours:** Monday to Friday 8h30 to 16h30  
**Financing:** membership fees  
**Legal status:** non-profit organization

# Employment support and training

**ACTION EMPLOI HAUTE-YAMASKA - SAINT-HYACINTHE**  
440 Saint-Joseph Avenue, Saint-Hyacinthe, Montérégie, QC, J2S 8K5  
* 450 773-8888  Fax: 450 773-7985  
* Website: action-emploi.ca  
* Email: info@action-emploi.ca


**Eligibility:** people 50 and over looking for employment, employers

**Coverage area:** Saint-Hyacinthe  
**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30  
**Fees:** none  
**Financing:** grants  
**Legal status:** non-profit organization

**ALLIANCE CARRIÈRE TRAVAIL (ACT) - CENTRE DE SERVICES DE BROSSARD**  
1 Place du Commerce, Suite 100, Brossard, Montérégie, QC, J4W 2Z7  
* 450 462-2003  Fax: 450 462-3733  
* Website: alliancect.ca/en  
* Email: info@alliancect.ca

**Services:** Organization targeting socioprofessional development and autonomy to facilitate job market and school integration. * Services to individuals: job search, integration to Québec's job market, career orientation, full potential discovery, trainings, business pre-startup, project development, etc. * Services to businesses: coffee-meetings, luncheon conferences, employment evenings, bank of candidates, job posting and job fair.

**Eligibility:** people 16 years and over  
**Coverage area:** Montérégie  
**Hours:** Monday 8h30 to 20h00, Tuesday to Friday 8h30 to 16h30  
**Fees:** none  
**Financing:** provincial  
**Legal status:** non-profit organization

**ALLIANCE CARRIÈRE TRAVAIL (ACT) - CENTRE DE SERVICES DE CHÂTEAUGUAY**  
265 d'Anjou Boulevard, Suite 205, Châteauguay, Montérégie, QC, J6J 5J9  
* 450 699-4545  Fax: 450 699-1175  
* Website: alliancect.ca/en  
* Email: info@alliancect.ca

**Services:** Organization targeting socioprofessional development and autonomy to facilitate job market and school integration. * Services to individuals: job search, integration to Québec's job market, career orientation, full potential discovery, trainings, business pre-startup, project development, etc. * Services to businesses: coffee-meetings, luncheon conferences, employment evenings, bank of candidates, job posting and job fair.

**Eligibility:** people 16 years and over  
**Coverage area:** Montérégie  
**Hours:** Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00  
**Fees:** none  
**Financing:** provincial  
**Legal status:** non-profit organization

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ALLIANCE CARRIÈRE TRAVAIL (ACT) - CENTRE DE SERVICES DE SAINT-HUBERT
3258 Grande-Allée Boulevard, Longueuil, Montérégie, QC, J4T 2S5
450 876-1509
Website: alliancect.ca/en
Email: info@alliancect.ca
Services: Organization targeting socioprofessional development and autonomy to facilitate job market and school integration. * Services to individuals: job search, integration to Québec's job market, career orientation, full potential discovery, trainings, business pre-startup, project development, etc. * Services to businesses: coffee-meetings, luncheon conferences, employment evenings, bank of candidates, job posting and job fair.
Eligibility: people 16 years and over
Coverage area: Montérégie
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00
Fees: none
Financing: provincial
Legal status: non-profit organization

ATELIERS TRANSITION (LES)
5460 Martineau Street, Saint-Hyacinthe, Montérégie, QC, J2R 1T8
450 771-2747 Fax: 450 771-2711
Website: www.atelierstransition.com
Email: info@atelierstransition.com
Eligibility: people living with a disability, people living in situations of exclusion from the labor market
Capacity: 93
Coverage area: Acton Vale, Beloeil, Boucherville, Brossard, Chambly, Granby, Longueuil, Marieville, McMasterville, Mont-Saint-Hilaire, Rougemont, Roxton Falls, Roxton Pond, Saint-Amable, Saint-Bruno-de-Montarville, Saint-Césaire, Saint-Hyacinthe, Sainte-Julie
Hours: Monday to Thursday 8h00 to 16h00, Friday 8h00 to 15h00
Fees: none
Financing: grants, municipal, provincial
Legal status: non-profit organization

AVENUE PROFESION'ELLE - COWANSVILLE
403 Sud Street, Cowansville, Montérégie, QC, J2K 2X6
450 266-0993
Website: passage.qc.ca/avenue
Email: ap@passage.qc.ca
Eligibility: women, organizations, education sector, businesses
Coverage area: MRC Brome-Missisquoi, MRC La Haute-Yamaska, Acton Vale
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, by appointment only: Friday 13h00 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization
AVENUE PROFESSION'ELLE - GRANBY
425 Cabana Street, Granby, Montérégie, QC, J2G 1P3
450 378-2212
Website: passage.qc.ca/avenue
Email: ap@passage.qc.ca
Services: Employment services for women, for the learning and practice of predominantly male or traditionally
male jobs. * Support, accompaniment and information. * Individualized job search assistance: resume writing, interview
Eligibility: women, organizations, education sector, businesses
Coverage area: MRC Brome-Missisquoi, MRC La Haute-Yamaska, Acton Vale
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization

BISTRO CULTUREL COEUR DE VILLAGE
680 Rang Saint-Régis, Saint-Isidore, Montérégie, QC, J0L 2A0
514 400-5351   Fax: 450 992-0633
Website: coeurdevillage.wordpress.com
Email: coeurdevillage@videotron.ca
Eligibility: youth, adults, seniors
Capacity: 100
Coverage area: MRC Roussillon
Hours: Wednesday to Sunday 11h00 to 17h00
Fees: annual membership: $20
Financing: self-financing, contributions, grants
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI - COMTÉ DE JOHNSON
975 Boulay Street, Suite 202, Acton Vale, Montérégie, QC, J0H 1A0
450 546-0311   Fax: 450 546-0316
Website: cjejohnson.org
Email: acton@cjejohnson.org
Services: * Support, accompaniment and information. * Job search assistance: resume writing, interview
Eligibility: young adults 16 to 35 years old, parents, employers, Départ à neuf: youth 18 to 29 years old, Jeunes volontaires: youth 16 to 29 years old
Coverage area: Acton Vale, Béthanie, Drummondville, Durham-Sud, L'Avenir, Lefebvre, Roxton, Roxton Falls, Roxton Pond, Sainte-Cécile-de-Milton, Sainte-Christine, Saint-Edmond-de-Grantham, Saint-Eugène, Saint-Germain-de-Grantham, Sainte-Hélène-de-Bagot, Saint-Joachim-de-Shefford, Saint-Majorique-de-Grantham, Saint-Nazaire-d'Acton, Saint-Théodore-d'Acton, Saint-Valérien-de-Milton, Upton, Wickham
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Employment and Income Support

Fees: none
Financing: provincial
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI BEAUHARNOIS-SALABERRY
71 Dufferin Street, Salaberry-de-Valleyfield, Montérégie, QC, J6S 1Y3
450 373-6767 Fax: 450 373-0057
Website: www.cjeb-s.ca
Email: carrefour@cjeb-s.ca


Eligibility: young adults 16 to 35 years old, parents, employers. Départ@9: youth 16 to 29 years old, Créneau Carrefour Jeunesse: youth 15 to 35 years old, Jeunes volontaires: youth 16 to 29 years old

Coverage area: Beauharnois, Saint-Étienne-de-Beauharnois, Saint-Louis-de-Gonzague, Saint-Stanislas-de-Kostka, Salaberry-de-Valleyfield

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: none
Financing: provincial, federal, municipal
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI BEAUHARNOIS-SALABERRY - POINT DE SERVICE BEAUHARNOIS
660 Ellice Street, Beauharnois, Montérégie, QC, J6N 1Y1
450 373-6767
Website: www.cjeb-s.ca
Email: carrefour@cjeb-s.ca


Eligibility: young adults 16 to 35 years old, parents, employers. Départ@9: youth 16 to 29 years old, Créneau Carrefour Jeunesse: youth 15 to 35 years old, Jeunes volontaires: youth 16 to 29 years old

Coverage area: Beauharnois, Saint-Étienne-de-Beauharnois, Saint-Louis-de-Gonzague, Saint-Stanislas-de-Kostka, Salaberry-de-Valleyfield

Hours: by appointment only
Fees: none
Financing: provincial, federal
Legal status: non-profit organization
CENTRE D'ENTRAIDE MASKOUTAIN - GRANBY
231 Saint-Charles Street South, Local A, Granby, Montérégie, QC, J2G 3W5
450 330-3317
Website: www.centredentraidemaskoutain.org
Email: centre.dentraide.maskoutain@gmail.com
Eligibility: people on a low income
Coverage area: Estrie, Montérégie, at-home pick-up of furniture: Granby and surroundings
Hours: store: Monday to Friday 10h00 to 17h00, Saturday 10h00 to 16h00, food counter: Friday 13h00
Fees: food basket: 12$, thrift store: variable
Financing: donations, self-financing
Legal status: non-profit organization

CENTRE D'ORIENTATION ET DE FORMATION POUR FEMMES EN RECHERCHE D'EMPLOI
49 Saint-Jacques Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 2J8
450 347-6101     Fax: 450 347-1198
Website: www.coffre.ca
Email: st-jean@coffre.ca
Eligibility: women who are unemployed or with a precarious job
Coverage area: MRC Le Haut-Richelieu
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization

CENTRE D'ORIENTATION ET DE FORMATION POUR FEMMES EN RECHERCHE D'EMPLOI - SAINT-HUBERT
5664 Chambly Road, Longueuil, Montérégie, QC, J3Y 7E5
450 678-3838     Fax: 450 678-8292
Website: coffre.ca/services-saint-hubert
Email: st-hubert@coffre.ca
Eligibility: unemployed women or with an unstable employment
Coverage area: Longueuil, MRC Rouville, MRC Marguerite D'Youville, MRC La Vallée-du-Richelieu, MRC Roussillon
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization

CENTRE DE FORMATION ET D'AIDE À LA RECHERCHE D'EMPLOI
1450 du Pont Street, Marieville, Montérégie, QC, J3M 1G2
450 460-5225     Fax: 450 460-5280
Website: www.cfare.net
Email: accueil@cfare.net

Employment and Income Support

Eligibility: people 16 years old and over

Coverage area: MRC Rouville

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

Fees: free

Financing: provincial

Legal status: non-profit organization

CENTRE DE PARTAGE COMMUNAUTAIRE JOHANNAIS

280 Mercier Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 6H4

450 347-6711 Fax: 450 347-8250

Website: cpcjohannais.com

Email: info@cpcjohannais.com


Eligibility: people in need

Coverage area: Saint-Jean-sur-Richelieu

Hours: Monday to Saturday 10h00 to 17h00

Fees: assistance: free

Financing: provincial, donations, self-financing

Legal status: non-profit organization

CENTRE LOCAL D’EMPLOI DU HAUT-SAINT-LAURENT

220 Châteauguay Street, Huntingdon, Montérégie, QC, J0S 1H0

450 264-5323 Fax: 450 264-3297

Website: www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi


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

Coverage area: MRC Le-Haut-Saint-Laurent

Hours: Monday, Tuesday, Thursday and Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: provincial government agency

CRESO CENTRE-CONSEIL EN EMPLOI

139 Victoria Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1A4

450 377-4889 Fax: 450 377-5199

Website: www.creso-emploi.ca

Email: information@creso-emploi.ca

Eligibility: adults, immigrants, reception and employment assistance for immigrant people: immigrants who have lived in Québec for less than 5 years

Capacity: 5

Coverage area: Salaberry-de-Valleyfield, Beauharnois and Huntingdon

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

Financing: provincial

Legal status: non-profit organization

DE SOI À L'EMPLOI
2035 Victoria Avenue, Suite 303, Saint-Lambert, Montérégie, QC, J4S 1H1
450 465-4078   Fax: 450 465-2202
Website: www.soi-emploi.qc.ca
Email: info@soi-emploi.qc.ca


Eligibility: women

Coverage area: Montérégie

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

Fees: free

Financing: provincial

Legal status: non-profit organization

DROIT À L'EMPLOI
49 Saint-Jacques Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 2J8
450 347-6101   Fax: 450 347-1198
Website: www.coffre.ca/accueil-droit-saint-jean
Email: st-jean@quartierdelemploi.ca


Eligibility: Vers l'emploi: general public, Déclic-45: people 45 years old and over, L'ANCRE: immigrants, Cibl'Emploi: people 55 years old and over

Coverage area: MRC Le Haut-Richelieu

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

Fees: none

Financing: provincial

Legal status: non-profit organization

ESPACE PIVOT - CENTRE D'INTÉGRATION JEUNESSE ADULTE
465 Victoria Street, Suite 500, Saint-Lambert, Montérégie, QC, J4P 2J2
450 671-8949   Fax: 450 671-0239
Website: espacepivot.ca/en/
Email: info@espacepivot.ca

Eligibility: job seekers 35 to 65 years old receiving social assistance, with precarious income or without any income.

Coverage area: Montérégie

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

Fees: none

Financing: provincial

Legal status: non-profit organization

FRIPERIE COMMUNAUTAIRE HUNTINGDON

4 Lorne Street, Suite 102, Huntingdon, Montérégie, QC, J0S 1H0

450 264-4775

Website: www.fripcommhunt.quebec

Email: fripcommhunt@hotmail.com


Eligibility: general population, individuals and families on a low income, people who are far from the labour market.

Coverage area: MRC Le Haut-Saint-Laurent

Hours: Tuesday to Saturday 9h00 to 17h00

Fees: rental of sports equipment: free but annual membership fee

Financing: self-financing, provincial, grants, donations

Legal status: non-profit organization

GRENIER AUX TROUVAILLES - PARTAGE SANS FAIM

2 de l’Église Street South, Lacolle, Montérégie, QC, J0J 1J0

450 246-4032     Fax: 450 246-4044

Website: grenierauxtrouvailles.org

Email: info@grenierauxtrouvailles.org


Eligibility: individuals and families on a low income, young people at risk of committing or who have committed acts of delinquency.


Hours: Wednesday to Friday 12h00 to 17h00, Saturday 10h00 to 16h00

Fees: membership: $8 per year

Financing: donations, self-financing, fundraising campaigns

Legal status: non-profit organization

INTÉGRATION COMPÉTENCES

285 Cartier Boulevard, Beloeil, Montérégie, QC, J3G 3R2

450 464-4481     Fax: 450 464-8455

Website: www.integrationcompetences.ca

Email: info@integrationcompetences.ca

**Eligibility:** adults, immigrants, youth 16 to 35 years old

**Coverage area:** MRC La Vallée-du-Richelieu

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

**Fees:** none

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

**Legal status:** non-profit organization

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**INTÉGRATION COMPÉTENCES - POINT DE SERVICE CHAMBLY**

1179 Bourgogne Street, 2nd Floor, Chambly, Montérégie, QC, J3L 1X3

450 464-4481  Fax: 450 447-2037

**Website:** integrationcompetences.ca

**Email:** info@integrationcompetences.ca


**Eligibility:** adults, immigrants, youth 16 to 35 years old

**Coverage area:** MRC La Vallée-du-Richelieu

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

**Fees:** none

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

**Legal status:** non-profit organization

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**INTÉGRATION TRAVAIL ROUSSILLON**

120 Saint-Jean-Baptiste Boulevard, Suite 201, Châteauguay, Montérégie, QC, J6K 3K9

450 691-9622  Fax: 450 691-9559

**Website:** www.lejalon.ca

**Email:** info@lejalon.ca

**Services:** * Procedures to integrate the job market: self-awareness, job market research, job search tools and techniques. * Action plan to achieve the professional choice.

**Eligibility:** people wishing to re-enter the job market, income security recipients, employment insurance recipients or those without public support

**Coverage area:** Châteauguay and Saint-Constant local employment centres
**JUTE & CIE**

1505 Jean-Lachaîne Street, Sainte-Catherine, Montérégie, QC, J5C 1C2

450 638-7574  Fax: 450 638-9697

Website: premieremploi.ca

Email: jute@videotron.ca

**Services:** Work rehabilitation enterprise specialized in subcontracting and selling jute products. * Training as a shop handler, forklift driving, first aid in workplaces. * 26-week program. * Job searching assistant for the participants. * Assembling, packaging and labeling of various items. * Production and folding of printed products, valorization of jute products and selling in bundles or rolls.

**Eligibility:** people 18 years and over

**Capacity:** 31 participants

**Coverage area:** Beauharnois, MRC Roussillon

**Hours:** Monday to Thursday 8h00 to 16h00, Friday 8h00 to 15h00

**Fees:** provincial, self-financing

**Legal status:** non-profit organization

**MAISON DES JEUNES D'ACTON VALE (LA)**

1400 Landry Street, Acton Vale, Montérégie, QC, J0H 1A0

450 546-2927

Website: mdjactonvale.ca

Email: infomdjacton@gmail.com


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

**Coverage area:** MRC d'Acton

**Hours:** Tuesday to Saturday 14h00 to 22h00, office: Monday to Friday 8h45 to 17h45

**Fees:** youth centre rental: Tuesday to Saturday $200 per day, Sunday and Monday $150 per day, basement space rental: Tuesday to Saturday $125 per day, Sunday and Monday $75 per day

**Fees:** municipal, donations

**Legal status:** non-profit organization

**MAISON DES JEUNES LE BREAK**

210 16th Avenue West, Venise-en-Québec, Montérégie, QC, J0J 2K0

438 808-5001

Website: assisto.ca/ressource/maison-des-jeunes-le-break

Email: mdjlebreak@outlook.com

**Services:** A place for youth to meet, exchange and learn. * Listening, information and referral to local resources. * Sports, cultural and recreational activities. * Promotion of rights and advocacy. * Homework help. * Assistance with resume writing.

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

**Capacity:** 20

**Coverage area:** Henryville, Saint-Georges-de-Clarenceville, Saint-Sébastien, Venise-en-Québec

**Hours:** Wednesday and Thursday 18h00 to 21h00, Friday 18h00 à 22h00, Saturday 13h00 to 18h00, Sunday 18h00 to 21h00

**Fees:** none

**Financing:** municipal, provincial

**Legal status:** non-profit organization
MAISON TREMPLIN DE LONGUEUIL (LA)
267 Toulouse Street, Longueuil, Montérégie, QC, J4L 4X1
450 442-4019
Website: www.maisontremplin.com
Email: info@maisontremplin.com


Eligibility: services: all, activities: families and children 0 to 12 years old
Coverage area: Vieux-Longueuil
Hours: Monday to Thursday 8h30 to 16h00, Friday 8h30 to 12h00
Fees: membership: $7 per year per family with children, $5 per adult, activities: variable
Financing: Centraide of Greater Montréal, federal, provincial, self-financing, donations
Legal status: non-profit organization

MEUBLÉTOUT
185 Sir-Wilfrid-Laurier Boulevard, Mcmasterville, Montérégie, QC, J3G 1P9
450 464-7888     Fax: 450 464-9276
Website: meubletout.com
Email: info@meubletout.com

Services: Sale of used furniture, household items, appliances, computer equipment, books and bicycles. * Professional integration through workshops.
Coverage area: Boucherville, MRC La Vallée-du-Richelieu, Saint-Bruno-de-Montarville, Sainte-Julie
Hours: Tuesday to Friday 9h00 to 16h30, Saturday 9h00 à 12h00
Financing: self-financing, donations
Legal status: non-profit organization

OPTION RESSOURCE TRAVAIL
99 Salaberry Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2H5
450 377-4949     Fax: 450 377-8037
Website: psjeunesse.org/programmes/ort-acces-aux-metiers-non-traditionnels
Email: info@psjeunesse.org


Eligibility: women 20 years and over without an income or in precarious employment, interested in exploring non-traditional occupations
Coverage area: MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges, MRC Roussillon, MRC Les Jardins-de-Napierville
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization

ORGANISATION POPULAIRE DES DROITS SOCIAUX - SALABERRY-DE-VALLEYFIELD
11 de la Fabrique Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4G7
450 371-3559
Email: opdsv@cooptel.qc.ca
### Employment and Income Support


**Eligibility:** unemployed people  
**Coverage area:** Salaberry-de-Valleyfield  
**Hours:** Monday to Thursday 8h00 to 16h00  
**Financing:** provincial, donations  
**Legal status:** non-profit organization

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

343 Poliquin Boulevard, Sorel-Tracy, Montérégie, QC, J3P 7W1  
**450 730-0181**  
**Fax:** 450 730-0669  
**Website:** www.orientheque.ca  
**Email:** info@orientheque.ca  


**Eligibility:** people aged 18 and over, people with criminal records, women in non-traditional jobs, people with immigrant backgrounds, experienced workers aged 50 and over  
**Coverage area:** MRC Pierre-De Saurel, Contrecoeur, Calixa-Lavallée, Verchères  
**Hours:** Monday, Tuesday and Thursday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h30  
**Fees:** none  
**Financing:** provincial, federal, donations  
**Legal status:** non-profit organization

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### P.S. JEUNESSE

99 Salaberry Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2H5  
**450 377-9155**  
**Fax:** 450 377-8037  
**Website:** psjeunesse.org  
**Email:** info@psjeunesse.org


**Eligibility:** adults  
**Capacity:** no limits  
**Coverage area:** MRC Roussillon, MRC Les Jardins-de-Napierville, MRC Le Haut-Saint-Laurent, MRC Beauharnois-Salaberry, MRC Vaudreuil-Soulanges  
**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30  
**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


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

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

PLACE À L'EMPLOI
125 Sainte-Foy Boulevard, 3rd floor, Longueuil, Montérégie, QC, J4J 1W7
450 646-1030 Fax: 450 646-9060
Website: placealemploi.ca
Email: info@placealemploi.ca

Services: Consolidation of services to develop employability by offering support and individual services. * Accompaniment services: information, exploration, career choice, training, job search and project development.

Eligibility: people 16 years and over

Coverage area: South Shore

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

Fees: none

Financing: provincial

Legal status: non-profit organization

PLACE À L'EMPLOI - CENTRE DE RECHERCHE D'EMPLOI DE LA RIVE-SUD
125 Sainte-Foy Boulevard, 3rd floor, Longueuil, Montérégie, QC, J4J 1W7
450 646-1030 Fax: 450 646-9060
Website: placealemploi.ca
Email: info@placealemploi.ca


Eligibility: people 18 years and over wishing to return to the labor market

Coverage area: South Shore

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

Fees: none

Financing: provincial

Legal status: non-profit organization

PLACE À L'EMPLOI - OPTIONS SANS LIMITE
125 Sainte-Foy Boulevard, 3rd floor, Longueuil, Montérégie, QC, J4J 1W7
450 646-1030 Fax: 450 646-9060
Website: www.optionssanslimite.com
Email: info@placealemploi.ca

Services: Guidance and job search assistance for women.

Eligibility: women 18 years and over who want to explore job opportunities in predominantly male occupations

Coverage area: South Shore
Employment and Income Support

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


Eligibility: job seekers, immigrants, employers
Coverage area: MRC Vaudreuil-Soulanges
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: grants
Legal status: non-profit organization

SERVICE D'INTÉGRATION AU MARCHÉ DU TRAVAIL DE LA MONTÉRÉGIE
3209 Chambly Road, Longueuil, Montérégie, QC, J4L 1N3
450 679-7311 Fax: 450 679-7316
Website: www.imtm.ca
Email: info@imtm.ca


Eligibility: people 18 years and over out of the job market, people with a criminal record
Coverage area: Montérégie
Hours: Monday to Friday 8h30 to 12h30 and 13h00 to 16h00
Fees: none
Financing: provincial
Legal status: non-profit organization

SERVICE EXTERNE DE MAIN D'OEUVRE LE JALON
120 Saint-Jean-Baptiste Boulevard, Suite 201, Châteauguay, Montérégie, QC, J6K 3K9
450 691-9622 Fax: 450 691-9559
Website: www.lejalon.ca
Email: info@lejalon.ca

Services: * Procedures to help women integrate the job market: self-awareness, job market information, job search tools and techniques. * Action plan regarding a career choice.

Eligibility: women wishing to re-enter the labor market, income security recipients, employment insurance recipients and those without public support
Coverage area: MRC Roussillon, MRC Les Jardins-de-Napierville
Hours: Monday to Thursday 8h00 to 16h00, Friday 8h00 to 12h00
Fees: free
Financing: provincial
Legal status: non-profit organization

SERVICE EXTERNE DE MAIN D'OEUVRE LE JALON - POINT OF SERVICE SAINT-CONSTANT
55 Saint-Pierre Street, Suite 201-202, Saint-Constant, Montérégie, QC, J5A 1B9
450 638-6277 Fax: 450 845-1554
Website: www.lejalon.ca
Email: info@lejalon.ca
Employment and Income Support

Services: * Procedures to help women integrate the job market: self-awareness, job market information, job search tools and techniques. * Action plan regarding career choice.

Eligibility: women wishing to re-enter the job market, income security recipients, employment insurance recipients or those without public support

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

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

Fees: free

Financing: provincial

Legal status: non-profit organization

SERVICES QUÉBEC - ACTON VALE

1130 Daigneault Street, Acton Vale, Montérégie, QC, J0H 1A0
1 800 438-4765 Fax: 450 546-2747
Website: www.quebec.ca/en/government/services-quebec


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

Coverage area: Acton Vale

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

Financing: provincial

Legal status: provincial government agency

SERVICES QUÉBEC - BELOEIL

515 Sir-Wilfrid-Laurier Boulevard, Suite 201, Beloeil, Montérégie, QC, J3G 6R7
1 877 856-1966 Fax: 450 467-9603
Website: www.quebec.ca/en/government/services-quebec


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

Coverage area: Beloeil

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

Financing: provincial

Legal status: provincial government agency
SERVICES QUÉBEC - BROSSARD
1 Place du Commerce, Suite 200, Brossard, Montérégie, QC, J4W 2Z7
450 672-1335  Fax: 450 672-4667
Website: www.localisateur.servicesquebec.gouv.qc.ca/en
Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)
Coverage area: Brossard
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

SERVICES QUÉBEC - CHÂTEAUGUAY
180 d’Anjou Boulevard, Suite 250, Châteauguay, Montérégie, QC, J6K 5G6
450 691-6020  Fax: 450 699-9005
Website: www.localisateur.servicesquebec.gouv.qc.ca/en
Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)
Coverage area: Châteauguay
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

SERVICES QUÉBEC - DIRECTION RÉGIONALE DE LA MONTÉRÉGIE
135 de Mortagne Boulevard, Suite H, Boucherville, Montérégie, QC, J4B 6G4
1 800 561-6781
Website: www.localisateur.servicesquebec.gouv.qc.ca/en
Services:
* Services Québec offices locator: www.localisateur.servicesquebec.gouv.qc.ca/en
* Info-emploi counter: job bank that can be consulted on site.
* Job search assistance: redaction of resume and preparation to interview.
* Multiservices room: access to phone, fax, computers and printing machines.
* Workplace learning program.
* Training programs aiming professional skills development for enterprises and specific client group: students, women, youth, young mothers, older workers, disabled people, immigrants or visible minorities.
* Business assistance: advice and financial support in human resources management.
* Last-resort financial and social assistance for people with severe or temporary restrictions on employment or occupational disabilities.
* Last-resort financial and social assistance for asylum seekers and refugees.
* Last-resort financial and social assistance.
* Administration of oath.
* Information on government programs and services and accompaniment in administrative procedures.
* Services related to Directeur de l’état civil, Régie du bâtiment, Registre foncier, child support, pension plans and public sector pension plans.

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

Coverage area:
Longueuil

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

Financing:
provincial

Legal status:
provincial government agency
Employment and Income Support

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

Coverage area: Marieville

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

Financing: provincial

Legal status: provincial government agency

SERVICES QUÉBEC - SAINT-CONSTANT

126 Saint-Pierre Street, Saint-Constant, Montérégie, QC, J5A 2P1

450 635-6221 Fax: 450 635-8018

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


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

Coverage area: Saint-Constant

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

Financing: provincial

Legal status: provincial government agency

SERVICES QUÉBEC - SAINT-HYACINTHE

3100 Laframboise Boulevard, Suite 2620, Saint-Hyacinthe, Montérégie, QC, J2S 4Z4

1 800 465-0719 Fax: 450 778-6647 TTY: 1 800 361-9596

Website: www.quebec.ca/en/government/services-quebec


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

Coverage area: Saint-Hyacinthe

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 9h00 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: provincial government agency
SERVICES QUÉBEC - SAINT-JEAN-SUR-RICHELIEU
315 MacDonald Street, Suite 128, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 8J3
450 348-9294   Fax: 450 348-6514
Website: www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi/index_en.asp

Services: * Information and accompaniment in the administrative procedures with ministries and organizations.
the Ministry of Immigration, Francization and Integration. * Self-service computer stations. * Québec land
register. * Information about government programs and services.

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

Coverage area: Saint-Jean-sur-Richelieu
Hours: In person: Monday, Tuesday, Thursday, Friday 8h30 to 16h30, Wednesday 9h00 to 16h30, by phone:
Monday to Friday 8h00 to 20h00
Financing: provincial
Legal status: provincial government agency

SERVICES QUÉBEC - SALABERRY-DE-VALLEYFIELD
63 Champlain Street, Suite 110, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1W4
450 370-3027   TTY: 450 370-6848
Website: www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi/index_en.asp

Services: * Information and accompaniment in the administrative procedures with ministries and organizations.
the Ministry of Immigration, Francization and Integration. * Self-service computer stations. * Information about
government programs and services.

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

Coverage area: Montérégie
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

SERVICES QUÉBEC - SOREL-TRACY
375 Fiset Boulevard, Sorel-Tracy, Montérégie, QC, J3P 7Z4
450 742-5941   Fax: 450 746-1931
Website: www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi/index_en.asp

Services: * Information and accompaniment in the administrative procedures with ministries and organizations.
the Ministry of Immigration, Francization and Integration. * Self-service computer stations. * Information about
government programs and services.

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

Coverage area: Sorel-Tracy
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency
SERVICES QUÉBEC - VAUDREUIL-DORION
430 Harwood Boulevard, Suite 4, Vaudreuil-Dorion, Montérégie, QC, J7V 7H4
450 455-5666 Fax: 450 424-0772
Website: www.localisateur.servicesquebec.gouv.qc.ca/en


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

Coverage area: MRC Vaudreuil-Soulanges
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

SURBOIS
649 Larocque Road, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4E1
450 377-5050 Fax: 450 377-4419
Website: www.surbois.com
Email: surbois@surbois.com


Eligibility: adults 18 to 25 years old with difficulty finding or maintaining a job
Coverage area: MRC Beauharnois-Salaberry, MRC Vaudreuil-Soulanges, MRC Roussillon, MRC Les Jardins-de-Napierville, MRC Le Haut-Saint-Laurent
Hours: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 12h00
Financing: grants, self-financing
Legal status: non-profit organization

TANDEM EMPLOI
545 Sir-Wilfrid-Laurier Boulevard, Suite 301, Beloeil, Montérégie, QC, J3G 4H8
450 464-5323 Fax: 450 464-7402
Website: www.tandem-emploi.org
Email: info@tandem-emploi.org


Eligibility: people over 18 years old looking for job opportunities or going through a career transition
Coverage area: Montérégie
Hours: Monday to Friday 8h30 to 12h00 and 12h30 to 16h00
Fees: free
Financing: provincial
Legal status: non-profit organization

TANDEM EMPLOI - CHAMBLY SITE
240 Fréchette Boulevard, Suite 210, Chambly, Montérégie, QC, J3L 2Z5
450 447-4037     Fax: 450 447-8130
Website: www.tandem-emploi.org
Email: info@tandem-emploi.org
Eligibility: people over 18 years old looking for job opportunities or going through a career transition
Coverage area: Montérégie
Hours: Monday to Friday 8h30 to 12h00 and 12h30 to 16h00
Fees: free
Financing: provincial
Legal status: non-profit organization

UNION DES PRODUCTEURS AGRICOLES
555 Roland-Therrien Boulevard, Suite 100, Longueuil, Montérégie, QC, J4H 3Y9
450 679-0530     Fax: 450 679-4943
Website: www.upa.qc.ca/en
Email: info@upa.qc.ca
Eligibility: farm and forestry producers
Capacity: 42,000 members
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: membership fees
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
Eligibility: people 40 years old and over searching for a job
Coverage area: MRC Vaudreuil-Soulanges
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00
Fees: none
Financing: provincial
Legal status: non-profit organization
VISION-TRAVAIL
19 du Marché Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1P1
450 371-9533     Fax: 450 370-3256
Website: www.visiontravail.ca
Email: valleyfield@visiontravail.ca
Eligibility: people 40 years and over who wish to reintegrate the labor market, employers
Coverage area: MRC Beaufharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulange, agglomeration of Longueuil
Hours: Monday to Friday 8h30 to 16h30
Fees: free
Financing: provincial
Legal status: non-profit organization

VISION-TRAVAIL - LONGUEUIL
1369 Sainte-Foy Boulevard, Longueuil, Montérégie, QC, J4K 1Y1
450 651-8747     Fax: 450 651-2218
Website: visiontravail.ca
Email: longueuil@visiontravail.ca
Services: Specialized career transition and professional assessment programs.  * Various workshops: transfer of knowledge, change process, decision making and getting in action towards a realistic goal.  * Topics covered: job loss, burn out, self-sabotage attitudes, stress management.  * All inclusive formula: tests and interpretation, tailored resumes and cover letters, performance interview simulations, database of enterprises, networking, social media use, salary negotiation and understanding today's job market.
Eligibility: job seekers 40 years old and over, specialized program for managers and professionals
Coverage area: Montérégie
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization

Employment support for immigrants

ACCÈS-RÉGION
343 Poliquin Boulevard, Sorel-Tracy, Montérégie, QC, J3P 7W1
450 730-0181     Fax: 450 730-0669
Website: www.orientheque.ca
Email: info@orientheque.ca
Services: Accompaniment with settling in the region.  * Accompaniment of newcomers towards employment.  * Information, referral, networking activities, etc.  * Regionalization of immigration: exploratory visits, intercultural workshops, etc.
Eligibility: newcomers, immigrant people
Coverage area: MRC Pierre-De Saurel, Contrecoeur, Calixa-Lavallée, Verchères
Hours: Monday, Tuesday and Thursday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h30
Fees: none
Financing: provincial, federal, donations
Legal status: non-profit organization
ALLIANCE CARRIÈRE TRAVAIL (ACT) - CENTRE DE SERVICES DE BROSSARD
1 Place du Commerce, Suite 100, Brossard, Montérégie, QC, J4W 2Z7
450 462-2003 Fax: 450 462-3733
Website: alliancect.ca/en
Email: info@alliancect.ca

Services: Organization targeting socioprofessional development and autonomy to facilitate job market and school integration. * Services to individuals: job search, integration to Québec's job market, career orientation, full potential discovery, trainings, business pre-startup, project development, etc. * Services to businesses: coffee-meetings, luncheon conferences, employment evenings, bank of candidates, job posting and job fair.

Eligibility: people 16 years and over
Coverage area: Montérégie
Hours: Monday 8h30 to 20h00, Tuesday to Friday 8h30 to 16h30
Fees: none

Financing: provincial
Legal status: non-profit organization

ALLIANCE CARRIÈRE TRAVAIL (ACT) - CENTRE DE SERVICES DE CHÂTEAUGUAY
265 d'Anjou Boulevard, Suite 205, Châteauguay, Montérégie, QC, J6J 5J9
450 699-4545 Fax: 450 699-1175
Website: alliancect.ca/en
Email: info@alliancect.ca

Services: Organization targeting socioprofessional development and autonomy to facilitate job market and school integration. * Services to individuals: job search, integration to Québec's job market, career orientation, full potential discovery, trainings, business pre-startup, project development, etc. * Services to businesses: coffee-meetings, luncheon conferences, employment evenings, bank of candidates, job posting and job fair.

Eligibility: people 16 years and over
Coverage area: Montérégie
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00
Fees: none

Financing: provincial
Legal status: non-profit organization

ALLIANCE CARRIÈRE TRAVAIL (ACT) - CENTRE DE SERVICES DE SAINT-HUBERT
3258 Grande-Allée Boulevard, Longueuil, Montérégie, QC, J4T 2S5
450 876-1509
Website: alliancect.ca/en
Email: info@alliancect.ca

Services: Organization targeting socioprofessional development and autonomy to facilitate job market and school integration. * Services to individuals: job search, integration to Québec's job market, career orientation, full potential discovery, trainings, business pre-startup, project development, etc. * Services to businesses: coffee-meetings, luncheon conferences, employment evenings, bank of candidates, job posting and job fair.

Eligibility: people 16 years and over
Coverage area: Montérégie
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00
Fees: none

Financing: provincial
Legal status: non-profit organization

CENTRE DE SUPPORT MÉDICAL ET D’ASSISTANCE SOCIALE (CESUMAS)
212 de Gentilly Street West, Longueuil, Montérégie, QC, J4H 1Z6
514 652-4507
Website: www.cesumas.org
Email: infocesumaseducation2013@yahoo.ca

Eligibility: individuals and families on a low income, people, couples and single-parent families experiencing homelessness, people in a situation of vulnerability, recruitment: foreign workers on a temporary work visa or who do not have a visa yet, companies, community organizations

Capacity: 22 beds

Coverage area: agglomeration of Longueuil

Hours: Monday to Friday 8h00 to 16h00, food assistance: Wednesday 14h30 to 18h00

Fees: variable

Financing: donations, self-financing, grants

Legal status: non-profit organization

CRESO CENTRE-CONSEIL EN EMPLOI
139 Victoria Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1A4
450 377-4889 Fax: 450 377-5199
Website: www.creso-emploi.ca
Email: information@creso-emploi.ca


Eligibility: adults, immigrants, reception and employment assistance for immigrant people: immigrants who have lived in Québec for less than 5 years

Capacity: 5

Coverage area: Salaberry-de-Valleyfield, Beauharnois and Huntingdon

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

Financing: provincial

Legal status: non-profit organization

DROIT À L'EMPLOI
49 Saint-Jacques Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 2J8
450 347-6101 Fax: 450 347-1198
Website: www.coffre.ca/accueil-droit-saint-jean
Email: st-jean@quartierdelemploi.ca


Eligibility: Vers l'emploi: general public, Déclic-45: people 45 years old and over, L’ANCRE: immigrants, Cibl’Emploi: people 55 years old and over

Coverage area: MRC Le Haut-Richelieu

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

Fees: none

Financing: provincial

Legal status: non-profit organization
Employment and Income Support

INTÉGRATION COMPÉTENCES
285 Cartier Boulevard, Beloeil, Montérégie, QC, J3G 3R2
450 464-4481 Fax: 450 464-8455
Website: www.integrationcompetences.ca
Email: info@integrationcompetences.ca


Eligibility: adults, immigrants, youth 16 to 35 years old

Coverage area: MRC La Vallée-du-Richelieu

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

Fees: none

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization

INTÉGRATION COMPÉTENCES - POINT DE SERVICE CHAMBLY
1179 Bourgogne Street, 2nd Floor, Chambly, Montérégie, QC, J3L 1X3
450 464-4481 Fax: 450 447-2037
Website: integrationcompetences.ca
Email: info@integrationcompetences.ca


Eligibility: adults, immigrants, youth 16 to 35 years old

Coverage area: MRC La Vallée-du-Richelieu

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

Fees: none

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization
MAISON INTERNATIONALE DE LA RIVE-SUD
2500 Lapinière Boulevard, Brossard, Montérégie, QC, J4Z 3V1
450 445-8777   Fax: 450 445-1222
Website: mirs.qc.ca
Email: info@mirs.qc.ca
Services: * Assistance to newcomers and public refugees: support and help in all facets of integration, various
forms, school registration, housing search, etc. * Information and referral to local service organizations. * Full-
time and part-time francization program. * Employment services for people with low levels of education. *
Eligibility: immigrants and refugees
Coverage area: South Shore
Hours: Monday to Friday 9h00 to 17h00
Fees: variable costs for some services: certification of documents, translation, daycare
Financing: provincial, federal, self-financing
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
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
Financing: grants
Legal status: non-profit organization

SAINT-HYACINTHE TECHNOPOLE
1000 Dessaulles Street, Saint-Hyacinthe, Montérégie, QC, J2S 8W1
450 774-9000   Fax: 450 773-6767
Website: st-hyacinthetechnopole.com/en
Email: info@st-hyacinthetechnopole.com
Services: Integration and networking services to immigrant people. * Information and referral on public and
community resources. * Transportation to job interviews. * Networking activities: business lunches, Emploi-
Contact blitz interviews and visits to companies. * Social integration activities: welcoming day and cultural
themed days. * Awareness, promotion of cultural diversity and training on interculturalism. * Guided tour of
Eligibility: immigrant people who want to settle in Saint-Hyacinthe
Coverage area: MRC des Maskoutains
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: provincial, municipal
Legal status: non-profit organization

SERVICE CANADA CENTRE - BROSSARD
2501 Lapinière Boulevard, ground floor, Brossard, Montérégie, QC, J4Z 3P1
1 800 622-6232   TTY: 1 800 926-9105
Website: www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2373

Coverage area: Brossard

Hours: Monday to Friday 8h30 to 16h00

Financing: federal

Legal status: federal government agency

SERVICE CANADA CENTRE - CHÂTEAUGUAY
245 Saint-Jean-Baptiste Boulevard, Suite 101, Châteauguay, Montérégie, QC, J6K 3C3
1 800 622-6232 TTY: 1 800 926-9105
Website: www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2443


Coverage area: Châteauguay

Hours: Monday to Friday 8h30 to 16h00

Financing: federal

Legal status: federal government agency

SERVICE CANADA CENTRE - LONGUEUIL
1195 Du Tremblay Road, Suite 100, Longueuil, Montérégie, QC, J4N 1R4
1 800 622-6232 TTY: 1 800 926-9105
Website: www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2871


Coverage area: Longueuil

Hours: Monday to Friday 8h30 to 16h00

Financing: federal

Legal status: federal government agency

SERVICE CANADA CENTRE - SAINT-HYACINTHE
Galeries Saint-Hyacinthe, 3225 Cusson Avenue, Suite 2500, Saint-Hyacinthe, Montérégie, QC, J2S 0H7
1 800 622-6232 TTY: 1 800 926-9105
Website: www.servicecanada.gc.ca

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Employment and Income Support


**Coverage area:** Saint-Jean-sur-Richelieu

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

**Financing:** federal

**Legal status:** federal government agency

**SERVICE CANADA CENTRE - SAINT-JEAN-SUR-RICHELIEU**

1235 Douglas Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J2W 1C7

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

Website: www.canada.ca


**Coverage area:** Saint-Jean-sur-Richelieu and surrounding area

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

**Financing:** federal

**Legal status:** federal government agency

**SERVICE CANADA CENTRE - VALLEYFIELD**

63 Champlain Street, Suite 100, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1W4

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

Website: www.canada.ca


**Coverage area:** Salaberry-De-Valleyfield

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

**Financing:** federal

**Legal status:** federal government 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.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2251

Coverage area: Vaudreuil-Dorion
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency

Employment support for seniors

ACTION EMPLOI HAUTE-YAMASKA - SAINT-HYACINTHE
440 Saint-Joseph Avenue, Saint-Hyacinthe, Montérégie, QC, J2S 8K5
450 773-8888 Fax: 450 773-7985
Website: action-emploi.ca
Email: info@action-emploi.ca


Eligibility: people 50 and over looking for employment, employers
Coverage area: Saint-Hyacinthe
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: none
Financing: grants
Legal status: non-profit organization

DROIT À L'EMPLOI
49 Saint-Jacques Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 2J8
450 347-6101 Fax: 450 347-1198
Website: www.coffre.ca/accueil-droit-saint-jean
Email: st-jean@quartierdelemploi.ca


Eligibility: Vers l'emploi: general public, Décl'45: people 45 years old and over, L’ANCRE: immigrants, Cibl'Emploi: people 55 years old and over
Coverage area: MRC Le Haut-Richelieu
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization

ORIENTHÈQUE (L') - CENTRE D'ORIENTATION ET SERVICES D'INTÉGRATION DE LA MAIN-D'OEUVRE
343 Poliquin Boulevard, Sorel-Tracy, Montérégie, QC, J3P 7W1
450 730-0181 Fax: 450 730-0669
Website: www.orientheque.ca
Email: info@orientheque.ca

Eligibility: people aged 18 and over, people with criminal records, women in non-traditional jobs, people with immigrant backgrounds, experienced workers aged 50 and over

Coverage area: MRC Pierre-De Saurel, Contrecœur, Calixa-Lavallée, Verchères

Hours: Monday, Tuesday and Thursday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h30

Fees: none

Financing: provincial, federal, donations

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


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

Coverage area: MRC Vaudreuil-Soulanges

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

Fees: none

Financing: provincial

Legal status: non-profit organization

VISION-TRAVAIL
19 du Marché Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1P1
450 371-9533 Fax: 450 370-3256
Website: www.visiontravail.ca
Email: valleyfield@visiontravail.ca


Eligibility: people 40 years and over who wish to reintegrate the labor market, employers

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

Hours: Monday to Friday 8h30 to 16h30

Fees: free

Financing: provincial

Legal status: non-profit organization

VISION-TRAVAIL - LONGUEUIL
1369 Sainte-Foy Boulevard, Longueuil, Montérégie, QC, J4K 1Y1
450 651-8747 Fax: 450 651-2218
Website: visiontravail.ca
Email: longueuil@visiontravail.ca

Services: Specialized career transition and professional assessment programs. * Various workshops: transfer of knowledge, change process, decision making and getting in action towards a realistic goal. * Topics covered: job loss, burn out, self-sabotage attitudes, stress management. * All inclusive formula: tests and interpretation, tailored resumes and cover letters, performance interview simulations, database of enterprises, networking, social media use, salary negotiation and understanding today's job market.

Eligibility: job seekers 40 years old and over, specialized program for managers and professionals

Coverage area: Montérégie
Hours: Monday to Friday 8h30 to 16h30  
Fees: none  
Financing: provincial  
Legal status: non-profit organization

Employment support for women

AVENUE PROFESSION'ELLE - COWANSVILLE  
403 Sud Street, Cowansville, Montérégie, QC, J2K 2X6  
450 266-0993  
Website: passage.qc.ca/avenue  
Email: ap@passage.qc.ca


Eligibility: women, organizations, education sector, businesses  
Coverage area: MRC Brome-Missisquoi, MRC La Haute-Yamaska, Acton Vale  
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, by appointment only: Friday 13h00 to 16h30  
Fees: none  
Financing: provincial  
Legal status: non-profit organization

AVENUE PROFESSION'ELLE - GRANBY  
425 Cabana Street, Granby, Montérégie, QC, J2G 1P3  
450 378-2212  
Website: passage.qc.ca/avenue  
Email: ap@passage.qc.ca


Eligibility: women, organizations, education sector, businesses  
Coverage area: MRC Brome-Missisquoi, MRC La Haute-Yamaska, Acton Vale  
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30  
Fees: none  
Financing: provincial  
Legal status: non-profit organization

CENTRE D'ORIENTATION ET DE FORMATION POUR FEMMES EN RECHERCHE D'EMPLOI  
49 Saint-Jacques Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 2J8  
450 347-6101  Fax: 450 347-1198  
Website: www.coffre.ca  
Email: st-jean@coffre.ca

Eligibility: women who are unemployed or with a precarious job
Coverage area: MRC Le Haut-Richelieu
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization

CENTRE D'ORIENTATION ET DE FORMATION POUR FEMMES EN RECHERCHE D'EMPLOI - SAINT-HUBERT
5664 Chambly Road, Longueuil, Montérégie, QC, J3Y 7E5
450 678-3838  Fax: 450 678-8292
Website: coffre.ca/services-saint-hubert
Email: st-hubert@coffre.ca
Eligibility: unemployed women or with an unstable employment
Coverage area: Longueuil, MRC Rouville, MRC Marguerite D'Youville, MRC La Vallée-du-Richelieu, MRC Roussillon
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization

DE SOI À L'EMPLOI
2035 Victoria Avenue, Suite 303, Saint-Lambert, Montérégie, QC, J4S 1H1
450 465-4078  Fax: 450 465-2202
Website: www.soi-emploi.qc.ca
Email: info@soi-emploi.qc.ca
Eligibility: women
Coverage area: Montérégie
Hours: Monday to Friday 8h30 to 12h00 and 12h30 to 16h00
Fees: free
Financing: provincial
Legal status: non-profit organization

ENVOL (L') PROGRAMME D'AIDE AUX JEUNES MÈRES
1660 de l'Église Street, Longueuil, Montérégie, QC, J4P 2C8
450 465-2584 ext. 221  Fax: 450 465-2466
Website: lenvol.org
Email: info@lenvol.org
Eligibility: pregnant women and mothers under 25 years old, Escale: mothers under 30 years old, food assistance, childcare and transportation: for users only
Coverage area: South Shore of Montréal
Hours: Monday to Friday 9h00 to 16h00, Daycare Les Coucous de l'Envol: Monday to Friday 7h00 to 18h00
Fees: none
**Financing:** grants, self-financing, donations  
**Legal status:** non-profit organization

### OPTION RESSOURCE TRAVAIL

99 Salaberry Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2H5  
450 377-4949  
Fax: 450 377-8037  
Website: psjeunesse.org/programmes/ort-acces-aux-metiers-non-traditionnels  
Email: info@psjeunesse.org  


**Eligibility:** women 20 years and over without an income or in precarious employment, interested in exploring non-traditional occupations  

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

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

**Fees:** none  

**Financing:** provincial  

**Legal status:** non-profit organization

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

343 Poliquin Boulevard, Sorel-Tracy, Montérégie, QC, J3P 7W1  
450 730-0181  
Fax: 450 730-0669  
Website: www.orientheque.ca  
Email: info@orientheque.ca  


**Eligibility:** people aged 18 and over, people with criminal records, women in non-traditional jobs, people with immigrant backgrounds, experienced workers aged 50 and over  

**Coverage area:** MRC Pierre-De Saurel, Contrecoeur, Calixa-Lavallée, Verchères  

**Hours:** Monday, Tuesday and Thursday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h30  

**Fees:** none  

**Financing:** provincial, federal, donations  

**Legal status:** non-profit organization

### P.S. JEUNESSE

99 Salaberry Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2H5  
450 377-9155  
Fax: 450 377-8037  
Website: psjeunesse.org  
Email: info@psjeunesse.org  


**Eligibility:** adults
Employment and Income Support

**Capacity:** no limits
**Coverage area:** MRC Roussillon, MRC Les Jardins-de-Napierville, MRC Le Haut-Saint-Laurent, MRC Beauguarnois-Salaberry, MRC Vaudreuil-Soulanges
**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
**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, search techniques, resume writing, interview preparation. * Assistance with returning to school. * Career counselling: 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 young women. * Focus sur l'emploi: professional reintegration program for people without a high school diploma. * Travail en liberté: employability program for people with a criminal record.
**Eligibility:** adults, people with a criminal record, people without a high school diploma
**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

**PLACE À L’EMPLOI - OPTIONS SANS LIMITE**
125 Sainte-Foy Boulevard, 3rd floor, Longueuil, Montérégie, QC, J4J 1W7
450 646-1030  Fax: 450 646-9060
**Website:** www.optionssanslimite.com
**Email:** info@placealemploi.ca
**Services:** Guidance and job search assistance for women.
**Eligibility:** women 18 years and over who want to explore job opportunities in predominantly male occupations
**Coverage area:** South Shore
**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
**Financing:** provincial
**Legal status:** non-profit organization

**SERVICE EXTERNE DE MAIN D’OEUVRE LE JALON**
120 Saint-Jean-Baptiste Boulevard, Suite 201, Châteauguay, Montérégie, QC, J6K 3K9
450 691-9622  Fax: 450 691-9559
**Website:** www.lejalon.ca
**Email:** info@lejalon.ca
**Services:** * Procedures to help women integrate the job market: self-awareness, job market information, job search tools and techniques. * Action plan regarding a career choice.
**Eligibility:** women wishing to re-enter the labor market, income security recipients, employment insurance recipients and those without public support
**Coverage area:** MRC Roussillon, MRC Les Jardins-de-Napierville
**Hours:** Monday to Thursday 8h00 to 16h00, Friday 8h00 to 12h00
**Fees:** free
**Financing:** provincial
**Legal status:** non-profit organization
Employment and Income Support

SERVICE EXTERNE DE MAIN D’ŒUVRE LE JALON - POINT OF SERVICE SAINT-CONSTANT
55 Saint-Pierre Street, Suite 201-202, Saint-Constant, Montérégie, QC, J5A 1B9
450 638-6277    Fax: 450 845-1554
Website: www.lejalon.ca
Email: info@lejalon.ca
Services: * Procedures to help women integrate the job market: self-awareness, job market information, job search tools and techniques. * Action plan regarding career choice.
Eligibility: women wishing to re-enter the job market, income security recipients, employment insurance recipients or those without public support
Coverage area: MRC Roussillon, MRC Les-Jardins-de-Napierville
Hours: Monday to Thursday 8h00 to 16h00, Friday 8h00 to 12h00
Fees: free
Financing: provincial
Legal status: non-profit organization

Employment support for youth

AFFAIRE DE FAMILLE (UNE)
19 Bridge Street, Ormstown, Montérégie, QC, J0S 1K0
450 829-3782
Website: www.uneaffairedefamillehsl.com
Email: uaf.reception@gmail.com
Eligibility: parents, young adults, children, teenagers, seniors
Coverage area: MRC du Haut-Saint-Laurent
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00, closed in July and August
Financing: self-financing, municipal
Legal status: non-profit organization

ANTICHAMBRE 12-17 HÉBERGEMENT JEUNESSE DU SUROÎT (L’)
323 Larocque Road, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4C1
450 373-9887
Website: www.lantichambre12-17.ca
Email: hebergement@lantichambre12-17.ca
Eligibility: youth 12 to 17 years old
Capacity: 5 beds
Coverage area: MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges or others if necessary
Hours: 24 hours / 7 days
Fees: $10 per day, $70 per week
Financing: self-financing, foundations
Legal status: non-profit organization
ASSOCIATION QUÉBEC-FRANCE - MONTÉRÉGIE
Confidential Address
Website: www.quebecfrance-monteregie.org
Email: qfmonteregie@gmail.com
Eligibility: francophiles and French language defenders
Coverage area: Montérégie
Fees: variable according to the membership type
Financing: contributions, self-financing
Legal status: non-profit organization

BARBAPARENTS (LES)
542 King-George Street, Longueuil, Montérégie, QC, J4J 2V7
450 448-3454     Fax: 450 448-5501
Website: www.barbaparents.org
Email: barbaparents@bellnet.ca
Eligibility: families with children 0 to 11 years old
Capacity: 40
Coverage area: Longueuil
Hours: Monday to Friday 8h00 to 17h00
Fees: annual membership: $25 per family
Financing: self-financing, fundraising campaigns
Legal status: non-profit organization

BENADO
197 Saint-François-Xavier Road, Delson, Montérégie, QC, J5B 1X7
450 632-1640     Fax: 450 632-6754
Website: benado.org
Email: benado@videotron.ca
Eligibility: dropout alternative section: youth 13 to 18 years old coping with academic, family or social difficulties, alternative justice section: youth 12 to 18 years old, victims, parents and community
Coverage area: Candiac, Châteauguay, Delson, Hemmingford, La Prairie, Léry, Mercier, Saint-Constant, Saint-Édouard, Saint-Isidore, Saint-Mathieu, Saint-Michel, Saint-Philippe, Saint-Rémi, Sainte-Catherine, Sainte-Clotilde, Sherrington
Hours: Monday, Tuesday, Thursday and Friday 8h00 to 16h30, Wednesday 8h00 to 21h00
Financing: Centraide of Greater Montréal, donations, provincial
Legal status: non-profit organization

BISTRO CULTUREL COEUR DE VILLAGE
680 Rang Saint-Régis, Saint-Isidore, Montérégie, QC, J0L 2A0
514 400-5351     Fax: 450 992-0633
Website: coeurdevillage.wordpress.com
Email: coeurdevillage@videotron.ca

Eligibility: youth, adults, seniors

Capacity: 100

Coverage area: MRC Roussillon

Hours: Wednesday to Sunday 11h00 to 17h00

Fees: annual membership: $20

Financing: self-financing, contributions, grants

Legal status: non-profit organization

BOUTIQUE AUX FRINGUES (LA)
866 Laurier Street, Beloeil, Montérégie, QC, J3G 4K7
450 467-9025

Website: www.boutiqueauxfringues.com
Email: boutiqueauxfringues@hotmail.com

Services: * Sale of used clothing and fashion accessories at a low cost. * Employment and training of youth to facilitate access to the job market.

Coverage area: MRC La Vallée-du-Richelieu

Hours: Tuesday to Saturday 10h00 to 15h00

Fees: variable

Financing: self-financing, donations

Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI - COMTÉ DE JOHNSON
975 Boulay Street, Suite 202, Acton Vale, Montérégie, QC, J0H 1A0
450 546-0311  Fax: 450 546-0316

Website: cjejohnson.org
Email: acton@cjejohnson.org


Eligibility: young adults 16 to 35 years old, parents, employers, Départ à neuf: youth 18 to 29 years old, Jeunes volontaires: youth 16 to 29 years old

Coverage area: Acton Vale, Béthanie, Drummondville, Durham-Sud, L'Avenir, Lefebvre, Roxton, Roxton Falls, Roxton Pond, Sainte-Cécile-de-Milton, Sainte-Christine, Saint-Edmond-de-Grantham, Saint-Eugène, Saint-Germain-de-Grantham, Sainte-Hélène-de-Bagot, Saint-Joachim-de-Shefford, Saint-Majorique-de-Grantham, Saint-Nazaire-d'Acton, Saint-Théodore-d'Acton, Saint-Valérien-de-Milton, Upton, Wickham

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

Fees: none

Financing: provincial

Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI BEAUHARNOIS-SALABERRY
71 Dufferin Street, Salaberry-de-Valleyfield, Montérégie, QC, J6S 1Y3
450 373-6767  Fax: 450 373-0057

Website: www.cjeb-s.ca
Email: carrefour@cjeb-s.ca

Eligibility: young adults 16 to 35 years old, parents, employers, Départ@9: youth 16 to 29 years old, Créneau Carrefour Jeunesse: youth 15 to 35 years old, Jeunes volontaires: youth 16 to 29 years old

Coverage area: Beauharnois, Saint-Étienne-de-Beauharnois, Saint-Louis-de-Gonzague, Saint-Stanislas-de-Kostka, Salaberry-de-Valleyfield

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

Fees: none

Financing: provincial, federal, municipal

Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI BEAUHARNOIS-SALABERRY - POINT DE SERVICE BEAUHARNOIS

660 Ellice Street, Beauharnois, Montérégie, QC, J6N 1Y1

450 373-6767

Website: www.cjeb-s.ca

Email: carrefour@cjeb-s.ca


Eligibility: young adults 16 to 35 years old, parents, employers, Départ@9: youth 16 to 29 years old, Créneau Carrefour Jeunesse: youth 15 to 35 years old, Jeunes volontaires: youth 16 to 29 years old

Coverage area: Beauharnois, Saint-Étienne-de-Beauharnois, Saint-Louis-de-Gonzague, Saint-Stanislas-de-Kostka, Salaberry-de-Valleyfield

Hours: by appointment only

Fees: none

Financing: provincial, federal

Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI CHÂTEAUGUAY

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

450 699-8001 Fax: 450 699-9728

Website: cjechateauguay.org

Email: info@cjechateauguay.org


Eligibility: youth 16 to 35 years old

Coverage area: MRC Roussillon

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

Fees: none
CARREFOUR JEUNESSE-EMPLOI COMTÉS IBERVILLE ET SAINT-JEAN - POINT DE SERVICE
FARNHAM
151 Principale Street East, Farnham, Montérégie, QC, J2N 1L2
450 293-0923  Fax: 450 293-0920
Website: www.cje-isj.com
Email: cje.farnham@cje-isj.com
Eligibility: youth 16 to 35 years old, employers
Coverage area: MRC Le Haut-Richelieu, MRC Rouville, MRC Brome-Missisquoi
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI COMTÉS IBERVILLE ET SAINT-JEAN - POINT DE SERVICE
MARIENVILLE
491 Sainte-Marie Street, Marieville, Montérégie, QC, J3M 1M4
450 460-8887  Fax: 450 460-1147
Website: www.cje-isj.com
Email: cje.marieville@cje-isj.com
Eligibility: youth 16 to 35 years old, employers
Coverage area: MRC Le Haut-Richelieu, MRC Rouville, MRC Brome-Missisquoi
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI COMTÉS IBERVILLE ET SAINT-JEAN - POINT DE SERVICE
SAINT-JEAN-SUR-RICHELIEU
215 Saint-Paul Street, Suite 120, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 0H9
450 347-4717  Fax: 450 347-5152
Website: www.cje-isj.com
Email: cje.st-jean@cje-isj.com
Eligibility: youth 16 to 35 years old, employers
Coverage area: MRC Le Haut-Richelieu, MRC Rouville, MRC Brome-Missisquoi, bicycle recovery: MRC Le Haut-Richelieu
Hours: Monday to Friday 8h30 to 16h30, Tuesday 8h30 to 20h00
Fees: none
Financing: provincial
Legal status: non-profit organization

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

37 du Roi Street, Suite 200, Sorel-Tracy, Montérégie, QC, J3P 4M6
450 743-1441
Website: cje-pierredesaurel.com
Email: info@cje-pierredesaurel.com


Eligibility: people 16 to 35 years old
Coverage area: MRC Pierre-de Saurel
Financing: provincial
Legal status: non-profit organization

**CARREFOUR JEUNESSE-EMPLOI HUNTINGDON**

2 Henderson Street, Suite 1, Huntingdon, Montérégie, QC, J0S 1H0
450 264-5858     Fax: 450 264-2058
Website: cjehuntingdon.org
Email: cmoran@cjehuntingdon.org


Services to employers.

Eligibility: youth 16 to 35 years old, youth service cooperative: youth 14 to 17 years old, Jeunes volontaires: youth 16 to 29 years old
Hours: Monday, Wednesday to Friday 8h30 to 12h00 and 13h00 to 16h30, Tuesday 10h30 to 12h00 and 13h00 to 16h30, evenings by appointment
Fees: none
Financing: provincial, municipal
Legal status: non-profit organization

**CARREFOUR JEUNESSE-EMPLOI HUNTINGDON - POINT DE SERVICE SAINT-RÉMI**

18 de l’Église Street, Saint-Rémi, Montérégie, QC, J0L 2L0
450 454-5814     Fax: 450 454-3533
Website: cjehuntingdon.org
Email: info-stremi@cjehuntingdon.org


Services to employers.

Eligibility: youth 16 to 35 years old, youth service cooperative: youth 13 to 17 years old, Jeunes volontaires: youth 16 to 29 years old
Coverage area: MRC Les Jardins-de-Napierville
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 10h30 to 12h00 and 13h00 to 16h30, evenings by appointment
Employment and Income Support

Fees: none
Financing: provincial, municipal, donations
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI MARGUERITE-D’YOUVILLE
95 de Mortagne Boulevard, Suite D, Boucherville, Montérégie, QC, J4B 6G4
450 449-9541    Fax: 450 449-0632
Website: www.cjemy.com
Email: info@cjemy.com
Eligibility: people aged 15 to 35 years old
Coverage area: MRC Marguerite-D’Youville and Boucherville
Hours: Monday, Tuesday, Thursday and Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 8h30 to 12h00 and 13h00 to 20h00, closed on Friday afternoon from June 24th to September 2nd
Fees: none
Financing: provincial
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI ROUSSILLON
45 Georges-Gagné Boulevard South, Suite 9, Delson, Montérégie, QC, J5B 2E5
450 845-3848    Fax: 450 845-4194
Website: cjer.ca
Email: accueil@cjer.ca
Eligibility: young adults 15 to 35 years old
Coverage area: Candiac, Delson, La Prairie, Saint-Constant, Saint-Mathieu, Saint-Philippe, Sainte-Catherine
Hours: Monday, Tuesday and Thursday 8h00 to 12h00 and 13h00 to 16h30, Wednesday 8h00 to 12h00 and 13h00 to 16h30 and 16h30 to 19h00 by appointment, Friday 8h00 to 12h00
Fees: none
Financing: provincial
Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI SAINT-HUBERT
6110 de Chambly Road, Longueuil, Montérégie, QC, J3Y 3R5
450 678-7644    Fax: 450 678-7798
Website: www.cjesh.org
Email: emploi@cjesh.org
Eligibility: people 16 to 35 years old
Coverage area: Saint-Hubert
Hours: Monday 8h30 to 15h00, Tuesday to Friday 8h30 to 16h30
Fees: none
Financing: provincial, municipal, grants, donations
Legal status: non-profit organization
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
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
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
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

CENTRE AMITIÉ-JEUNESSE CHAMBLY
505 Brassard Boulevard, Chambly, Montérégie, QC, J3L 4N5
450 658-6810
Email: mdj_caj@bellnet.ca
Eligibility: youth from 10 to 17 years old, monthly theme dances: youth from 10 to 13 years old
Coverage area: Chambly
Hours: Tuesday 10h50 to 11h50 and 14h40 to 18h00, Wednesday and Thursday 10h50 to 11h50 and 14h40 to 19h00, Friday 10h50 to 11h50 and 14h40 to 20h00
Fees: annual member card: $40
Financing: donations
Legal status: non-profit organization

CENTRE D'ENTRAIDE MASKOUTAIN - GRANBY
231 Saint-Charles Street South, Local A, Granby, Montérégie, QC, J2G 3W5
450 330-3317
Website: www.centredentraidemaskoutain.org
Email: centre.dentraide.maskoutain@gmail.com
Eligibility: people on a low income
Coverage area: Estrie, Montérégie, at-home pick-up of furniture: Granby and surroundings
Hours: store: Monday to Friday 10h00 to 17h00, Saturday 10h00 to 16h00, food counter: Friday 13h00
Fees: food basket: 12$, thrift store: variable
Financing: donations, self-financing
Legal status: non-profit organization

CENTRE DE FORMATION À L'AUTOGESTION DU HAUT RICHELIEU
199-A Laurier Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 6Z8
450 346-8357     Fax: 450 346-8357
Email: cfa-hr@hotmail.ca
Eligibility: people 35 years and under
Coverage area: MRC Le Haut-Richelieu
Hours: Monday to Thursday 10h00 to 16h00
Fees: membership: $4 if possible
Financing: provincial, donations
Legal status: non-profit organization

ESPACE PIVOT - CARREFOUR JEUNESSE-EMPLOI LAPORTE
465 Victoria Street, Suite 500, Saint-Lambert, Montérégie, QC, J4P 2J2
450 671-8949     Fax: 450 671-0239
Website: espacepivot.ca/en/
Email: info@espacepivot.ca
Eligibility: young adults 16 to 35 years old
Coverage area: Saint-Lambert, LeMoyne, Greenfield-Park
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00
Fees: none
Financing: provincial
Legal status: non-profit organization
FRIPERIE COMMUNAUTAIRE HUNTINGDON
4 Lorne Street, Suite 102, Huntingdon, Montérégie, QC, J0S 1H0
450 264-4775
Website: www.fripcommhunt.quebec
Email: fripcommhunt@hotmail.com
Eligibility: general population, individuals and families on a low income, people who are far from the labour market
Coverage area: MRC Le Haut-Saint-Laurent
Hours: Tuesday to Saturday 9h00 to 17h00
Fees: rental of sports equipment: free but annual membership fee
Financing: self-financing, provincial, grants, donations
Legal status: non-profit organization

INTÉGRATION COMPÉTENCES
285 Cartier Boulevard, Beloeil, Montérégie, QC, J3G 3R2
450 464-4481     Fax: 450 464-8455
Website: www.integrationcompetences.ca
Email: info@integrationcompetences.ca
Eligibility: adults, immigrants, youth 16 to 35 years old
Coverage area: MRC La Vallée-du-Richelieu
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00
Fees: none
Financing: provincial, fundraising campaigns, donations
Legal status: non-profit organization

INTÉGRATION COMPÉTENCES - POINT DE SERVICE CHAMBLY
1179 Bourgogne Street, 2nd Floor, Chambly, Montérégie, QC, J3L 1X3
450 464-4481     Fax: 450 447-2037
Website: integrationcompetences.ca
Email: info@integrationcompetences.ca
Employment and Income Support


Eligibility: adults, immigrants, youth 16 to 35 years old
Coverage area: MRC La Vallée-du-Richelieu
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00
Fees: none
Financing: provincial, fundraising campaigns, donations
Legal status: non-profit organization

JARDINS DE LA TERRE (LES)
305 Principale Street West, Saint-Paul-d'Abbotsford, Montérégie, QC, J0E 1A0
450 379-5079 Fax: 450 379-5464
Website: www.jardinsdelaterre.org
Email: info@jardinsdelaterre.org

Services: Social and professional insertion in the field of horticulture. * Program of introduction into organic horticulture: cultivation in greenhouses and fields, detection of insects and diseases, harvest of vegetables and conditioning for sale, usage of motorized tools. * Program for food transformation: kitchen hygiene regulations, preparation of food, transformation and conservation of food, quality control, etc. * Personal and social development course: workshops, tools for the job search, individual and regular accompaniment. * Subscription to organic baskets that are delivered at collection points.

Eligibility: unemployed youth from 16 to 30 years old, who are not studying full-time
Coverage area: MRC Rouville
Hours: Monday to Friday 8h30 to 16h30
Financing: self-financing, Centraide Richelieu-Yamaska, provincial
Legal status: non-profit organization

LE 2159
2159 de Chambly Road, Longueuil, Montérégie, QC, J4J 3Z1
450 396-6426
Website: www.le2159.com
Email: info@le2159.com

Services: * Mid and long-term housing. * Activities and workshops offered on a weekly basis on various topics. * Psychosocial intervention: individual meetings with a counsellor. * Accompaniment for a return to school, an internship, job or apartment search and for appointments. * Social reinsertion through internships.

Eligibility: youth 17 to 25 at risk of delinquency, homelessness, sexual exploitation or mental health issues
Capacity: 16 rooms
Coverage area: Montérégie
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: federal, provincial, foundations, fundraising campaigns
Legal status: non-profit organization
MACADAM SUD
895 Sainte-Hélène Street, Longueuil, Montérégie, QC, J4K 3R7
450 677-9021  Fax: 450 677-4741
Website: macadamsud.org
Email: info@macadamsud.org
Eligibility: youth 12 to 35 years old marginalized or at risk of marginalization, Squat: youth 12 to 17 years old, Espace-jeunes: youth 15 to 35 years old, any person in distress
Coverage area: Longueuil, Brossard
Hours: services: variable, administration: Monday to Friday 9h00 to 17h00
Fees: none
Financing: federal, provincial, fundraising campaigns, foundations, municipal, Centraide of Greater Montréal
Legal status: non-profit organization

MAISON DE JEUNES KEKPART - ACTION JEUNESSE SAINT-PIE-X DE LONGUEUIL
1000 Roland-Therrien Boulevard, Longueuil, Montérégie, QC, J4J 5H3
450 677-3821
Website: www.maisonkekpart.com
Email: communicationskekpart@videotron.ca
Eligibility: youth 12 to 18 years old and their family
Capacity: 40 people
Coverage area: Longueuil
Hours: administration: Monday to Friday 9h00 to 16h00, youth line: Monday to Friday 15h00 to 21h00
Fees: none
Financing: provincial, federal, fundraising campaigns
Legal status: non-profit organization

MAISON DE LA FAMILLE DE BROSSARD
2210 André Street, Brossard, Montérégie, QC, J4Z 2Z8
450 678-5222
Website: www.mfdebrossard.org/fr
Email: info@mfdebrossard.org
Eligibility: families
Capacity: 50
**Coverage area:** Brossard  
**Hours:** Monday to Friday 8h30 to 16h00, activities: variable  
**Fees:** variable according to the activities  
**Financing:** provincial, donations, self-financing  
**Legal status:** non-profit organization

**MAISON DES JEUNES DE BEAUHARNOIS**  
21 Saint-Joseph Street, Beauharnois, Montérégie, QC, J6N 0P3  
**450 225-6878**  
**Website:** mdjbeauharnois.ca  
**Email:** mdjbeauharnois@videotron.ca  
**Eligibility:** youth 12 to 17 years old  
**Coverage area:** Beauharnois  
**Hours:** Wednesday and Thursday 18h00 to 21h00, Friday 18h00 to 22h00 and Saturday 14h00 to 17h00 and 18h00 to 22h00, homework assistance: Tuesday and Thursday 16h00 to 18h00, administration: Tuesday to Friday 9h00 to 17h00  
**Fees:** free  
**Financing:** municipal, provincial, self-financing  
**Legal status:** non-profit organization

**MAISON DES JEUNES DE RIGAUD (LA)**  
96 Saint-Jean-Baptiste Street East, Rigaud, Montérégie, QC, J0P 1P0  
**450 451-9937**  
**Email:** mdjderigaud@bell.net  
**Eligibility:** youth 11 to 18 years old  
**Capacity:** 30  
**Coverage area:** Rigaud and surroundings  
**Hours:** Tuesday and Wednesday 15h00 to 20h00, Thursday 15h00 to 20h30, Friday 18h00 to 21h00, one Saturday per month 10h00 to 17h00, pedagogical days: 14h00 to 18h00, phone reception: Tuesday to Thursday 13h00 to 16h00  
**Fees:** free  
**Financing:** provincial, Centraide du Sud-Ouest, municipal, federal, foundations  
**Legal status:** non-profit organization

**MAISON DES JEUNES DE SAINT-BRUNO**  
1425 Goyer Street, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 3Z4  
**450 441-1989**  
**Website:** mdjstbruno.org  
**Email:** maisondesjeunesst-bruno@videotron.ca  
**Eligibility:** youth 11 to 17 years old  
**Coverage area:** Saint-Bruno-de-Montarville  
**Hours:** school year: Monday to Thursday 15h00 to 20h00, Friday 15h00 to 21h00, summer: Monday to Friday 13h00 to 21h00, collective suppers: Wednesday 17h00 to 19h00
MAISON DES JEUNES DE SAINTE-JULIE
1581 du Fer-à-Cheval Road, Sainte-Julie, Montérégie, QC, J3E 1G5
450 649-3031
Website: www.mdjsaintejulie.com
Email: info@mdj-stejulie.ca


Eligibility: youth 9 to 17 years old
Coverage area: Sainte-Julie
Hours: Tuesday to Thursday 16h30 to 21h00, Friday 16h30 to 22h00, Saturday 14h00 to 22h00, summer schedule: Monday and Tuesday 14h00 to 20h00, Wednesday to Saturday 14h00 to 22h00
Fees: none
Financing: provincial, municipal, federal
Legal status: non-profit organization

MAISON DES JEUNES DE VERCHÈRES
41 Calixa-Lavallée Street, Suite A, Verchères, Montérégie, QC, J0L 2R0
450 583-5201     Fax: 450 583-5201
Website: www.mdjvercheres.org
Email: mdjvercheres@videotron.ca


Eligibility: youth 12 to 17 years old
Coverage area: Calixa-Lavallée, Verchères
Hours: school year: Monday 10h00 to 17h00 (office only), Tuesday to Thursday 17h00 to 21h00, Friday 15h30 to 22h00, Saturday 14h00 to 22h00, summer: Tuesday to Saturday 14h00 to 22h00
Fees: none
Financing: provincial
Legal status: non-profit organization

MAISON DES JEUNES DES QUATRE FENÊTRES - MAISON DE BELOEIL
1060 Saint-Joseph Street, Beloeil, Montérégie, QC, J3G 6C6
450 536-9096
Website: www.mdj4f.ca
Email: direction@mdj4f.ca

Services: Meeting place, support and referral. * Organization of sporting, cultural and volunteering activities. * Homework help. * Cooperative young entrepreneurs to work. * Online discussion group on Discord.

Eligibility: youth 12 to 17 years old
Coverage area: Mont-Saint-Hilaire, Beloeil, McMasterville, Otterbrun Park
Hours: Wednesday and Thursday 18h00 to 21h00, Friday and Saturday 18h00 to 22h00, Sunday 13h30 to 17h00
Financing: Centraide, federal, provincial, fundraising campaigns
Legal status: non-profit organization
MAISON DES JEUNES DES QUATRE FENÊTRES - MAISON DE MONT-SAINT-HILAIRE
100 Michel Street, Mont-Saint-Hilaire, Montérégie, QC, J3H 3R3
450 464-8224
Website: www.mdj4f.ca
Email: direction@mdj4f.ca
Eligibility: youth 12 to 17 years old
Coverage area: Mont-Saint-Hilaire, Beloeil, McMasterville, Otterburn Park
Hours: Thursday 18h00 to 21h00, Friday 18h00 to 22h00, Saturday 16h00 to 18h00, Sunday 13h30 to 17h00
Fees: free, variables fees for outings
Financing: Centraide Richelieu-Yamaska, provincial, federal, fundraising campaigns
Legal status: non-profit organization

MAISON DES JEUNES LE DÔME
2 Place du Marché, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 2P4
450 346-2147 Fax: 450 346-7916
Website: www.mdjledome.com
Email: mdjledome@qc.aira.com
Eligibility: youth 12 to 17 years old, socio-professional integration: young adults 16 to 30 years old
Coverage area: Saint-Jean-sur-Richelieu
Hours: Monday to Friday 16h00 to 21h00, Saturday: variable schedule depending on the activities
Fees: free
Financing: provincial
Legal status: non-profit organization

MAISON DES JEUNES LES CÈDRES
145 Valade Street, Les Cèdres, Montérégie, QC, J7T 1A1
450 452-0215
Email: mdjescedres@gmail.com
Eligibility: youth 12 to 17 years old
Coverage area: Les Cèdres
Hours: Tuesday, Wednesday and Thursday 18h00 to 21h00, Friday 18h00 to 22h00
Financing: provincial
Legal status: non-profit organization

P.S. JEUNESSE
99 Salaberry Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2H5
450 377-9155 Fax: 450 377-8037
Website: psjeunesse.org
Email: info@psjeunesse.org
Employment and Income Support

**Services:**  

**Eligibility:** adults
**Capacity:** no limits
**Coverage area:** MRC Roussillon, MRC Les Jardins-de-Napierville, MRC Le Haut-Saint-Laurent, MRC Beauharnois-Salaberry, MRC Vaudreuil-Soulanges
**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
**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, search techniques, resume writing, interview preparation. * Assistance with returning to school. * Career counselling: 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 young women. * Focus sur l'emploi: professional reintegration program for people without a high school diploma. * Travail en liberté: employability program for people with a criminal record.

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

**PLACE À L'EMPLOI - CARREFOUR JEUNESSE-EMPLOI LONGUEUIL**
125 Sainte-Foy Boulevard, 3rd floor, Longueuil, Montérégie, QC, J4J 1W7
450 646-1030  Fax: 450 646-9060
**Website:** placealemploi.ca
**Email:** info@placealemploi.ca
**Eligibility:** youth 16 to 35 years old
**Coverage area:** Longueuil
**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
**Fees:** none
**Financing:** provincial
**Legal status:** non-profit organization
POSA - SOURCE DES MONTS
620 Senécal Street, Chambly, Montérégie, QC, J3L 1N9
450 658-9898 Fax: 450 658-5368
Website: www.posasdm.com
Email: direction@posasdm.org
Eligibility: youth in difficulty 35 years and under, clinic: youth 12 to 24 years old, meals: underprivileged children from elementary and secondary schools of Chambly and Carignan, jobs: youth between 16 and 35 years old eligible with Emploi-Québec
Coverage area: Chambly, Carignan, MRC Le Haut-Richelieu, MRC Rouville
Hours: Monday to Friday 9h00 to 17h00, youth clinic: Monday to Friday 9h00 to 17h00 by appointment
Financing: provincial, donations, municipal
Legal status: non-profit organization

RECYCLO-CENTRE
165 de l’Hôtel-Dieu Avenue, Sorel-Tracy, Montérégie, QC, J3P 7L4
450 743-5224 Fax: 450 746-4366
Website: www.recyclo-centre.ca
Email: information@recyclo-centre.org
Eligibility: people 18 to 44 years old who are far from the labour market, individuals and families on a low income
Coverage area: MRC Pierre-De Saurel
Hours: Tuesday, Wednesday, Friday and Saturday 9h00 to 17h00, Thursday 9h00 to 20h00, donation centre: 7 days 9h00 to 17h00
Financing: provincial, municipal, self-financing
Legal status: non-profit organization

Tax clinics

ACTION BÉNÉVOLE DE VARENNES - TAX CLINIC
50 de la Fabrique Street, Varennes, Montérégie, QC, J3X 1R1
450 652-5256
Website: actionbenevolevarennes.org
Email: info@actionbenevolevarennes.org
Services: Tax clinic by appointment.
Eligibility: individuals or couples on a low income
Coverage area: Varennes
Hours: Tuesday 9h00 to 12h00, Thursday 9h00 to 12h00 and 13h00 to 14h30
Fees: $10 per person
Financing: donations, self-financing, grants
Legal status: non-profit organization
### ASSOCIATION VIVRE ET VIEILLIR CHEZ SOI BAS-RICHELIEU - TAX CLINIC

105 Prince Street, Suite 112, Sorel-Tracy, Montérégie, QC, J3P 4J9  
**450 743-1584**  
**Website:** vivreetvieillirchezsoi.ca  
**Email:** gcmer8@hotmail.com  
**Services:** * Year-round tax clinic.  
**Eligibility:** people aged 50 and over  
**Coverage area:** MRC Pierre-De Saurel  
**Hours:** Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00  
**Fees:** variable  
**Financing:** donations  
**Legal status:** non-profit organization

### CAFÉ DE LA DÉBROUILLE (LE) - TAX CLINIC

19 Saint-Jean-Baptiste Street East, Rigaud, Montérégie, QC, J0P 1P0  
**450 206-1008**  
**Website:** www.lecafedeladebrouille.org  
**Email:** lecafedeladebrouille@videotron.ca  
**Services:** Tax clinic by appointment open year round.  
**Eligibility:** people and families on a low income  
**Coverage area:** Rigaud, Pointe-Fortune, Très-Saint-Rédempteur  
**Hours:** all year, by appointment  
**Fees:** none  
**Financing:** self-financing  
**Legal status:** non-profit organization

### CARREFOUR DIGNITÉ (SAINT-JEAN) - TAX CLINIC

939-D du Séminaire Boulevard North, Saint-Jean-sur-Richelieu, Montérégie, QC, J3A 1B6  
**450 359-9525**  
**Fax:** 450 359-9525  
**Website:** www.carrefourdignitestjean.org  
**Email:** patro9@videotron.ca  
**Services:** * Year-long walk-in tax clinic. * Declarations for the current and previous years.  
**Eligibility:** people on a low income  
**Coverage area:** Saint-Jean-Sur-Richelieu  
**Hours:** February, March and April: Monday, Wednesday, Thursday 9h00 to 12h00 and 13h00 to 15h00, from May: Wednesday 9h00 to 12h00 and 13h00 to 15h00  
**Fees:** none  
**Financing:** grants, donations  
**Legal status:** non-profit organization

### CENTRE D’ACTION BÉNÉVOLE D’IBERVILLE ET DE LA RÉGION - TAX CLINIC

290 des Conseillers Avenue, Saint-Jean-sur-Richelieu, Montérégie, QC, J2X 1Z8  
**450 347-1172**  
**Fax:** 450 347-3572  
**Website:** cabiberville.org  
**Email:** info@cabiberville.org  
**Services:** Year-round tax clinic.  
**Eligibility:** people with an income less than $25 000 for an individual, $30 000 for a couple, treshold increased for $2 000 per child  
**Coverage area:** Saint-Jean-sur-Richelieu: Iberville and Saint-Athanase neighbourhoods, Mont Saint-Grégoire  
**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, June to September: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00  
**Fees:** voluntary contribution: $5  
**Financing:** Centraide of Greater Montréal, donations, provincial  
**Legal status:** non-profit organization
CENTRE D’ACTION BÉNÉVOLE DE BOUCHERVILLE - TAX CLINIC
11 Louis-H.-La Fontaine Street North, Suite 201, Boucherville, Montérégie, QC, J4B 4Y2
450 655-9081 Fax: 450 655-1665
Website: www.cabboucherville.ca
Email: info@cabboucherville.ca
Services: Year-round walk-in tax clinic. * At-home service. * Declarations for the previous years.
Eligibility: people on a low income, excluding bankrupt cases and declarations of the deceased or autonomous workers
Coverage area: Boucherville
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30
Fees: $5 per person
Financing: provincial, Centraide of Greater Montréal, donations, federal, self-financing
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE CONTRECOEUR - TAX CLINIC
4956 Legendre Street, Contrecoeur, Montérégie, QC, J0L 1C0
450 587-8227 Fax: 450 401-1151
Website: www.cabcontrecoeur.ca
Email: cab.contrecoeur@videotron.ca
Services: Tax clinic by appointment.
Eligibility: people on a low income
Coverage area: Contrecoeur
Hours: Tuesday and Thursday 9h00 to 11h30
Fees: $10 per person
Financing: provincial, donations
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE SAINT-CÉSAIRE - TAX CLINIC
1100 Leclaire Street, Saint-Césaire, Montérégie, QC, J0L 1T0
450 469-3279 ext. 232 Fax: 450 469-0958
Website: www.cabacoeur.org
Email: services@cabacoeur.org
Services: Year-round tax clinic.
Eligibility: single people with $25,000 or less in income, single-parent families with $25,000 plus $2,000 per dependent child or less in income, couples without children with $30,000 or less in income, couples with children with $30,000 plus $2,000 per dependent child or less in income
Coverage area: Province of Québec
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00
Fees: in tax period: $5, outside tax period: $20 to $25, depending on the complexity of the request
Financing: provincial, self-financing
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DU GRAND CHÂTEAUGUAY - TAX CLINIC
10 Gilmour Street, Châteauguay, Montérégie, QC, J6J 1K4
438 396-9215
Website: www.cabchateauguay.org
Email: info@cabgc.org
Services: Walk-in tax clinic open year-round.
Eligibility: people on a low or modest income, single people: income of less than $40,000, couples: income of less than $45,000, additional $3,000 per person in one's care
Coverage area: Châteauguay, Saint-Urbain-Premier, Saint-Isidore, Sainte-Martine, Mercier, Léry
Hours: the tax clinic for previous years opens in May, intensive period 2022: Tuesday and Thursday in March and April, 9h00 to 12h00
Fees: $7 per person per tax year
FINANCING: provincial, donations
LEGAL STATUS: non-profit organization

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
HOURS: 2021 clinic: starting February 14
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: cabs@videotron.ca

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: free
FINANCING: donations, grants, self-financing
LEGAL STATUS: non-profit organization

CENTRE D’ENTRAIDE BÉNÉVOLE DE SAINT-AMABLE - TAX CLINIC
297 Principale Street, Saint-Amable, Montérégie, QC, J0L 1N0
450 649-0604 ext. 31  Fax: 450 649-2301
Website: www.cebsa.org
Email: info@cebsa.org

SERVICES: Year-round tax clinic by appointment.
ELIGIBILITY: immigrant people, people living with disabilities, seniors or any other people on a low income
COVERAGE AREA: Saint-Amable
HOURS: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 15h00, by appointment
FEES: voluntary contribution
FINANCING: provincial, self-financing
LEGAL STATUS: non-profit organization

CENTRE DE BÉNÉVOLAT DE LA RIVE-SUD - POINT DE SERVICE LONGUEUIL - TAX CLINIC
16 Montcalm Street, Longueuil, Montérégie, QC, J4J 2K6
450 677-5281  Fax: 450 677-8067
Website: www.benevolatricesud.qc.ca
Email: longueuil@benevolatricesud.qc.ca

SERVICES: * Year-round tax clinic by appointment. * At home service.
ELIGIBILITY: people on a low income, seniors 65 years and over, people with a physical or intellectual disability
COVERAGE AREA: Longueuil
CENTRE DE BÉNÉVOLAT DE LA RIVE-SUD - SAINT-LAMBERT SITE - TAX CLINIC
45 Argyle Street, Saint-Lambert, Montérégie, QC, J4P 2H2
450 465-6130 Fax: 450 465-5638
Website: www.benevolatricesud.qc.ca
Email: stlambert@benevolatricesud.qc.ca
Services: Year-round tax clinic by appointment.
Eligibility: seniors, single people or families on a low income
Coverage area: Brossard, Greenfield Park, Le Moyn, Saint-Lambert
Hours: 2022 clinic: by appointment
Fees: $10 per taxation year, per person
Financing: provincial, Centraide of Greater Montréal
Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE ST-HYACINTHE (LE) - TAX CLINIC
1015 Dessaulles Street, Saint-Hyacinthe, Montérégie, QC, J2S 2Y8
450 773-4966
Website: cbsh.ca
Email: m-e.morin@cbsh.ca
Services: * Year-long tax clinic. * Tax clinic for newcomers in collaboration with the Maison de la Famille des Maskoutains.
Eligibility: vulnerable individuals, families and seniors with low and moderate income
Coverage area: MRC Les Maskoutains
Hours: Monday to Friday 8h30 to 16h30
Fees: voluntary contribution
Financing: Centraide Richelieu-Yamaska, donations, grants
Legal status: non-profit organization

COMITÉ D'ENTRAIDE DE VERCHÈRES - TAX CLINIC
579 Marie-Victorin Road, Suite 101, Verchères, Montérégie, QC, J0L 2R0
450 583-5888
Services: Walk-in tax clinic.
Eligibility: individuals and families on a low income
Coverage area: Verchères
Hours: during the tax period Monday 10h00 to 11h30
Fees: $5
Financing: self-financing
Legal status: non-profit organization

IMPÔT-BÉNÉVOLES DU SUROÎT
Confidential Address
438 338-1300 Fax: 438 338-1300
Website: impotbenevolesuroit.org
Email: impot.benevole.suroit@gmail.com
Eligibility: people on a low income
Coverage area: Montérégie
Hours: 2022 clinic: March and April, by phone, by documents deposit or in person
Fees: none
Financing: grants
Legal status: non-profit organization

MAISON DE LA FAMILLE DE BROSSARD - TAX CLINIC
2210 André Street, Brossard, Montérégie, QC, J4Z 2Z8
450 678-5222 ext. 2 Fax: 450 678-4801
Website: www.mfdebrossard.org/fr
Email: info@mfdebrossard.org
Services: * Tax clinic by appointment, by deposit of documents. * Service available year-round, intensive period from February to April.
Eligibility: people on a low income
Coverage area: Brossard
Hours: 2022 clinic: Intensive period from February to April, by appointment
Fees: none, voluntary contribution accepted
Financing: provincial, donations, self-financing
Legal status: non-profit organization

MARIEVILLE - CENTRE D'ACTION BÉNÉVOLE LA SEIGNEURIE DE MONNOIR - TAX CLINIC
146 du Ruisseau-Barré Road, Marieville, Montérégie, QC, J3M 1P2
450 460-2825 Fax: 450 460-4992
Website: www.cabsm.org
Email: info@cabsm.org
Services: Year-round tax clinic by appointment.
Eligibility: people on a low income and seniors earning less than $35 000
Coverage area: Marieville, Richelieu, Rougemont, Sainte-Angèle-de-Monnoir, Saint-Mathias-sur-Richelieu
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: $5 per year
Financing: Centraide Richelieu-Yamaska, provincial, donations, fundraising campaigns, self-financing
Legal status: non-profit organization

MOSAÏQUE (LA), CENTRE D'ACTION BÉNÉVOLE ET COMMUNAUTAIRE - TAX CLINIC
1650 de l'Église Avenue, Longueuil, Montérégie, QC, J4P 2C8
450 465-1803 Fax: 450 465-5440
Website: www.lamosaique.org
Email: info@lamosaique.qc.ca
Services: * Tax clinic for the current and previous years.
Eligibility: people on a low income
Coverage area: agglomeration of Longueuil
Hours: 2022 clinic: appointments from February 21st, 2022, Monday to Friday 9h00 to 12h00 and 13h00 to 16h30, 2021 tax returns: March 1st to April 30th, 2022, other years' returns (delays): May 1st to June 30th, 2022 and September 1st, 2022 to February 28th, 2023
Fees: voluntary contribution
Financing: donations, grants, self-financing
Legal status: non-profit organization

ORGANISATION POPULAIRE DES DROITS SOCIAUX - SALABERRY-DE-VALLEYFIELD - TAX CLINIC
11 de la Fabrique Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4G7
450 371-3559
Email: opdsv@cooptel.qc.ca
Services: Year-round tax clinic.
Eligibility: unemployed people
Coverage area: Salaberry-de-Valleyfield
Hours: Monday to Thursday 8h00 to 16h00
Fees: none
Financing: provincial, donations
Legal status: non-profit organization

Vocational rehabilitation and disability-related employment

AFFAIRE DE FAMILLE (UNE)
19 Bridge Street, Ormstown, Montérégie, QC, J0S 1K0
450 829-3782
Website: www.uneaffairedefamillehsl.com
Email: uaf.reception@gmail.com
Eligibility: parents, young adults, children, teenagers, seniors
Coverage area: MRC du Haut-Saint-Laurent
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00, closed in July and August
Financing: self-financing, municipal
Legal status: non-profit organization

ANTICHAMBRE 12-17 HÉBERGEMENT JEUNESSE DU SUROÎT (L’)
323 Larocque Road, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4C1
450 373-9887
Website: www.lantichambre12-17.ca
Email: hebergement@lantichambre12-17.ca
Eligibility: youth 12 to 17 years old
Capacity: 5 beds
Coverage area: MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges or others if necessary
Hours: 24 hours / 7 days
Fees: $10 per day, $70 per week
Financing: self-financing, foundations
Legal status: non-profit organization

ASSOCIATION D’ENTRAIDE EN SANTÉ MENTALE L’ÉVEIL DE BROME-MISSISQUOI
112 du Sud Street, Suite 500, Cowansville, Montérégie, QC, J2K 2X2
450 263-6240 ext. 0 Fax: 450 263-5779
Website: eveilcowansville.com/en
Email: info@eveilcowansville.com
Services: * Socioprofessional integration for people experiencing psychosocial distress targeting the improvement of their quality of life.
Eligibility: people 16 years old and over
Capacity: 60 people
Coverage area: MRC Brome-Missisquoi
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30
Fees: none
ATELIER INDUSTRIEL SAINT-JEAN
277 Langlois Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 4S4
450 347-2616
Website: www.atelierindustriel.ca
Email: info@atelierindustriel.ca
Services: Professional integration for people living with a disability. * Sampling, packaging, bottling, bagging, sealing, etc.
Eligibility: people living with an intellectual or physical disability
Coverage area: Greater Montréal
Hours: Monday to Friday 8h00 to 16h00
Financing: self-financing
Legal status: non-profit organization

ATELIER LA FLÈCHE DE FER (L’) - AFFI
1730 Eiffel Street, Boucherville, Montérégie, QC, J4B 7W1
450 552-9150 Fax: 450 552-9157
Website: www.groupeaffle.ca/en
Email: info@groupeaffle.ca
Services: Adapted company that promotes the employment of people living with disabilities. * Added-value logistics activities: orders picking, assembly, packaging, distribution, storing and inspection.
Eligibility: youth or adults living with a physical or intellectual disability or an autism spectrum disorder
Coverage area: Montréal Island and South Shore
Hours: Monday to Friday 8h00 to 16h30
Financing: provincial, self-financing
Legal status: non-profit organization

ATELIERS TRANSITION (LES)
5460 Martineau Street, Saint-Hyacinthe, Montérégie, QC, J2R 1T8
450 771-2747 Fax: 450 771-2711
Website: www.atelierstransition.com
Email: info@atelierstransition.com
Eligibility: people living with a disability, people living in situations of exclusion from the labor market
Capacity: 93
Coverage area: Acton Vale, Beloeil, Boucherville, Brossard, Chambly, Granby, Longueuil, Marieville, McMasterville, Mont-Saint-Hilaire, Rougemont, Roxton Falls, Roxton Pond, Saint-Amable, Saint-Bruno-de-Montarville, Saint-Céspaire, Saint-Hyacinthe, Sainte-Julie
Hours: Monday to Thursday 8h00 to 16h00, Friday 8h00 to 15h00
Fees: none
Financing: grants, municipal, provincial
Legal status: non-profit organization

AUBERGE SOUS MON TOIT
317 Chapais Street, Granby, Montérégie, QC, J2G 7E7
450 378-4269
Website: www.aubergesousmontoit.org
Email: auberge@aubergesousmontoit.com

Eligibility: men 18 years old and over experiencing situational difficulties, homeless or offenders, in need of housing, supervision and social integration services

Capacity: 20 rooms

Coverage area: Province of Québec

Hours: 24 hours / 7 days

Fees: $14.50 per day or as per service agreement

Financing: provincial, federal

Legal status: non-profit organization

BENADO
197 Saint-François-Xavier Road, Delson, Montérégie, QC, J5B 1X7
450 632-1640     Fax: 450 632-6754
Website: benado.org
Email: benado@videotron.ca


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

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

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

Financing: Centraide of Greater Montréal, donations, provincial

Legal status: non-profit organization

BISTRO CULTUREL COEUR DE VILLAGE
680 Rang Saint-Régis, Saint-Isidore, Montérégie, QC, J0L 2A0
514 400-5351     Fax: 450 992-0633
Website: coeurdevillage.wordpress.com
Email: coeurdevillage@videotron.ca


Eligibility: youth, adults, seniors

Capacity: 100

Coverage area: MRC Roussillon

Hours: Wednesday to Sunday 11h00 to 17h00

Fees: annual membership: $20

Financing: self-financing, contributions, grants

Legal status: non-profit organization
BOUTIQUE AUX FRINGUES (LA)
866 Laurier Street, Beloeil, Montérégie, QC, J3G 4K7
450 467-9025
Website: www.boutiqueauxfringues.com
Email: boutiqueauxfringues@hotmail.com
Services: * Sale of used clothing and fashion accessories at a low cost. * Employment and training of youth to facilitate access to the job market.
Coverage area: MRC La Vallée-du-Richelieu
Hours: Tuesday to Saturday 10h00 to 15h00
Fees: variable
Financing: self-financing, donations
Legal status: non-profit organization

CAFÉ DES DEUX PAINS DE VALLEYFIELD
107 Jacques-Cartier Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4R8
450 371-8909     Fax: 450 371-7556
Website: www.cafedesdeuxpains.org
Email: cddp@oricom.ca
Eligibility: individuals and families on a low income and isolated
Coverage area: Salaberry-De-Valleyfield
Hours: Monday to Friday 9h00 to 18h00
Financing: Centraide Sud-Ouest du Québec, provincial, self-financing, donations
Legal status: non-profit organization

CENTRE D’ENTRAIDE MASKOUTAIN - GRANBY
231 Saint-Charles Street South, Local A, Granby, Montérégie, QC, J2G 3W5
450 330-3317
Website: www.centredentraidemaskoutain.org
Email: centre.dentraide.maskoutain@gmail.com
Eligibility: people on a low income
Coverage area: Estrie, Montérégie, at-home pick-up of furniture: Granby and surroundings
Hours: store: Monday to Friday 10h00 to 17h00, Saturday 10h00 to 16h00, food counter: Friday 13h00
Fees: food basket: 12$, thrift store: variable
Financing: donations, self-financing
Legal status: non-profit organization

CENTRE D’ORIENTATION ET DE FORMATION POUR FEMMES EN RECHERCHE D’EMPLOI
49 Saint-Jacques Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 2J8
450 347-6101     Fax: 450 347-1198
Website: www.coffre.ca
Email: st-jean@coffre.ca
Eligibility: women who are unemployed or with a precarious job
Coverage area: MRC Le Haut-Richelieu
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization

CENTRE DE FORMATION ET D'AIDE À LA RECHERCHE D'EMPLOI
1450 du Pont Street, Marieville, Montérégie, QC, J3M 1G2
450 460-5225    Fax: 450 460-5280
Website: www.cfare.net
Email: accueil@cfare.net
Eligibility: people 16 years old and over
Coverage area: MRC Rouville
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: free
Financing: provincial
Legal status: non-profit organization

CENTRE DE PARTAGE COMMUNAUTAIRE JOHANNAIS
280 Mercier Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 6H4
450 347-6711    Fax: 450 347-8250
Website: cpcjohannais.com
Email: info@cpcjohannais.com
Eligibility: people in need
Coverage area: Saint-Jean-sur-Richelieu
Hours: Monday to Saturday 10h00 to 17h00
Fees: assistance: free
Financing: provincial, donations, self-financing
Legal status: non-profit organization

CENTRE DE SOUTIEN EN SANTÉ MENTALE - MONTÉRÉGIE
2046 Édouard Boulevard, Longueuil, Montérégie, QC, J4T 1Z7
450 486-1609    Fax: 514 227-8314
Website: www.cssm-m.com
Email: ssm2510@videotron.ca
Eligibility: people with mental illnesses, their family and relatives
Coverage area: Montérégie
Hours: Monday to Friday 8h30 to 16h30
Fees: members: $10 per year, variable contributions for outings and some activities
Financing: provincial, municipal, fundraising campaigns, donations, grants
Legal status: non-profit organization
CENTRE DE SUPPORT MÉDICAL ET D’ASSISTANCE SOCIALE (CESUMAS)
212 de Gentilly Street West, Longueuil, Montérégie, QC, J4H 1Z6
514 652-4507
Website: www.cesumas.org
Email: infocesumaseducation2013@yahoo.ca


Eligibility: individuals and families on a low income, people, couples and single-parent families experiencing homelessness, people in a situation of vulnerability, recruitment: foreign workers on a temporary work visa or who do not have a visa yet, companies, community organizations

Capacity: 22 beds
Coverage area: agglomeration of Longueuil
Hours: Monday to Friday 8h00 to 16h00, food assistance: Wednesday 14h30 to 18h00
Fees: variable
Financing: donations, self-financing, grants
Legal status: non-profit organization

CENTRE DE TRANSITION PERCEVAL INC.
148 George Street, Suite 203, Sorel-Tracy, Montérégie, QC, J3P 1C6
450 746-1860     Fax: 450 746-2970
Email: centre.perceval@videotron.ca


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

Coverage area: MRC Pierre-De Saurel
Hours: Monday to Friday 8h00 to 16h00
Fees: none
Financing: donations, provincial
Legal status: non-profit organization

CENTRE LOCAL D’EMPLOI DU HAUT-SAINT-LAURENT
220 Châteauguay Street, Huntingdon, Montérégie, QC, J0S 1H0
450 264-5323     Fax: 450 264-3297
Website: www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi


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

Coverage area: MRC Le-Haut-Saint-Laurent
Employment and Income Support

Hours: Monday, Tuesday, Thursday and Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: provincial government agency

CERTEX
7500 Grande-Allée Boulevard, Longueuil, Montérégie, QC, J3Y 5K2
450 926-1733  Fax: 450 926-1304
Website: certexcanada.com
Email: certex@certexcanada.com


Coverage area: Province of Québec

Hours: office: Monday to Friday 8h00 to 16h30, thrift shop: Tuesday to Friday 9h00 to 17h30, Saturday 9h00 to 17h00, at-home collection of clothing donations: by appointment

Financing: municipal, provincial, donations, fundraising campaigns

Legal status: non-profit organization

D’UN COUVERT À L’AUTRE
1301 Sainte-Hélène Street, Longueuil, Montérégie, QC, J4K 3S4
450 928-9898
Website: www.duncouvertalautre.org/index.html
Email: duncouvertalautre@gmail.com


Eligibility: people living with schizophrenia or with other mental illnesses with psychotic symptoms

Coverage area: Longueuil

Hours: Monday to Friday 8h00 to 17h00, printing shop: Monday to Thursday 8h00 to 17h00

Financing: grants

Legal status: non-profit organization

DE SOI À L’EMPLOI
2035 Victoria Avenue, Suite 303, Saint-Lambert, Montérégie, QC, J4S 1H1
450 465-4078  Fax: 450 465-2202
Website: www.soi-emploi.qc.ca
Email: info@soi-emploi.qc.ca


Eligibility: women

Coverage area: Montérégie

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

Financing: provincial

Legal status: non-profit organization
ENVOL (L’) PROGRAMME D’AIDE AUX JEUNES MÈRES
1660 de l’Église Street, Longueuil, Montérégie, QC, J4P 2C8
450 465-2584 ext. 221     Fax: 450 465-2466
Website: lenvol.org
Email: info@lenvol.org
Eligibility: pregnant women and mothers under 25 years old, Escale: mothers under 30 years old, food assistance, childcare and transportation: for users only
Coverage area: South Shore of Montréal
Hours: Monday to Friday 9h00 to 16h00, Daycare Les Coucous de l’Envol: Monday to Friday 7h00 to 18h00
Fees: none
Financing: grants, self-financing, donations
Legal status: non-profit organization

FRIPERIE COMMUNAUTAIRE HUNTINGDON
4 Lorne Street, Suite 102, Huntington, Montérégie, QC, J0S 1H0
450 264-4775
Website: www.fripcommhunt.quebec
Email: fripcommhunt@hotmail.com
Eligibility: general population, individuals and families on a low income, people who are far from the labour market
Coverage area: MRC Le Haut-Saint-Laurent
Hours: Tuesday to Saturday 9h00 to 17h00
Fees: rental of sports equipment: free but annual membership fee
Financing: self-financing, provincial, grants, donations
Legal status: non-profit organization

GRAIN D’SEL DE LA VALLÉE-DU-RICHELIEU (LE)
544 Laurier Boulevard, Beloeil, Montérégie, QC, J3G 4H9
450 467-5733
Website: www.graindesel.ca
Email: info@graindesel.ca
Eligibility: individuals and families with financial difficulties, workstation: people living with mental health problems
Hours: Monday to Thursday 8h30 to 16h00, resto pop: Tuesday 11h00 to 13h00
Fees: perishable goods basket: $10 per week
Financing: donations, provincial
Legal status: non-profit organization
GRENIER AUX TROUVAILLES - PARTAGE SANS FAIM
2 de l'Église Street South, Lacolle, Montérégie, QC, J0J 1J0
450 246-4032 Fax: 450 246-4044
Website: grenierauxtrouvailles.org
Email: info@grenierauxtrouvailles.org


Eligibility: individuals and families on a low income, young people at risk of committing or who have committed acts of delinquency


Hours: Wednesday to Friday 12h00 to 17h00, Saturday 10h00 to 16h00

Fees: membership: $8 per year

Financing: donations, self-financing, fundraising campaigns

Legal status: non-profit organization

GROUPE D'ENTRAIDE SOREL-TRACY (LE)
1225 Marie-Victorin Road, Sorel-Tracy, Montérégie, QC, J3R1L8
450 746-5611
Website: legest.org
Email: info@legest.org


Eligibility: people and families on a low income

Coverage area: Sorel-Tracy

Hours: administration and emergency food assistance: Monday to Friday 8h30 to 16h30, food bank: Thursday 12h30 to 16h30

Fees: food bank: $15, other services: free

Financing: donations

Legal status: non-profit organization

INSTITUT NAZARETH ET LOUIS-BRAILLE
1111 Saint-Charles Street West, Suite 200, Longueuil, Montérégie, QC, J4K 5G4
1 800 361-7063 Fax: 450 463-0243
Website: www.inlb.qc.ca
Email: info.inlb@ssss.gouv.qc.ca


Eligibility: people living with a visual impairment

Coverage area: Montréal Island, Montérégie, Laval

Hours: Monday to Friday 8h00 to 17h00, store: Monday to Thursday 9h00 to 17h00

Financing: provincial

Legal status: parapublic organization
JARDINS DE LA TERRE (LES)
305 Principale Street West, Saint-Paul-d'Abbotsford, Montérégie, QC, J0E 1A0
450 379-5079     Fax: 450 379-5464
Website: www.jardinsdelaterre.org
Email: info@jardinsdelaterre.org

Services: Social and professional insertion in the field of horticulture. * Program of introduction into organic horticulture: cultivation in greenhouses and fields, detection of insects and diseases, harvest of vegetables and conditioning for sale, usage of motorized tools. * Program for food transformation: kitchen hygiene regulations, preparation of food, transformation and conservation of food, quality control, etc. * Personal and social development course: workshops, tools for the job search, individual and regular accompaniment. * Subscription to organic baskets that are delivered at collection points.
Eligibility: unemployed youth from 16 to 30 years old, who are not studying full-time
Coverage area: MRC Rouville
Hours: Monday to Friday 8h30 to 16h30
Financing: self-financing, Centraide Richelieu-Yamaska, provincial
Legal status: non-profit organization

JUTE & CIE
1505 Jean-Lachaîne Street, Sainte-Catherine, Montérégie, QC, J5C 1C2
450 638-7574     Fax: 450 638-9697
Website: premieremploi.ca
Email: jute@videotron.ca

Eligibility: people 18 years and over
Capacity: 31 participants
Coverage area: Beauharnois, MRC Roussillon
Hours: Monday to Thursday 8h00 to 16h00, Friday 8h00 to 15h00
Financing: provincial, self-financing
Legal status: non-profit organization

LE 2159
2159 de Chambly Road, Longueuil, Montérégie, QC, J4J 3Z1
450 396-6426
Website: www.le2159.com
Email: info@le2159.com

Services: * Mid and long-term housing. * Activities and workshops offered on a weekly basis on various topics. * Psychosocial intervention: individual meetings with a counsellor. * Accompaniment for a return to school, an internship, job or apartment search and for appointments. * Social reininsertion through internships.
Eligibility: youth 17 to 25 at risk of delinquency, homelessness, sexual exploitation or mental health issues
Capacity: 16 rooms
Coverage area: Montérégie
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: federal, provincial, foundations, fundraising campaigns
Legal status: non-profit organization

MACADAM SUD
895 Sainte-Hélène Street, Longueuil, Montérégie, QC, J4K 3R7
450 677-9021     Fax: 450 677-4741
Website: macadamsud.org
Email: info@macadamsud.org

**Eligibility:** youth 12 to 35 years old marginalized or at risk of marginalization, Squat: youth 12 to 17 years old, Espace-jeunes: youth 15 to 35 years old, any person in distress

**Coverage area:** Longueuil, Brossard

**Hours:** services: variable, administration: Monday to Friday 9h00 to 17h00

**Fees:** none

**Financing:** federal, provincial, fundraising campaigns, foundations, municipal, Centraide of Greater Montréal

**Legal status:** non-profit organization

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**MAISON D’ACCUEIL LE JOINS-TOI**

479 Principale Street, Granby, Montérégie, QC, J2G 2W9

**Email:** maisonjoinstoi@videotron.ca


**Eligibility:** men with a criminal record from the provincial or federal correctional system

**Capacity:** 14 spots for federal inmates, 10 spots for provincial inmates

**Coverage area:** Canada

**Hours:** 24 hours / 7 days

**Financing:** provincial, federal

**Legal status:** non-profit organization

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**MAISON D’ACCUEIL LE JOINS-TOI - LONGUEUIL**

6505 Maricourt Boulevard, Longueuil, Montérégie, QC, J3Y 1S8

**Email:** maisonjoinstoi@videotron.ca


**Eligibility:** men with a criminal record from the provincial or federal correctional system

**Capacity:** 24 people

**Coverage area:** Canada

**Hours:** 24 hours / 7 days

**Financing:** provincial, federal

**Legal status:** non-profit organization

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**MAISON D’ACCUEIL LE JOINS-TOI - SAINT-HYACINTHE**

5085 Laurier Boulevard Ouest, Saint-Hyacinthe, Montérégie, QC, J2S 3V4

**Email:** maisonjoinstoi@videotron.ca


**Eligibility:** men with a criminal record from the provincial correctional system

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 16h00
MAISON D’ACCUEIL LE JOINS-TOI - SAINT-JEAN-SUR-RICHELIEU
232 Longueuil Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 6P4
450 358-2783
Email: maisonjоinstoi@videotron.ca
Eligibility: men with a criminal record from the provincial correctional system
Coverage area: Province of Québec
Hours: Monday to Friday 8h00 to 17h00
Financing: provincial, federal
Legal status: non-profit organization

MAISON DE JEUNES KEKPART - ACTION JEUNESSE SAINT-PIE-X DE LONGUEUIL
1000 Roland-Therrien Boulevard, Longueuil, Montérégie, QC, J4J 5H3
450 677-3821
Website: www.maisonkekpart.com
Email: communicationskekpart@videotron.ca
Eligibility: youth 12 to 18 years old and their family
Capacity: 40 people
Coverage area: Longueuil
Hours: administration: Monday to Friday 9h00 to 16h00, youth line: Monday to Friday 15h00 to 21h00
Fees: none
Financing: provincial, federal, fundraising campaigns
Legal status: non-profit organization

MAISON DES JEUNES LE DÔME
2 Place du Marché, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 2P4
450 346-2147     Fax: 450 346-7916
Website: www.mdjledome.com
Email: mdjledome@qc.aira.com
Eligibility: youth 12 to 17 years old, socio-professional integration: young adults 16 to 30 years old
Coverage area: Saint-Jean-sur-Richelieu
Hours: Monday to Friday 16h00 to 21h00, Saturday: variable schedule depending on the activities
Fees: free
Financing: provincial
Legal status: non-profit organization

MAISON TREMPLIN DE LONGUEUIL (LA)
267 Toulouse Street, Longueuil, Montérégie, QC, J4L 4X1
450 442-4019
Website: www.maisontremplin.com
Email: info@maisontremplin.com

Eligibility: services: all, activities: families and children 0 to 12 years old

Coverage area: Vieux-Longueuil

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

Fees: membership: $7 per year per family with children, $5 per adult, activities: variable

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

Legal status: non-profit organization

MEUBLÉTOUT

185 Sir-Wilfrid-Laurier Boulevard, Mcmasterville, Montérégie, QC, J3G 1P9
450 464-7888 Fax: 450 464-9276

Website: meubletout.com
Email: info@meubletout.com

Services: Sale of used furniture, household items, appliances, computer equipment, books and bicycles. * Professional integration through workshops.

Coverage area: Boucherville, MRC La Vallée-du-Richelieu, Saint-Bruno-de-Montarville, Sainte-Julie

Hours: Tuesday to Friday 9h00 to 16h30, Saturday 9h00 à 12h00

Financing: self-financing, donations

Legal status: non-profit organization

MOSAÏQUE (LA), CENTRE D’ACTION BÉNÉVOLE ET COMMUNAUTAIRE

1650 de l’Église Avenue, Longueuil, Montérégie, QC, J4P 2C8
450 465-1803 Fax: 450 465-5440

Website: www.lamosaigue.org
Email: info@lamosaigue.qc.ca


Eligibility: volunteers, people in need, community organizations and organizations in the health and social services network

Coverage area: agglomeration of Longueuil

Hours: administration: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30, thrift store: Tuesday to Saturday 10h00 to 17h00, shopping trips: twice a month

Fees: thrift store: variable low prices, other services: low cost or free

Financing: donations, grants, self-financing

Legal status: non-profit organization

OPEX BELOEIL - CHAMBLY

515 Sir-Wilfrid-Laurier Boulevard, Suite 201, Beloeil, Montérégie, QC, J3G 6R7
438 394-3777

Website: opexemploi.com
Email: info@opexemploi.com


Eligibility: adults with a criminal record

Coverage area: South Shore
Employment and Income Support

**OPEX SAINT-AMABLE**

297 Principale Street, Saint-Amable, Montérégie, QC, J0L 1N0
438 394-3777
Website: opexemploi.com
Email: info@opexemploi.com

**Services:** Job assistance service for adults with a criminal record. * Assessment and skills transfer. * CV redaction, guidance and career choice. * Job integration. * Job posting and searching, searching techniques.

**Eligibility:** adults with a criminal record

**Coverage area:** South Shore

**Hours:** by appointment only

**Legal status:** non-profit organization

**OPEX SAINT-JEAN-SUR-RICHELIEU - MARIEVILLE**

106 Saint-Charles Street, Suite 8 and 10, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 2C1
450 741-3217 Fax: 450 741-3217
Website: opexemploi.com
Email: info@opexemploi.com

**Services:** Job assistance service for people with a criminal record. * Assessment and skills transfer. * CV redaction, orientation and career choice. * Job integration. * Job posting and searching, searching techniques.

**Eligibility:** adults with a criminal record

**Coverage area:** MRC Le Haut-Richelieu, MRC Rouville

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

**Financing:** provincial, grants

**Legal status:** non-profit organization

**OPTION RESSOURCE TRAVAIL**

99 Salaberry Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2H5
450 377-4949 Fax: 450 377-8037
Website: psjeunesse.org/programmes/ort-acces-aux-metiers-non-traditionnels
Email: info@psjeunesse.org


**Eligibility:** women 20 years and over without an income or in precarious employment, interested in exploring non-traditional occupations

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

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

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization
ORIENTHÈQUE (L') - CENTRE D'ORIENTATION ET SERVICES D'INTÉGRATION DE LA MAIN-D’ŒUVRE

343 Poliquin Boulevard, Sorel-Tracy, Montérégie, QC, J3P 7W1
450 730-0181    Fax: 450 730-0669
Website: www.orientheque.ca
Email: info@orientheque.ca


Eligibility: people aged 18 and over, people with criminal records, women in non-traditional jobs, people with immigrant backgrounds, experienced workers aged 50 and over

Coverage area: MRC Pierre-De Saurel, Contrecoeur, Calixa-Lavallée, Verchères

Hours: Monday, Tuesday and Thursday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h30

Fees: none

Financing: provincial, federal, donations

Legal status: non-profit organization

P.S. JEUNESSE

99 Salaberry Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2H5
450 377-9155    Fax: 450 377-8037
Website: psjeunesse.org
Email: info@psjeunesse.org


Eligibility: adults

Capacity: no limits

Coverage area: MRC Roussillon, MRC Les Jardins-de-Napierville, MRC Le Haut-Saint-Laurent, MRC Beaugard-Salaberry, MRC Vaudreuil-Soulanges

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

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


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

Coverage area: MRC Vaudreuil-Soulanges
PETITE FERME DE L’AUBERGE (LA)
728 Bachand Road, Roxton, Montérégie, QC, J0H 1E0
450 548-2736    Fax: 450 548-2227
Website: lapetitefermedelauberge.org
Email: lapetiteferme2001@yahoo.ca


Eligibility: men 18 and over who are struggling or homeless with addiction or mental health issues

Capacity: housing: 9 places in farm accommodation, food aid: 30 individuals or families per week

Coverage area: Montérégie: social reintegration, Roxton Falls and surroundings: food assistance

Hours: 7 days 7h00 to 21h00
Fees: housing: depending on income
Financing: self-financing
Legal status: non-profit organization

PLEINS RAYONS
790 du Sud Street, Cowansville, Montérégie, QC, J2K 2Y3
450 263-5300
Website: pleinsrayons.ca/en
Email: administration@pleinsrayons.ca

Services: Social integration for young adults living with an autism spectrum disorder or an intellectual disability. * Socioprofessional integration program. * Workstations: carpentry, sewing, bicycle shop, clothing recovery, etc. * Helping Brigade: exterior maintenance of homes for people 65 years old and over. * Agricultural Brigade: team of apprentices who help regional farmers to accomplish different tasks and learn about agricultural work. * Therapeutic leisure activities. * On-site recovery of sewing material, wood and carpentry tools, mecanic tools, bicycle parts and used bicycles.

Eligibility: young adults 15 years and older living with an autism spectrum disorder or an intellectual disability

Coverage area: MRC Brome-Missisquoi, MRC La Haute-Yamaska
Hours: Monday to Thursday 9h00 to 16h00
Financing: donations
Legal status: non-profit organization

PROJET INTÉGRATION AUTISMOPOLIS
415 du Séminaire Boulevard North, Suite B, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 5L4
450 895-1470
Website: www.autismopolis.com
Email: administration@autismopolis.com

Services: * 6 month-long preparation for employment project. * Socialization activities for 13 years old and over.

Eligibility: people with an autism spectrum disorder and without intellectual disabilities

Capacity: 12 people
Coverage area: Province of Québec
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 16h30 and 18h00 to 20h00, Saturday 9h00 to 16h00
Fees: free
Financing: fundraising campaigns, provincial
Legal status: non-profit organization
PSYCOHÉSION
100 du Marché Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1P7
450 377-2841     Fax: 450 377-0410
Website: www.psycohesion.weebly.com
Email: directrice@psycohesion.com


Eligibility: people 18 years and over living with or having lived with a mental health problem, Pass-Action program: people ready to reintegrate the job market

Capacity: Pass-Action program: 8 people

Coverage area: Salaberry-de-Valleyfield

Hours: Monday and Wednesday 9h00 to 16h00, Tuesday 12h00 to 16h00, Thursday 9h00 to 16h00 and 18h00 to 21h00, Friday 9h00 to 15h00, Saturday and Sunday 9h00 to 14h00

Fees: annual membership: $10

Financing: provincial

Legal status: non-profit organization

RECYCLO-CENTRE
165 de l'Hôtel-Dieu Avenue, Sorel-Tracy, Montérégie, QC, J3P 7L4
450 743-5224     Fax: 450 746-4366
Website: www.recyclo-centre.ca
Email: information@recyclo-centre.org


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

Coverage area: MRC Pierre-De Saurel

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

Financing: provincial, municipal, self-financing

Legal status: non-profit organization

RENCONTRE CHÂTEAUGUOISE (LA)
200 Salaberry Boulevard North, Châteauguay, Montérégie, QC, J6J 4L1
450 699-6819     Fax: 450 699-3453
Website: www.rencontrechateauguoise.com
Email: adjointe@rencontrechateauguoise.com


Eligibility: individuals and families on a low income

Capacity: community meals: 50 seats

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

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

Fees: food assistance: $3, community meals: $1

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

Legal status: non-profit organization
SDEM SEMO MONTÉRÉGIE
365 Saint-Jean Street, Suite 125, Longueuil, Montérégie, QC, J4H 2X7
1 800 646-6096 Fax: 450 674-7220
Website: www.sdem-semo.org
Email: info@sdem-semo.org


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

Coverage area: Montérégie
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

SDEM SEMO MONTÉRÉGIE - CHÂTEAUGUAY
120 Saint-Jean-Baptiste Boulevard, Suite 202, Châteauguay, Montérégie, QC, J6K 3A9
1 800 646-6096 Fax: 450 674-7220
Website: www.sdem-semo.org
Email: info@sdem-semo.org


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

Coverage area: MRC Roussillon, MRC Les Jardins-de-Napierville
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00, by appointment only
Fees: none
Financing: provincial
Legal status: non-profit organization

SDEM SEMO MONTÉRÉGIE - MONT-SAINT-HILAIRE
430 Sir-Wilfrid-Laurier Boulevard, Suite 204, Mont-Saint-Hilaire, Montérégie, QC, J3H 6M5
1 800 646-6096 Fax: 450 674-7220
Website: sdem-semo.org
Email: info@sdem-semo.org


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

Coverage area: Mont-Saint-Hilaire
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00, by appointment only
Fees: free
Financing: provincial
Legal status: non-profit organization

SDEM SEMO MONTÉRÉGIE - SAINT-HYACINTHE
1980 des Cascades Avenue, Saint-Hyacinthe, Montérégie, QC, J2S 3J5
1 800 646-6096 Fax: 450 674-7220
Website: sdem-semo.org
Email: info@sdem-semo.org

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

Coverage area: Saint-Hyacinthe

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

Fees: free

Financing: provincial

Legal status: non-profit organization

SDEM SEMO MONTÉRÉGIE - SAINT-JEAN-SUR-RICHELIEU

315 MacDonald Street, Suite 115, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 8J3

1 800 646-6096 Fax: 450 674-7220

Website: sdem-semo.org

Email: info@sdem-semo.org


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

Coverage area: Saint-Jean-Sur-Richelieu

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

Fees: free

Financing: provincial

Legal status: non-profit organization

SDEM SEMO MONTÉRÉGIE - SALABERRY-DE-VALLEYFIELD

19 du Marché Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1P1

1 800 646-6096 Fax: 450 674-7220

Website: sdem-semo.org

Email: info@sdem-semo.org


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

Coverage area: Salaberry-De-Valleyfield

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

Fees: free

Financing: provincial

Legal status: non-profit organization

SDEM SEMO MONTÉRÉGIE - SOREL-TRACY

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

1 800 646-6096 Fax: 450 674-7220

Website: sdem-semo.org

Email: info@sdem-semo.org


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

Coverage area: Sorel-Tracy

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

Fees: free

Financing: provincial

Legal status: non-profit organization
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


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

Coverage area: MRC Vaudreuil-Soulanges

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

Fees: none

Legal status: non-profit organization

SERVICE CANADA CENTRE - BROSSARD
2501 Lapinière Boulevard, ground floor, Brossard, Montérégie, QC, J4Z 3P1
1 800 622-6232 TTY: 1 800 926-9105
Website: www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2373


Coverage area: Brossard

Hours: Monday to Friday 8h30 to 16h00

Financing: federal

Legal status: federal government agency

SERVICE CANADA CENTRE - CHÂTEAUGUAY
245 Saint-Jean-Baptiste Boulevard, Suite 101, Châteauguay, Montérégie, QC, J6K 3C3
1 800 622-6232 TTY: 1 800 926-9105
Website: www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2443


Coverage area: Châteauguay

Hours: Monday to Friday 8h30 to 16h00

Financing: federal

Legal status: federal government agency

SERVICE CANADA CENTRE - LONGUEUIL
1195 Du Tremblay Road, Suite 100, Longueuil, Montérégie, QC, J4N 1R4
1 800 622-6232 TTY: 1 800 926-9105
Website: www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2871

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Coverage area: Longueuil
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency

SERVICE CANADA CENTRE - SAINT-HYACINTHE
Galeries Saint-Hyacinthe, 3225 Cusson Avenue, Suite 2500, Saint-Hyacinthe, Montérégie, QC, J2S 0H7
1 800 622-6232    TTY: 1 800 926-9105
Website: www.servicecanada.gc.ca


Coverage area: Saint-Hyacinthe
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency

SERVICE CANADA CENTRE - SAINT-JEAN-SUR-RICHELIEU
1235 Douglas Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J2W 1C7
1 800 622-6232    TTY: 1 800 926-9105
Website: www.canada.ca


Coverage area: Saint-Jean-sur-Richelieu and surrounding area
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency

SERVICE CANADA CENTRE - VALLEYFIELD
63 Champlain Street, Suite 100, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1W4
1 800 622-6232    TTY: 1 800 926-9105
Website: www.canada.ca

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Employment and Income Support


**Coverage area:** Salaberry-De-Valleyfield

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

**Financing:** federal

**Legal status:** federal government agency

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**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.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2251


**Coverage area:** Vaudreuil-Dorion

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

**Financing:** federal

**Legal status:** federal government agency

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**SERVICE D'INTÉGRATION AU MARCHÉ DU TRAVAIL DE LA MONTÉRÉGIE**

3209 Chambly Road, Longueuil, Montérégie, QC, J4L 1N3

450 679-7311     Fax: 450 679-7316

**Website:** www.imtm.ca

**Email:** info@imtm.ca

**Services:** * Information and referral. * Individual meetings. * Job search preparation, assessment and training. * Follow-up and job retention.

**Eligibility:** people 18 years and over out of the job market, people with a criminal record

**Coverage area:** Montérégie

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

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

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**SERVICE D'INTERVENTION EN SANTÉ MENTALE ESPOIR**

1704 Saint-Georges Street, Longueuil, Montérégie, QC, J4P 3J2

450 672-4597 ext. 230     Fax: 450 672-5505

**Website:** www.serviceespoir.com

**Email:** esper@serviceespoir.com


**Eligibility:** adults 18 to 65 years old with mental health problems

**Capacity:** Maison Cartier: 5 rooms

**Coverage area:** South Shore
Hours: daytime activities: Monday to Friday 9h00 to 17h00
Financing: provincial
Legal status: non-profit organization

SERVICE D'INTERVENTION EN SANTÉ MENTALE ESPOIR - POINT DE SERVICE RUE SAINT-GEORGES
1704 Saint-Georges Street, Longueuil, Montérégie, QC, J4P 3J2
450 672-4597 ext. 221 Fax: 450 672-5505
Website: www.serviceespoir.com
Email: info@serviceespoir.com

Eligibility: men and women aged 18 to 65 living with mental health issues
Capacity: 1 ½: 10 apartments, 3 ½: 5 apartments
Coverage area: South Shore
Hours: daytime activities: Monday to Friday 9h00 to 17h00
Financing: provincial
Legal status: non-profit organization

SERVICE D'INTERVENTION EN SANTÉ MENTALE ESPOIR - POINT DE SERVICE RUE SAINT-JACQUES
650 Saint-Jacques Street, Longueuil, Montérégie, QC, J4H 3C6
450 672-4597 ext. 221 Fax: 450 672-5505
Website: www.serviceespoir.com
Email: info@serviceespoir.com

Services: Supervised apartments for adults living with mental health issues. * Accompaniment and community follow-up in the implementation of the participants’ life project. * Consolidation of psychosocial rehabilitation skills. * Residents’ committee.
Eligibility: men and women aged 18 to 65 living with mental health issues who have previously resided at the Saint-Georges Street service point
Capacity: 10 autonomous 3 1/2 apartments and one shared apartment for 2 people
Coverage area: South Shore
Hours: day activities: Monday to Friday 9h00 to 17h00
Financing: provincial
Legal status: non-profit organization

SERVICES QUÉBEC - ACTON VALE
1130 Daigneault Street, Acton Vale, Montérégie, QC, J0H 1A0
1 800 438-4765 Fax: 450 546-2747
Website: www.quebec.ca/en/government/services-quebec

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

Coverage area: Acton Vale
Hours: Monday and Thursday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

SERVICES QUÉBEC - BELOEIL
515 Sir-Wilfrid-Laurier Boulevard, Suite 201, Beloeil, Montérégie, QC, J3G 6R7
1 877 856-1966 Fax: 450 467-9603
Website: www.quebec.ca/en/government/services-quebec


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

Coverage area: Beloeil
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

SERVICES QUÉBEC - BROSSARD
1 Place du Commerce, Suite 200, Brossard, Montérégie, QC, J4W 2Z7
450 672-1335 Fax: 450 672-4667
Website: www.localisateur.servicesquebec.gouv.qc.ca/en


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

Coverage area: Brossard
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency
SERVICES QUÉBEC - CHÂTEAUGUAY
180 d’Anjou Boulevard, Suite 250, Châteauguay, Montérégie, QC, J6K 5G6
450 691-6020     Fax: 450 699-9005
Website: www.localisateur.servicesquebec.gouv.qc.ca/en

Services: Accompaniment services regarding job market integration process and last-resort financial assistance. * Info-emploi counter: job bank that can be consulted on site. * Job search assistance: redaction of resume and preparation to interview. * Multiservices room: access to phone, fax, computers and printing machines. * Workplace learning program. * Training programs aiming professional skills development for enterprises and specific client group: students, women, youth, young mothers, older workers, disabled people, immigrants or visible minorities. * Business assistance: advices and financial support in human resources management. * Last-resort financial and social assistance for people with severe or temporary restrictions on employment or occupational disabilities. * Administration of oaths. Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Châteauguay
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

SERVICES QUÉBEC - DIRECTION RÉGIONALE DE LA MONTÉRÉGIE
135 de Mortagne Boulevard, Suite H, Boucherville, Montérégie, QC, J4B 6G4
1 800 561-6781
Website: www.localisateur.servicesquebec.gouv.qc.ca/en

Services: * Services Québec offices locator: www.localisateur.servicesquebec.gouv.qc.ca/en * Info-emploi counter: job bank that can be consulted on site. * Job search assistance: redaction of resume and preparation to interview. * Multiservices room: access to phone, fax, computers and printing machines. * Workplace learning program. * Training programs aiming professional skills development for enterprises and specific client group: students, women, youth, young mothers, older workers, disabled people, immigrants or visible minorities. * Business assistance: advices and financial support in human resources management. * Last-resort financial and social assistance for people with severe or temporary restrictions on employment or occupational disabilities. * Administration of oaths. * Information on government programs and services and accompaniment in administrative procedures. * Services related to Directeur de l'état civil, Régie du bâtiment, Registre foncier, child support, pension plans and public sector pension plans. Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities), sponsored immigrants on or awaiting welfare and their sponsors

Coverage area: Montérégie
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

SERVICES QUÉBEC - LONGUEUIL
2877 de Chambly Road, Suite 40, Longueuil, Montérégie, QC, J4L 1M8
450 677-5517     Fax: 450 677-5397
Website: www.localisateur.servicesquebec.gouv.qc.ca/en

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

Coverage area: Longueuil
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

SERVICES QUÉBEC - MARIEVILLE
497 Sainte-Marie Street, Marieville, Montérégie, QC, J3M 1M4
1 888 872-0680   Fax: 450 460-3368
Website: www.quebec.ca/en/government/services-quebec


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

Coverage area: Marieville
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

SERVICES QUÉBEC - SAINT-CONSTANT
126 Saint-Pierre Street, Saint-Constant, Montérégie, QC, J5A 2P1
450 635-6221   Fax: 450 635-8018
Website: www.localisateur.servicesquebec.gouv.qc.ca/en

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

Coverage area: Saint-Constant

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

Financing: provincial

Legal status: provincial government agency

SERVICES QUÉBEC - SAINT-HYACINTHE

3100 Leframboise Boulevard, Suite 2620, Saint-Hyacinthe, Montérégie, QC, J2S 4Z4

1 800 465-0719 Fax: 450 778-6647 TTY: 1 800 361-9596

Website: www.quebec.ca/en/government/services-quebec


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

Coverage area: Saint-Hyacinthe

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 9h00 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: provincial government agency

SERVICES QUÉBEC - SAINT-JEAN-SUR-RICHELIEU

315 MacDonald Street, Suite 128, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 8J3

450 348-9294 Fax: 450 348-6514

Website: www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi/index_en.asp


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

Coverage area: Saint-Jean-sur-Richelieu

Hours: In person: Monday, Tuesday, Thursday, Friday 8h30 to 16h30, Wednesday 9h00 to 16h30, by phone: Monday to Friday 8h00 to 20h00

Financing: provincial

Legal status: provincial government agency

SERVICES QUÉBEC - SALABERRY-DE-VALLEYFIELD

63 Champlain Street, Suite 110, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1W4

450 370-3027 TTY: 450 370-6848

Website: www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi/index_en.asp

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

Coverage area: Montérégie

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

Financing: provincial

Legal status: provincial government agency

SERVICES QUÉBEC - SOREL-TRACY

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

450 742-5941     Fax: 450 746-1931

Website: www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi/index_en.asp


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

Coverage area: Sorel-Tracy

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

Financing: provincial

Legal status: provincial government agency

SERVICES QUÉBEC - VAUDREUIL-DORION

430 Harwood Boulevard, Suite 4, Vaudreuil-Dorion, Montérégie, QC, J7V 7H4

450 455-5666     Fax: 450 424-0772

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


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

Coverage area: MRC Vaudreuil-Soulanges

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

Financing: provincial

Legal status: provincial government agency
SURBOIS
649 Larocque Road, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4E1
450 377-5050 Fax: 450 377-4419
Website: www.surbois.com
Email: surbois@surbois.com


Eligibility: adults 18 to 25 years old with difficulty finding or maintaining a job
Coverage area: MRC Beauharnois-Salaberry, MRC Vaudreuil-Soulanges, MRC Roussillon, MRC Les Jardins-de-Napierville, MRC Le Haut-Saint-Laurent
Hours: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 12h00

ZÈBRE ROUGE (LE)
115 De Lotbinière Road, Vaudreuil-Dorion, Montérégie, QC, J7V 2T7
450 424-2422
Website: www.zebrerouge.org
Email: info@zebrerouge.org


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

ACTIONS FAMILLES SAINTE-MARTINE SAINT-URBAIN-PREMIER
122 Saint-Joseph Street, Suite 1, Sainte-Martine, Montérégie, QC, J0S 1V0
450 427-1576  Fax: 450 498-0669
Website: www.actionsfamilles.org
Email: info@actionsfamilles.org


Eligibility: families

Coverage area: Sainte-Martine, Saint-Urbain-Premier and surroundings

Hours: Monday to Thursday 9h00 to 16h30, collectives kitchens: Wednesday 9h00 to 13h00

Financing: provincial, municipal, donations, contributions

Legal status: non-profit organization

AIDE AUX FAMILLES - SAINT-HUBERT PARISH
5310 Chambly Road, Longueuil, Montérégie, QC, J3Y 3N7
450 676-4899  Fax: 450 656-3948


Eligibility: individuals and families on a low income

Coverage area: Saint-Hubert parish

Hours: Thursday 9h30 to 11h30, emergency assistance: on call

Financing: donations, self-financing

Legal status: non-profit organization

ARMÉE DU SALUT - ÉGLISE COMMUNAUTAIRE DE LA RIVE-SUD
335 Springfield Street, Longueuil, Montérégie, QC, J4V 1X7
Email: della.elva@salvationarmy.ca


Eligibility: people on a low income

Coverage area: South Shore

Hours: Monday, Tuesday and Thursday 10h00 to 13h30

Financing: donations

Legal status: non-profit organization

AUX SOURCES DU BASSEIN DE CHAMBLY
1369 Bourgogne Avenue, Chambly, Montérégie, QC, J3L 1Y4
450 658-1568  Fax: 450 658-0823
Website: www.as-bc.org
Email: info@as-bc.org


Eligibility: food assistance: people in need, friperie du bassin: open to all

Coverage area: Carignan, Chambly

Hours: food: Tuesday, Wednesday and Friday 9h00 to 12h00 and 13h00 to 16h00, Thursday until 17h30, friperie du bassin: Monday, Tuesday, Wednesday, Saturday and Sunday 9h00 to 16h00, Thursday and Friday 9h00 to 20h00, administration: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00

Financing: self-financing, donations, provincial

Legal status: non-profit organization
BANQUE ALIMENTAIRE - PAROISSE SAINT-JEAN XXIII (SAINT-HUBERT)
4850 Quévillon Street, Longueuil, Montérégie, QC, J3Y 2V4
450 676-7906 Fax: 450 678-3513
Website: www.pstjean23.com
Email: paroissesstjeanxxiii@gmail.com
Eligibility: families and individuals on a low income
Coverage area: Jean-XXIII Parish (formerly Saint-Jean-de-la-Lande, Saint-Isaac-Jogues and Saint-Thomas-de-Villeneuve parishes)
Hours: distribution of bread, fruits and vegetables: Monday by appointment, emergency food assistance: 7 days
Fees: none
Financing: donations
Legal status: non-profit organization

BOUFFE ADDITIONNELLE (LA)
16 Prince Street, Suite 105, Huntingdon, Montérégie, QC, J0S 1H0
450 264-2241 Fax: 450 264-8215
Website: labouffeadditionnelle.com
Email: labouffeadditionnelle@bellnet.ca
Eligibility: people going through a difficult period
Coverage area: MRC Le Haut-Saint-Laurent, Saint-Louis-De-Gonzague, Saint-Stanislas-De-Kostka
Hours: Monday to Thursday 8h00 to 15h00, by appointment
Fees: food assistance: $2
Financing: Centraide Sud-Ouest du Québec, grants, provincial, donations
Legal status: non-profit organization

BOUFFE POUR TOUS
911 Roland-Therrien Boulevard, Longueuil, Montérégie, QC, J4J 4L3
450 670-5449
Website: www.bouffepourtous.org
Email: abouffepourtous@gmail.com
Eligibility: families and single individuals on a low income
Capacity: 100
Coverage area: Longueuil
Hours: distribution: Wednesday 16h00 to 18h30
Fees: annual membership: $10, basket: $13 contribution
Financing: self-financing, membership fees
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE MULTISERVICES UN COIN CHEZ NOUS
628 Notre-Dame Street, Saint-Chrysostome, Montérégie, QC, J0S 1R0
450 826-4425 Fax: 450 826-1000
Website: www.uncoincheznous.org
Email: ccmsuccn@cooptel.qc.ca
Eligibility: seniors, people with a loss of autonomy, disadvantaged people
Capacity: 100
Coverage area: MRC Le Haut-Saint-Laurent
Hours: Monday to Friday 7h30 to 16h30, Sunday 13h00 to 17h00
Fees: meals on wheels: $8, other services: free
Financing: grants, self-financing
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE D’IBERVILLE ET DE LA RÉGION
290 des Conseillers Avenue, Saint-Jean-sur-Richelieu, Montérégie, QC, J2X 1Z8
450 347-1172 Fax: 450 347-3572
Website: cabiberville.org
Email: info@cabiberville.org

Eligibility: people on a low income, seniors, people with a temporary or permanent loss of autonomy, people with a physical or intellectual disability, caregivers, volunteers, organizations, meals on wheels: reserved to the people 55 years and over, caregivers
Coverage area: Saint-Jean-sur-Richelieu: Iberville and Saint-Athanase neighbourhoods, Mont Saint-Grégoire
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00
Fees: meals on wheels: $6, annual membership card: $5
Financing: Centraide of Greater Montréal, donations, provincial, grants
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE CONTRECOEUR - À PLEIN COEUR
4956 Legendre Street, Contrecoeur, Montérégie, QC, J0L 1C0
450 587-8227 Fax: 450 401-1151
Website: www.cabcontrecoeur.ca
Email: cab.contrecoeur@videotron.ca

Coverage area: Contrecoeur and Verchères
Hours: centre: Monday to Friday 8h00 to 16h00, family depot: Monday to Friday 13h00 to 16h00, kitchen: Monday to Thursday 8h00 to 16h00
Fees: free
Financing: provincial, donations
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE FARNHAM
1810 Principale Street East, Farnham, Montérégie, QC, J2N 1N4
450 293-3265 Fax: 450 293-1010
Website: www.cabfarnham.com
Email: direction@cabfarnham.com

**Eligibility:** people living with a disability, seniors, families, community organizations

**Coverage area:** Ange-Gardien, Farnham, Sainte-Brigide-D'iberville, Sainte-Sabine

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

**Fees:** none

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

**Legal status:** non-profit organization

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**CENTRE D’ACTION BÉNÉVOLE DE LA FRONTIÈRE**

12 Sainte-Marie Street, Lacolle, Montérégie, QC, J0J 1J0

450 246-2016 Fax: 450 246-2229

Email: centre.benev@hotmail.com


**Eligibility:** people in need, seniors

**Coverage area:** Lacolle, Clarenceville, Noyan, Saint-Bernard-de-Lacolle, Saint-Valentin, Saint-Paul-de-l'Île-aux-Noix. ITMAV: Lacolle, Saint-Paul-de-l’Île-aux-Noix, Saint-Valentin, Saint-Bernard-de-Lacolle

**Hours:** Monday to Thursday 7h00 to 16h00, Friday 7h30 to 11h30

**Fees:** meals-on-wheels: $5 hot meals, $4 frozen meals, community lunches: $10, transportation: variable

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

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**CENTRE D’ACTION BÉNÉVOLE DE LA VALLÉE-DU-RICHELIEU**

288-A Radisson Street, Mont-Saint-Hilaire, Montérégie, QC, J3H 2Z4

450 467-9373 Fax: 450 467-3732

Website: www.cabvr.org

Email: cabvr@cabvr.org


**Eligibility:** people in need, volunteers and community organizations

**Coverage area:** Beloeil, McMasterville, Mont-Saint-Hilaire, Otterburn Park, Saint-Antoine-sur-Richelieu, Saint-Charles-sur-Richelieu, Saint-Denis-sur-Richelieu, Saint-Jean-Baptiste, Saint-Mathieu-de-Beloeil, Saint-Marc-sur-Richelieu

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

**Financing:** provincial, donations

**Legal status:** non-profit organization

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**CENTRE D’ACTION BÉNÉVOLE DE SAINT-CÉSAIRE**

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

450 469-3279 Fax: 450 469-0958

Website: www.cabacoeur.org

Email: services@cabacoeur.org

Eligibility: individuals and families on a low income, seniors, caregivers, volunteers

Coverage area: Saint-Césaire

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00, caregivers: 2nd Tuesday of the month, friendship lunch: 3rd Tuesday of the month

Fees: thrift shop: at low cost

Financing: provincial

Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DU BAS RICHELIEU
70 Élizabeth Street, Sorel-Tracy, Montérégie, QC, J3P 4G5
450 743-4310 Fax: 450 743-2046
Website: www.cab-basrichelieu.org
Email: direction@cab-basrichelieu.org


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

Coverage area: MRC Pierre-De Saurel

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

Fees: variable

Financing: provincial, Centraide Richelieu-Yamaska, donations, self-financing

Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE INTERACTION
100 Principale Street, Noyan, Montérégie, QC, J0J 1B0
450 294-2646 Fax: 450 294-2145
Website: cabinteractaction.ca
Email: info@cabinteractaction.ca


Eligibility: individuals and families on a low income, volunteers

Coverage area: Noyan, Saint-Georges-De-Clarenceville, Northern tip of Henryville

Hours: Monday to Thursday 8h00 to 16h00, meals on wheels: Tuesday and Thursday, clothing depot: Tuesday to Thursday

Financing: provincial, donations

Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE LES P’TITS BONHEURS
1665 Montarville Street, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 3T8
450 441-0807 Fax: 450 441-4667
Website: www.cabstbruno.org
Email: infocab.petitsbonheurs@cabstbruno.org

Eligibility: seniors, families, people in difficulty
Capacity: variable
Coverage area: Saint-Bruno-de-Montarville
Hours: Monday to Friday 8h30 to 16h30, thrift store: Monday, Tuesday, Wednesday, Friday and Saturday 10h00 to 16h00, Thursday 10h00 to 19h00
Fees: variable
Financing: provincial
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: cabs@videotron.ca


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: office: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00, thrift store: Tuesday to Friday 9h30 to 16h00 and Saturday 9h30 to 15h00
Financing: donations, grants, self-financing
Legal status: non-profit organization

CENTRE D'ENTRAIDE BÉNÉVOLE DE SAINT-AMABLE
297 Principale Street, Saint-Amable, Montérégie, QC, J0L 1N0
450 649-0604 Fax: 450 649-2301
Website: www.cebsa.org
Email: info@cebsa.org


Eligibility: people on a low income, seniors, people living with disabilities or ill people
Coverage area: Saint-Amable
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 15h00, thrift shop: Tuesday to Thursday 13h00 to 16h00, food assistance: Friday 10h30, community meals: 2nd and last Wednesday of every month 11h30, meals on wheels: Tuesday and Thursday mornings
Fees: food assistance: $15, community meals: $7, meals on wheels: $5
Financing: provincial, self-financing
Legal status: non-profit organization
CENTRE D'ENTRAIDE RÉGIONAL D'HENRYVILLE
791 Rang Saint-Jean-Baptiste, Henryville, Montérégie, QC, J0J 1E0
450 299-1117     Fax: 450 299-9742
Email: cerh1994@live.ca
Coverage area: Henryville, Sabrevois, Saint-Alexandre, Saint-Sébastien, Venise-en-Québec
Hours: family store: Monday to Friday 10h00 to 12h00 and 13h00 to 15h30
Financing: provincial, Centraide of Greater Montréal
Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE SAINT-BASILE-LE-GRAND
50 Robert Road, Saint-Basile-le-Grand, Montérégie, QC, J3N 1L7
450 461-2111     Fax: 450 461-1588
Email: centredebenevolat@bellnet.ca
Eligibility: adults and seniors, people on a low income
Coverage area: Saint-Basile-le-Grand
Hours: Monday to Thursday 8h00 to 16h00, Friday 8h00 to 12h00, thrift store: Wednesday 18h00 to 20h30, Friday and Saturday 9h00 to 12h00
Fees: free or low cost, depending on the service
Financing: donations, grant, self-financing
Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE ST-HYACINTHE (LE)
1015 Dessaulles Street, Saint-Hyacinthe, Montérégie, QC, J2S 2Y8
450 773-4966
Website: cbsh.ca
Email: infomad@cbsh.ca
Eligibility: seniors, people and families on a low income, people in a vulnerable situation, volunteers, organizations
Coverage area: MRC Les Maskoutains
Hours: Monday to Friday 8h30 to 16h30, emergency food assistance: by appointment
Fees: variable
Financing: Centraide Richelieu-Yamaska, provincial, donations
Legal status: non-profit organization
CENTRE DE SUPPORT MÉDICAL ET D’ASSISTANCE SOCIALE (CESUMAS)
212 de Gentilly Street West, Longueuil, Montérégie, QC, J4H 1Z6
514 652-4507
Website: www.cesumas.org
Email: info@cesumas.org
Eligibility: individuals and families on a low income, people, couples and single-parent families experiencing homelessness, people in a situation of vulnerability, recruitment: foreign workers on a temporary work visa or who do not have a visa yet, companies, community organizations
Capacity: 22 beds
Coverage area: agglomeration of Longueuil
Hours: Monday to Friday 8h00 to 16h00, food assistance: Wednesday 14h30 to 18h00
Fees: variable
Financing: donations, self-financing, grants
Legal status: non-profit organization

COEUR POUR LES AUTRES (UN)
836 Le Moyne Street West, Longueuil, Montérégie, QC, J4K 1G3
514 909-4523
Website: www.uncoeurpourlesautres.org/en
Email: andre@uncoeurpourlesautres.org
Eligibility: itinerant or homeless people, people in difficulty
Capacity: 250
Coverage area: Ville-Marie
Hours: food distribution: Wednesday 18h00 to 20h00 at Émilie-Gamelin Park, corner of De Maisonneuve Boulevard and Berri Street
Fees: none
Financing: donations
Legal status: non-profit organization

COMITÉ ACTION POPULAIRE LEMOYNE
1058 Bernard-Darche Street, Longueuil, Montérégie, QC, J4R 1T5
450 486-1400
Website: caplemoyne.org
Email: capl.infos@gmail.com
Eligibility: people in need
Capacity: 40
Coverage area: Montérégie, food assistance: LeMoyne and surroundings
Hours: Monday 9h00 to 17h00, Tuesday to Thursday 9h00 to 15h30, Friday 9h00 to 12h00, food assistance: Monday from 14h00 to 17h00, distribution takes place while stocks last
Fees: variables, food assistance: none
Financing: grants
Legal status: non-profit organization
COMITÉ D'ENTRAIDE - UNITÉ PASTORALE SAINT-LAMBERT
311 Saint-Thomas Street, Saint-Lambert, Montérégie, QC, J4R 1Y2
450 671-5721 ext. 0
Website: upsaint-lambert.org
Email: entraide.saintlambert@gmail.com


Eligibility: people on a low income, immigrants
Coverage area: Saint-Lambert
Hours: Monday to Friday 10h00 to 12h00 and 14h00 to 16h00, French conversation workshop: Tuesday
Fees: none
Financing: donations
Legal status: non-profit organization

COMITÉ D'ENTRAIDE DE BOUCHERVILLE
11 Louis-H-Lafontaine Street North, Suite 101, Boucherville, Montérégie, QC, J4B 4Y2
514 236-5042
Email: ceboucherville@outlook.com


Eligibility: people in need
Coverage area: Boucherville
Hours: Monday to Friday 9h00 to 17h00, food bank: Tuesday afternoon and Wednesday morning, by appointment
Fees: none
Financing: donations
Legal status: non-profit organization

COMITÉ D'ENTRAIDE DE LA GUIGNOLÉE
Confidential Address
450 427-3319
Website: www.saint-urbain-premier.com/guignolee.html


Eligibility: people on a low income
Coverage area: Saint-Urbain-Premier
Hours: by appointment
Fees: none
Financing: municipal, provincial, federal, grants, donations, fundraising campaigns
Legal status: non-profit organization

COMITÉ D'ENTRAIDE DE SAINT-BLAISE-SUR-RICHELIEU
Confidential Address
450 291-4453

Services: * Food assistance. * Christmas baskets.

Eligibility: people in need
Coverage area: Saint-Blaise-sur-Richelieu
Hours: by appointment
Fees: free
Financing: donations
Legal status: non-profit organization
COMITÉ D'ENTRAIDE DE VERCHÈRES
579 Marie-Victorin Road, Suite 101, Verchères, Montérégie, QC, J0L 2R0
450 583-5888
Email: pierrettedavid@hotmail.com
Eligibility: individuals and families on a low income
Coverage area: Calixa-Lavallée, Verchères
Hours: Les Trésors de Madeleine: Tuesday and Wednesday 13h30 to 15h00, Thursday 19h00 to 20h30, food assistance: Friday 13h30 to 14h30
Fees: pairing for furniture collection: $50 for appliances, free for people who are unemployed
Financing: self-financing
Legal status: non-profit organization

COMITÉ D'ENTRAIDE SAINT-MICHEL
Confidential Address
450 454-3186
Services: * Christmas baskets. * Emergency food assistance as purchasing vouchers.
Eligibility: families in need
Coverage area: Saint-Michel
Hours: variable, food assistance: 7 days
Fees: none
Financing: donations
Legal status: non-profit organization

COMITÉ DE DÉPANNAGE DE L'ACADIE
1322 du Clocher Road, Saint-Jean-sur-Richelieu, Montérégie, QC, J2Y 1A4
450 357-2386
Website: www.lacadiehautrichelieu.com
Email: info@lacadiehautrichelieu.com
Eligibility: people and families on a low income
Coverage area: Saint-Jean-sur-Richelieu, Acadie neighbourhood only
Hours: by appointment
Fees: none
Financing: donations
Legal status: non-profit organization

COMPLEXE LE PARTAGE
547 Saint-Henri Street, La Prairie, Montérégie, QC, J5R 2S9
450 444-0803 Fax: 450 444-2621
Website: lepartage.info
Email: administration@lepartage.org
Eligibility: individuals and families on a low income, homeless people, people living with major health problems, refugees, immigrants
Coverage area: La Prairie
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00, food assistance: Thursday 9h30 to 11h30, 13h30 to 15h30 and 17h00 to 18h15
Fees: food assistance, collective kitchens and culinary workshops: variable, Christmas baskets: free
Financing: self-financing, Centraide of Greater Montréal, municipal, provincial, federal, donations
Legal status: non-profit organization
**COMPLEXE LE PARTAGE - POINT DE SERVICE SAINT-CONSTANT**

125 Saint-Pierre Street, Saint-Constant, Montérégie, QC, J5A 2G9

450 444-0803

Website: lepartage.info

Email: administration@lepartage.org

**Services:** * Food and clothing assistance. * Christmas baskets. * Support, assistance and referral for families. * Thrift store.

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

**Coverage area:** Saint-Constant

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

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

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

**Legal status:** non-profit organization

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**COMPLEXE LE PARTAGE - POINT DE SERVICE SAINTE-CATHERINE**

1080 Union Street, Sainte-Catherine, Montérégie, QC, J5C 1B3

450 444-0803

Website: lepartage.info

Email: administration@lepartage.org

**Services:** * Food assistance. * Christmas baskets.

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

**Coverage area:** Sainte-Catherine

**Hours:** food assistance: Thursday 9h30 to 11h30

**Fees:** food assistance: variable, Christmas baskets: free

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

**Legal status:** non-profit organization

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**COMPTOIR ALIMENTAIRE DES CHEVALIERS DE COLOMB**

105 Richelieu Road, Mcmasterville, Montérégie, QC, J3G 1T5

450 464-2905 poste 209

Website: www.cdecbeloeil.com

Email: cdecbeloeil@gmail.com

**Services:** * Food baskets. * Christmas baskets.

**Eligibility:** families on a low income

**Capacity:** 30 to 40 families

**Coverage area:** Beloeil, McMasterville, Saint-Mathieu-de-Beloeil

**Hours:** distribution: Friday 9h00 to 14h00

**Fees:** none

**Financing:** self-financing, municipal

**Legal status:** non-profit organization

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**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: eglissesrl@paroissesjc.org

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

**Eligibility:** people in need

**Capacity:** 30

**Coverage area:** Île-Perrot, Notre-Dame-de-l’Île-Perrot

**Hours:** store: Wednesday and Saturday 8h00 to 15h00, food assistance: 3rd Wednesday of the month
CORNE D'ABONDANCE DE CANDIAC
255 Montcalm Boulevard North, Candiac, Montérégie, QC, J5R 3L6
450 444-6999
Email: corne.abondance.candiac@gmail.com
Eligibility: food bank: people in need, thrift store: general public
Coverage area: Candiac
Hours: food bank: Tuesday 9h00 to 11h00, thrift store: Thursday 13h30 to 17h30, donation containers: Monday, Thursday and Saturday 9h00 to 16h00, donation boxes: 24 hours / 7 days
Financing: donations, self-financing
Legal status: non-profit organization

CROISETTE DE LONGUEUIL (LA)
1230 Green Street, Longueuil, Montérégie, QC, J4K 4Z5
450 677-8918 Fax: 450 677-3377
Website: www.lacroiseedelongueuil.qc.ca
Email: lacroisee@lacroiseedelongueuil.qc.ca
Eligibility: families or people on a low income
Coverage area: South Shore, food assistance: Notre-Dame-de-la-Garde, Saint-Georges, Saint-Antoine-de-Padoue, Sainte-Louise-de-Marillac, Saint-Jude parishes
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 15h30
Fees: food assistance and cooking classes: free, delivery of frozen meals La Petite Cuillère: minimum purchase required and variable fees according to distance
Financing: Centraide of Greater Montréal, federal, provincial, municipal, self-financing
Legal status: non-profit organization

ÉGLISE SAINT-MICHEL DE VAUDREUIL
414 Saint-Charles Avenue, Vaudreuil-Dorion, Montérégie, QC, J7V 2M6
450 455-4282
Email: paroissestmichel@videotron.ca
Eligibility: people in need
Coverage area: Vaudreuil-Dorion, Vaudreuil-sur-le-Lac, l'Île-Cadieux and Pointe-des-Cascades
Hours: by appointment
Fees: free
Financing: self-financing, donations
Legal status: non-profit organization

Fees: free
Financing: donations, self-financing
Legal status: non-profit organization
ENTRAIDE CHEZ NOUS (L')
155 Brodeur Street, Longueuil, Montérégie, QC, J4J 2S3
450 468-1726 Fax: 450 468-6638
Website: www.traidecheznous.org
Email: info@entraidecheznous.org

Services:
* Food assistance.
* Christmas sharing-store.
* Thrift store.
* Donation of gift certificates for the thrift store and donation of furniture (bed, table, dresser, etc.).
* Individual and group support for bereaved people.
* Friendship visits to seniors or people with a loss of autonomy.
* Training, courses and conferences.
* Professional integration with the various programs of local employment centres.
* Recovery and collection of used items.
* Tax clinic.

Eligibility: people and families on a low income, bereaved adults
Capacity: support group: 6 people
Coverage area: food assistance, donation of furniture, Christmas sharing-store and friendship visits: Sacré-Coeur and Saint-Pie-X areas, other services: South Shore
Hours: Monday 10h00 to 12h00 and 13h00 to 16h00, Tuesday and Wednesday 9h00 to 12h00 and 13h00 to 16h00, Thursday 13h00 to 18h45, Friday 9h00 to 11h45 and 13h00 to 16h00, support groups: 13h00 to 15h15
Financing: Centraide of Greater Montréal, provincial, self-financing
Legal status: non-profit organization

ENTRAIDE SAINT-MATHIEU (L')
299 Saint-Édouard Road, Saint-Mathieu, Montérégie, QC, J0L 2H0
450 632-9528 ext. 230
Email: entraidesaintmathieu2019@gmail.com

Services:
* Christmas baskets.
* Food assistance.

Eligibility: people in need
Coverage area: Saint-Mathieu
Hours: by appointment
Fees: none
Financing: donations
Legal status: non-profit organization

ÉQUIPE SERVICE QUARTIER SAINT-VINCENT-DE-PAUL
2027 Daniel Street, Longueuil, Montérégie, QC, J4J 5M1
450 646-8807
Website: www.equipeservicesvp.com
Email: equipeservicesvp1@hotmail.com

Services:
* Food counter.
* Thrift store.
* Christmas baskets.
* Distribution of school supplies for people already benefiting of a service offered by the organization.

Eligibility: people on a low income
Coverage area: Longueuil: Saint-Vincent-de-Paul neighbourhood
Hours: thrift store: Monday and Tuesday 9h00 to 11h30 and 13h00 to 15h30, Wednesday and Thursday 13h00 to 15h30, other services: by appointment
Fees: counter: $2 if possible
Financing: donations, self-financing
Legal status: non-profit organization

GROUPE ACTION NOUVELLE VIE
740 Saint-Charles Street East, Longueuil, Montérégie, QC, J4H 1C2
450 646-5815 ext. 3221 Fax: 450 646-3509
Website: actionnv.com
Email: info@actionnv.com

Eligibility: men, women and families on a low income

Coverage area: Boucherville, Brossard, Chambly, Greenfield Park, La Prairie, Longueuil, Saint-Amable, Saint-Bruno-De-Montarville, Saint-Hubert, Saint-Lambert, Sainte-Julie, Varennes

Hours: services: Tuesday to Thursday 9h00 to 16h00, weekly food aid and emergency food aid: Tuesday and Thursday 12h30 to 15h00

Fees: weekly food aid and emergency food assistance: $10, $15 or $20 per food basket depending on the number of people, back-to-school supplies: $10 for each child

Financing: donations, self-financing, fundraising campaigns, foundations, grants

Legal status: non-profit organization

GROUPE D'ENTRAIDE SOREL-TRACY (LE)
1225 Marie-Victorin Road, Sorel-Tracy, Montérégie, QC, J3R1L8
450 746-5611
Website: legest.org
Email: info@legest.org


Eligibility: people and families on a low income

Coverage area: Sorel-Tracy

Hours: administration and emergency food assistance: Monday to Friday 8h30 to 16h30, food bank: Thursday 12h30 to 16h30

Fees: food bank: $15, other services: free

Financing: donations

Legal status: non-profit organization

MAIN OUVERTE (LA)
345 6th Avenue, Saint-Jean-sur-Richelieu, Montérégie, QC, J2X 1R1
438 523-6881
Email: infos.lamainouverte@gmail.com


Eligibility: people and families on a low income

Coverage area: MRC Le Haut-Richelieu

Hours: Monday 9h00 to 11h00, Wednesday 13h00 to 15h00, Thursday 9h30 to 15h00

Fees: $16

Financing: donations, fundraising campaigns

Legal status: non-profit organization

MAISON D'ENTRAIDE SAINT-ALPHONSE
2190 André Street, Brossard, Montérégie, QC, J4Z 2Z8
450 676-3712 Fax: 450 676-0080
Email: depannagemesa@hotmail.com


Eligibility: people in need or on a low income, immigrants

Capacity: 95 families per week

Coverage area: Brossard

Hours: Monday to Thursday 9h30 to 16h30, Friday 9h30 to 13h00, thrift store: Friday 13h00 to 20h30, food assistance: Thursday
MAISON DE L’ENTRAIDE SAINTE-JULIE
500 Jules-Choquet Avenue, Suite 100, Sainte-Julie, Montérégie, QC, J3E 1W6
450 649-4569
Email: maisonentraide@videotron.ca
Eligibility: people in need, depot: open to all
Coverage area: Sainte-Julie
Hours: shop: Tuesday and Wednesday 12h00 to 16h00, Thursday and Friday 12h00 to 19h00, support: Monday to Friday 8h00 to 16h00
Financing: self-financing, donations, provincial
Legal status: non-profit organization

MARIEVILLE - CENTRE D’ACTION BÉNÉVOLE LA SEIGNEURIE DE MONNOIR
146 Ruisseau-Barré Road, Marieville, Montérégie, QC, J3M 1P2
450 460-2825  Fax: 450 460-4992
Website: www.cabsm.org
Email: info@cabsm.org
Eligibility: seniors, people who are ill or with a loss of autonomy, families in need, assistance with grocery shopping: people 70 years and over
Coverage area: Sainte-Angèle-de-Monnoir, Marieville, Richelieu, Saint-Mathias-sur-Richelieu, Rougemont
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: community meals: $8, meals on wheels: $7 per meal, coffee-meetings: $5
Financing: Centraide Richelieu-Yamaska, provincial, donations, fundraising campaigns, self-financing
Legal status: non-profit organization

MISSION NEW GENERATION
1423 Provencher Boulevard, Brossard, Montérégie, QC, J4W 1Z3
450 486-7667  Fax: 450 486-6283
Website: missionnouvellegeneration.org
Email: info@missionnouvellegeneration.org
Coverage area: Montérégie, Montréal Island
Hours: food assistance: Thursday 13h00 to 18h00, Tuesday 15h00 to 19h00
Fees: food assistance: $10 per year, $15 per food basket
Financing: donations
Legal status: non-profit organization
MOUVEMENT SEM (SENSIBILISATION POUR UNE ENFANCE MEILLEURE)
366-368 Laurier Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 6L3
450 348-0209 Fax: 450 348-9665
Website: mouvementsem.org
Email: reception@mouvementsem.com
Eligibility: children, teenagers, parents
Coverage area: Montérégie
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, availability in the evening by appointment, homework help: 15h00 to 18h00
Fees: $20 per year
Financing: provincial, federal, Centraide of Greater Montréal, donations
Legal status: non-profit organization

PAROISSE DE SAINT-JEAN L’ÉVANGÉLISTE (LA) - PASTORALE SOCIALE
80 Lajeunesse Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 5G1
450 347-2328 ext. 1022
Website: www.paroissестjeanev.com/rubriques/gauche/engagement-social/pastorale-sociale
Email: r.comtois@paroissestjeanev.com
Services: * Listening, support and references to other organizations when needed. * Peer encounter group and spiritual workshops. * Christmas baskets.
Eligibility: people in a vulnerability circumstances, general public
Coverage area: Saint-Jean-sur-Richelieu
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00
Fees: none
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
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: free
Financing: donations
Legal status: non-profit organization

REPAS DU PASSANT (LE)
700 Sainte-Foy Boulevard, Longueuil, Montérégie, QC, J4J 5E9
450 679-5114 Fax: 450 679-5492
Email: lerepasdupassant@videotron.ca
Eligibility: people on a low income and general public
Capacity: 123
Food

Coverage area: food assistance: Notre-Dame-de-Grâces, Saint-Pierre-Apôtre and Saint-Charles-Borromée sectors, other services: Longueuil
Hours: Monday to Thursday 9h00 to 16h00, meals: 11h30 to 13h00
Fees: meal: children under 12 years old $1.50, adults $4, solidarity price: $6, lunch card: $55 for 20 meals, $32.50 for 10 meals, $18.75 for 5 meals
Financing: donations, self-financing, grants
Legal status: non-profit organization

SERVICE D’ENTRAIDE - SAINTE-MARGUERITE-BOURGOYS PARISH
1720 Georges Street, Longueuil, Montérégie, QC, J4T 2X9
450 812-5354
Website: www.paroissesmb.org
Email: paroisse.smb.dsjl@gmail.com
Eligibility: people on a low income
Coverage area: Lafîche neighbourhood, new Greenfield Park
Hours: food aid: Thursday 13h00 to 15h00 by appointment, sharing store: Wednesday to Friday and 3rd Saturday of the month 9h00 to 15h00
Fees: food bank: $3 per person
Financing: donations
Legal status: non-profit organization

SERVICE D’ENTRAIDE DE SAINT-PHILIPPE
3015 Édouard-VII Road, Saint-Philippe, Montérégie, QC, J0L 2K0
450 907-0839
Email: serv.entraide.stphilippe@gmail.com
Services: * Food assistance. * Christmas baskets.
Eligibility: disadvantaged people and families
Coverage area: Saint-Philippe
Hours: distribution: Wednesday 9h45 to 11h30 by appointment, registration: Tuesday 15h00 at the latest
Fees: none
Financing: donations
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - CHÂTEAUGUAY
42 Gilmour Street, Châteauguay, Montérégie, QC, J6J 1K6
450 691-1007     Fax: 450 692-5063
Email: ssvpchateauguay@hotmail.com
Eligibility: people on a low income
Coverage area: Châteauguay, Léry, Mercier
Hours: general store: Monday to Friday 9h30 to 15h30, Saturday 9h00 to 12h00, food aid on demand
Financing: donations, self-financing
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - IMMACULÉE-CONCEPTION (SAINT-HUBERT)
5403 Hémard Avenue, Longueuil, Montérégie, QC, J3Y 3G8
450 676-2661
Email: robdion@videotron.ca
Eligibility: people on a low income
Capacity: 35 to 45 families
Coverage area: Immaculée-Conception Church neighbourhood, including Maricourt
Hours: food bank: Wednesday 9h00 to 10h30
Fees: none
Financing: donations, fundraising campaigns
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CONFÉRENCE ISOLÉE DE SAINT-CYPRIEN-DE-NAPIERVILLE
470 Saint-Jacques Street, Napierville, Montérégie, QC, J0J 1L0
450 245-3335
Email: info@ecofriperie.com
Eligibility: people on a low income
Coverage area: MRC Les Jardins-de-Napierville
Hours: Monday 10h00 to 16h00, Tuesday and Wednesday 10h00 to 17h00, Thursday 12h00 to 20h00, Friday 10h00 to 20h00, Saturday and Sunday 10h00 to 16h00
Financing: self-financing, donations
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CONFÉRENCE SAINT-LUC
55 des Échevins Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J2W 2N6
450 349-1553     Fax: 450 348-8630
Website: www.ssvp-st-luc.org
Email: ssvppluc@gmail.com
Eligibility: people in need
Coverage area: Saint-Jean-sur-Richelieu: Sainte-Marie-de-la-Visitation and Saint-Luc areas
Hours: Tuesday and Thursday 13h00 to 16h00, Wednesday 12h00 to 20h00, Saturday 9h00 to 12h00
Financing: donations
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CONFÉRENCE SAINTE-PHILOMÈNE
14 Marleau Street, Mercier, Montérégie, QC, J6R 2K8
450 691-1072
Email: ssvpcbateauguy@hotmail.com
Eligibility: people on a low income
Coverage area: Mercier
Financing: donations
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CONSEIL PARTICULIER DE SAINT-JEAN
150 Laurier Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 6K3
450 358-1222 ext. 0     Fax: 450 358-3064
Website: ssvpsj.org
Email: direction@ssvpstjean.org
Eligibility: people in need, distribution of school supplies: children from kindergarten to Secondary 5
Coverage area: Saint-Jean-sur-Richelieu
Hours: food bank: Tuesday to Thursday 9h00 to 11h30 and 13h00 to 15h00, Friday 9h00 to 11h30, clothing counter: Tuesday, Wednesday and Friday 10h00 to 16h00, Thursday 10h00 to 20h00, Saturday 10h00 to 13h00
Fees: food bank: free, clothing counter: low price
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
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

SOURIRE SANS FIN
2-A Sainte-Famille Street, Saint-Rémi, Montérégie, QC, J0L 2L0
450 454-5747     Fax: 450 454-5640
Website: souriresansfin.org
Email: info@souriresansfin.org
Eligibility: people on a low income, families, ITMAV project: seniors 55 and over
Capacity: 600 per year
Coverage area: MRC Les Jardins-de-Napierville
Hours: Monday to Friday 8h30 to 16h30, collective kitchen: Monday, Tuesday and Wednesday, meals on wheels: Tuesday 11h30
Fees: collective kitchen: $1.25 per portion, meals on wheels: $6 per meal, food bags: $2 per week per family
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

Collective kitchens and cooking workshops

ABC DE LA FAMILLE (L')
20 Saint-Pierre Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 3R7
450 377-4380
Website: www.abcfamille.ca
Email: direction@abcfamille.ca

**Eligibility:** families of children from 0 to 5 years old

**Coverage area:** Salaberry-De-Valleyfield

**Hours:** Monday to Friday 8h00 to 16h00, some workshops may be offered on Saturday morning

**Fees:** daycare: $3 for 3 hours, culinary workshops: find the fee policy on the website

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

**Legal status:** non-profit organization

**ACTIONS FAMILLES SAINTE-MARTINE SAINT-URBAIN-PREMIER**

122 Saint-Joseph Street, Suite 1, Sainte-Martine, Montérégie, QC, J0S 1V0

450 427-1576    Fax: 450 498-0669

Website: www.actionsfamilles.org

Email: info@actionsfamilles.org


**Eligibility:** families

**Coverage area:** Sainte-Martine, Saint-Urbain-Premier and surroundings

**Hours:** Monday to Thursday 9h00 to 16h30, collectives kitchens: Wednesday 9h00 to 13h00

**Financing:** provincial, municipal, donations, contributions

**Legal status:** non-profit organization

**AIDE PÉDAGOGIQUE AUX ADULTES ET AUX JEUNES DE SAINTE-HYACINTHE**

900 Saint-Antoine Street, Saint-Hyacinthe, Montérégie, QC, J2S 3K1

450 261-0384

Website: www.apaj.ca

Email: info@apaj.ca


**Eligibility:** people living with problem of illiteracy

**Coverage area:** Saint-Hyacinthe

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

**Fees:** small fee for the collective kitchen

**Financing:** provincial

**Legal status:** non-profit organization

**ANCRE ET AILES DU HAUT-SAINT-LAURENT**

10 Bridge Street, Ormstown, Montérégie, QC, J0S 1K0

450 829-3491

Website: www.ancreetailes.com

Email: ancreetailes@bellnet.ca


**Eligibility:** adults living with or having experienced a mental health problem or psychological distress

**Coverage area:** MRC Le Haut-Saint-Laurent

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

**Fees:** annual membership card: $10, meals: $4, fees may apply for activities and outings
ASSOCIATION DES FAMILLES DE VARENNES

Confidential Address
438 771-5411
Website: afvarennes.com
Email: info@afvarennes.com


Eligibility: families

Coverage area: Varennes

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

Fees: members: $25 per year, activities: variable, some activities are accessible to non-members for an additional fee

Financing: self-financing, membership fees

Legal status: non-profit organization

AUX SOURCES DU BASSIN DE CHAMBLY

1369 Bourgogne Avenue, Chambly, Montérégie, QC, J3L 1Y4
450 658-1568    Fax: 450 658-0823
Website: www.as-bc.org
Email: info@as-bc.org


Eligibility: food assistance: people in need, frérie du bassin: open to all

Coverage area: Carignan, Chambly

Hours: food: Tuesday, Wednesday and Friday 9h00 to 12h00 and 13h00 to 16h00, Thursday until 17h30,
frérie du bassin: Monday, Tuesday, Wednesday, Saturday and Sunday 9h00 to 16h00, Thursday and Friday 9h00 to 20h00, administration: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00

Financing: self-financing, donations, provincial

Legal status: non-profit organization

BONJOUR SOLEIL - REGROUPEMENT DES FAMILLES MONOPARENTALES ET RECOMPOSÉES DE LA VALLÉE-DU-RICHELIEU

308 Montsabré Street, Suites 205 and 208, Beloeil, Montérégie, QC, J3G 2H5
450 467-3479
Website: www.bonjoursoleil.org
Email: info@bonjoursoleil.org


Eligibility: single-parent and blended families

Coverage area: MRC La Vallée-du-Richelieu

Hours: Monday to Friday 9h00 to 17h00

Fees: free

Financing: provincial

Legal status: non-profit organization
BOUFFE DU CARREFOUR (LA)
3780 Grande-Allée, Longueuil, Montérégie, QC, J4T 2V7
450 926-2386
Website: labouffeducarrefour.org
Email: info@labouffeducarrefour.org
Coverage area: Saint-Hubert and surroundings
Hours: Monday to Friday 8h30 to 16h00
Fees: variable according to the service
Financing: grants, self-financing
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
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

CARREFOUR MOUSSEAU
230 des Ormeaux Boulevard, Longueuil, Montérégie, QC, J4L 1J4
450 468-4926     Fax: 450 468-1485
Website: www.carrefourmousseau.org
Email: cmousseau1990@videotron.ca
Eligibility: families, children 3 months to 5 years old, youth 8 to 12 years old, vulnerable, low-income or isolated adults, seniors, language course: children with language or attention problems
Capacity: 300 people
Coverage area: Vieux-Longueuil borough
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00
Fees: annual membership: $5, activities: 2 to $8, daycare: free, respite care: $7 per day
Financing: grants, donations, self-financing
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE BOUCHERVILLE
11 Louis-H.-La Fontaine Street North, Suite 201, Boucherville, Montérégie, QC, J4B 4Y3
450 655-9081
Website: www.cabboucherville.ca
Email: info@cabboucherville.ca

**Eligibility:** people living with permanent or temporary difficulties, ITMAV: people 50 years and over

**Coverage area:** Boucherville

**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 16h30

**Fees:** meals on wheels: $6, community kitchen: $20 maximum, frozen meals: $4

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

**Legal status:** non-profit organization

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**CENTRE D’ACTION BÉNÉVOLE DE FARNHAM**

1810 Principale Street East, Farnham, Montérégie, QC, J2N 1N4

**450 293-3265 Fax:** 450 293-1010

**Website:** www.cabfarnham.com

**Email:** direction@cabfarnham.com


**Eligibility:** people living with a disability, seniors, families, community organizations

**Coverage area:** Ange-Gardien, Farnham, Sainte-Brigide-D’iberville, Sainte-Sabine

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

**Fees:** none

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

**Legal status:** non-profit organization

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**CENTRE D’ACTION BÉNÉVOLE DU BAS RICHELIEU**

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

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

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

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


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

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

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

**Fees:** variable
**Financing:** provincial, Centraide Richelieu-Yamaska, donations, self-financing  
**Legal status:** non-profit organization

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**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.  
* PAIR program: automated safety and medication reminder phone calls.  
* Tax clinic.  
* Respite for young parents, mentoring.  
* 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:** programme PAIR: MRC Vaudreuil-Soulanges, autres 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 9h30 to 17h30, Thursday and Friday 9h30 to 19h00, Saturday and Sunday 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

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**CENTRE D’ACTION BÉNÉVOLE LES P’TITS BONHEURS**  
1665 Montarville Street, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 3T8  
450 441-0807   Fax: 450 441-4667  
**Website:** www.cabstbruno.org  
**Email:** infocab.petitsbonheurs@cabstbruno.org  
**Services:**  
* Food supply  
* Food bank.  
* Distribution of Christmas baskets and gifts.  
* Meals on wheels.  
* Community lunches.  
* Collective kitchens.  
* Sports, leisure and culture  
* Community gardens.  
* Coffee-chats.  
* Premiers Pas: pairing of a volunteer with a family who has a baby aged 5 years old or less.  
* Health  
* Friendly visits.  
* Loan of orthopedic equipment.  
* PAIR program: computerized safety and medication reminder phone calls.  
* Support  
* Ventre plein, j’apprends bien: breakfast and snacks in schools.  
* Thrift store.  
* School supplies.  
* Temporary and punctual help to people in difficulty.  
* Assistance with errands.  
* Income  
* Tax clinic.  
**Eligibility:** seniors, families, people in difficulty  
**Capacity:** variable  
**Coverage area:** Saint-Bruno-de-Montarville  
**Hours:** Monday to Friday 8h30 to 16h30, thrift store: Monday, Tuesday, Wednesday, Friday and Saturday 10h00 to 16h00, Thursday 10h00 to 19h00  
**Fees:** variable  
**Financing:** provincial  
**Legal status:** non-profit organization

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**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:** cabs@videotron.ca

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: office: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00, thrift store: Tuesday to Friday 9h30 to 16h00 and Saturday 9h30 to 15h00

Financing: donations, grants, self-financing

Legal status: non-profit organization

CENTRE D’ENTRAIDE BÉNÉVOLE DE SAINT-AMABLE
297 Principale Street, Saint-Amable, Montérégie, QC, J0L 1N0
450 649-0604 Fax: 450 649-2301
Website: www.cebsa.org
Email: info@cebsa.org


Eligibility: people on a low income, seniors, people living with disabilities or ill people

Coverage area: Saint-Amable

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

Fees: food assistance: $15, community meals: $7, meals on wheels: $5

Financing: provincial, self-financing

Legal status: non-profit organization

CENTRE D’ENTRAIDE RÉGIONAL D’HENRYVILLE
791 Rang Saint-Jean-Baptiste, Henryville, Montérégie, QC, J0J 1E0
450 299-1117 Fax: 450 299-9742
Email: cerh1994@live.ca


Coverage area: Henryville, Sabrevois, Saint-Alexandre, Saint-Sébastien, Venise-en-Québec

Hours: family store: Monday to Friday 10h00 to 12h00 and 13h00 to 15h30

Financing: provincial, Centraide of Greater Montréal

Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT D’ACTON VALE
1176 Bélair Street, Acton Vale, Montérégie, QC, J0H 1A0
450 546-7332 Fax: 450 546-7212
Website: www.centredebenevolatacton.com
Email: direction@cbav.ca


Eligibility: families, people in vulnerable situations, seniors, caregivers, volunteers, meals on wheels: people aged 65 and over

Coverage area: MRC Acton
Food

**Hours:** administration: Monday to Friday 8h00 to 16h00, thrift store: Monday to Friday 9h00 to 17h00, Saturday 9h00 to 12h00

**Fees:** food assistance: free, meals on wheels: $6 per meal

**Financing:** donations, self-financing

**Legal status:** non-profit organization

**CENTRE DE FEMMES DU HAUT-RICHELIEU**

390 Georges-Phaneuf Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 1K2

*450 346-0662 Fax: 450 346-9195*

**Website:** www.centrefemmeshautrichelieu.ca

**Email:** registrariat@cfhr.ca


**Eligibility:** women 18 years and over

**Coverage area:** MRC Le Haut-Richelieu

**Hours:** Monday to Wednesday 8h30 to 12h00 and 13h00 to 16h30, Thursday 8h30 to 12h00 and 13h00 to 20h30, Friday 8h30 to 12h00

**Fees:** annual membership: $5, intervention and referral: free

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

**Legal status:** non-profit organization

**CENTRE DE FEMMES ENTRE AILES**

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

*450 649-0658*

**Website:** www.entreailes.org

**Email:** entreailes@entreailes.org


**Eligibility:** women

**Capacity:** 300

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

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

**Fees:** annual membership: maximum $10

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

**CENTRE DE FEMMES L’AUTONOMIE EN SOIE**

270 de la Concorde Avenue North, Saint-Hyacinthe, Montérégie, QC, J2S 4N5

*450 252-0010 Fax: 450 252-0020*

**Website:** www.cfautonomieensoie.wordpress.com

**Email:** infocfaes@gmail.com


**Eligibility:** women over 14 years old

**Coverage area:** Saint-Hyacinthe and surroundings

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

**Fees:** membership card: $7 per year, activities and services: free or low fee

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

**Legal status:** non-profit organization
COIN DU PARTAGE BEAUHARNOIS (LE)
600 Ellice Street, Suite 109, Beauharnois, Montérégie, QC, J6N 3P7
450 225-1818  Fax: 450 225-1637
Email: direction.cdpb@gmail.com
Coverage area: Beauharnois, Melocheville, Maple-Grove
Hours: food assistance: Monday to Friday 8h30 to 16h00
Financing: Centraide Sud-Ouest du Québec, provincial, self-financing
Legal status: non-profit organization

COMITÉ ACTION POPULAIRE LEMOYNE
1058 Bernard-Darche Street, Longueuil, Montérégie, QC, J4R 1T5
450 486-1400
Website: caplemoyne.org
Email: capl.infos@gmail.com
Eligibility: people in need
Capacity: 40
Coverage area: Montérégie, food assistance: LeMoyne and surroundings
Hours: Monday 9h00 to 17h00, Tuesday to Thursday 9h00 to 15h30, Friday 9h00 to 12h00, food assistance: Monday from 14h00 to 17h00, distribution takes place while stocks last
Fees: variables, food assistance: none
Financing: grants
Legal status: non-profit organization

COMITÉ DE DÉPANNAGE DE L’ACADIE
1322 du Clocher Road, Saint-Jean-sur-Richelieu, Montérégie, QC, J2Y 1A4
450 357-2386
Website: www.lacadiehautrichelieu.com
Email: info@lacadiehautrichelieu.com
Eligibility: people and families on a low income
Coverage area: Saint-Jean-sur-Richelieu, Acadie neighbourhood only
Hours: by appointment
Fees: none
Financing: donations
Legal status: non-profit organization

COMPLEXE LE PARTAGE
547 Saint-Henri Street, La Prairie, Montérégie, QC, J5R 2S9
450 444-0803  Fax: 450 444-2621
Website: lepartage.info
Email: administration@lepartage.org
Eligibility: individuals and families on a low income, homeless people, people living with major health problems, refugees, immigrants
Coverage area: La Prairie
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00, food assistance: Thursday 9h30 to 11h30, 13h30 to 15h30 and 17h00 to 18h15
Fees: food assistance, collective kitchens and culinary workshops: variable, Christmas baskets: free
CORNE D'ABONDANCE - ENTRAIDE ALIMENTAIRE ET SOLIDARITÉ (LA)
2391 de Bourgogne Avenue, Chambly, Montérégie, QC, J3L 2A5
450 447-3414
Website: cornedabondance.com
Email: info@cornedabondance.com
Eligibility: families, adults and seniors on a low income, children, teenagers
Capacity: 7 participants per kitchen
Coverage area: Carignan, Chambly, Marieville, Richelieu, Rougemont, Saint-Césaire, Saint-Mathias-Sur-Richelieu, Sainte-Angèle-De-Monnoir
Hours: Monday, Tuesday and Friday to Sunday 8h30 to 16h30, Wednesday and Thursday 18h30 to 21h30
Fees: $10 per year
Financing: Centraide of Greater Montréal, provincial, self-financing
Legal status: non-profit organization

CROISÉE DE LONGUEUIL (LA)
1230 Green Street, Longueuil, Montérégie, QC, J4K 4Z5
450 677-8918 Fax: 450 677-3377
Website: www.lacroiseedelongueuil.qc.ca
Email: lacroisee@lacroiseedelongueuil.qc.ca
Eligibility: families or people on a low income
Coverage area: South Shore, food assistance: Notre-Dame-de-la-Garde, Saint-Georges, Saint-Antoine-de-Padoue, Sainte-Louise-de-Marillac, Saint-Jude parishes
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 15h30
Fees: food assistance and cooking classes: free, delivery of frozen meals La Petite Cuillère: minimum purchase required and variable fees according to distance
Financing: Centraide of Greater Montréal, federal, provincial, municipal, self-financing
Legal status: non-profit organization

CUISINES DE L’AMITIÉ
2210 André Street, Suite 1, Brossard, Montérégie, QC, J4Z 2Z8
450 443-6770
Website: cuisinesdelamitie.org
Email: cuisinesdelamitie@gmail.com
Eligibility: seniors, people on a low income, collective kitchens: general population
Coverage area: Brossard and surroundings
Hours: sale of meals: Monday to Wednesday and Friday 9h00 to 15h00, Thursday 9h00 to 16h00, collective kitchens: Tuesday to Friday during the daytime
Fees: collective kitchens: $8 for 3 meals, 1 soup and 1 dessert, membership card: $10 per year
Financing: self-financing, provincial, donations
Legal status: non-profit organization
D’UN COUVERT À L’AUTRE  
1301 Sainte-Hélène Street, Longueuil, Montérégie, QC, J4K 3S4  
450 928-9898  
Website: www.duncouvertalautre.org/index.html  
Email: duncouvertalautre@gmail.com  
Eligibility: people living with schizophrenia or with other mental illnesses with psychotic symptoms  
Coverage area: Longueuil  
Hours: Monday to Friday 8h00 to 17h00, printing shop: Monday to Thursday 8h00 to 17h00  
Financing: grants  
Legal status: non-profit organization

GRAIN D’SEL DE LA VALLÉE-DU-RICHELIEU (LE)  
544 Laurier Boulevard, Beloeil, Montérégie, QC, J3G 4H9  
450 467-5733  
Website: www.graindesel.ca  
Email: info@graindesel.ca  
Eligibility: individuals and families with financial difficulties, workstation: people living with mental health problems  
Hours: Monday to Thursday 8h30 to 16h00, resto pop: Tuesday 11h00 to 13h00  
Fees: perishable goods basket: $10 per week  
Financing: donations, provincial  
Legal status: non-profit organization

GRENIER AUX TROUVAILLES - PARTAGE SANS FAIM  
2 de l’Eglise Street South, Lacolle, Montérégie, QC, J0J 1J0  
450 246-4032  
Fax: 450 246-4044  
Website: grenierauxtrouvailles.org  
Email: info@grenierauxtrouvailles.org  
Eligibility: individuals and families on a low income, young people at risk of committing or who have committed acts of delinquency  
Hours: Wednesday to Friday 12h00 to 17h00, Saturday 10h00 to 16h00  
Fees: membership: $8 per year  
Financing: donations, self-financing, fundraising campaigns  
Legal status: non-profit organization
GROUPE D'ENTRAIDE L'ARRÊT-COURT, SOREL-TRACY
117 George Street, Sorel-Tracy, Montérégie, QC, J3P 1C4
450 743-6071     Fax: 450 743-9971
Website: www.groopedentraidelarretcourt.com
Email: arretcourt@hotmail.com
Eligibility: people 18 years old and over who are or have been living with severe and persistent mental health issues
Coverage area: Sorel-Tracy
Hours: Monday to Friday 8h00 to 12h00 and 13h15 to 17h00
Fees: none
Financing: donations, provincial
Legal status: non-profit organization

LA PIAULE - MAISON DES JEUNES DE BOUCHERVILLE
540 du Lac Road, Boucherville, Montérégie, QC, J4B 6X3
450 449-8346
Website: www.mdjboucherville.ca
Email: la.piaule@videotron.ca
Eligibility: youth 12 to 17 years old
Coverage area: Boucherville, Longueuil, Sainte-Julie, Saint-Amable, Varennes
Hours: Monday to Thursday and Sunday 15h00 to 21h00, Friday and Saturday 15h00 to 22h00, summer: 7 days, 15h00 to 22h00, collective kitchen: Wednesday
Fees: none
Financing: federal, provincial, municipal, self-financing
Legal status: non-profit organization

MAIN OUVERTE (LA)
345 6th Avenue, Saint-Jean-sur-Richelieu, Montérégie, QC, J2X 1R1
438 523-6881
Email: infos.lamainouverte@gmail.com
Eligibility: people and families on a low income
Coverage area: MRC Le Haut-Richelieu
Hours: Monday 9h00 to 11h00, Wednesday 13h00 to 15h00, Thursday 9h30 to 15h00
Fees: $16
Financing: donations, fundraising campaigns
Legal status: non-profit organization

MAISON DE LA FAMILLE LEMOYNE
1882 St-Georges Street, Suite 503, Longueuil, Montérégie, QC, J4P 3J4
450 465-3571
Website: www.maisondelafamillelemoyne.org
Email: mfl@bellnet.ca
Services: Education, helping relationship, welcoming and referrals for neighbourhood families. * Educational daycare for youth 0 to 5 years old: Sourissimo (3 to 18 months old), Sourceaux (18 months to 3 years old) and Souris-Moi (3 to 5 years old). * 7 weeks daycare during the summer: Lucioles (22 months to 3 years old) and Libellules (3 to 6 years old). * Trotti-bouge: parent-child activities for 18 months to 3 years old. * In-school activities for the 6 to 12 years old: homework help, Lire et faire lire program and collective kitchens. * Les P'tits vendredis: recreational activities in the evening for youth 8 to 12 years old. * Morning talk for parents. * Welcome, listening and referral. * Family activities. * Espace-libre: community library for children, parents and the community of LeMoyne and surroundings, animations and workshops. * Used items recovery and donations: toys, clothing for children and adults, etc. * Possibility of volunteering and getting involved in the activities. * Tax clinic for members.

Eligibility: parents, children 0 to 12 years, families, seniors

Coverage area: Longueuil agglomeration, priority to people living in LeMoyne and surrounding areas

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h30, Trotti-Bouge: Friday 9h00 to 10h00 and 10h30 to 11h30, talks: Tuesday 9h00 to 10h30

Fees: membership: $10, daycare: $5 per morning, activities: variable

Financing: Centraide Greater Montreal, provincial, federal, donations, self-financing

Legal status: non-profit organization

MAISON DE LA FAMILLE VALOISE
962 Dubois Street, Acton Vale, Montérégie, QC, J0H 1A0
450 546-4627
Website: maisondelafamillevaloise.org
Email: info@mdfvaloise.org


Eligibility: parents, families, volunteers

Coverage area: MRC d'Acton

Hours: Monday to Friday 9h00 to 16h00

Fees: drop-in: $1.75 per hour

Financing: donations

Legal status: non-profit organization

MAISON DES JEUNES CHÂTELOIS
180 Mercier Street, Châteauguay, Montérégie, QC, J6J 5X2
450 698-3343  Fax: 450 698-3344
Email: infomdjchateauguay@videotron.ca


Eligibility: youth 11 to 17 years old, street work: people of all ages

Coverage area: Châteauguay

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

Financing: provincial, self-financing, municipal

Legal status: non-profit organization
MAISON DES JEUNES DE BEAUHARNOIS
21 Saint-Joseph Street, Beauharnois, Montérégie, QC, J6N 0P3
450 225-6878
Website: mdjbeauharnois.ca
Email: mdjbeauharnois@videotron.ca
Eligibility: youth 12 to 17 years old
Coverage area: Beauharnois
Hours: Wednesday and Thursday 18h00 to 21h00, Friday 18h00 to 22h00 and Saturday 14h00 to 17h00 and 18h00 to 22h00, homework assistance: Tuesday and Thursday 16h00 to 18h00, administration: Tuesday to Friday 9h00 to 17h00
Fees: free
Financing: municipal, provincial, self-financing
Legal status: non-profit organization

MAISON DES JEUNES DE BEAUJEU (LA)
89 de l’Église Street North, Lacolle, Montérégie, QC, J0J 1J0
450 246-8764
Website: www.mdjbeaujeu.com
Email: mdjbeaujeu@gmail.com
Eligibility: youth 12 to 17 years old, some activities include youth 10 to 12 years old
Capacity: 30 people
Coverage area: Lacolle
Hours: Tuesday 16h00 to 21h00, homework assistance: school period, Tuesday and Thursday 16h00 to 18h00
Financing: provincial, grants
Legal status: non-profit organization

MAISON DES JEUNES DE LONGUEUIL (LA)
540 King-George Street, Longueuil, Montérégie, QC, J4J 2V7
450 468-5907    Fax: 450 468-6074
Email: m.d.j.longueuil@hotmail.com
Eligibility: youth 12 to 17 years old
Capacity: 329 people
Coverage area: Longueuil
Hours: Monday to Friday 15h00 to 21h00
Fees: none
Financing: provincial, municipal, fundraising campaigns, donations, grants
Legal status: non-profit organization

MAISON DES JEUNES LA TRAVERSÉE
138 de l’Église Street, Saint-Marc-sur-Richelieu, Montérégie, QC, J0L 2E0
450 584-2173    Fax: 450 584-2570
Website: www.mdj1217.com
Email: mdjstmarc@gmail.com
MAISON DES JEUNES LA TRAVERSÉE - MAISON DE SAINT-ANTOINE-SUR-RICHELIEU
1060 du Moulin-Payet Street, Saint-Antoine-sur-Richelieu, Montérégie, QC, J0L 1R0
450 787-3497
Website: www.mdj1217.com
Email: mdjstmarc@gmail.com
Eligibility: youth 12 to 17 years old, some services for 10 to 12 years old, Pas de grand program: youth 10 to 12 years old
Coverage area: Vallée-du-Richelieu, Saint-Marc-sur-Richelieu, Saint-Antoine-sur-Richelieu
Hours: Tuesday and Wednesday 18h00 to 21h00, Friday 18h00 to 22h00, Saturday 15h00 to 22h00, 10 to 12 year olds: Thursday 15h00 to 18h00
Financing: Centraide, fundraising campaigns, municipal, provincial, donations, grants
Legal status: non-profit organization

MOISSON MASKOUTAINE (LA)
2540 Saint-Charles Street, Saint-Hyacinthe, Montérégie, QC, J2T 1W2
450 261-1110
Website: lamoissonmaskoutaine.qc.ca
Email: info@lamoissonmaskoutaine.qc.ca
Eligibility: community organizations, collective kitchens and workshops: everyone
Coverage area: MRC des Maskoutains
Hours: Monday to Friday 8h00 to 11h30 and 13h00 to 16h00
Financing: Centraide Richelieu-Yamaska, donations, fundraising campaigns, municipal
Legal status: non-profit organization

MOSAÏQUE (LA), CENTRE D’ACTION BÉNÉVOLE ET COMMUNAUTAIRE
1650 de l’Église Avenue, Longueuil, Montérégie, QC, J4P 2C8
450 465-1803     Fax: 450 465-5440
Website: www.lamosaique.org
Email: info@lamosaique.qc.ca
Eligibility: volunteers, people in need, community organizations and organizations in the health and social services network
Coverage area: agglomeration of Longueuil
Food

**Hours:** administration: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30, thrift store: Tuesday to Saturday 10h00 to 17h00, shopping trips: twice a month

**Fees:** thrift store: variable low prices, other services: low cost or free

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

**Legal status:** non-profit organization

**PARTAGE SAINT-FRANÇOIS-DE-SALES**

1800 Vianney Street, Longueuil, Montérégie, QC, J4J 4T2

450 468-4545

Website: partagelongueuil.com

Email: mpsfds1800@gmail.com


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

**Coverage area:** Saint-François-de-Sales parish

**Hours:** administration: Monday to Thursday 9h00 to 12h00 and 13h00 to 15h00

**Fees:** none

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

**Legal status:** non-profit organization

**QUARTIER DES FEMMES (LE)**

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

450 692-9805     Fax: 450 692-8243

Website: quartierdesfemmes.com/en

Email: info@quartierdesfemmes.com


**Eligibility:** women

**Coverage area:** CLSC Jardins-Roussillon

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

**Fees:** none, minimal fees for some activities

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

**Legal status:** non-profit organization

**RENC如实 CHÂTEAUGUOISE (LA)**

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

450 699-6819     Fax: 450 699-3453

Website: www.rencontrechateauguoise.com

Email: adjointe@rencontrechateauguoise.com


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

**Capacity:** community meals: 50 seats

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

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

**Fees:** food assistance: $3, community meals: $1

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

**Legal status:** non-profit organization

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RESSOURCES SAINT-JEAN-VIANNEY
2255 Cartier Street, Suite 090, Longueuil, Montérégie, QC, J4K 4E8
450 646-6722
Website: www.rsjv.org
Email: direction@rsjv.org
Eligibility: children, adults, seniors, families
Coverage area: Saint-Jean-Vianney neighborhood outlined by Curé-Poirier Boulevard to the North, Jacques-Cartier Boulevard to the South, Notre-Dame-de-Grâce Street to the East and Taschereau Boulevard to the West
Hours: administration: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, activities: variable, Monday to Friday 18h00 to 22h00, Saturday 9h00 to 22h00
Fees: variable
Financing: provincial, federal, self-financing, donations
Legal status: non-profit organization

RESSOURCES-FEMMES DE LA RÉGION D’ACTON
1018 Daigneault Street, Acton Vale, Montérégie, QC, J0H 1A0
450 546-3366
Website: www.ressources-femmes.org
Email: coordonnatrice@ressources-femmes.org
Eligibility: women
Coverage area: MRC Acton
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: psychosocial support: free, educational activities: free or variable, membership: $10 per year or 7 hours of volunteering
Financing: provincial, contributions, fundraising campaigns, self-financing
Legal status: non-profit organization

SOURIRE SANS FIN
2-A Sainte-Famille Street, Saint-Rémi, Montérégie, QC, J0L 2L0
450 454-5747 Fax: 450 454-5640
Website: souriresansfin.org
Email: info@souriresansfin.org
Eligibility: people on a low income, families, ITMAV project: seniors 55 and over
Capacity: 600 per year
Coverage area: MRC Les Jardins-de-Napierville
Hours: Monday to Friday 8h30 to 16h30, collective kitchen: Monday, Tuesday and Wednesday, meals on wheels: Tuesday 11h30
Fees: collective kitchen: $1.25 per portion, meals on wheels: $6 per meal, food bags: $2 per week per family

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

Community gardens and markets

ACTION POUR UN ENVIRONNEMENT SAIN
1551 Montarville Street, Suite 101, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 3T8
450 482-0642
Website: missionapes.org
Email: info@missionapes.org


Eligibility: general public, schools, local producers

Coverage area: Montérégie, community gardens: Saint-Basile-le-Grand

Hours: store: Thursday and Friday 10h00 to 18h00, Saturday 10h00 to 17h00

Fees: variable

Financing: provincial, federal, self-financing

Legal status: non-profit organization

ANCRE ET AILES DU HAUT-SAINT-LAURENT
10 Bridge Street, Ormstown, Montérégie, QC, J0S 1K0
450 829-3491
Website: www.ancreetailes.com
Email: ancreetailes@bellnet.ca


Eligibility: adults living with or having experienced a mental health problem or psychological distress

Coverage area: MRC Le Haut-Saint-Laurent

Hours: Tuesday to Friday 9h00 to 16h00

Fees: annual membership card: $10, meals: $4, fees may apply for activities and outings

Financing: donations

Legal status: non-profit organization

BONJOUR SOLEIL - REGROUPEMENT DES FAMILLES MONOPARENTALES ET RECOMPOSÉES DE LA VALLÉE-DU-RICHELIEU
308 Montsabré Street, Suites 205 and 208, Beloeil, Montérégie, QC, J3G 2H5
450 467-3479
Website: www.bonjoursoleil.org
Email: info@bonjoursoleil.org


Eligibility: single-parent and blended families

Coverage area: MRC La Vallée-du-Richelieu

Hours: Monday to Friday 9h00 to 17h00

Fees: free
Financing: provincial
Legal status: non-profit organization

BOUFFE DU CARREFOUR (LA)
3780 Grande-Allée, Longueuil, Montérégie, QC, J4T 2V7
450 926-2386
Website: labouffeducarrefour.org
Email: info@labouffeducarrefour.org
Coverage area: Saint-Hubert and surroundings
Hours: Monday to Friday 8h30 to 16h00
Fees: variable according to the service
Financing: grants, self-financing
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE D’IBERVILLE ET DE LA RÉGION
290 des Conseillers Avenue, Saint-Jean-sur-Richelieu, Montérégie, QC, J2X 1Z8
450 347-1172 Fax: 450 347-3572
Website: cabiberville.org
Email: info@cabiberville.org
Eligibility: people on a low income, seniors, people with a temporary or permanent loss of autonomy, people with a physical or intellectual disability, caregivers, volunteers, organizations, meals on wheels: reserved to the people 55 years and over, caregivers
Coverage area: Saint-Jean-sur-Richelieu: Iberville and Saint-Athanase neighbourhoods, Mont Saint-Grégoire
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00
Fees: meals on wheels: $6, annual membership card: $5
Financing: Centraide of Greater Montréal, donations, provincial, grants
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE LES P’TITS BONHEURS
1665 Montarville Street, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 3T8
450 441-0807 Fax: 450 441-4667
Website: www.cabstbruno.org
Email: infocab.petitsbonheurs@cabstbruno.org
Eligibility: seniors, families, people in difficulty
Capacity: variable
Coverage area: Saint-Bruno-de-Montarville
Hours: Monday to Friday 8h30 to 16h30, thrift store: Monday, Tuesday, Wednesday, Friday and Saturday 10h00 to 16h00, Thursday 10h00 to 19h00
Fees: variable
Financing: provincial  
Legal status: non-profit organization

CENTRE DE FEMMES DU HAUT-RICHELIEU  
390 Georges-Phaneuf Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 1K2  
450 346-0662  Fax: 450 346-9195  
Website: www.centrefemmeshautrichelieu.ca  
Email: registrariat@cfhr.ca  
Eligibility: women 18 years and over  
Coverage area: MRC Le Haut-Richelieu  
Hours: Monday to Wednesday 8h30 to 12h00 and 13h00 to 16h30, Thursday 8h30 to 12h00 and 13h00 to 20h30, Friday 8h30 to 12h00  
Fees: annual membership: $5, intervention and referral: free  
Financing: provincial, municipal, Centraide of Greater Montréal, federal  
Legal status: non-profit organization

COLLECTIF 21 - AGRICULTURE URBANA DE BOUCHERVILLE  
35 de Montarville Boulevard, Boucherville, Montérégie, QC, J4B 1Z3  
Website: site.collectif21.org  
Email: info@collectif21.org  
Eligibility: general public  
Coverage area: Boucherville, Varennes  
Fees: $50  
Financing: self-financing, grants  
Legal status: non-profit organization

COMITÉ ACTION POPULAIRE LEMOYNE  
1058 Bernard-Darche Street, Longueuil, Montérégie, QC, J4R 1T5  
450 486-1400  
Website: caplemoyne.org  
Email: capl.infos@gmail.com  
Eligibility: people in need  
Capacity: 40  
Coverage area: Montérégie, food assistance: LeMoyne and surroundings  
Hours: Monday 9h00 to 17h00, Tuesday to Thursday 9h00 to 15h30, Friday 9h00 to 12h00, food assistance: Monday from 14h00 to 17h00, distribution takes place while stocks last  
Fees: variables, food assistance: none  
Financing: grants  
Legal status: non-profit organization

COMITÉ DE DÉPANNAGE DE L'ACADIE  
1322 du Clocher Road, Saint-Jean-sur-Richelieu, Montérégie, QC, J2Y 1A4  
450 357-2386  
Website: www.lacadiehautrichelieu.com  
Email: info@lacadiehautrichelieu.com  
Eligibility: people and families on a low income
Coverage area: Saint-Jean-sur-Richelieu, Acadie neighbourhood only
Hours: by appointment
Fees: none
Financing: donations
Legal status: non-profit organization

CROISÉE DE LONGUEUIL (LA)
1230 Green Street, Longueuil, Montérégie, QC, J4K 4Z5
450 677-8918   Fax: 450 677-3377
Website: www.lacroiseedelongueuil.qc.ca
Email: lacroisee@lacroiseedelongueuil.qc.ca
Eligibility: families or people on a low income
Coverage area: South Shore, food assistance: Notre-Dame-de-la-Garde, Saint-Georges, Saint-Antoine-de-Padoue, Sainte-Louise-de-Marillac, Saint-Jude parishes
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 15h30
Fees: food assistance and cooking classes: free, delivery of frozen meals La Petite Cuillère: minimum purchase required and variable fees according to distance
Financing: Centraide of Greater Montréal, federal, provincial, municipal, self-financing
Legal status: non-profit organization

GRAIN D’SEL DE LA VALLÉE-DU-RICHELIEU (LE)
544 Laurier Boulevard, Beloeil, Montérégie, QC, J3G 4H9
450 467-5733
Website: www.graindesel.ca
Email: info@graindesel.ca
Eligibility: individuals and families with financial difficulties, workstation: people living with mental health problems
Hours: Monday to Thursday 8h30 to 16h00, resto pop: Tuesday 11h00 to 13h00
Fees: perishable goods basket: $10 per week
Financing: donations, provincial
Legal status: non-profit organization

JARDINS COMMUNAUTAIRES DE CHÂTEAUGUAY
103 de la Verdure Avenue, Châteauguay, Montérégie, QC, J6K 5G4
Email: tomatesetcies@gmail.com
Capacity: 94 lots
Coverage area: Châteauguay
Hours: all summer: from sunrise to sunset
Fees: membership: $20 per year
Financing: self-financing
Legal status: non-profit organization
Food

LA PRAIRIE - SERVICE DES LOISIRS
500 Saint-Laurent Street, La Prairie, Montérégie, QC, J5R 5X2
450 444-6700
Website: www.ville.laprairie.qc.ca
Email: loisirs@ville.laprairie.qc.ca
Coverage area: La Prairie
Hours: Monday 8h15 to 12h00 and 13h00 to 20h30, Tuesday to Thursday 8h15 to 12h00 and 13h00 to 16h30, Friday 8h15 to 17h00
Fees: variable
Financing: municipal
Legal status: municipal agency

MAISON DE LA FAMILLE VAUDREUIL-SOULANGES
1210 Principale Street, Saint-Zotique, Montérégie, QC, J0P 1Z0
450 217-2177
Website: www.maisondelafamillevs.ca
Email: info@mfvs.ca
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 BEAUHARNOIS
21 Saint-Joseph Street, Beauharnois, Montérégie, QC, J6N 0P3
450 225-6878
Website: mdjbeauharnois.ca
Email: mdjbeauharnois@videotron.ca
Eligibility: youth 12 to 17 years old
Coverage area: Beauharnois
Hours: Wednesday and Thursday 18h00 to 21h00, Friday 18h00 to 22h00 and Saturday 14h00 to 17h00 and 18h00 to 22h00, homework assistance: Tuesday and Thursday 16h00 to 18h00, administration: Tuesday to Friday 9h00 to 17h00
Fees: free
Financing: municipal, provincial, self-financing
Legal status: non-profit organization

MAISON DES JEUNES LA TRAVERSÉE
138 de l’Église Street, Saint-Marc-sur-Richelieu, Montérégie, QC, J0L 2E0
450 584-2173  Fax: 450 584-2570
Website: www.mdj1217.com
Email: mdjstmarc@gmail.com
Eligibility: youth 12 to 17 years old, some services for 10 to 12 years old, Pas de grand program: youth 10 to 12 years old
Coverage area: Vallée-du-Richelieu, Saint-Marc-sur-Richelieu, Saint-Antoine-sur-Richelieu
Hours: Tuesday and Wednesday 18h00 to 21h00, Friday 18h00 to 22h00, Saturday 15h00 to 22h00, 10 to 12 year olds: Thursday 15h00 to 18h00
Financing: Centraide, fundraising campaigns, municipal, provincial, donations, grants
Legal status: non-profit organization

MAISON DES JEUNES LA TRAVERSÉE - MAISON DE SAINT-ANTOINE-SUR-RICHELIEU
1060 du Moulin-Payet Street, Saint-Antoine-sur-Richelieu, Montérégie, QC, J0L 1R0
450 787-3497
Website: www.mdj1217.com
Email: mdjstmarc@gmail.com
Eligibility: youth 10 to 17 years old
Coverage area: Vallée-du-Richelieu, Saint-Marc-sur-Richelieu, Saint-Antoine-sur-Richelieu
Hours: 10 to 12 years old: Thursday 18h00 to 21h00, Friday 15h00 to 18h00, Saturday 15h00 to 18h00, 12 to 17 years old: Thursday 18h00 to 21h00, Friday 18h00 to 22h00, Saturday 18h00 to 22h00
Fees: free
Financing: Centraide, fundraising campaigns, municipal, provincial, donations, grants
Legal status: non-profit organization

MISSION NEW GENERATION
1423 Provencher Boulevard, Brossard, Montérégie, QC, J4W 1Z3
450 486-7667  Fax: 450 486-6283
Website: missionnouvellegeneration.org
Email: info@missionnouvellegeneration.org
Coverage area: Montérégie, Montréal Island
Hours: food assistance: Thursday 13h00 to 18h00, Tuesday 15h00 to 19h00
Fees: food assistance: $10 per year, $15 per food basket
Financing: donations
Legal status: non-profit organization

QUARTIER DES FEMMES (LE)
71 Principale Street, Châteauguay, Montérégie, QC, J6K 1G1
450 692-9805  Fax: 450 692-8243
Website: quartierdesfemmes.com/en
Email: info@quartierdesfemmes.com

Eligibility: women

Coverage area: CLSC Jardins-Roussillon

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

Fees: none, minimal fees for some activities

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

Legal status: non-profit organization

RESSOURCES SAINT-JEAN-VIANNEY

2255 Cartier Street, Suite 090, Longueuil, Montérégie, QC, J4K 4E8

450 646-6722

Website: www.rsjv.org

Email: direction@rsjv.org


Eligibility: children, adults, seniors, families

Coverage area: Saint-Jean-Vianney neighborhood outlined by Curé-Poirier Boulevard to the North, Jacques-Cartier Boulevard to the South, Notre-Dame-de-Grâce Street to the East and Taschereau Boulevard to the West

Hours: administration: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, activities: variable, Monday to Friday 18h00 to 22h00, Saturday 9h00 to 22h00

Fees: variable

Financing: provincial, federal, self-financing, donations

Legal status: non-profit organization

SAINT-BASILE-LE-GRAND - SERVICE DES LOISIRS, DE LA CULTURE ET DE LA VIE COMMUNAUTAIRE

Centre communautaire Lise-B.-Boisvert, 103 Montpeller Avenue, Saint-Basile-le-Grand, Montérégie, QC, J3N 1C6

450 461-8000 ext. 8600

Website: www.ville.saint-basile-le-grand.qc.ca/ville/services-municipaux/service-loisirs-culture-vie-communautaire

Email: loisirs@villesblg.ca


Coverage area: Saint-Basile-le-Grand

Hours: Monday to Thursday 8h00 to 11h45 and 12h45 to 16h15, Friday 8h30 to 12h00

Fees: variable

Legal status: municipal agency

SAINT-BRUNO-DE-MONTARVILLE - LEISURE, CULTURE AND COMMUNITY LIFE

1605 Montarville Street, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 3T8

450 645-2940

Website: stbruno.ca/activites-et-loisirs

Email: loisir@stbruno.ca
SAINT-LAMBERT - RECREATION, SPORTS AND COMMUNITY SERVICES
600 Oak Avenue, Saint-Lambert, Montérégie, QC, J4P 2R6
450 466-3890
Website: www.saint-lambert.ca/en
Email: loisirs@saint-lambert.ca


Coverage area: Saint-Lambert
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 19h30, Friday 8h30 to 12h00
Fees: variable
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


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

SAINTE-JULIE - LOISIRS
1580 du Fer-à-Cheval Road, Sainte-Julie, Montérégie, QC, J3E 2M1
450 922-7122
Website: www.ville.sainte-julie.qc.ca
Email: loisirs@ville.sainte-julie.qc.ca


Coverage area: Sainte-Julie
Hours: Monday to Thursday 8h00 to 19h00, Friday 8h00 to 16h00
Fees: variable
Financing: municipal
Legal status: municipal agency
Food Assistance

19E GROUPE SCOUT DE SAINT-HUBERT - FRIGID'AIDE
3780 Grande Allée Street, Longueuil, Montérégie, QC, J4T 2V7
450 286-1900 ext. 9
Website: www.scouts19.ca/index.php/frigidaide

Services: Food assistance.
Eligibility: people in need
Coverage area: Greenfield Park, Lemoine, Saint-Hubert
Hours: registration: no later than Sunday 23h00, distribution: Tuesday 15h30 to 18h00
Fees: none
Financing: donations
Legal status: non-profit organization

ACTION BÉNÉVOLE DE VARENNES
50 de la Fabrique Street, Varennes, Montérégie, QC, J3X 1R1
450 652-5256
Website: actionbenevolevarennes.org
Email: info@actionbenevolevarennes.org

Eligibility: people and families on a low income, people with loss of autonomy, isolated people, seniors
Coverage area: Varennes
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, Friday 9h00 to 12h00
Fees: variable
Financing: donations, grants
Legal status: non-profit organization

ACTION POUR UN ENVIRONNEMENT SAIN
1551 Montarville Street, Suite 101, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 3T8
450 482-0642
Website: missionapes.org
Email: info@missionapes.org

Eligibility: general public, schools, local producers
Coverage area: Montérégie, community gardens: Saint-Basile-le-Grand
Hours: store: Thursday and Friday 10h00 to 18h00, Saturday 10h00 to 17h00
Fees: variable
Financing: provincial, federal, self-financing
Legal status: non-profit organization

ACTIONS FAMILLES SAINTE-MARTINE SAINT-URBAIN-PREMIER
122 Saint-Joseph Street, Suite 1, Sainte-Martine, Montérégie, QC, J0S 1V0
450 427-1576     Fax: 450 498-0669
Website: www.actionsfamilles.org
Email: info@actionsfamilles.org

Eligibility: families
Coverage area: Sainte-Martine, Saint-Urbain-Premier and surroundings
Hours: Monday to Thursday 9h00 to 16h30, collectives kitchens: Wednesday 9h00 to 13h00
Financing: provincial, municipal, donations, contributions
Legal status: non-profit organization

AIDE AUX FAMILLES - SAINT-HUBERT PARISH
5310 Chambly Road, Longueuil, Montérégie, QC, J3Y 3N7
450 676-4899 Fax: 450 656-3948
Eligibility: individuals and families on a low income
Coverage area: Saint-Hubert parish
Hours: Thursday 9h30 to 11h30, emergency assistance: on call
Financing: donations, self-financing
Legal status: non-profit organization

AIDE MOMENTANÉE POUR LES URGENCES RIGAUDIENNES
Confidential Address
514 771-4746 Email: amurriagaud@gmail.com
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

ARMÉE DU SALUT - ÉGLISE COMMUNAUTAIRE DE LA RIVE-SUD
335 Springfield Street, Longueuil, Montérégie, QC, J4V 1X7
Email: della.elva@salvationarmy.ca
Eligibility: people on a low income
Coverage area: South Shore
Hours: Monday, Tuesday and Thursday 10h00 to 13h30
Financing: donations
Legal status: non-profit organization

ASSOCIATION L’AIDE AUX VIEUX AMIS
1235 du Tremblay Road, Suite 732, Longueuil, Montérégie, QC, J4N 1T7
450 679-5003
Services: * Telephone listening. * Home and hospital visits. * Food assistance and activities during the holidays.
Eligibility: seniors over 70 years old who are isolated, disadvantaged or with a physical or intellectual disability
Coverage area: Longueuil
Financing: self-financing
Legal status: non-profit organization
AUX SOURCES DU BASSIN DE CHAMBLY

1369 Bourgogne Avenue, Chambly, Montérégie, QC, J3L 1Y4
450 658-1568 Fax: 450 658-0823
Website: www.as-bc.org
Email: info@as-bc.org


Eligibility: food assistance: people in need, friperie du bassin: open to all

Coverage area: Carignan, Chambly

Hours: food: Tuesday, Wednesday and Friday 9h00 to 12h00 and 13h00 to 16h00, Thursday until 17h30, friperie du bassin: Monday, Tuesday, Wednesday, Saturday and Sunday 9h00 to 16h00, Thursday and Friday 9h00 to 20h00, administration: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00

Financing: self-financing, donations, provincial

Legal status: non-profit organization

BANQUE ALIMENTAIRE - PAROISSE SAINT-JEAN XXIII (SAINT-HUBERT)

4850 Quévillon Street, Longueuil, Montérégie, QC, J3Y 2V4
450 676-7906 Fax: 450 678-3513
Website: www.pstjean23.com
Email: paroissestjeanxxiii@gmail.com


Eligibility: families and individuals on a low income

Coverage area: Jean-XXIII Parish (formerly Saint-Jean-de-la-Lande, Saint-Isaac-Jogues and Saint-Thomas-de-Villeneuve parishes)

Hours: distribution of bread, fruits and vegetables: Monday by appointment, emergency food assistance: 7 days

Fees: none

Financing: donations

Legal status: non-profit organization

BIENVILLE, ALLONS DE L’AVANT!

91 Quinn Street, Longueuil, Montérégie, QC, J4H 0A5
450 677-5608
Email: coordonnatrice.bienville@gmail.com


Eligibility: tenants of Bienville and Desaulniers low cost housings

Coverage area: Longueuil

Hours: reception: Monday to Thursday 8h00 to 16h00, variable according to activities

Financing: grants, self-financing

Legal status: non-profit organization

BONJOUR SOLEIL - REGROUPEMENT DES FAMILLES MONOPARENTALES ET RECOMPOSÉES DE LA VALLEÉE-DU-RICHELIEU

308 Montsabré Street, Suites 205 and 208, Beloeil, Montérégie, QC, J3G 2H5
450 467-3479
Website: www.bonjoursoleil.org
Email: info@bonjoursoleil.org

**Eligibility:** single-parent and blended families

**Coverage area:** MRC La Vallée-du-Richelieu

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

**Fees:** free

**Financing:** provincial

**Legal status:** non-profit organization

**BOUFFE ADDITIONNELLE (LA)**

16 Prince Street, Suite 105, Huntingdon, Montérégie, QC, J0S 1H0

450 264-2241  Fax: 450 264-8215

Website: labouffeadditionnelle.com

Email: labouffeadditionnelle@bellnet.ca

**Services:** * Food assistance. * Budget evaluation and follow-up. * Intervention with users and support in the procedures. * Information and referral. * Christmas baskets. * Access to a solidarity fridge and freezer.

**Eligibility:** people going through a difficult period

**Coverage area:** MRC Le Haut-Saint-Laurent, Saint-Louis-De-Gonzague, Saint-Stanislas-De-Kostka

**Hours:** Monday to Thursday 8h00 to 15h00, by appointment

**Fees:** food assistance: $2

**Financing:** Centraide Sud-Ouest du Québec, grants, provincial, donations

**Legal status:** non-profit organization

**BOUFFE PARTAGE**

4 du Parc Street West, Châteauguay, Montérégie, QC, J6K 1P6

450 844-4889

**Services:** Food bank.

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

**Coverage area:** Châteauguay and surroundings

**Hours:** by appointment: distribution Thursday afternoon

**Fees:** low cost

**Financing:** municipal, donations

**Legal status:** non-profit organization

**BOUFFE POUR TOUS**

911 Roland-Therrien Boulevard, Longueuil, Montérégie, QC, J4J 4L3

450 670-5449

Website: www.bouffepourtous.org

Email: abouffepourtous@gmail.com


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

**Capacity:** 100

**Coverage area:** Longueuil

**Hours:** distribution: Wednesday 16h00 to 18h30

**Fees:** annual membership: $10, basket: $13 contribution

**Financing:** self-financing, membership fees

**Legal status:** non-profit organization
BOUTIQUE ÉCO
459 Saint-Jacques Street, Napierville, Montérégie, QC, J0J 1L0
450 245-3335
Website: ecofriperie.com
Email: info@ecofriperie.com
Services: * Recovery and sale of used clothing, books and dishes at low prices, donation in case of emergency. * Food vouchers.
Eligibility: people on a low income, general public
Coverage area: MRC Les Jardins-de-Napierville
Hours: Monday to Wednesday 10h00 to 16h30, Thursday and Friday 10h00 to 20h00, Saturday and Sunday 10h00 to 16h00
Financing: self-financing, donations
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
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

CARREFOUR DIGNITÉ (SAINT-JEAN)
939-D du Séminaire Boulevard North, Saint-Jean-sur-Richelieu, Montérégie, QC, J3A 1B6
450 359-9525     Fax: 450 359-9525
Email: patro9@videotron.ca
Eligibility: families on a low income, gamblers
Coverage area: Saint-Jean-sur-Richelieu
Hours: clothing depot: Monday 9h00 to 13h00, food aid: Tuesday 9h30 to 10h30, Friday 13h00 to 14h00
Fees: none
Financing: grants, donations
Legal status: non-profit organization

CASTOR QUI DONNE (LE) - FRIGIDAIRE COMMUNAUTAIRE
5430 Cousineau Boulevard, Local 102, Longueuil, Montérégie, QC, J3Y 7J8
438 836-1317
Email: lecastorquidonne@gmail.com
Eligibility: people on a low income, people in a very precarious situation
Coverage area: Saint-Hubert borough
Hours: Tuesday, Wednesday and Friday 10h00 to 15h00, Thursday 13h00 to 15h00
Fees: food baskets: 20$ per month for 4 baskets, thrift store: variable
Financing: donations
Legal status: non-profit organization
Food

**CELLULE JEUNES ET FAMILLES DE BROME-MISSISQUOI**
504 South Street, Cowansville, Montérégie, QC, J2K 2X8
450 260-1823
Website: infocellule.org/en/home
Email: coordo_cellule@infocellule.org


**Eligibility:** people in difficulty, youth, families, seniors, anyone interested by the addiction issue

**Coverage area:** MRC Brome-Missisquoi, ITMAV: Cowansville

**Hours:** Monday and Wednesday to Friday 9h00 to 16h00, office: Monday to Friday 9h00 to 16h00

**Financing:** donations

**Legal status:** non-profit organization

**CENTRE COMMUNAUTAIRE MULTISERVICES UN COIN CHEZ NOUS**
628 Notre-Dame Street, Saint-Chrysostome, Montérégie, QC, J0S 1R0
450 826-4425     Fax: 450 826-1000
Website: www.uncoinchezous.org
Email: ccmsuccn@cooptel.qc.ca


**Eligibility:** seniors, people with a loss of autonomy, disadvantaged people

**Capacity:** 100

**Coverage area:** MRC Le Haut-Saint-Laurent

**Hours:** Monday to Friday 7h30 to 16h30, Sunday 13h00 to 17h00

**Fees:** meals on wheels: $8, other services: free

**Financing:** grants, self-financing

**Legal status:** non-profit organization

**CENTRE D’ACTION BÉNÉVOLE DE CONTRECOEUR - À PLEIN COEUR**
4956 Legendre Street, Contrecoeur, Montérégie, QC, J0L 1C0
450 587-8227     Fax: 450 401-1151
Website: www.cabcontrecoeur.ca
Email: cab.contrecoeur@videotron.ca


**Coverage area:** Contrecoeur and Verchères

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

**Fees:** free

**Financing:** provincial, donations

**Legal status:** non-profit organization
CENTRE D’ACTION BÉNÉVOLE DE FARNHAM
1810 Principale Street East, Farnham, Montérégie, QC, J2N 1N4
450 293-3265 Fax: 450 293-1010
Website: www.cabfarnham.com
Email: direction@cabfarnham.com


Eligibility: people living with a disability, seniors, families, community organizations
Coverage area: Ange-Gardien, Farnham, Sainte-Brigide-D'iberville, Sainte-Sabine
Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00
Fees: none
Financing: Centraide Richelieu-Yamaska, provincial
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE LA FRONTIÈRE
12 Sainte-Marie Street, Lacolle, Montérégie, QC, J0J 1J0
450 246-2016 Fax: 450 246-2229
Email: centre.benev@hotmail.com


Eligibility: people in need, seniors
Coverage area: Lacolle, Clarenceville, Noyan, Saint-Bernard-de-Lacolle, Saint-Valentin, Saint-Paul-de-l’Île-aux-Noix, ITMAV: Lacolle, Saint-Paul-de-l’Île-aux-Noix, Saint-Valentin, Saint-Bernard-de-Lacolle
Hours: Monday to Thursday 7h00 to 16h00, Friday 7h30 to 11h30
Fees: meals-on-wheels: $5 hot meals, $4 frozen meals, community lunches: $10, transportation: variable
Financing: provincial, self-financing
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE LA VALLÉE-DU-RICHELIEU
288-A Radisson Street, Mont-Saint-Hilaire, Montérégie, QC, J3H 2Z4
450 467-9373 Fax: 450 467-3732
Website: www.cabvr.org
Email: cabvr@cabvr.org


Eligibility: people in need, volunteers and community organizations
Coverage area: Beloeil, McMasterville, Mont-Saint-Hilaire, Otterburn Park, Saint-Antoine-sur-Richelieu, Saint-Charles-sur-Richelieu, Saint-Denis-sur-Richelieu, Saint-Jean-Baptiste, Saint-Mathieu-de-Beloeil, Saint-Marc-sur-Richelieu
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00
Financing: provincial, Centraide Richelieu-Yamaska, donations
Legal status: non-profit organization
CENTRE D’ACTION BÉNÉVOLE DE SAINT-CÉSaire
1100 Leclaire Street, Saint-Césaire, Montérégie, QC, J0L 1T0
450 469-3279    Fax: 450 469-0958
Website: www.cabacoeur.org
Email: services@cabacoeur.org

Eligibility: individuals and families on a low income, seniors, caregivers, volunteers
Coverage area: Saint-Césaire
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00, caregivers: 2nd Tuesday of the month, friendship lunch: 3rd Tuesday of the month
Fees: thrift shop: at low cost
Financing: provincial
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE SAINT-JEAN-SUR-RICHELIEU
640 Dorchester Street, Office 301, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 5A4
450 347-7527    Fax: 450 347-7323
Website: www.cabstjean.org
Email: info@cabstjean.org

Eligibility: seniors, people on a low income, caregivers, volunteers
Coverage area: Saint-Blaise-Sur-Richelieu, Saint-Jean-Sur-Richelieu, Saint-Paul-De-L’île-Aux-Noix
Hours: Monday to Thursday 8h00 to 16h00
Fees: meals on wheels: variable, culinary workshops: $10 per workshop
Financing: provincial, self-financing, donations
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DU BAS RICHELIEU
70 Élizabeth Street, Sorel-Tracy, Montérégie, QC, J3P 4G5
450 743-4310    Fax: 450 743-2046
Website: www.cab-basrichelieu.org
Email: direction@cab-basrichelieu.org

Eligibility: seniors, individuals and families on a low income, people with temporary or permanent loss of autonomy, organizations, people who have experienced mental health problems, volunteers, meals on wheels: seniors aged 65 and over
Coverage area: MRC Pierre-De Saurel
Hours: Monday to Thursday 8h30 to 12h00 and 13h30 to 16h00, Friday 8h30 to 12h00, emergency food assistance: by appointment
Fees: variable
CENTRE D’ACTION BÉNÉVOLE INTERACTION
100 Principale Street, Noyan, Montérégie, QC, J0J 1B0
450 294-2646     Fax: 450 294-2145
Website: cabinteraction.ca
Email: info@cabinteraction.ca
Eligibility: individuals and families on a low income, volunteers
Coverage area: Noyan, Saint-Georges-De-Clarenceville, Northern tip of Henryville
Hours: Monday to Thursday 8h00 to 16h00, meals on wheels: Tuesday and Thursday, clothing depot: Tuesday to Thursday
Financing: provincial, donations
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
Eligibility: seniors, sick or convalescent people, people with a disability, families in need, people on a low income, community organizations, volunteers
Hours: Monday to Friday 8h30 to 16h30, thrift store: Monday to Wednesday 9h30 to 17h30, Thursday and Friday 9h30 to 19h00, Saturday and Sunday 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 LES P’TITS BONHEURS
1665 Montarville Street, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 3T8
450 441-0807     Fax: 450 441-4667
Website: www.cabstbruno.org
Email: infocab.petitsbonheurs@cabstbruno.org
Eligibility: seniors, families, people in difficulty
Capacity: variable
Coverage area: Saint-Bruno-de-Montarville
Food

**CENTRE D’ACTION BÉNÉVOLE SOULANGES**

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

**Fees:** variable

**Legal status:** non-profit organization

**CENTRE D’ENTRAIDE BÉNÉVOLE DE SAINT-AMABLE**

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

**Fees:**
- Food assistance: $15
- Community meals: $7
- Meals on wheels: $5

**Legal status:** non-profit organization

**CENTRE D’ENTRAIDE MASKOUTAIN - GRANBY**

231 Saint-Charles Street South, Local A, Granby, Montérégie, QC, J2G 3W5

**Fees:**
- Food basket: 12$
Financing: donations, self-financing
Legal status: non-profit organization

CENTRE D'ENTRAIDE MASKOUTAIN - SAINT-HYACINTHE
15845 Saint-Louis Avenue, Saint-Hyacinthe, Montérégie, QC, J2T 3E7
450 250-1236     Fax: 450 768-6065
Website: www.centredentraidemaskoutain.org/home-en/
Email: cem.provincial@gmail.com
Coverage area: MRC Les Maskoutains
Hours: store: Monday to Saturday 10h00 to 17h00, food counter: Friday 14h30
Fees: food basket: $12, thrift store: variable
Financing: donations, self-financing
Legal status: non-profit organization

CENTRE D'ENTRAIDE RÉGIONAL D'HENRYVILLE
791 Rang Saint-Jean-Baptiste, Henryville, Montérégie, QC, J0J 1E0
450 299-1117     Fax: 450 299-9742
Email: cerh1994@live.ca
Coverage area: Henryville, Sabrevois, Saint-Alexandre, Saint-Sébastien, Venise-en-Québec
Hours: family store: Monday to Friday 10h00 to 12h00 and 13h00 to 15h30
Financing: provincial, Centraide of Greater Montréal
Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT D'ACTON VALE
1176 Bélair Street, Acton Vale, Montérégie, QC, J0H 1A0
450 546-7332     Fax: 450 546-7212
Website: www.centredebenevolatacton.com
Email: direction@cbav.ca
Eligibility: families, people in vulnerable situations, seniors, caregivers, volunteers, meals on wheels: people aged 65 and over
Coverage area: MRC Acton
Hours: administration: Monday to Friday 8h00 to 16h00, thrift store: Monday to Friday 9h00 to 17h00, Saturday 9h00 to 12h00
Fees: food assistance: free, meals on wheels: $6 per meal
Financing: donations, self-financing
Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE SAINT-BASILE-LE-GRAND
50 Robert Road, Saint-Basile-le-Grand, Montérégie, QC, J3N 1L7
450 461-2111     Fax: 450 461-1588
Email: centredebenevolat@bellnet.ca
Eligibility: adults and seniors, people on a low income
Coverage area: Saint-Basile-le-Grand
Hours: Monday to Thursday 8h00 to 16h00, Friday 8h00 to 12h00, thrift store: Wednesday 18h00 to 20h30, Friday and Saturday 9h00 to 12h00
Fees: free or low cost, depending on the service
Financing: donations, grant, self-financing
Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE ST-HYACINTHE (LE)
1015 Dessaulles Street, Saint-Hyacinthe, Montérégie, QC, J2S 2Y8
450 773-4966
Website: cbsh.ca
Email: infomad@cbsh.ca

Eligibility: seniors, people and families on a low income, people in a vulnerable situation, volunteers, organizations
Coverage area: MRC Les Maskoutains
Hours: Monday to Friday 8h30 to 16h30, emergency food assistance: by appointment
Fees: variable
Financing: Centraide Richelieu-Yamaska, provincial, donations
Legal status: non-profit organization

CENTRE DE SUPPORT MÉDICAL ET D'ASSISTANCE SOCIALE (CESUMAS)
212 de Gentilly Street West, Longueuil, Montérégie, QC, J4H 1Z6
514 652-4507
Website: www.cesumas.org
Email: infocesumaseducation2013@yahoo.ca

Eligibility: individuals and families on a low income, people, couples and single-parent families experiencing homelessness, people in a situation of vulnerability, recruitment: foreign workers on a temporary work visa or who do not have a visa yet, companies, community organizations
Capacity: 22 beds
Coverage area: agglomeration of Longueuil
Hours: Monday to Friday 8h00 to 16h00, food assistance: Wednesday 14h30 to 18h00
Fees: variable
Financing: donations, self-financing, grants
Legal status: non-profit organization
CHÂTEAUGUAY FOOD BANK
Confidential Address
450 698-1780
Email: bnchateauguayfb@outlook.com
Services: * Home delivery of food baskets.
Eligibility: people on a low income
Coverage area: Châteauguay
Hours: home delivery of food baskets: once a month
Fees: none
Financing: donations
Legal status: non-profit organization

CLUB DES COPAINS DELSON (LE)
1 1st Avenue, Delson, Montérégie, QC, J5B 1M9
514 677-7759
Email: club_copain_delson@hotmail.com
Services: * Food bank. * Assistance with school supplies fees. * Assistance with costs for summer camps.
Eligibility: people in need
Coverage area: Delson
Hours: by appointment, food bank: Tuesday morning
Fees: none
Financing: donations
Legal status: non-profit organization

COEUR POUR LES AUTRES (UN)
836 Le Moyne Street West, Longueuil, Montérégie, QC, J4K 1G3
514 909-4523
Website: www.uncoeurpourlesautres.org/en
Email: andre@uncoeurpourlesautres.org
Eligibility: itinerant or homeless people, people in difficulty
Capacity: 250
Coverage area: Ville-Marie
Hours: food distribution: Wednesday 18h00 to 20h00 at Émilie-Gamelin Park, corner of De Maisonneuve Boulevard and Berri Street
Fees: none
Financing: donations
Legal status: non-profit organization

COIN DU PARTAGE BEAUHARNOIS (LE)
600 Ellice Street, Suite 109, Beauharnois, Montérégie, QC, J6N 3P7
450 225-1818 Fax: 450 225-1637
Email: direction.cdpb@gmail.com
Coverage area: Beauharnois, Melocheville, Maple-Grove
Hours: food assistance: Monday to Friday 8h30 to 16h00
Financing: Centraide Sud-Ouest du Québec, provincial, self-financing
Legal status: non-profit organization
COMITÉ ACTION POPULAIRE LEMOYNE
1058 Bernard-Darche Street, Longueuil, Montérégie, QC, J4R 1T5
450 486-1400
Website: caplemoyne.org
Email: capl.infos@gmail.com
Eligibility: people in need
Capacity: 40
Coverage area: Montérégie, food assistance: LeMoyne and surroundings
Hours: Monday 9h00 to 17h00, Tuesday to Thursday 9h00 to 15h30, Friday 9h00 to 12h00, food assistance: Monday from 14h00 to 17h00, distribution takes place while stocks last
Fees: variables, food assistance: none
Financing: grants
Legal status: non-profit organization

COMITÉ D’ENTRAIDE - UNITÉ PASTORALE SAINT-LAMBERT
311 Saint-Thomas Street, Saint-Lambert, Montérégie, QC, J4R 1Y2
450 671-5721 ext. 0
Website: upsaint-lambert.org
Email: entraide.saintlambert@gmail.com
Eligibility: people on a low income, immigrants
Coverage area: Saint-Lambert
Hours: Monday to Friday 10h00 to 12h00 and 14h00 to 16h00, French conversation workshop: Tuesday
Fees: none
Financing: donations
Legal status: non-profit organization

COMITÉ D’ENTRAIDE DE BOUCHERVILLE
11 Louis-H-Lafontaine Street North, Suite 101, Boucherville, Montérégie, QC, J4B 4Y2
514 236-5042
Email: ceboucherville@outlook.com
Eligibility: people in need
Coverage area: Boucherville
Hours: Monday to Friday 9h00 to 17h00, food bank: Tuesday afternoon and Wednesday morning, by appointment
Fees: none
Financing: donations
Legal status: non-profit organization

COMITÉ D’ENTRAIDE DE LA GUIGNOLÉE
Confidential Address
450 427-3319
Website: www.saint-urbain-premier.com/guignolee.html
Eligibility: people on a low income
Coverage area: Saint-Urbain-Premier
Hours: by appointment
Fees: none
Financing: municipal, provincial, federal, grants, donations, fundraising campaigns
Legal status: non-profit organization

COMITÉ D'ENTRAIDE DE SAINT-BLAISE-SUR-RICHELIEU
Confidential Address
450 291-4453
Services: * Food assistance. * Christmas baskets.
Eligibility: people in need
Coverage area: Saint-Blaise-sur-Richelieu
Hours: by appointment
Fees: free
Financing: donations
Legal status: non-profit organization

COMITÉ D'ENTRAIDE DE VERCHÈRES
579 Marie-Victorin Road, Suite 101, Verchères, Montérégie, QC, J0L 2R0
450 583-5888
Email: pierrettedavid@hotmail.com
Eligibility: individuals and families on a low income
Coverage area: Calixa-Lavallée, Verchères
Hours: Les Trésors de Madeleine: Tuesday and Wednesday 13h30 to 15h00, Thursday 19h00 to 20h30, food assistance: Friday 13h30 to 14h30
Fees: pairing for furniture collection: $50 for appliances, free for people who are unemployed
Financing: self-financing
Legal status: non-profit organization

COMITÉ D'ENTRAIDE SAINT-MICHEL
Confidential Address
450 454-3186
Services: * Christmas baskets. * Emergency food assistance as purchasing vouchers.
Eligibility: families in need
Coverage area: Saint-Michel
Hours: variable, food assistance: 7 days
Fees: none
Financing: donations
Legal status: non-profit organization

COMITÉ DE DÉPANNAGE DE L'ACADIE
1322 du Clocher Road, Saint-Jean-sur-Richelieu, Montérégie, QC, J2Y 1A4
450 357-2386
Website: www.lacadiehautrichelieu.com
Email: info@lacadiehautrichelieu.com
Eligibility: people and families on a low income
Coverage area: Saint-Jean-sur-Richelieu, Acadie neighbourhood only
Hours: by appointment
Fees: none  
Financing: donations  
Legal status: non-profit organization  

COMPLEXE LE PARTAGE  
547 Saint-Henri Street, La Prairie, Montérégie, QC, J5R 2S9  
450 444-0803     Fax: 450 444-2621  
Website: lepartage.info  
Email: administration@lepartage.org  
Eligibility: individuals and families on a low income, homeless people, people living with major health problems, refugees, immigrants  
Coverage area: La Prairie  
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00, food assistance: Thursday 9h30 to 11h30, 13h30 to 15h30 and 17h00 to 18h15  
Fees: food assistance, collective kitchens and culinary workshops: variable, Christmas baskets: free  
Financing: self-financing, Centraide of Greater Montréal, municipal, provincial, federal, donations  
Legal status: non-profit organization  

COMPLEXE LE PARTAGE - POINT DE SERVICE SAINT-CONSTANT  
125 Saint-Pierre Street, Saint-Constant, Montérégie, QC, J5A 2G9  
450 444-0803  
Website: lepartage.info  
Email: administration@lepartage.org  
Eligibility: individuals and families on a low income, homeless people, people living with major health problems, refugees, immigrants  
Coverage area: Saint-Constant  
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00, food assistance: Thursday 13h30 to 15h30 and 17h00 to 18h15  
Fees: food assistance, collective kitchens and culinary workshops: variable, Christmas baskets: free  
Financing: self-financing, Centraide of Greater Montréal, municipal, provincial, federal, donations  
Legal status: non-profit organization  

COMPLEXE LE PARTAGE - POINT DE SERVICE SAINTE-CATHERINE  
1080 Union Street, Sainte-Catherine, Montérégie, QC, J5C 1B3  
450 444-0803  
Website: lepartage.info  
Email: administration@lepartage.org  
Services: * Food assistance. * Christmas baskets.  
Eligibility: individuals and families on a low income  
Coverage area: Sainte-Catherine  
Hours: food assistance: Thursday 9h30 to 11h30  
Fees: food assistance: variable, Christmas baskets: free  
Financing: self-financing, Centraide of Greater Montréal, municipal, provincial, federal  
Legal status: non-profit organization
COMPTOIR ALIMENTAIRE DES CHEVALIERS DE COLOMB
105 Richelieu Road, McMasterville, Montérégie, QC, J3G 1T5
450 464-2905 poste 209
Website: www.cdecbeloeil.com
Email: cdecbeloeil@gmail.com
Services: * Food baskets. * Christmas baskets.
Eligibility: families on a low income
Capacity: 30 to 40 families
Coverage area: Beloeil, McMasterville, Saint-Mathieu-de-Beloeil
Hours: distribution: Friday 9h00 to 14h00
Fees: none
Financing: self-financing, municipal
Legal status: non-profit organization

COMPTOIR FAMILIAL ST-DENIS
601 des Patriotes Road, Saint-Denis-sur-Richelieu, Montérégie, QC, J0H 1K0
450 787-9759
Email: josianneetmartin@gmail.com
Eligibility: general public, people on a low income
Coverage area: Saint-Denis-sur-Richelieu
Fees: variable
Financing: donations
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
Eligibility: people in need
Capacity: 30
Coverage area: Île-Perrot, Notre-Dame-de-l’Île-Perrot
Hours: store: Wednesday and Saturday 8h00 to 15h00, food assistance: 3rd Wednesday of the month
Fees: free
Financing: donations, self-financing
Legal status: non-profit organization

COMPTOIR-PARTAGE LA MIE
620 Mondor Avenue, Saint-Hyacinthe, Montérégie, QC, J2S 7H5
450 774-0494 Fax: 450 250-6544
Website: www.la-mie.com
Email: partagelamie@gmail.com
Services: * Food assistance. * Christmas baskets for members.
Eligibility: adults
Coverage area: Saint-Hyacinthe
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00, by appointment only
Fees: annual fee: $3, groceries: $6
Financing: municipal, donations, self-financing
Legal status: non-profit organization
**CORNE D'ABONDANCE DE CANDIAC**
255 Montcalm Boulevard North, Candiac, Montérégie, QC, J5R 3L6
450 444-6999
Email: corne.abondance.candiac@gmail.com


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

**Coverage area:** Candiac

**Hours:** food bank: Tuesday 9h00 to 11h00, thrift store: Thursday 13h30 to 17h30, donation containers: Monday, Thursday and Saturday 9h00 to 16h00, donation boxes: 24 hours / 7 days

**Financing:** donations, self-financing

**Legal status:** non-profit organization

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**CROISÉE DE LONGUEUIL (LA)**
1230 Green Street, Longueuil, Montérégie, QC, J4K 4Z5
450 677-8918  Fax: 450 677-3377
Website: www.lacroiseedelongueuil.qc.ca
Email: lacroisee@lacroiseedelongueuil.qc.ca


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

**Coverage area:** South Shore, food assistance: Notre-Dame-de-la-Garde, Saint-Georges, Saint-Antoine-de-Padoue, Sainte-Louise-de-Marillac, Saint-Jude parishes

**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 15h30

**Fees:** food assistance and cooking classes: free, delivery of frozen meals La Petite Cuillère: minimum purchase required and variable fees according to distance

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

**Legal status:** non-profit organization

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**ÉGLISE SAINT-MICHEL DE VAUDREUIL**
414 Saint-Charles Avenue, Vaudreuil-Dorion, Montérégie, QC, J7V 2M6
450 455-4282
Email: paroissestmichel@videotron.ca

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

**Eligibility:** people in need

**Coverage area:** Vaudreuil-Dorion, Vaudreuil-sur-le-Lac, l'Île-Cadieux and Pointe-des-Cascades

**Hours:** by appointment

**Fees:** free

**Financing:** self-financing, donations

**Legal status:** non-profit organization

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**ENTRAIDE CHEZ NOUS (L')**
155 Brodeur Street, Longueuil, Montérégie, QC, J4J 2S3
450 468-1726  Fax: 450 468-6638
Website: www.entraidecheznous.org
Email: info@entraidecheznous.org

**Eligibility:** people and families on a low income, bereaved adults

**Capacity:** support group: 6 people

**Coverage area:** food assistance, donation of furniture, Christmas sharing-store and friendship visits: Sacré-Coeur and Saint-Pie-X areas, other services: South Shore

**Hours:** Monday 10h00 to 12h00 and 13h00 to 16h00, Tuesday and Wednesday 9h00 to 12h00 and 13h00 to 16h00, Thursday 13h00 to 18h45, Friday 9h00 to 11h45 and 13h00 to 16h00, support groups: 13h00 to 15h15

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

**Legal status:** non-profit organization

**ENTRAIDE MERCIER**

959 Saint-Joseph Street, Mercier, Montérégie, QC, J6R 2K9

450 698-2137

**Website:** www.entraidemercier.ca

**Email:** direction@entaidemercier.ca

**Services:** * Thrift store: clothing, dishes, toys, books, housewares, computer equipment and electronic appliances. * Community fridge. * Indoor used goods recovery centre at 941 Saint-Joseph Street. * Meeting with a community worker in partnership with La Rencontre Châteauguoise. * Distribution of school supplies.

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

**Hours:** Monday, Tuesday and Wednesday 9h00 to 18h00, Thursday and Friday 9h00 to 21h00, Saturday and Sunday 9h30 to 17h00, indoor donation center: 7 days, 8h00 to 18h00, closed on holidays

**Financing:** self-financing, provincial

**Legal status:** non-profit organization

**ENTRAIDE SAINT-MATHIEU (L')**

299 Saint-Édouard Road, Saint-Mathieu, Montérégie, QC, J0L 2H0

450 632-9528 ext. 230

**Email:** entraidesaintmathieu2019@gmail.com

**Services:** * Christmas baskets. * Food assistance.

**Eligibility:** people in need

**Coverage area:** Saint-Mathieu

**Hours:** by appointment

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

**ENTRAIDE ST-PIE**

301-C Notre-Dame Street, Saint-Pie, Montérégie, QC, J0H 1W0

450 772-5333

**Services:** * Food aid. * Thrift store.

**Eligibility:** food assistance: people on a low income, thrift store: everybody

**Coverage area:** Saint-Pie

**Hours:** food assistance: Tuesday 13h00 to 16h00, thrift store: Tuesday 13h00 to 16h00

**Fees:** variable

**Financing:** self-financing

**Legal status:** non-profit organization
**ÉPICERIE SOCIALE ÉPI'SOC**
290 des Conseillers Avenue, Saint-Jean-sur-Richelieu, Montérégie, QC, J2X 1Z8
450 347-1172 ext. 236  
**Website:** cabiberville.org  
**Email:** depotannie@cabiberville.org  
**Services:** Food assistance in the form of a social grocery store.  
Food offered at reduced prices on a regular basis.  
Bread, pastries and sandwiches for pick-up on site weekly.  
Listening, support, needs and budget analysis, referral and follow-up to improve quality of life.  
**Eligibility:** people and families on a low income  
**Coverage area:** Saint-Jean-sur-Richelieu: Iberville and Saint-Athanase neighbourhoods, Mont Saint-Grégoire  
**Hours:** Tuesday and Wednesday 13h00 to 16h00, Thursday and Friday 8h30 to 11h30  
**Fees:** variable  
**Financing:** Centraide of Greater Montréal, donations, provincial, grants  
**Legal status:** non-profit organization

**ÉQUIPE SERVICE QUARTIER SAINT-VINCENT-DE-PAUL**
2027 Daniel Street, Longueuil, Montérégie, QC, J4J 5M1  
450 646-8807  
**Website:** www.equipeservicesvp.com  
**Email:** equipeservicesvp1@hotmail.com  
**Services:**  
Food counter.  
Thrift store.  
Christmas baskets.  
Distribution of school supplies for people already benefiting of a service offered by the organization.  
**Eligibility:** people on a low income  
**Coverage area:** Longueuil: Saint-Vincent-de-Paul neighbourhood  
**Hours:** thrift store: Monday and Tuesday 9h00 to 11h30 and 13h00 to 15h30, Wednesday and Thursday 13h00 to 15h30, other services: by appointment  
**Fees:** counter: $2 if possible  
**Financing:** donations, self-financing  
**Legal status:** non-profit organization

**FONDATION DES GOVERNEURS DE L'ESPOIR**
101 Saint-Jean-Baptiste Boulevard, Suite 215, Châteauguay, Montérégie, QC, J6J 3H9  
438 838-8588  
**Website:** fondationdesgouverneurs.org  
**Email:** info@gouverneursdelespoir.org  
**Services:**  
Financial assistance in the form of gift cards.  
Listening and follow-up.  
Recreational activities.  
Investments in pediatric cancer research.  
**Eligibility:** youth aged 18 and under living with cancer, a rare or orphan disease, their family  
**Coverage area:** Province of Québec  
**Hours:** Monday to Thursday 9h00 to 16h00, Friday 9h00 to 12h00  
**Financing:** donations, fundraising campaigns  
**Legal status:** non-profit organization

**GRAIN D’SEL DE LA VALLÉE-DU-RICHELIEU (LE)**
544 Laurier Boulevard, Beloeil, Montérégie, QC, J3G 4H9  
450 467-5733  
**Website:** www.graindesel.ca  
**Email:** info@graindesel.ca  
**Services:**  
Food bank.  
Collective kitchen.  
Social integration workstation.  
Low-cost grocery store.  
Resto pop.  
Community garden.  
**Eligibility:** individuals and families with financial difficulties, workstation: people living with mental health problems
**GRENIER AUX TROUVAILLES - PARTAGE SANS FAIM**


Hours: Monday to Thursday 8h30 to 16h00, resto pop: Tuesday 11h00 to 13h00

Fees: perishable goods basket: $10 per week

Financing: donations, provincial

Legal status: non-profit organization

**GROUPE ACTION NOUVELLE VIE**


Hours: Wednesday to Friday 12h00 to 17h00, Saturday 10h00 to 16h00

Fees: membership: $8 per year

Financing: donations, self-financing, fundraising campaigns

Legal status: non-profit organization

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

Coverage area: Boucherville, Brossard, Chambly, Greenfield Park, La Prairie, Longueuil, Saint-Amable, Saint-Bruno-De-Montarville, Saint-Hubert, Saint-Lambert, Sainte-Julie, Varennes

Hours: services: Tuesday to Thursday 9h00 to 16h00, weekly food aid and emergency food aid: Tuesday and Thursday 12h30 to 15h00

Fees: weekly food aid and emergency food assistance: $10, $15 or $20 per food basket depending on the number of people, back-to-school supplies: $10 for each child

Financing: donations, self-financing, fundraising campaigns, foundations, grants

Legal status: non-profit organization
Eligibility: people and families on a low income
Coverage area: Sorel-Tracy
Hours: administration and emergency food assistance: Monday to Friday 8h30 to 16h30, food bank: Thursday 12h30 to 16h30
Fees: food bank: $15, other services: free
Financing: donations
Legal status: non-profit organization

MAIN OUVERTE (LA)
345 6th Avenue, Saint-Jean-sur-Richelieu, Montérégie, QC, J2X 1R1
438 523-6881
Email: infos.lamainouverte@gmail.com
Eligibility: people and families on a low income
Coverage area: MRC Le Haut-Richelieu
Hours: Monday 9h00 to 11h00, Wednesday 13h00 to 15h00, Thursday 9h30 to 15h00
Fees: $16
Financing: donations, fundraising campaigns
Legal status: non-profit organization

MAISON D'ENTRAIDE SAINT-ALPHONSE
2190 André Street, Brossard, Montérégie, QC, J4Z 2Z8
450 676-3712     Fax: 450 676-0080
Email: depannagemesa@hotmail.com
Eligibility: people in need or on a low income, immigrants
Capacity: 95 families per week
Coverage area: Brossard
Hours: Monday to Thursday 9h30 to 16h30, Friday 9h30 to 13h00, thrift store: Friday 13h00 to 20h30, food assistance: Thursday
Financing: donations
Legal status: non-profit organization

MAISON DE JEUNES L'ESCALIER EN MON TEMPS
5964 Auteuil Avenue, Brossard, Montérégie, QC, J4Z 1N2
450 656-9690
Website: www.mdjbrossard.org
Email: coordo@mdjbrossard.org
Eligibility: youth 10 to 17 years old
Coverage area: Brossard
Hours: youth 10 to 12 years old: Tuesday 16h00 to 20h00, youth 11 to 17 years old: Wednesday 16h00 to 21h00, youth 12 to 17 years old: Thursday 16h00 to 21h00, Friday 16h00 to 22h00, Saturday 15h00 to 22h00, summer period: youth 10 to 12 years old: Tuesday 14h00 to 21h00, youth 11 to 17 years old: Wednesday 14h00 to 21h00, youth 12 to 17 years old: Monday, Thursday and Friday 14h00 to 21h00
Fees: none
Financing: self-financing, provincial, federal, grants
Legal status: non-profit organization
MAISON DE L'ENTRAIDE SAINTE-JULIE
500 Jules-Choquet Avenue, Suite 100, Sainte-Julie, Montérégie, QC, J3E 1W6
450 649-4569
Email: maisonentraide@videotron.ca
Eligibility: people in need, depot: open to all
Coverage area: Sainte-Julie
Hours: shop: Tuesday and Wednesday 12h00 to 16h00, Thursday and Friday 12h00 to 19h00, support: Monday to Friday 8h00 to 16h00
Financing: self-financing, donations, provincial
Legal status: non-profit organization

MAISON DE LA JEUNESSE 12-17 DE VALLEYFIELD
42, Anderson Street, Salaberry-de-Valleyfield, Montérégie, QC, J6S 0L1
450 373-6788
Website: mdjvalleyfield.com
Email: direction@mdjvalleyfield.com
Eligibility: youth 12 to 17 years old
Coverage area: Salaberry-de-Valleyfield
Hours: reception and administration: Monday to Friday 9h00 to 16h00, regular intervention and animation schedule: Monday to Thursday 16h30 to 21h00, Friday 16h30 to 22h00, Saturday 14h00 to 21h00, summer intervention and animation schedule: Monday to Thursday 13h00 to 21h00, Friday 13h00 to 22h00, Saturday 13h00 to 18h00
Legal status: non-profit organization

MAISON DU PÈRE DE L’ESPOIR (LA)
470 Sainte-Foy Boulevard, Longueuil, Montérégie, QC, J4J 1Y2
450 396-9833
Email: lamaisonduperedelespoir@gmail.com
Services: * Food assistance: food baskets including meat and fresh products, depending on availability. * Thrift store: sale of clothing, toys, furniture, appliances and all sorts of items at a low price. * Possibility of delivery of purchased furniture and appliances.
Eligibility: general population, families, seniors, new immigrants and people living alone, on a low income
Coverage area: urban agglomeration of Longueuil
Hours: Wednesday to Saturday 9h00 to 15h00
Fees: food baskets: $25
Financing: self-financing, donations
Legal status: non-profit organization

MAISONNETTE BERTHELET (LA)
1254 Blainville Street, Longueuil, Montérégie, QC, J4M 1H6
450 448-4418
Website: lamaisonnetteberthelet.org
Email: info@lamaisonnetteberthelet.org
Eligibility: people on a low income or immigrants
**MARIEVILLE - CENTRE D'ACTION BÉNÉVOLE LA SEIGNEURIE DE MONNOIR**

146 Ruisseau-Barré Road, Marieville, Montérégie, QC, J3M 1P2  
**450 460-2825**  
**Website:** www.cabsm.org  
**Email:** info@cabsm.org


**Eligibility:** seniors, people who are ill or with a loss of autonomy, families in need, assistance with grocery shopping: people 70 years and over  

**Coverage area:** Sainte-Angèle-de-Monnoir, Marieville, Richelieu, Saint-Mathias-sur-Richelieu, Rougemont  

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

**Fees:** community meals: $8, meals on wheels: $7 per meal, coffee-meetings: $5

**Financing:** Centraide Richelieu-Yamaska, provincial, donations, fundraising campaigns, self-financing

**Legal status:** non-profit organization

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**MISSION NEW GENERATION**

1423 Provencher Boulevard, Brossard, Montérégie, QC, J4W 1Z3  
**450 486-7667**  
**Website:** missionnouvellegeneration.org  
**Email:** info@missionnouvellegeneration.org


**Coverage area:** Montérégie, Montréal Island  

**Hours:** food assistance: Thursday 13h00 to 18h00, Tuesday 15h00 to 19h00  

**Fees:** food assistance: $10 per year, $15 per food basket

**Financing:** donations

**Legal status:** non-profit organization

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**MOSAÏQUE (LA), CENTRE D’ACTION BÉNÉVOLE ET COMMUNAUTAIRE**

1650 de l’Église Avenue, Longueuil, Montérégie, QC, J4P 2C8  
**450 465-1803**  
**Website:** www.lamosaique.org  
**Email:** info@lamosaique.qc.ca

**Services:**  * Food * Food assistance, food distribution. * Collective kitchens. * Bouffe-Amis: restaurant outings for people 60 years and over.  

**Eligibility:** volunteers, people in need, community organizations and organizations in the health and social services network  

**Coverage area:** agglomeration of Longueuil
PARTAGE SAINT-FRANÇOIS-DE-SALES
1800 Vianney Street, Longueuil, Montérégie, QC, J4J 4T2
450 468-4545
Website: partagelongueuil.com
Email: mpsfds1800@gmail.com
Eligibility: people and families on a low income
Coverage area: Saint-François-de-Sales parish
Hours: administration: Monday to Thursday 9h00 to 12h00 and 13h00 to 15h00
Fees: none
Financing: donations, self-financing, fundraising campaigns
Legal status: non-profit organization

PARTAJOIE SAINTE-JULIE
1686 Principale Street, basement, Sainte-Julie, Montérégie, QC, J3E 1A9
514 240-4743
Email: partajoie@hotmail.com
Services: * Food bank.
Eligibility: people on a low income
Coverage area: Sainte-Julie
Hours: registration: Monday to Wednesday 18h00 to 20h00, distribution: Thursday 12h30 to 13h00
Fees: box: $7
Financing: self-financing, provincial, municipal
Legal status: non-profit organization

PETITE FERME DE L'AUBERGE (LA)
728 Bachand Road, Roxton, Montérégie, QC, J0H 1E0
450 548-2736 Fax: 450 548-2227
Website: lapetitefermedelauberge.org
Email: lapetiteferme2001@yahoo.ca
Eligibility: men 18 and over who are struggling or homeless with addiction or mental health issues
Capacity: housing: 9 places in farm accommodation, food aid: 30 individuals or families per week
Coverage area: Montérégie: social reintegration, Roxton Falls and surroundings: food assistance
Hours: 7 days 7h00 to 21h00
Fees: housing: depending on income
Financing: self-financing
Legal status: non-profit organization
PHARE SOURCE D'ENTRAIDE (LE) - POINT DE SERVICE - COWANSVILLE
515 du Sud Street, Suite 216, Cowansville, Montérégie, QC, J2K 1T8
450 266-3464
Website: psentraide.org
Email: lephare@videotron.ca


Eligibility: people living with or having lived with mental health challenges
Coverage area: Cowansville
Hours: Monday, Wednesday, Thursday, Friday 9h00 to 16h00
Financing: provincial
Legal status: non-profit organization

PONT BRIDGING FOOD BANK OF HUDSON (LE)
Confidential Address
450 458-5318
Website: www.lepontbridging.org
Email: lepontbridging@gmail.com

Services: * Food bank.

Eligibility: people and families in need
Coverage area: Hudson, Saint-Lazare
Hours: Wednesday by appointment
Fees: none
Financing: donations
Legal status: non-profit organization

PORTE DU PASSANT (LA)
80 Phipps Street, Sorel-Tracy, Montérégie, QC, J3P 4B7
450 743-4803    Fax: 450 855-4858
Website: laportedupassant.org
Email: laportedupassant@videotron.ca


Eligibility: general population, people experiencing homelessness, people living in financial insecurity or poverty, showers, residential support with accompaniment and rest stop: homeless people
Capacity: 50
Coverage area: MRC Pierre-De Saurel
Hours: services: Monday to Friday 8h00 to 15h00, administration: Monday to Friday 8h00 to 16h00
Fees: membership card to be a part of the membership advisory committee, but not required for access to services: $5, meals: variable
Financing: self-financing, contributions, donations
Legal status: non-profit organization

PRESBYTERIAN CHURCH OF ILE PERROT
242 5th Avenue, Pincourt, Montérégie, QC, J7V 5L3
514 453-1441
Email: nivmark1230@gmail.com
**PROVISIONS COMMUNAUTAIRES**

2550 Jensens Street, Longueuil, Montérégie, QC, J3Y 3W3  
450 445-3511  
Website: provisions.org  
Email: info@provisions.org

**Services:** Food bank. * Weekly food sharing store. * Thrift store: donation and sale of used clothing at low prices. * School supplies distribution.  
**Coverage area:** South Shore and surroundings  
**Hours:** food distribution: Tuesday to Friday 13h00 to 16h00 by appointment, preparation for the distribution: Monday to Friday 8h00 to 17h00, thrift store: Monday to Friday 8h00 to 12h00  
**Fees:** food basket: $20  
**Financing:** donations, self-financing  
**Legal status:** non-profit organization
Financing: donations, self-financing, grants
Legal status: non-profit organization

SERVICE ALIMENTAIRE COMMUNAUTAIRE
50 Webb Street, Suite 15, Salaberry-de-Valleyfield, Montérégie, QC, J6T 6L5
450 377-5551 Fax: 450 377-5551
Website: www.lesac-valleyfield.org
Email: le.sacintervenant@oricom.ca
Eligibility: people on a low income
Coverage area: Salaberry-de-Valleyfield
Hours: Monday to Thursday 8h30 to 11h50 and 13h00 to 16h20, Friday 8h30 to 11h50 and 13h00 to 15h50
Fees: food assistance: free, cooked meals: $3 per meal or $20 for 7 meals
Financing: fundraising campaigns
Legal status: non-profit organization

SERVICE D'ENTRAIDE - SAINTE-MARGUERITE-BOURGEOYS PARISH
1720 Georges Street, Longueuil, Montérégie, QC, J4T 2X9
450 812-5354
Website: www.paroissesmb.org
Email: paroisse.smb.dsjl@gmail.com
Eligibility: people on a low income
Coverage area: Lafîche neighbourhood, new Greenfield Park
Hours: food aid: Thursday 13h00 to 15h00 by appointment, sharing store: Wednesday to Friday and 3rd Saturday of the month 9h00 to 15h00
Fees: food bank: $3 per person
Financing: donations
Legal status: non-profit organization

SERVICE D'ENTRAIDE DE SAINT-PHILIPPE
3015 Édouard-VII Road, Saint-Philippe, Montérégie, QC, J0L 2K0
450 907-0839
Email: serv.entraide.stphilippe@gmail.com
Services: * Food assistance. * Christmas baskets.
Eligibility: disadvantaged people and families
Coverage area: Saint-Philippe
Hours: distribution: Wednesday 9h45 to 11h30 by appointment, registration: Tuesday 15h00 at the latest
Fees: none
Financing: donations
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - CHÂTEAUGUAY
42 Gilmour Street, Châteauguay, Montérégie, QC, J6J 1K6
450 691-1007 Fax: 450 692-5063
Email: ssvpchateauguay@hotmail.com
Eligibility: people on a low income
Coverage area: Châteauguay, Léry, Mercier
Hours: general store: Monday to Friday 9h30 to 15h30, Saturday 9h00 to 12h00, food aid on demand
Financing: donations, self-financing
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - CONFÉRENCE SAINT-JEAN-VIANNEY (LONGUEUIL)
2151 Saint-Georges Street, basement, Longueuil, Montérégie, QC, J4K 2J1
450 442-2425
Email: ssvpconference.sjvl@gmail.com
Eligibility: people on a low income
Coverage area: Saint-Jean-Vianney, between Taschereau Boulevard and Notre-Dame-de-Grâce Street and between Curé-Poirier Boulevard and Jacques-Cartier Boulevard
Hours: by appointment only, food assistance: every 15 days
Fees: $4 every 15 days, if possible
Financing: donations
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - IMMACULÉE-CONCEPTION (SAINT-HUBERT)
5403 Hémard Avenue, Longueuil, Montérégie, QC, J3Y 3G8
450 676-2661
Email: robdion@videotron.ca
Eligibility: people on a low income
Capacity: 35 to 45 families
Coverage area: Immaculée-Conception Church neighbourhood, including Maricourt
Hours: food bank: Wednesday 9h00 to 10h30
Fees: none
Financing: donations, fundraising campaigns
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CONFÉRENCE ISOLÉE DE SAINT-CYPRIEN-DE-NAPIERVILLE
470 Saint-Jacques Street, Napierville, Montérégie, QC, J0J 1L0
450 245-3335
Email: info@ecofriperie.com
Eligibility: people on a low income
Coverage area: MRC Les Jardins-de-Napierville
Hours: Monday 10h00 to 16h00, Tuesday and Wednesday 10h00 to 17h00, Thursday 12h00 to 20h00, Friday 10h00 to 20h00, Saturday and Sunday 10h00 to 16h00
Financing: self-financing, donations
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CONFÉRENCE SAINT-LUC
55 des Échevins Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J2W 2N6
450 349-1553     Fax: 450 348-8630
Website: www.ssvp-st-luc.org
Email: ssvpluc@gmail.com
Eligibility: people in need
Coverage area: Saint-Jean-sur-Richelieu: Sainte-Marie-de-la-Visitation and Saint-Luc areas
Hours: Tuesday and Thursday 13h00 to 16h00, Wednesday 12h00 to 20h00, Saturday 9h00 to 12h00
Financing: donations
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CONFÉRENCE SAINTE-PHILOMÈNE
14 Marleau Street, Mercier, Montérégie, QC, J6R 2K8
450 691-1072
Email: ssvpchateauguay@hotmail.com
Eligibility: people on a low income
Coverage area: Mercier
Financing: donations
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CONSEIL PARTICULIER DE SAINT-JEAN
150 Laurier Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 6K3
450 358-1222 ext. 0 Fax: 450 358-3064
Website: ssvpstjean.org
Email: direction@ssvpstjean.org
Eligibility: people in need, distribution of school supplies: children from kindergarten to Secondary 5
Coverage area: Saint-Jean-sur-Richelieu
Hours: food bank: Tuesday to Thursday 9h00 to 11h30 and 13h00 to 15h00, Friday 9h00 to 11h30, clothing counter: Tuesday, Wednesday and Friday 10h00 to 16h00, Thursday 10h00 to 20h00, Saturday 10h00 to 13h00
Fees: food bank: free, clothing counter: low price
Financing: donations
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - PAROISSE BIENHEUREUSE-MARIE-ROSE-DUROCHER
57 Churchill Boulevard, Longueuil, Montérégie, QC, J4V 2L8
438 396-7445
Services: * Distribution of food vouchers and non-perishable goods.
Eligibility: people on a low income
Coverage area: Bienheureuse-Marie-Rose-Durocher Parish resulting from the merging of Saint-Anastase (Greenfield Park), Saint-Maxime (LeMoyne) and Saint-Josaphat (LeMoyne) parishes
Hours: by appointment
Fees: free
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
**SOURIRE SANS FIN**

2-A Sainte-Famille Street, Saint-Rémi, Montérégie, QC, J0L 2L0

450 454-5747  Fax: 450 454-5640

Website: souriresansfin.org

Email: info@souriresansfin.org


**Eligibility:** people on a low income, families, ITMAV project: seniors 55 and over

**Capacity:** 600 per year

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

**Hours:** Monday to Friday 8h30 to 16h30, collective kitchen: Monday, Tuesday and Wednesday, meals on wheels: Tuesday 11h30

**Fees:** collective kitchen: $1.25 per portion, meals on wheels: $6 per meal, food bags: $2 per week per family

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

**Legal status:** non-profit organization

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**Food aid for pregnant women and children**

**ABC DE LA FAMILLE (L')**

20 Saint-Pierre Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 3R7

450 377-4380

Website: www.abcfamille.ca

Email: direction@abcfamille.ca


**Eligibility:** families of children from 0 to 5 years old

**Coverage area:** Salaberry-De-Valleyfield

**Hours:** Monday to Friday 8h00 to 16h00, some workshops may be offered on Saturday morning

**Fees:** daycare: $3 for 3 hours, culinary workshops: find the fee policy on the website

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

**Legal status:** non-profit organization

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**BONJOUR SOLEIL - REGROUPEMENT DES FAMILLES MONOPARENTALES ET RECOMPOSÉES DE LA VALLÉE-DU-RICHELIEU**

308 Montsabré Street, Suites 205 and 208, Beloeil, Montérégie, QC, J3G 2H5

450 467-3479

Website: www.bonjoursoleil.org

Email: info@bonjoursoleil.org

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**Eligibility:** single-parent and blended families

**Coverage area:** MRC La Vallée-du-Richelieu

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

**Fees:** free

**Financing:** provincial

**Legal status:** non-profit organization

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**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


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

**Coverage area:** programme PAIR: MRC Vaudreuil-Soulanges, autres 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 9h30 to 17h30, Thursday and Friday 9h30 to 19h00, Saturday and Sunday 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

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**CENTRE DE RESSOURCES FAMILIALES DU HAUT SAINT-LAURENT**

16 King Street, Huntingdon, Montérégie, QC, J0S 1H0

450 264-4598

**Website:** www.crfhsl.ca/?lang=en

**Email:** crf@bellnet.ca


**Eligibility:** families, parent-child early stimulation workshops: parents, children 0 to 5 years old

**Coverage area:** MRC Le Haut-Saint-Laurent

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

**Financing:** provincial, federal

**Legal status:** non-profit organization

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**GROUPE ACTION NOUVELLE VIE**

740 Saint-Charles Street East, Longueuil, Montérégie, QC, J4H 1C2

450 646-5815 ext. 3221     Fax: 450 646-3509

**Website:** actionnv.com

**Email:** info@actionnv.com

Eligibility: men, women and families on a low income

Coverage area: Boucherville, Brossard, Chambly, Greenfield Park, La Prairie, Longueuil, Saint-Amable, Saint-Bruno-De-Montarville, Saint-Hubert, Saint-Lambert, Sainte-Julie, Varennes

Hours: services: Tuesday to Thursday 9h00 to 16h00, weekly food aid and emergency food aid: Tuesday and Thursday 12h30 to 15h00

Fees: weekly food aid and emergency food assistance: $10, $15 or $20 per food basket depending on the number of people, back-to-school supplies: $10 for each child

Financing: donations, self-financing, fundraising campaigns, foundations, grants

Legal status: non-profit organization

MAISON DE LA FAMILLE LA PARENTR'AIDE
2060 Holmes Street, Longueuil, Montérégie, QC, J4T 1R8
450 923-9333
Website: laparentraide.ca
Email: info@laparentraide.ca

Services: Provides parents with support and tools to enable them to better perform their role as educators and improve the quality of life for their family. * Workshops for parents of children 0 to 5 years: YAPP program, luncheons, Vie de famille, De la discipline à l'amour, Éveil musical, Langagibou. * Baby food workshops. * Daycare for children 0 to 5 years. * Parent-child workshops for children 0 to 5 years: Moments magiques, Exp'art, Mes 5 sens et moi, La boîte à outils, Grouille et gribouille, Tand’âme, Passeport. * Workshops for parents of children 5 to 12 years: Full Parent, Vie de famille, De la discipline à l'amour, Jalousie et rivalité frère/sœur, Parler pour que les enfants écoutent. * Parent-youth workshop for youth 5 to 12 years: Estime de soi. * Workshop for parents of teenagers 12 to 17 years: Parents d'ado, Une traversée. * Flash papa. * Individual meetings. * Summer day camp for children 5 to 11 years old. * Kindergarten preparation day camp for 4 years old children.

Eligibility: parents of children 0 to 17 years old

Coverage area: Greenfield Park, Longueuil, LeMoyne, Saint-Hubert

Hours: Monday to Friday 8h30 to 16h30

Fees: annual membership: $20

Financing: provincial, Centraide of Greater Montréal

Legal status: non-profit organization

Food assistance coordination

AIDE AUX FAMILLES - SAINT-HUBERT PARISH
5310 Chambly Road, Longueuil, Montérégie, QC, J3Y 3N7
450 676-4899 Fax: 450 656-3948


Eligibility: individuals and families on a low income

Coverage area: Saint-Hubert parish

Hours: Thursday 9h30 to 11h30, emergency assistance: on call

Financing: donations, self-financing

Legal status: non-profit organization

ALTERNATIVE-CENTREGENS
462 Sainte-Foy Boulevard, Longueuil, Montérégie, QC, J4J 1Y2
450 651-0651 Fax: 450 651-0678
Email: info@centregens.ca

688
Eligibility: adults with mental health problems past or present
Coverage area: Vieux-Longueuil, Saint-Hubert
Hours: Monday and Tuesday 9h00 to 20h00, Wednesday to Friday 9h00 to 16h00
Fees: annual membership: $6
Financing: provincial, contributions
Legal status: non-profit organization

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

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

AUX SOURCES DU BASSIN DE CHAMBLY
1369 Bourgogne Avenue, Chambly, Montérégie, QC, J3L 1Y4
450 658-1568 Fax: 450 658-0823
Website: www.as-bc.org
Email: info@as-bc.org

Eligibility: food assistance: people in need, friperie du bassin: open to all
Coverage area: Carignan, Chambly
Hours: food: Tuesday, Wednesday and Friday 9h00 to 12h00 and 13h00 to 16h00, Thursday until 17h30, friperie du bassin: Monday, Tuesday, Wednesday, Saturday and Sunday 9h00 to 16h00, Thursday and Friday 9h00 to 20h00, administration: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00
Financing: self-financing, donations, provincial
Legal status: non-profit organization

BANQUE ALIMENTAIRE - PAROISSE SAINT-JEAN XXIII (SAINT-HUBERT)
4850 Quévillon Street, Longueuil, Montérégie, QC, J3Y 2V4
450 676-7906 Fax: 450 678-3513
Website: www.pstjean23.com
Email: paroissestjeanxxiii@gmail.com

Eligibility: families and individuals on a low income
Coverage area: Jean-XXIII Parish (formerly Saint-Jean-de-la-Lande, Saint-Isaac-Jogues and Saint-Thomas-de-Villeneuve parishes)
Food

**CASTOR QUI DONNE (LE) - FRIGIDAIRE COMMUNAUTAIRE**

5430 Cousineau Boulevard, Local 102, Longueuil, Montérégie, QC, J3Y 7J8
438 836-1317
Email: lecastorquidonne@gmail.com

**Services:** * Thrift store. * Community fridge: distribution of food baskets.

**Eligibility:** people on a low income, people in a very precarious situation

**Coverage area:** Saint-Hubert borough

**Hours:** Tuesday, Wednesday and Friday 10h00 to 15h00, Thursday 13h00 to 15h00

**Fees:** food baskets: $20 per month for 4 baskets, thrift store: variable

**Financing:** donations

**Legal status:** non-profit organization

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**CENTRE D' ACTION BÉNÉVOLE DE BOUCHERVILLE**

11 Louis-H.-La Fontaine Street North, Suite 201, Boucherville, Montérégie, QC, J4B 4Y3
450 655-9081
Website: www.cabboucherville.ca
Email: info@cabboucherville.ca


**Eligibility:** people living with permanent or temporary difficulties, ITMAV: people 50 years and over

**Coverage area:** Boucherville

**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 16h30

**Fees:** meals on wheels: $6, community kitchen: $20 maximum, frozen meals: $4

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

**Legal status:** non-profit organization

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**CENTRE D’ACTION BÉNÉVOLE DE CONTRECOEUR - À PLEIN COEUR**

4956 Legendre Street, Contrecoeur, Montérégie, QC, J0L 1C0
450 587-8227     Fax: 450 401-1151
Website: www.cabcontrecoeur.ca
Email: cab.contrecoeur@videotron.ca


**Coverage area:** Contrecoeur and Verchères

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

**Fees:** free

**Financing:** provincial, donations

**Legal status:** non-profit organization
CENTRE D’ACTION BÉNÉVOLE DE SAINT-CÉSAIRE - USED ITEMS RECOVERY

1100 Leclaire Street, Saint-Césaire, Montérégie, QC, J0L 1T0
450 469-3279     Fax: 450 469-0958
Website: www.cabacoeur.org
Email: services@cabacoeur.org

Services: * Used items recovery: food, clothes, household items, toys, sport equipment, books and school supplies.

Coverage area: Saint-Césaire
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


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


Hours: Monday to Friday 8h30 to 16h30, thrift store: Monday to Wednesday 9h30 to 17h30, Thursday and Friday 9h30 to 19h00, Saturday and Sunday 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 LES P’TITS BONHEURS - USED ITEMS RECOVERY

1665 Montarville Street, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 3T8
450 441-0807     Fax: 450 441-4667
Website: www.cabstbruno.org
Email: infocab.petitsbonheurs@cabstbruno.org

Services: On-site recovery of clothing, toys, books, dishes, school supplies and non-perishable food donations.

Eligibility: general public

Coverage area: Saint-Bruno-de-Montarville

Financing: provincial
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: cabs@videotron.ca


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: office: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00, thrift store: Tuesday to Friday 9h30 to 16h00 and Saturday 9h30 to 15h00

Financing: donations, grants, self-financing

Legal status: non-profit organization

CENTRE D'ENTRAIDE BÉNÉVOLE DE SAINT-AMABLE - USED ITEMS RECOVERY
297 Principale Street, Saint-Amable, Montérégie, QC, J0L 1N0
450 649-0604     Fax: 450 649-2301
Website: www.cebsa.org
Email: info@cebsa.org

Services: Donation pick-up at home and recovery of items on-site: non-perishable food, clothing, household items, toys, leisure equipment and books.

Eligibility: people on a low income, immigrant people, people living with disabilities, seniors

Coverage area: Saint-Amable

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

Financing: provincial, self-financing

Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE SAINT-BASILE-LE-GRAND
50 Robert Road, Saint-Basile-le-Grand, Montérégie, QC, J3N 1L7
450 461-2111     Fax: 450 461-1588
Email: centredebenevolat@bellnet.ca


Eligibility: adults and seniors, people on a low income

Coverage area: Saint-Basile-le-Grand

Hours: Monday to Thursday 8h00 to 16h00, Friday 8h00 to 12h00, thrift store: Wednesday 18h00 to 20h30, Friday and Saturday 9h00 to 12h00

Fees: free or low cost, depending on the service

Financing: donations, grant, self-financing

Legal status: non-profit organization

CENTRE DE SUPPORT MÉDICAL ET D'ASSISTANCE SOCIALE (CESUMAS)
212 de Gentilly Street West, Longueuil, Montérégie, QC, J4H 1Z6
514 652-4507
Website: www.cesumas.org
Email: infocesumaseducation2013@yahoo.ca


Eligibility: individuals and families on a low income, people, couples and single-parent families experiencing homelessness, people in a situation of vulnerability, recruitment: foreign workers on a temporary work visa or who do not have a visa yet, companies, community organizations

Capacity: 22 beds

Coverage area: agglomeration of Longueuil

Hours: Monday to Friday 8h00 to 16h00, food assistance: Wednesday 14h30 to 18h00

Fees: variable
Financing: donations, self-financing, grants  
Legal status: non-profit organization

**CHÂTEAUGUAY FOOD BANK**
Confidential Address  
450 698-1780  
Email: bnchateauguayfb@outlook.com  
Services: * Home delivery of food baskets.  
Eligibility: people on a low income  
Coverage area: Châteauguay  
Hours: home delivery of food baskets: once a month  
Fees: none  
Financing: donations  
Legal status: non-profit organization

**COEUR POUR LES AUTRES (UN)**
836 Le Moyne Street West, Longueuil, Montérégie, QC, J4K 1G3  
514 909-4523  
Website: www.unceurpourlesautres.org/en  
Email: andre@unceurpourlesautres.org  
Eligibility: itinerant or homeless people, people in difficulty  
Capacity: 250  
Coverage area: Ville-Marie  
Hours: food distribution: Wednesday 18h00 to 20h00 at Émilie-Gamelin Park, corner of De Maisonneuve Boulevard and Berri Street  
Fees: none  
Financing: donations  
Legal status: non-profit organization

**COMITÉ D’ENTRAIDE - UNITÉ PASTORALE SAINT-LAMBERT - USED ITEMS RECOVERY**
311 Saint-Thomas Street, Saint-Lambert, Montérégie, QC, J4R 1Y2  
450 671-5721 ext. 0  
Website: upsaint-lambert.org  
Email: entraide.saintlambert@gmail.com  
Services: * Recovery of donations: furniture, household items, clothing, food. * Furniture pick-up.  
Coverage area: Saint-Lambert  
Hours: Monday to Friday 10h00 to 12h00 and 14h00 to 16h00  
Financing: donations  
Legal status: non-profit organization

**COMITÉ D’ENTRAIDE DE BOUCHERVILLE**
11 Louis-H-Lafontaine Street North, Suite 101, Boucherville, Montérégie, QC, J4B 4Y2  
514 236-5042  
Email: ceboucherville@outlook.com  
Eligibility: people in need  
Coverage area: Boucherville
Food

**Hours:** Monday to Friday 9h00 to 17h00, food bank: Tuesday afternoon and Wednesday morning, by appointment

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

**COMITÉ D'ENTRAIDE DE LA GUIGNOLÉE**

Confidential Address
450 427-3319

**Website:** [www.saint-urbain-premier.com/guignolee.html](http://www.saint-urbain-premier.com/guignolee.html)


**Eligibility:** people on a low income

**Coverage area:** Saint-Urbain-Premier

**Hours:** by appointment

**Fees:** none

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

**Legal status:** non-profit organization

**COMPLEXE LE PARTAGE - POINT DE SERVICE SAINT-CONSTANT - USED ITEMS RECOVERY**

125 Saint-Pierre Street, Saint-Constant, Montérégie, QC, J5A 2G9
450 444-0803

**Website:** [lepartage.info](http://lepartage.info)

**Email:** administration@lepartage.org

**Services:** * On-site collection of donations: perishable and non-perishable food, clothing, household items, toys and leisure equipment, books and magazines.

**Coverage area:** Saint-Constant

**Hours:** Monday and Tuesday 9h00 to 17h00, Wednesday 9h30 to 17h00, Thursday and Friday 9h00 to 20h00, Saturday 9h00 to 16h00, Sunday 12h00 to 16h00

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

**Legal status:** non-profit organization

**COMPLEXE LE PARTAGE - USED ITEMS RECOVERY**

547 Saint-Henri Street, La Prairie, Montérégie, QC, J5R 2S9
450 444-0803

**Website:** [lepartage.info](http://lepartage.info)

**Email:** administration@lepartage.org

**Services:** * On-site collection of donations: perishable and non-perishable food, clothing, household items, toys and leisure equipment, books and magazines.

**Coverage area:** La Prairie

**Hours:** Monday to Wednesday 10h00 to 17h00, Thursday and Friday 10h00 to 20h00, Saturday 10h00 to 16h00, Sunday 12h00 to 16h00

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

**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](http://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
**CORNÉ D'ABONDANCE DE CANDIAC**
255 Montcalm Boulevard North, Candiac, Montérégie, QC, J5R 3L6
450 444-6999
Email: corne.abondance.candiac@gmail.com

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

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

**Coverage area:**
Candiac

**Hours:**
food bank: Tuesday 9h00 to 11h00, thrift store: Thursday 13h30 to 17h30, donation containers:
Monday, Thursday and Saturday 9h00 to 16h00, donation boxes: 24 hours / 7 days

**Financing:**
donations, self-financing

**Legal status:**
non-profit organization

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**CROISÉE DE LONGUEUIL (LA)**
1230 Green Street, Longueuil, Montérégie, QC, J4K 4Z5
450 677-8918  Fax: 450 677-3377
Website: www.lacroiseedelongueuil.qc.ca
Email: lacroisee@lacroiseedelongueuil.qc.ca

**Services:**
* Food assistance.
* Christmas sharing-store.
* Community kitchens.
* La Petite Cuillère: delivery and sale of frozen affordable meals.
* Solidarity gardens.
* Daycare.
* Parents support group.
* Preschool program and psychomotor workshops.
* Day camp.
* Furniture donation to residents of Longueuil upon referral.
* Donation pick-up.
* Tax clinic.
* Sports and artistic activities program.

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

**Coverage area:**
South Shore, food assistance: Notre-Dame-de-la-Garde, Saint-Georges, Saint-Antoine-de-Padoue, Sainte-Louise-de-Marillac, Saint-Jude parishes

**Hours:**
Monday to Friday 9h00 to 12h00 and 13h00 to 15h30

**Fees:**
food assistance and cooking classes: free, delivery of frozen meals La Petite Cuillère: minimum purchase required and variable fees according to distance

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

**Legal status:**
non-profit organization

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**ENTRAIDE CHEZ NOUS (L') - USED ITEMS RECOVERY**
155 Brodeur Street, Longueuil, Montérégie, QC, J4J 2S3
450 468-1726  Fax: 450 468-6638
Website: www.entraidecheznous.org
Email: info@entraidecheznous.org

**Services:**
* Furniture pick-up.
* Furniture and used item recovery on-site: clothing, furniture, mattresses, household items, toys, books.

**Coverage area:**
pick-up: agglomeration of Longueuil

**Hours:**
Monday 10h00 to 12h00 and 13h00 to 16h00, Tuesday and Wednesday 9h00 to 12h00 and 13h00 to 16h00, Thursday 13h00 to 18h00, Friday 9h00 to 11h00 and 13h00 to 16h00, pick-up: Tuesday to Friday 13h00 to 16h00

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

**Legal status:**
non-profit organization

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**Food**

**Capacity:** 30

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

**Hours:**
store: Wednesday and Saturday 8h00 to 15h00, food assistance: 3rd Wednesday of the month

**Fees:**
free

**Financing:**
donations, self-financing

**Legal status:**
non-profit organization
ENTRAIDE SAINT-MATHIEU (L’)
299 Saint-Édouard Road, Saint-Mathieu, Montérégie, QC, J0L 2H0
450 632-9528 ext. 230
Email: entraidesaintmathieu2019@gmail.com
Services: * Christmas baskets. * Food assistance.
Eligibility: people in need
Coverage area: Saint-Mathieu
Hours: by appointment
Fees: none
Financing: donations
Legal status: non-profit organization

ENVOLEÉ (L’), CENTRE D’ACTION BÉNÉVOLE SAINTE-JULIE
695 Sainte-Julie Road, Sainte-Julie, Montérégie, QC, J3E 1W8
450 649-8874     Fax: 450 649-1362
Website: lenvolee.org
Email: info@lenvolee.org
Services: * Promotion of volunteer work and assistance to organizations. * Meals on wheels, delivery of hot
meals and frozen meals. * Community meals, emergency meals for families in crisis and home support,
community dinners for autonomous seniors and persons with a slight loss of physical or cognitive autonomy. *
Shopping assistance. * PAIR program: computerized safety and medication reminder phone calls. * Friendly
Eligibility: seniors, people with a loss of autonomy, caregivers, families, community organizations
Coverage area: Sainte-Julie
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00
Fees: meals on wheels: $6 for a complete meal
Financing: provincial, donations, fundraising campaigns, self-financing
Legal status: non-profit organization

FOOD BANKS OF QUÉBEC
555 Rolland-Therrien Boulevard, Suite 230, Longueuil, Montérégie, QC, J4H 3Y9
1 877 478-4040
Website: www.banquesalimentaires.org/en
Email: info@banquesalimentaires.org
Services: Provincial network of food assistance organizations.
Eligibility: food banks, depots and food assistance groups at the provincial, regional and local levels
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: donations, self-financing, grants
Legal status: non-profit organization

GRENIER AUX TROUVAILLES - PARTAGE SANS FAIM
2 de l’Église Street South, Lacolle, Montérégie, QC, J0J 1J0
450 246-4032     Fax: 450 246-4044
Website: grenierauxtrouvailles.org
Email: info@grenierauxtrouvailles.org
Services: * Food aid. * Emergency food assistance. * Clothing counter and thrift store: used clothes, toys,
and maintenance. * Cooking workshops for primary school youth. * Coffee-meetings and cooking workshops for
Eligibility: individuals and families on a low income, young people at risk of committing or who have committed
acts of delinquency
Coverage area: Lacolle, Saint-Blaise-Sur-Richelieu, Saint-Valentin, Noyan, Saint-Bernard-De-Lacolle, Saint-
Georges-De-Clarenceville, Saint-Paul-De-L’Île-Aux-Noix, emergency food assistance: Lacolle
**Food**

**Hours:** Wednesday to Friday 12h00 to 17h00, Saturday 10h00 to 16h00
**Fees:** membership: $8 per year
**Financing:** donations, self-financing, fundraising campaigns
**Legal status:** non-profit organization

**GROUPE ACTION NOUVELLE VIE**

740 Saint-Charles Street East, Longueuil, Montérégie, QC, J4H 1C2
450 646-5815 ext. 3221  Fax: 450 646-3509
Website: actionnv.com
Email: info@actionnv.com


**Eligibility:** men, women and families on a low income
**Coverage area:** Boucherville, Brossard, Chambly, Greenfield Park, La Prairie, Longueuil, Saint-Amable, Saint-Bruno-De-Montarville, Saint-Hubert, Saint-Lambert, Sainte-Julie, Varennes

**Hours:** services: Tuesday to Thursday 9h00 to 16h00, weekly food aid and emergency food aid: Tuesday and Thursday 12h30 to 15h00
**Fees:** weekly food aid and emergency food assistance: $10, $15 or $20 per food basket depending on the number of people, back-to-school supplies: $10 for each child
**Financing:** donations, self-financing, fundraising campaigns, foundations, grants
**Legal status:** non-profit organization

**MAIN OUVERTE (LA)**

345 6th Avenue, Saint-Jean-sur-Richelieu, Montérégie, QC, J2X 1R1
438 523-6881
Email: infos.lamainouverte@gmail.com


**Eligibility:** people and families on a low income
**Coverage area:** MRC Le Haut-Richelieu

**Hours:** Monday 9h00 to 11h00, Wednesday 13h00 to 15h00, Thursday 9h30 to 15h00
**Fees:** $16
**Financing:** donations, fundraising campaigns
**Legal status:** non-profit organization

**MAISON D'ENTRAIDE SAINT-ALPHONSE - USED ITEMS RECOVERY**

2190 André Street, Brossard, Montérégie, QC, J4Z 2Z8
450 676-3712  Fax: 450 676-0080
Email: depannagemesa@hotmail.com

**Services:** * Donations recovery: clothing, household items, toys and books. * Home pick-up.

**Coverage area:** Brossard

**Hours:** Monday to Thursday 9h30 to 16h30
**Financing:** donations
**Legal status:** non-profit organization

**MAISON DE JEUNES L'ESCALIER EN MON TEMPS**

5964 Auteuil Avenue, Brossard, Montérégie, QC, J4Z 1N2
450 656-9690
Website: www.mdjbrossard.org
Email: coordo@mdjbrossard.org
Food


Eligibility: youth 10 to 17 years old

Coverage area: Brossard

Hours: youth 10 to 12 years old: Tuesday 16h00 to 20h00, youth 11 to 17 years old: Wednesday 16h00 to 21h00, youth 12 to 17 years old: Thursday 16h00 to 21h00, Friday 16h00 to 22h00, Saturday 15h00 to 22h00, summer period: youth 10 to 12 years old: Tuesday 14h00 to 21h00, youth 11 to 17 years old: Wednesday 14h00 to 21h00, youth 12 to 17 years old: Monday, Thursday and Friday 14h00 to 21h00

Fees: none

Financing: self-financing, provincial, federal, grants

Legal status: non-profit organization

MAISON DES TOURNESOLS

1720 De Gaulle Street, Longueuil, Montérégie, QC, J4T 1M9
450 445-9290 Fax: 450 445-2815
Website: maisondestournesols.org
Email: info@maisondestournesols.org

Services: Day centre dedicated to seniors. * Seniors Program: weekly meetings, community meals, social and information activities, theme days. * Alzheimer's Respite Program: respite day offered from Monday to Friday to caregivers of people with cognitive disorders, including Alzheimer’s disease. * Maison des Tournesols Mobile: individualized, punctual and adapted accompaniment service. * Volunteer Program: opportunities for involvement in the kitchen, reception, delivery and transportation or administrative support.

Eligibility: retirees and seniors

Capacity: 120

Coverage area: South Shore

Hours: Monday to Friday 8h30 to 16h00

Fees: membership: $20 per year, activities: variable, seniors program: community meal $10, transportation $6 (depending on availability)

Financing: provincial, foundations

Legal status: non-profit organization

MAISON DU PÈRE DE L’ESPOIR (LA) - USED ITEMS RECOVERY

470 Sainte-Foy Boulevard, Longueuil, Montérégie, QC, J4J 1Y2
450 396-9833
Email: lamaisonduperedelespoir@gmail.com

Services: * Recovery of donations on site: food, clothing, kitchen items, books, sporting equipment, toys, mattresses, furniture, appliances. * Pick-up of furniture, appliances and other large items.

Coverage area: Longueuil and surroundings

Hours: on-site recovery: Tuesday to Saturday 9h00 to 15h00, at-home pickup: by appointment

Financing: self-financing, donations

Legal status: non-profit organization

MAISONNETTE BERTHELET (LA)

1254 Blainville Street, Longueuil, Montérégie, QC, J4M 1H6
450 448-4418
Website: lamaisonnetteberthelet.org
Email: info@lamaisonnetteberthelet.org


Eligibility: people on a low income or immigrants

Capacity: 85 families

Coverage area: Gentilly neighbourhood
MARIEVILLE - CENTRE D’ACTION BÉNÉVOLE LA SEIGNEURIE DE MONNOIR
146 Ruisseau-Barré Road, Marieville, Montérégie, QC, J3M 1P2
450 460-2825 Fax: 450 460-4992
Website: www.cabsm.org
Email: info@cabsm.org
Eligibility: seniors, people who are ill or with a loss of autonomy, families in need, assistance with grocery shopping: people 70 years and over
Coverage area: Sainte-Angèle-de-Monnoir, Marieville, Richelieu, Saint-Mathias-sur-Richelieu, Rougemont
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: community meals: $8, meals on wheels: $7 per meal, coffee-meetings: $5
Financing: Centraide Richelieu-Yamaska, provincial, donations, fundraising campaigns, self-financing
Legal status: non-profit organization

MISSION NEW GENERATION
1423 Provencher Boulevard, Brossard, Montérégie, QC, J4W 1Z3
450 486-7667 Fax: 450 486-6283
Website: missionnouvellegeneration.org
Email: info@missionnouvellegeneration.org
Coverage area: Montréal, Montréal Island
Hours: food assistance: Thursday 13h00 to 18h00, Tuesday 15h00 to 19h00
Fees: food assistance: $10 per year, $15 per food basket
Financing: donations
Legal status: non-profit organization

MOISSON MASKOUTAINE (LA)
2540 Saint-Charles Street, Saint-Hyacinthe, Montérégie, QC, J2T 1W2
450 261-1110
Website: lamoissonmaskoutaine.qc.ca
Email: info@lamoissonmaskoutaine.qc.ca
Eligibility: community organizations, collective kitchens and workshops: everyone
Coverage area: MRC des Maskoutains
Hours: Monday to Friday 8h00 to 11h30 and 13h00 to 16h00
Financing: Centraide Richelieu-Yamaska, donations, fundraising campaigns, municipal
Legal status: non-profit organization
MOISSON RIVE-SUD
1356 Volta Street, Boucherville, Montérégie, QC, J4B 6G6
450 641-1895     Fax: 450 641-8892
Website: moissonrivesud.org
Email: info@moissonrivesud.org
Services: * Supplying food to community organizations in Montérégie.
Eligibility: community organizations
Coverage area: Montérégie
Hours: office: Monday to Friday 8h00 to 16h00, warehouse: Monday to Thursday 7h30 to 15h30 and Friday 7h30 to 15h00
Financing: fundraising campaigns, grants, donations, Centraide of Greater Montréal, provincial
Legal status: non-profit organization

MOISSON SUD-OUEST
50 Webb Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 6L5
450 377-7696     Fax: 450 377-5270
Website: moissonsudouest.org/en
Email: info@moissonsudouest.org
Services: * Food recovery and distribution to accredited organizations in the region.
Eligibility: non-profit organizations involved in food assistance
Coverage area: MRC Vaudreuil-Soulanges, MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h00, Friday 8h30 to 12h30
Fees: none
Financing: provincial, self-financing, grants, donations
Legal status: non-profit organization

MOSAÏQUE (LA), CENTRE D’ACTION BÉNÉVOLE ET COMMUNAUTAIRE
1650 de l’Église Avenue, Longueuil, Montérégie, QC, J4P 2C8
450 465-1803     Fax: 450 465-5440
Website: www.lamosaique.org
Email: info@lamosaique.qc.ca
Eligibility: volunteers, people in need, community organizations and organizations in the health and social services network
Coverage area: agglomeration of Longueuil
Hours: administration: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30, thrift store: Tuesday to Saturday 10h00 to 17h00, shopping trips: twice a month
Fees: thrift store: variable low prices, other services: low cost or free
Financing: donations, grants, self-financing
Legal status: non-profit organization

PARTAGE SAINT-FRANÇOIS-DE-SALES
1800 Vianney Street, Longueuil, Montérégie, QC, J4J 4T2
450 468-4545
Website: partagelongueuil.com
Email: mpsfds1800@gmail.com

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

**Coverage area:** Saint-François-de-Sales parish

**Hours:** administration: Monday to Thursday 9h00 to 12h00 and 13h00 to 15h00

**Fees:** none

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

**Legal status:** non-profit organization

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**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:** free

**Financing:** donations

**Legal status:** non-profit organization

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**PROVISIONS COMMUNAUTAIRES**

2550 Jensens Street, Longueuil, Montérégie, QC, J3Y 3W3

450 445-3511

Website: provisions.org

Email: info@provisions.org

**Services:** Food bank. * Weekly food sharing store. * Thrift store: donation and sale of used clothing at low prices. * School supplies distribution.

**Coverage area:** South Shore and surroundings

**Hours:** food distribution: Tuesday to Friday 13h00 to 16h00 by appointment, preparation for the distribution: Monday to Friday 8h00 to 17h00, thrift store: Monday to Friday 8h00 to 12h00

**Fees:** food basket: $20

**Financing:** donations, self-financing

**Legal status:** non-profit organization

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**REPAS DU PASSANT (LE)**

700 Sainte-Foy Boulevard, Longueuil, Montérégie, QC, J4J 5E9

450 679-5114     Fax: 450 679-5492

Email: lerepasdupassant@videotron.ca


**Eligibility:** people on a low income and general public

**Capacity:** 123

**Coverage area:** food assistance: Notre-Dame-de-Grâces, Saint-Pierre-Apôtre and Saint-Charles-Borromée sectors, other services: Longueuil

**Hours:** Monday to Thursday 9h00 to 16h00, meals: 11h30 to 13h00

**Fees:** meal: children under 12 years old $1.50, adults $4, solidarity price: $6, lunch card: $55 for 20 meals, $32.50 for 10 meals, $18.75 for 5 meals

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

**Legal status:** non-profit organization
SOCIÉTÉ DE SAINT-VINCENT DE PAUL - CHÂTEAUGUAY
42 Gilmour Street, Châteauguay, Montérégie, QC, J6J 1K6
450 691-1007  Fax: 450 692-5063
Email: ssvpchateauguay@hotmail.com
Eligibility: people on a low income
Coverage area: Châteauguay, Léry, Mercier
Hours: general store: Monday to Friday 9h30 to 15h30, Saturday 9h00 to 12h00, food aid on demand
Financing: donations, self-financing
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - CONFÉRENCE SAINT-JEAN-VIANNEY (LONGUEUIL)
2151 Saint-Georges Street, basement, Longueuil, Montérégie, QC, J4K 2J1
450 442-2425
Email: ssvpconference.sjvl@gmail.com
Eligibility: people on a low income
Coverage area: Saint-Jean-Vianney, between Taschereau Boulevard and Notre-Dame-de-Grâce Street and between Curé-Poirier Boulevard and Jacques-Cartier Boulevard
Hours: by appointment only, food assistance: every 15 day
Fees: $4 every 15 days, if possible
Financing: donations
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - IMMACULÉE-CONCEPTION (SAINT-HUBERT)
5403 Hémard Avenue, Longueuil, Montérégie, QC, J3Y 3G8
450 676-2661
Email: robdion@videotron.ca
Eligibility: people on a low income
Capacity: 35 to 45 families
Coverage area: Immaculée-Conception Church neighbourhood, including Maricourt
Hours: food bank: Wednesday 9h00 to 10h30
Fees: none
Financing: donations, fundraising campaigns
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CONFÉRENCE ISOLÉE DE SAINT-CYPRIEN-DE-NAPIERVILLE
470 Saint-Jacques Street, Napierville, Montérégie, QC, J0J 1L0
450 245-3335
Email: info@ecofriperie.com
Eligibility: people on a low income
Coverage area: MRC Les Jardins-de-Napierville
Hours: Monday 10h00 to 16h00, Tuesday and Wednesday 10h00 to 17h00, Thursday 12h00 to 20h00, Friday 10h00 to 20h00, Saturday and Sunday 10h00 to 16h00
Financing: self-financing, donations
Legal status: non-profit organization
Food

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CONFÉRENCE SAINTE-PHILOMÈNE
14 Marleau Street, Mercier, Montérégie, QC, J6R 2K8
450 691-1072
Email: ssvpchateauguay@hotmail.com
Eligibility: people on a low income
Coverage area: Mercier
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
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

TABLÉE DES CHEFS (LA)
930 Curé-Poirier Boulevard East, Longueuil, Montérégie, QC, J4J 4X1
450 748-1638 Fax: 450 748-1680
Website: www.tableedeschefs.org/en
Email: info@tableedeschefs.org
Services: * Redistribution of food surplus from the hotel, restaurant and institution network (HRI) in order to feed people in need. * Sustainable food brokerage service. * Development of culinary education for teenagers through culinary training programs in high schools (les Brigades Culinaires) and youth centres (Cuisine ton avenir). * Culinary day camp for children. * Corporate culinary workshop. * Food chores in cooking schools: preparation of meals that are distributed in community organization.
Eligibility: people coping with food insecurity, culinary programs: youth 12 to 17 years old, culinary camp: youth 10 to 15 years old
Capacity: unlimited
Coverage area: Canada
Hours: Monday to Friday 8h30 to 16h30
Fees: free, various prices for cooking schools
Financing: donations, self-financing
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
Eligibility: people of any age with a terminal illness, incurable, with a prognosis of less than three months, their close ones
Capacity: 12 patients
Coverage area: MRC Vaudreuil-Soulanges
Food

Fees: none
Financing: donations, grants, federal, fundraising campaigns
Legal status: non-profit organization

Food assistance in schools

BREAKFAST CLUB OF CANADA
135 de Mortagne Boulevard, Suite G, Boucherville, Montérégie, QC, J4B 6G4
1 888 442-1217     Fax: 450 641-7841
Website: www.breakfastclubcanada.org
Email: info@clubdejeuner.org
Eligibility: schools
Coverage area: Canada
Hours: administration: Monday to Friday 8h30 to 16h30
Financing: fundraising campaigns, donations
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DU BAS RICHELIEU
70 Élizabeth Street, Sorel-Tracy, Montérégie, QC, J3P 4G5
450 743-4310     Fax: 450 743-2046
Website: www.cab-basrichelieu.org
Email: direction@cab-basrichelieu.org
Eligibility: seniors, individuals and families on a low income, people with temporary or permanent loss of autonomy, organizations, people who have experienced mental health problems, volunteers, meals on wheels: seniors aged 65 and over
Coverage area: MRC Pierre-De Saurel
Hours: Monday to Thursday 8h30 to 12h00 and 13h30 to 16h00, Friday 8h30 to 12h00, emergency food assistance: by appointment
Fees: variable
Financing: provincial, Centraide Richelieu-Yamaska, donations, self-financing
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE LES P’TITS BONHEURS
1665 Montarville Street, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 3T8
450 441-0807     Fax: 450 441-4667
Website: www.cabstbruno.org
Email: infocab.petitsbonheurs@cabstbruno.org
Eligibility: seniors, families, people in difficulty
**CENTRE DE BÉNÉVOLAT DE ST-HYACINTHE (LE)**

1015 Dessaulles Street, Saint-Hyacinthe, Montérégie, QC, J2S 2Y8

450 773-4966

**Website:** cbsh.ca

**Email:** infomat@cbsh.ca


**Coverage area:** MRC Les Maskoutains

**Hours:** Monday to Friday 8h30 to 16h30, emergency food assistance: by appointment

**Fees:** variable

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

**Legal status:** non-profit organization

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**POSA - SOURCE DES MONTS**

620 Senécal Street, Chambly, Montérégie, QC, J3L 1N9

450 658-9898     Fax: 450 658-5368

**Website:** www.posasdm.com

**Email:** direction@posasdm.org

**Services:** * Street work: listening, support, information and awareness. * Youth clinic in partnership with the CSSS. * Naloxone kits distribution. * Distribution of injection material. * J’ai faim à tous les jours: meals offered to underprivileged children. * POSART: creative workshops in oral and visual art. * Job opportunities in animation and communications.

**Eligibility:** youth in difficulty 35 years and under, clinic: youth 12 to 24 years old, meals: underprivileged children from elementary and secondary schools of Chambly and Carignan, jobs: youth between 16 and 35 years old eligible with Emploi-Québec

**Coverage area:** Chambly, Carignan, MRC Le Haut-Richelieu, MRC Rouville

**Hours:** Monday to Friday 9h00 to 17h00, youth clinic: Monday to Friday 9h00 to 17h00 by appointment

**Financing:** provincial, donations, municipal

**Legal status:** non-profit organization

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**LOW COST OR FREE MEALS**

**ÂGE D’OR SAINT-JEAN BAPTISTE-MARIE-VIANNEY DE CHÂTEAUGUAY**

8 Rainville Street, Châteauguay, Montérégie, QC, J6K 1H7

450 699-4362

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**Food**

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

**Coverage area:** Châteauguay

**Hours:** Wednesday 11h00 to 16h00, Thursday 8h30 to 18h00, community meals: 1 Thursday per month until 22h30

**Fees:** membership card: $25

**Financing:** membership fees

**Legal status:** non-profit organization

**AIGUILLAGE (L’)**

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

450 218-6418     Fax: 450 218-6419

Website: www.aiguillage.ca

Email: info@aiguillage.ca


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

**Capacity:** 19 beds

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

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

**Fees:** none

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

**Legal status:** non-profit organization

**ÂÎNÉS DE MAISONNEUVE (LES)**

420 Victoria Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 6J6

450 370-4866

Email: remi.vaillancourt@icloud.com

**Services:** * Pool table, shuffleboard, card games, petanque. * Community diners.

**Eligibility:** people 65 years old and over

**Capacity:** 85

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

**Hours:** Monday to Friday 12h00 to 17h00

**Fees:** membership: $40

**Financing:** provincial, federal, foundations, membership fees

**Legal status:** non-profit organization

**ALTERNATIVE-CENTREGENS**

462 Sainte-Foy Boulevard, Longueuil, Montérégie, QC, J4J 1Y2

450 651-0651     Fax: 450 651-0678

Email: info@centregens.ca


**Eligibility:** adults with mental health problems past or present

**Coverage area:** Vieux-Longueuil, Saint-Hubert

**Hours:** Monday and Tuesday 9h00 to 20h00, Wednesday to Friday 9h00 to 16h00

**Fees:** annual membership: $6

**Financing:** provincial, contributions

**Legal status:** non-profit organization

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ANCRE ET AILES DU HAUT-SAINT-LAURENT
10 Bridge Street, Ormstown, Montérégie, QC, J0S 1K0
450 829-3491
Website: www.ancreetailes.com
Email: ancreetailes@bellnet.ca


Eligibility: adults living with or having experienced a mental health problem or psychological distress

Coverage area: MRC Le Haut-Saint-Laurent
Hours: Tuesday to Friday 9h00 to 16h00
Fees: annual membership card: $10, meals: $4, fees may apply for activities and outings
Financing: donations
Legal status: non-profit organization

ASSOCIATION DES DEVENUS SOURDS ET DES MALENTENDANTS DU QUÉBEC - SECTEUR SUD-OUEST
35 Grande-Île Street, Suite 1, Salaberry-de-Valleyfield, Montérégie, QC, J6S 3L9
450 377-5941     Fax: 450 377-4293
Email: adsmqso@gmail.com


Eligibility: people who became deaf and hearing impaired

Coverage area: MRC Le Haut-Saint-Laurent, MRC Beauharnois-Salaberry, MRC Vaudreuil-Soulanges, MRC Roussillon
Hours: Monday to Friday 8h00 to 16h00
Fees: annual membership: $25
Financing: membership fees
Legal status: non-profit organization

ASSOCIATION QUÉBEC-FRANCE (L') - CHAMBLY - VALLÉE-DU-RICHELIEU
Confidential Address
450 906-1065
Website: www.quebecfrancecvr.org
Email: info@quebecfrance.qc.ca


Eligibility: francophiles, French language defenders

Coverage area: Province of Quebec
Fees: variable depending on the membership type
Financing: membership fees
Legal status: non-profit organization

CAFÉ DES DEUX PAINS DE VALLEYFIELD
107 Jacques-Cartier Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4R8
450 371-8909     Fax: 450 371-7556
Website: www.cafedesdeuxpains.org
Email: cddp@oricom.ca

Eligibility: individuals and families on a low income and isolated

Coverage area: Salaberry-De-Valleyfield

Hours: Monday to Friday 9h00 to 18h00

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

Legal status: non-profit organization

CARREFOUR COMMUNAUTAIRE L’ARC-EN-CIEL
96 Curé-Beauregard Street, Saint-Ours, Montérégie, QC, J0G 1P0
450 785-2874    Fax: 450 785-2876
Email: carrefourarcenciel@videotron.ca


Eligibility: families, teenagers, seniors

Coverage area: MRC Pierre-de-Saurel

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

Financing: grants, self-financing

Legal status: non-profit organization

CARREFOUR DES AÎNÉS DE BOUCHERVILLE
1075 Lionel-Daunais Street, Boucherville, Montérégie, QC, J4B 8N5
450 449-8103
Website: carrefourdesainesboucherville.ca
Email: carrefourdesainesboucherville@gmail.com


Eligibility: seniors 50 years and over

Coverage area: Boucherville

Hours: variable

Fees: annual membership: $25

Financing: membership fees

Legal status: non-profit organization

CARREFOUR DIGNITÉ (SAINT-JEAN)
939-D du Séminaire Boulevard North, Saint-Jean-sur-Richelieu, Montérégie, QC, J3A 1B6
450 359-9525    Fax: 450 359-9525
Email: patro9@videotron.ca


Eligibility: families on a low income, gamblers

Coverage area: Saint-Jean-sur-Richelieu

Hours: clothing depot: Monday 9h00 to 13h00, food aid: Tuesday 9h30 to 10h30, Friday 13h00 to 14h00

Fees: none

Financing: grants, donations

Legal status: non-profit organization
CARREFOUR JEUNESSE D'IBERVILLE
375 Bessette Avenue, Saint-Jean-sur-Richelieu, Montérégie, QC, J2X 2N8
450 347-4419
Email: mdjiberville@hotmail.com
Eligibility: youth 12 to 17 years old
Coverage area: Iberville sector of Saint-Jean-sur-Richelieu
Hours: variable
Fees: none
Financing: grants, provincial, donations
Legal status: non-profit organization

CENTRE ALPHA-SOURD RIVE-SUD
2010 Chambly Road, Suite B, Longueuil, Montérégie, QC, J4J 3Y2
438 806-5149
Website: www.casourdrivesud.org
Email: info@casourdrivesud.org
Eligibility: deaf and deaf-blind people
Capacity: 25
Coverage area: Montérégie
Hours: Wednesday and Friday 8h00 to 15h00
Fees: none
Financing: provincial
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     Fax: 450 265-1144
Website: 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
Financing: provincial, self-financing
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE L'ENTRAIDE PLUS
2437 Bourgogne Avenue, Chambly, Montérégie, QC, J3L 2A5
450 658-4469     Fax: 450 658-4469
Website: entraideplus.org
Email: info@entraideplus.org
Eligibility: people 50 years old and over, autonomous, disabled, sick or in loss of autonomy, caregivers
Capacity: Resto-Entre: 44 places

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

Hours: Monday to Thursday 9h00 to 16h00, Friday 9h00 to 14h00, respite: Monday and Thursday 9h30 to 15h30, Resto-Entre: Monday to Friday 11h00 to 13h00

Fees: members: $20 per year, Resto-Entre: $6 for members, $7 for non-members

Financing: donations, grants

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE MULTISERVICES UN COIN CHEZ NOUS

628 Notre-Dame Street, Saint-Chrysostome, Montérégie, QC, J0S 1R0
450 826-4425 Fax: 450 826-1000
Website: www.uncoincheznous.org
Email: ccmsuccn@cooptel.qc.ca


Eligibility: seniors, people with a loss of autonomy, disadvantaged people

Capacity: 100

Coverage area: MRC Le Haut-Saint-Laurent

Hours: Monday to Friday 7h30 to 16h30, Sunday 13h00 to 17h00

Fees: meals on wheels: $8, other services: free

Financing: grants, self-financing

Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE BEAUHARNOIS

600 Ellice Street, Suite 106, Beauharnois, Montérégie, QC, J6N 3P7
450 429-6453
Website: cabbeauharnois.com
Email: info@cabbeauharnois.com


Eligibility: seniors 65 years and over, seniors with a loss of autonomy

Coverage area: Beauharnois, Saint-Étienne-de-Beauharnois, Saint-Louis-de-Gonzague

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

Fees: social activities: up to $5, meals: variable

Financing: Centraide Sud-Ouest du Québec, self-financing, donations

Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE CONTRECOEUR - À PLEIN COEUR

4956 Legendre Street, Contrecoeur, Montérégie, QC, J0L 1C0
450 587-8227 Fax: 450 401-1151
Website: www.cabcontrecoeur.ca
Email: cab.contrecoeur@videotron.ca


Coverage area: Contrecoeur and Verchères

Hours: centre: Monday to Friday 8h00 to 16h00, family depot: Monday to Friday 13h00 to 16h00, kitchen: Monday to Thursday 8h00 to 16h00
Fees: free
Financing: provincial, donations
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE LA FRONTIÈRE
12 Sainte-Marie Street, Lacolle, Montérégie, QC, J0J 1J0
450 246-2016    Fax: 450 246-2229
Email: centre.benev@hotmail.com
Eligibility: people in need, seniors
Coverage area: Lacolle, Clarenceville, Noyan, Saint-Bernard-de-Lacolle, Saint-Valentin, Saint-Paul-de-l’Île-aux-Noix, ITMAV: Lacolle, Saint-Paul-de-l’Île-aux-Noix, Saint-Valentin, Saint-Bernard-de-Lacolle
Hours: Monday to Thursday 7h00 to 16h00, Friday 7h30 to 11h30
Fees: meals-on-wheels: $5 hot meals, $4 frozen meals, community lunches: $10, transportation: variable
Financing: provincial, self-financing
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE SAINT-CÉSAIRE
1100 Leclaire Street, Saint-Césaire, Montérégie, QC, J0L 1T0
450 469-3279    Fax: 450 469-0958
Website: www.cabacoeur.org
Email: services@cabacoeur.org
Eligibility: individuals and families on a low income, seniors, caregivers, volunteers
Coverage area: Saint-Césaire
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00, caregivers: 2nd Tuesday of the month, friendship lunch: 3rd Tuesday of the month
Fees: thrift shop: at low cost
Financing: provincial
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE VALLEYFIELD
95 Salaberry Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2H5
450 373-2111
Website: cabvalleyfield.com
Email: info@cabvalleyfield.com

Eligibility: adults, seniors, caregivers, organizations
Coverage area: Salaberry-de-Valleyfield, Saint-Stanislas-de-Kostka, caregivers: Salaberry-de-Valleyfield, Saint-Stanislas-de-Kostka, Beauharnois, Saint-Étienne-de-Beauharnois and Saint-Louis-de-Gonzague
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: meals: $7
Financing: provincial, self-financing
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE INTERACTION
100 Principale Street, Noyan, Montérégie, QC, J0J 1B0
450 294-2646 Fax: 450 294-2145
Website: cabinteraction.ca
Email: info@cabinteraction.ca

Eligibility: individuals and families on a low income, volunteers
Coverage area: Noyan, Saint-Georges-De-Clarenceville, Northern tip of Henryville
Hours: Monday to Thursday 8h00 to 16h00, meals on wheels: Tuesday and Thursday, clothing depot: Tuesday to Thursday
Financing: provincial, donations
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE LES P'TITS BONHEURS
1665 Montarville Street, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 3T8
450 441-0807 Fax: 450 441-4667
Website: www.cabstbruno.org
Email: infocab.petitsbonheurs@cabstbruno.org

Eligibility: seniors, families, people in difficulty
Capacity: variable
Coverage area: Saint-Bruno-de-Montarville
Hours: Monday to Friday 8h30 to 16h30, thrift store: Monday, Tuesday, Wednesday, Friday and Saturday 10h00 to 16h00, Thursday 10h00 to 19h00
Fees: variable
Financing: provincial
Legal status: non-profit organization
CENTRE D’ENTRAIDE BÉNÉVOLE DE SAINT-AMABLE
297 Principale Street, Saint-Amable, Montérégie, QC, J0L 1N0
450 649-0604     Fax: 450 649-2301
Website: www.cebsa.org
Email: info@cebsa.org


Eligibility: people on a low income, seniors, people living with disabilities or ill people

Coverage area: Saint-Amable

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

Fees: food assistance: $15, community meals: $7, meals on wheels: $5

Financing: provincial, self-financing

Legal status: non-profit organization

CENTRE D’ENTRAIDE RÉGIONAL D’HENRYVILLE
791 Rang Saint-Jean-Baptiste, Henryville, Montérégie, QC, J0J 1E0
450 299-1117     Fax: 450 299-9742
Email: cerh1994@live.ca


Coverage area: Henryville, Sabrevois, Saint-Alexandre, Saint-Sébastien, Venise-en-Québec

Hours: family store: Monday to Friday 10h00 to 12h00 and 13h00 to 15h30

Financing: provincial, Centraide of Greater Montréal

Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE SAINT-BASILE-LE-GRAND
50 Robert Road, Saint-Basile-le-Grand, Montérégie, QC, J3N 1L7
450 461-2111     Fax: 450 461-1588
Email: centredebenevolat@bellnet.ca


Eligibility: adults and seniors, people on a low income

Coverage area: Saint-Basile-le-Grand

Hours: Monday to Thursday 8h00 to 16h00, Friday 8h00 to 12h00, thrift store: Wednesday 18h00 to 20h30, Friday and Saturday 9h00 to 12h00

Fees: free or low cost, depending on the service

Financing: donations, grant, self-financing

Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE ST-HYACINTHE (LE)
1015 Dessaulles Street, Saint-Hyacinthe, Montérégie, QC, J2S 2Y8
450 773-4966
Website: cbsh.ca
Email: infomad@cbsh.ca

Eligibility: seniors, people and families on a low income, people in a vulnerable situation, volunteers, organizations

Coverage area: MRC Les Maskoutains

Hours: Monday to Friday 8h30 to 16h30, emergency food assistance: by appointment

Fees: variable

Financing: Centraide Richelieu-Yamaska, provincial, donations

Legal status: non-profit organization

CENTRE DE FEMMES L’ESSENTIELLE
231 Brillon Street, Beloeil, Montérégie, QC, J3G 2T5
450 467-3418    Fax: 450 467-1749
Website: www.cfessentielle.org
Email: essentielle@videotron.ca


Eligibility: women

Coverage area: MRC La Vallée-du-Richelieu and surroundings

Hours: Monday 8h30 to 12h00, Tuesday to Thursday 8h30 to 12h00 and 13h15 to 16h30, community meal: Wednesday 12h00

Fees: free

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

Legal status: non-profit organization

CENTRE DE FORMATION À L’AUTOGESTION DU HAUT RICHELIEU
199-A Laurier Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 6Z8
450 346-8357    Fax: 450 346-8357
Email: cfa-hr@hotmail.ca


Eligibility: people 35 years and under

Coverage area: MRC Le Haut-Richelieu

Hours: Monday to Thursday 10h00 to 16h00

Fees: membership: $4 if possible

Financing: provincial, donations

Legal status: non-profit organization

CENTRE DE SUPPORT MÉDICAL ET D’ASSISTANCE SOCIALE (CESUMAS)
212 de Gentilly Street West, Longueuil, Montérégie, QC, J4H 1Z6
514 652-4507
Website: www.cesumas.org
Email: infocesumaseducation2013@yahoo.ca
Food

Services: Support services and the fight against poverty. * Food * Food assistance. * Christmas baskets. * Café
Social: low-cost meals, employment opportunities and social inclusion, catering and food processing. Material
assistance and housing * Clothing assistance. * Temporary accommodation. Employment * Recruitment of
temporary foreign workers for companies and community organizations. * Workplace Apprenticeship Program
(PAMT). * PASS Action program: employment and socialization. Activities * Popular education. * Intercultural
exchanges.

Eligibility: individuals and families on a low income, people, couples and single-parent families experiencing
homelessness, people in a situation of vulnerability, recruitment: foreign workers on a temporary work visa or
who do not have a visa yet, companies, community organizations

Capacity: 22 beds

Coverage area: agglomeration of Longueuil

Hours: Monday to Friday 8h00 to 16h00, food assistance: Wednesday 14h30 to 18h00

Fees: variable

Financing: donations, self-financing, grants

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
145 Valade Street, Les Cèdres, Montérégie, QC, J7T 1S9
450 452-2257 Fax: 450 452-4605
Email: danielprevost@videotron.ca


Eligibility: seniors 50 years and over

Coverage area: Les Cèdres and surroundings

Hours: dinner: 3rd Thursday of the month, bean bags: Wednesday

Fees: membership: $10 per year, dancing dinners: $17

Financing: contributions

Legal status: non-profit organization

CLUB DE L'ÂGE D'OR DE SAINT-BRUNO
1741 Montarville Street, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 3V2
450 461-0127
Email: dianeaubin@sympatico.ca


Eligibility: seniors 50 years old and over

Coverage area: Saint-Bruno-de-Montarville

Hours: Monday to Thursday 13h00 to 16h00

Fees: FADOQ annual membership: $25

Financing: self-financing

Legal status: non-profit organization
CLUB DE L’ÂGE D’OR MOISSON IMPÉRISSABLE
412C Saint-Michel Place, Saint-Michel, Montérégie, QC, J0L 2J0
450 454-3186


Eligibility: seniors

Coverage area: Saint-Michel

Hours: dinners: every two months, activities: variable

Fees: membership: $25, activities: variable

Financing: membership fees

Legal status: non-profit organization

CLUB FADOQ DE BROSSARD
3205-2 Rome Boulevard, Brossard, Montérégie, QC, J4Y 1R2
450 443-3355

Website: clubfadoqdebrossard.org

Email: info@clubfadoqdebrossard.org


Eligibility: people 50 years and over

Coverage area: Brossard

Hours: office: Monday 12h30 to 16h00, Tuesday and Thursday 18h00 to 19h30, Wednesday 9h30 to 11h30

Fees: FADOQ membership: $25 for one year, $45 for two years

Financing: membership fees

Legal status: non-profit organization

CLUB SOCIAL DE GENTILLY
1545 Jacques-Cartier East Boulevard, Longueuil, Montérégie, QC, J4M 2X1
450 647-5968


Eligibility: people 35 years old and over

Coverage area: Greater Montréal

Hours: Monday 13h00 to 16h00, closed from June to September

Financing: self-financing

Legal status: non-profit organization

COEUR POUR LES AUTRES (UN)
836 Le Moyne Street West, Longueuil, Montérégie, QC, J4K 1G3
514 909-4523

Website: www.uncoeurpourlesautres.org/en

Email: andre@uncoeurpourlesautres.org


Eligibility: itinerant or homeless people, people in difficulty

Capacity: 250

Coverage area: Ville-Marie

Hours: food distribution: Wednesday 18h00 to 20h00 at Émilie-Gamelin Park, corner of De Maisonneuve Boulevard and Berri Street

Fees: none

Financing: donations

Legal status: non-profit organization
Coeurs Vaillants de St-Isidore (Les)

13 Richer Street, Saint-Isidore, Montérégie, QC, J0L 2A0
450 454-9286

Eligibility: seniors 50 years and over
Coverage area: Saint-Isidore
Hours: dancing: Tuesday 19h00 to 20h00, bean bags: Thursday 19h00 to 21h00, dinners: 3rd Friday of September, December, February and May
Fees: membership: $25
Financing: membership fees, donations
Legal status: non-profit organization

Croisée de Longueuil (La)

1230 Green Street, Longueuil, Montérégie, QC, J4K 4Z5
450 677-8918     Fax: 450 677-3377
Website: www.lacroiseedelongueuil.qc.ca
Email: lacroisee@lacroiseedelongueuil.qc.ca

Eligibility: families or people on a low income
Coverage area: South Shore, food assistance: Notre-Dame-de-la-Garde, Saint-Georges, Saint-Antoine-de-Padoue, Sainte-Louise-de-Marillac, Saint-Jude parishes
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 15h30
Fees: food assistance and cooking classes: free, delivery of frozen meals La Petite Cuillère: minimum purchase required and variable fees according to distance
Financing: Centraide of Greater Montréal, federal, provincial, municipal, self-financing
Legal status: non-profit organization

Cuisines de l’Amitié

2210 André Street, Suite 1, Brossard, Montérégie, QC, J4Z 2Z8
450 443-6770
Website: cuisinesdelamitie.org
Email: cuisinesdelamitie@gmail.com

Eligibility: seniors, people on a low income, collective kitchens: general population
Coverage area: Brossard and surroundings
Hours: sale of meals: Monday to Wednesday and Friday 9h00 to 15h00, Thursday 9h00 to 16h00, collective kitchens: Tuesday to Friday during the daytime
Fees: collective kitchens: $8 for 3 meals, 1 soup and 1 dessert, membership card: $10 per year
Financing: self-financing, provincial, donations
Legal status: non-profit organization

Dahlia (Le) - Groupe d’Entraide en Santé Mentale

183 Ellice Street, Beauharnois, Montérégie, QC, J6N 1W9
450 225-0696     Fax: 450 225-0102
Email: dahliaentraide@hotmail.com

Eligibility: people living or having experienced mental health problems or emotional distress
Coverage area: MRC Beauharnois-Salaberry, MRC Roussillon
ENVOLÉE (L‘), CENTRE D‘ACTION BÉNÉVOLE SAINTE-JULIE
695 Sainte-Julie Road, Sainte-Julie, Montérégie, QC, J3E 1W8
450 649-8874 Fax: 450 649-1362
Website: lenvolee.org
Email: info@lenvolee.org
Eligibility: seniors, people with a loss of autonomy, caregivers, families, community organizations
Coverage area: Sainte-Julie
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00
Fees: meals on wheels: $6 for a complete meal
Financing: provincial, donations, fundraising campaigns, self-financing
Legal status: non-profit organization

FADOQ - CLUB DE L‘ÂGE D‘OR DE SAINT-MATHIEU
299 Saint-Édouard Road, Saint-Mathieu, Montérégie, QC, J0L 2H0
450 659-6083
Services: Recreational and leisure activities for seniors. * Community suppers. * Card games, petanque, etc.
Eligibility: seniors
Capacity: 90 members
Coverage area: Saint-Mathieu
Hours: variable
Fees: membership: $25
Financing: membership fees
Legal status: non-profit organization

FADOQ - RÉGION SHERRINGTON
234 des Loisirs Street, Saint-Patrice-de-Sherrington, Montérégie, QC, J0L 2N0
450 454-4129
Eligibility: seniors 50 years and over
Coverage area: Saint-Patrice-de-Sherrington
Hours: Monday, Tuesday and Thursday 13h00 to 16h00, dance classes: Wednesday 13h00 to 15h30 at the community centre
Fees: membership: $25
Financing: membership fees
Legal status: non-profit organization

FADOQ - SAINT-RÉMI
25 Saint-Sauveur Street, Saint-Rémi, Montérégie, QC, J0L 2L0
450 992-1388
Email: fadoqstremi@gmail.com
FOYER SAINT-ANTOINE DE LONGUEUIL
150 Grant Street, Longueuil, Montérégie, QC, J4H 3H6
450 679-6654
Website: foyerstantoine.ca
Email: info@foyerstantoine.ca


Eligibility: adults living with a physical, sensory or intellectual disability
Coverage area: Montérégie
Hours: day centre: Monday to Thursday 9h00 to 16h00, Friday 9h00 to 14h00, respite and short stays accommodation: 24 hours / 7 days
Fees: membership: $25 per year, respite: $65 per night, day centre: $25 per day, material: $15 per year
Financing: self-financing, federal
Legal status: non-profit organization

GRAIN D’SEL DE LA VALLÉE-DU-RICHELIEU (LE)
544 Laurier Boulevard, Beloeil, Montérégie, QC, J3G 4H9
450 467-5733
Website: www.graindesel.ca
Email: info@graindesel.ca

Eligibility: individuals and families with financial difficulties, workstation: people living with mental health problems
Hours: Monday to Thursday 8h30 to 16h00, resto pop: Tuesday 11h00 to 13h00
Fees: perishable goods basket: $10 per week
Financing: donations, provincial
Legal status: non-profit organization

GROUPE D’ENTRAIDE L’ARRÊT-COURT, SOREL-TRACY
117 George Street, Sorel-Tracy, Montérégie, QC, J3P 1C4
450 743-6071     Fax: 450 743-9971
Website: www.groupedentraidelarretcourt.com
Email: arretcourt@hotmail.com

Eligibility: people 18 years old and over who are or have been living with severe and persistent mental health issues
Coverage area: Sorel-Tracy
Hours: Monday to Friday 8h00 to 12h00 and 13h15 to 17h00
HALTE DU COIN (LA)
1599 Bourassa Street, Longueuil, Montérégie, QC, J4J 3A5
438 270-1633
Website: lahalteeducoin.org
Email: info@lahalteeducoin.org
Eligibility: people experiencing homelessness
Capacity: accommodation: 25 places, day centre: 52 places
Coverage area: Boucherville, Brossard, Longueuil, Saint-Lambert, Saint-Bruno-De-Montarville
Hours: 24 hours / 7 days
Fees: none
Financing: donations, grants
Legal status: non-profit organization

INTERMISSION DE LONGUEUIL (L')
Confidential Address
450 679-7070
Email: mmaxye@hotmail.com
Services: * Social and recreational activities: friendly dinners, dinner dances, brunches, hiking, bowling, seasonal activities, etc.
Eligibility: lonely people aged 50 year old and over
Coverage area: Montérégie
Hours: activities and dinners: Saturday, brunch: Sunday 9h00 to 12h30
Fees: membership: $15, activities: $1 for members, $2 for non-members
Financing: membership fees, municipal
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
Eligibility: adults 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

JOYEUX RETRAITÉS (LES)
1 Curé-Poirier Boulevard East, Longueuil, Montérégie, QC, J4J 2C6
450 463-7100 ext. 2404
Website: www.lesjoyeuxretraites.com
Email: joyeuxretraites@outlook.fr

Eligibility: people 50 years and over
Coverage area: Longueuil and surroundings
Hours: administration: Wednesday 9h00 to 11h30
Fees: membership: $10 renewable in May
Financing: contributions, provincial
Legal status: non-profit organization

LUCIOLES (LES)
2060 Homes Street, Longueuil, Montérégie, QC, J4T 1R8
Website: www.lucioles.ca
Email: ca.lucioles@gmail.com

Eligibility: autonomous people 18 to 65 years old living with physical disabilities
Capacity: 30 people
Coverage area: Longueuil
Hours: Friday 10h00 to 14h30
Fees: membership: $7 per year, lunch: $6 for members, $7 for non-members
Financing: provincial
Legal status: non-profit organization

LUNCH CLUB DE BOUCHERVILLE
31 Pierre-Boucher Street, Boucherville, Montérégie, QC, J4B 5A8
450 655-7994

Eligibility: people 65 years and over, people with a disability or illness
Capacity: 60
Coverage area: Boucherville
Hours: September to May, Tuesday and Thursday 11h00 to 15h30
Fees: $8 per meal
Financing: self-financing, donations
Legal status: non-profit organization

LUNCH CLUB SOLEIL
3205 Rome Boulevard, Brossard, Montérégie, QC, J4Y 1R2
438 289-6315
Email: lunchclubsoleil@yahoo.com

Services: Break down the isolation of seniors and encourage the maintenance of their independence. * Activities and outing: physical fitness, knitting and dance. * Community meals.
Eligibility: autonomous seniors
Capacity: between 60 and 70 members, waiting list
Coverage area: Brossard, Saint-Hubert, Greenfield Park
Hours: Tuesday 9h30 to 15h00, variable, closed during summer
Fees: membership fees: $10, activities: $7 a day
Financing: provincial, membership fees, donations
Legal status: non-profit organization
MAISON DE JEUNES DES QUATRE LIEUX
2002 Union Avenue, Saint-Césaire, Montérégie, QC, J0L 1T0
450 469-0110     Fax: 450 469-1221
Email: mjd4lieux@gmail.com


Eligibility: youth 11 to 17 years old
Coverage area: Ange-Gardien, Rougemont, Saint-Césaire, Saint-Paul-d'Abbotsford
Hours: variable
Fees: annual membership: $7
Financing: Centraide Richelieu-Yamaska, fundraising campaigns, donations, provincial, municipal
Legal status: non-profit organization

MAISON DE LA FAMILLE DES MASKOUTAINS
2130 Mailhot Avenue, Saint-Hyacinthe, Montérégie, QC, J2S 9E1
450 771-4010     Fax: 450 250-0272
Website: www.mfm.qc.ca
Email: accueil@mfm.qc.ca


Eligibility: families, seniors, caregivers, children, immigrants, refugees
Coverage area: MRC Les Maskoutains
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Fees: membership card: $10 per year, drop-in respite: free, educational childcare services: $20 per 4-week session, including meals, Tablette et cie: free for members, $5 per 4-month session for non-members, community meals: variable
Financing: provincial, donations, grants, membership fees
Legal status: non-profit organization

MAISON DES AÎNÉS DE LA PRAIRIE
500 Saint-Laurent Street, La Prairie, Montérégie, QC, J5R 5X2
450 444-6736
Website: maisondesaineslaprairie.org
Email: admin@maisondesaineslaprairie.org


Eligibility: people 50 years and over, at-home hairdressing: people 50 years and over in recovery and without a car or people 80 years and over
Coverage area: La Prairie, MRC Roussillon, at-home hairdressing: La Prairie
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, Friday 9h00 to 12h00
Fees: annual membership: $18 for La Prairie citizens, $21 for others, courses and hairdressing: variable
Financing: self-financing, provincial
Legal status: non-profit organization
**MAISON DES JEUNES DE SAINT-BRUNO**
1425 Goyer Street, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 3Z4
450 441-1989
Website: mdjstbruno.org
Email: maisondesjeunesst-bruno@videotron.ca


**Eligibility:** youth 11 to 17 years old
**Coverage area:** Saint-Bruno-de-Montarville
**Hours:** school year: Monday to Thursday 15h00 to 20h00, Friday 15h00 to 21h00, summer: Monday to Friday 13h00 to 21h00, collective suppers: Wednesday 17h00 to 19h00
**Fees:** free, variables fees for outings
**Financing:** donations, self-financing, grants
**Legal status:** non-profit organization

**MAISON DES JEUNES ÉQUINOX**
5185 Saint-Laurent Boulevard, Sainte-Catherine, Montérégie, QC, J5C 1A6
450 632-5122     Fax: 450 632-1680
Website: mdjequinox.ca
Email: direction@mdjequinox.ca


**Eligibility:** youth 12 to 17 years old, certain times for youth 10 to 11 years old
**Coverage area:** Sainte-Catherine and surroundings
**Hours:** school year: Tuesday to Thursday 16h00 to 21h00, Friday 16h00 to 22h00, Saturday 14h00 to 21h00, youth 10 to 11 years old: Monday 15h00 to 17h30, summer: Tuesday to Friday 14h00 to 17h00 and 18h00 to 22h00, Saturday 14h00 to 21h00, youth 10 to 11 years old: Monday 15h00 to 17h30
**Fees:** none
**Financing:** municipal, provincial
**Legal status:** non-profit organization

**MAISON DES TOURNESOLS**
1720 De Gaulle Street, Longueuil, Montérégie, QC, J4T 1M9
450 445-9290     Fax: 450 445-2815
Website: maisondestournesols.org
Email: info@maisondestournesols.org

**Services:** Day centre dedicated to seniors. * Seniors Program: weekly meetings, community meals, social and information activities, theme days. * Alzheimer's Respite Program: respite day offered from Monday to Friday to caregivers of people with cognitive disorders, including Alzheimer's disease. * Maison des Tournesols Mobile: individualized, punctual and adapted accompaniment service. * Volunteer Program: opportunities for involvement in the kitchen, reception, delivery and transportation or administrative support.

**Eligibility:** retirees and seniors
**Capacity:** 120
**Coverage area:** South Shore
**Hours:** Monday to Friday 8h30 to 16h00
**Fees:** membership: $20 per year, activities: variable, seniors program: community meal $10, transportation $6 (depending on availability)
**Financing:** provincial, foundations
**Legal status:** non-profit organization
Food

MAISON INTERNATIONALE DE LA RIVE-SUD - CAFÉ DES ÂNÉS
2500 Lapinière Boulevard, Brossard, Montérégie, QC, J4Z 3V1
450 445-8777 ext. 235   Fax: 450 445-1222
Website: mirs.qc.ca
Email: jb.henry@mirs.qc.ca
Eligibility: senior immigrants
Capacity: 70
Coverage area: South Shore
Hours: Monday to Friday 9h00 to 17h00
Fees: membership card: $30, subscription to activities: variable
Financing: self-financing, provincial, contributions
Legal status: non-profit organization

MAISON TREMPLIN DE LONGUEUIL (LA)
267 Toulouse Street, Longueuil, Montérégie, QC, J4L 4X1
450 442-4019
Website: www.maisontremplin.com
Email: info@maisontremplin.com
Eligibility: services: all, activities: families and children 0 to 12 years old
Coverage area: Vieux-Longueuil
Hours: Monday to Thursday 8h30 to 16h00, Friday 8h30 to 12h00
Fees: membership: $7 per year per family with children, $5 per adult, activities: variable
Financing: Centraide of Greater Montréal, federal, provincial, self-financing, donations
Legal status: non-profit organization

MARIEVILLE - CENTRE D’ACTION BÉNÉVOLE LA SEIGNEURIE DE MONNOIR
146 Ruisseau-Barré Road, Marieville, Montérégie, QC, J3M 1P2
450 460-2825   Fax: 450 460-4992
Website: www.cabsm.org
Email: info@cabsm.org
Eligibility: seniors, people who are ill or with a loss of autonomy, families in need, assistance with grocery shopping: people 70 years and over
Coverage area: Sainte-Angèle-de-Monnoir, Marieville, Richelieu, Saint-Mathias-sur-Richelieu, Rougemont
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: community meals: $8, meals on wheels: $7 per meal, coffee-meetings: $5
Financing: Centraide Richelieu-Yamaska, provincial, donations, fundraising campaigns, self-financing
Legal status: non-profit organization
MOSAÏQUE (LA), CENTRE D’ACTION BÉNÉVOLE ET COMMUNAUTAIRE
1650 de l’Église Avenue, Longueuil, Montérégie, QC, J4P 2C8
450 465-1803     Fax: 450 465-5440
Website: www.lamosaique.org
Email: info@lamosaique.qc.ca


Eligibility: volunteers, people in need, community organizations and organizations in the health and social services network

Coverage area: agglomeration of Longueuil

Hours: administration: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30, thrift store: Tuesday to Saturday 10h00 to 17h00, shopping trips: twice a month

Fees: thrift store: variable low prices, other services: low cost or free

Financing: donations, grants, self-financing

Legal status: non-profit organization

PARTAGE NOTRE-DAME - GRANBY
309 Racine Street, Granby, Montérégie, QC, J2G 3B6
450 378-1111
Website: partagenotredame.org
Email: partagenotredame@hotmail.com


Eligibility: people 18 and over who feel isolated or have specific difficulties

Coverage area: Granby

Hours: dinner: Monday to Friday 11h30 to 12h15, thrift store: Monday to Friday 13h00 to 16h00, first Saturday of the month 9h30 to 11h30, Azimut: Monday to Thursday 9h30 to 14h00, Friday 9h30 to 13h00

Fees: dinner: $2.50

Financing: donations

Legal status: non-profit organization

PHARE SOURCE D’ENTRAIDE (LE) - POINT DE SERVICE - COWANSVILLE
515 du Sud Street, Suite 216, Cowansville, Montérégie, QC, J2K 1T8
450 266-3464
Website: psentraide.org
Email: lephare@videotron.ca


Eligibility: people living with or having lived with mental health challenges

Coverage area: Cowansville

Hours: Monday, Wednesday, Thursday, Friday 9h00 to 16h00

Financing: provincial

Legal status: non-profit organization
PHARE SOURCE D'ENTRAIDE (LE) - SIÈGE SOCIAL - FARNHAM
525 Saint-Édouard Street, Suite 103, Farnham, Montérégie, QC, J2N 1G6
450 293-0690   Fax: 450 293-7070
Website: psentraide.org
Email: lephare@videotron.ca


Eligibility: people living or having lived with a mental health problem or a period of emotional distress

Coverage area: MRC Brome-Missisquoi

Hours: Monday, Wednesday, Thursday and Friday 9h00 to 16h00

Financing: provincial

Legal status: non-profit organization

PORTE DU PASSANT (LA)
80 Phipps Street, Sorel-Tracy, Montérégie, QC, J3P 4B7
450 743-4803   Fax: 450 855-4858
Website: laportedupassant.org
Email: laportedupassant@videotron.ca


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

Capacity: 50

Coverage area: MRC Pierre-De Saurel

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

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

Financing: self-financing, contributions, donations

Legal status: non-profit organization

PSYCOHÉSION
100 du Marché Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1P7
450 377-2841   Fax: 450 377-0410
Website: www.psycohesion.weebly.com
Email: directrice@psycohesion.com


Eligibility: people 18 years and over living with or having lived with a mental health problem, Pass-Action program: people ready to reintegrate the job market

Capacity: Pass-Action program: 8 people

Coverage area: Salaberry-de-Valleyfield

Hours: Monday and Wednesday 9h00 to 16h00, Tuesday 12h00 to 16h00, Thursday 9h00 to 16h00 and 18h00 to 21h00, Friday 9h00 to 15h00, Saturday and Sunday 9h00 to 14h00

Fees: annual membership: $10
**REGROUPEMENT POUR LA SANTÉ DES AÎNÉS PIERRE-DE-SAUREL**

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

450 855-3737

Website: rsaps.ca

Email: rsaps@videotron.ca


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

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

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

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

**Financing:** contributions, provincial

**Legal status:** non-profit organization

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**RENCONTRE CHÂTEAUGUOISE (LA)**

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

450 699-6819     Fax: 450 699-3453

Website: www.rencontrechateauguoise.com

Email: adjointe@rencontrechateauguoise.com


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

**Capacity:** community meals: 50 seats

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

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

**Fees:** food assistance: $3, community meals: $1

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

**Legal status:** non-profit organization

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**REPAS DU PASSANT (LE)**

700 Sainte-Foy Boulevard, Longueuil, Montérégie, QC, J4J 5E9

450 679-5114     Fax: 450 679-5492

Email: lerepasdupassant@videotron.ca


**Eligibility:** people on a low income and general public

**Capacity:** 123

**Coverage area:** food assistance: Notre-Dame-de-Grâces, Saint-Pierre-Apôtre and Saint-Charles-Borromée sectors, other services: Longueuil

**Hours:** Monday to Thursday 9h00 to 16h00, meals: 11h30 to 13h00

**Fees:** meal: children under 12 years old $1.50, adults $4, solidarity price: $6, lunch card: $55 for 20 meals, $32.50 for 10 meals, $18.75 for 5 meals

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

**Legal status:** non-profit organization
REPAS PARTAGÉS - ÎLE-PERROT
150 Perrot Boulevard, L'Île-Perrot, Montérégie, QC, J7V 3G1
514 453-1228
Website: www.legraves.com
Eligibility: people 50 years and over
Coverage area: L'Île-Perrot
Hours: 4th Wednesday of the month
Fees: $12
Financing: self-financing, provincial
Legal status: non-profit organization

REPAS PARTAGÉS - LES CÈDRES
145 Valade Street, Les Cèdres, Montérégie, QC, J7T 1S9
450 452-4287
Website: www.legraves.com
Services: Community meals. * Line dancing.
Eligibility: people 50 years and over
Coverage area: Les Cèdres
Hours: 1st Tuesday of the month
Fees: $12
Financing: self-financing, provincial
Legal status: non-profit organization

REPAS PARTAGÉS - LES COTEAUX, SECTEUR SUD
191 Principale Street, Les Coteaux, Montérégie, QC, J7X 1A1
450 739-0836
Services: * Community meals.
Eligibility: seniors
Coverage area: Les Coteaux
Hours: last Tuesday of the month
Fees: cost of the meal split between participants
Financing: grants, donations
Legal status: non-profit organization

REPAS PARTAGÉS - NOTRE-DAME-DE-L'ÎLE-PERROT
Confidential Address
514 453-9420
Website: www.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: $12
Financing: self-financing, provincial
Legal status: non-profit organization

REPAS PARTAGÉS - PINCOURT-TERRASSE-VAUDREUIL
375 Cardinal-Léger Boulevard, Pincourt, Montérégie, QC, J7V 9H6
514 453-8406
Website: www.legraves.com
Eligibility: people 50 years and over
Coverage area: Pincourt, Terrasse-Vaudreuil
Hours: 3rd Tuesday of the month
Fees: $12
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-LAZARE
1980 Sainte-Angélique Road, Saint-Lazare, Montérégie, QC, J7T 2Y7
450 424-1953
Website: www.legraves.com
Services: Community meals. * Card games, bingo.
Eligibility: people 50 years and over
Coverage area: Saint-Lazare
Hours: 3rd Tuesday of the month 11h00 to 14h00
Fees: $12
Financing: self-financing, provincial
Legal status: non-profit organization

REPAS PARTAGÉS - SAINT-ZOTIQUE
Confidential Address
450 267-0930
Website: www.legraves.com
Services: * Community meals.
Eligibility: people 50 years and over
Coverage area: Saint-Zotique
Hours: 1st Wednesday of the month
Fees: $12
Financing: self-financing, provincial
Legal status: non-profit organization

SANTÉ MENTALE QUÉBEC - HAUT-RICHELIEU
211 Mayrand Street, Suite 1, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 3L1
450 346-5736 Fax: 450 346-2075
Email: direction.smq-hr@bellnet.ca
Eligibility: social reintegration program: adults with mental health issues
Coverage area: MRC Le Haut-Richelieu, MRC Rouville, MRC Roussillon
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h00
Financing: provincial
Legal status: non-profit organization

SERVICE ALIMENTAIRE COMMUNAUTAIRE
50 Webb Street, Suite 15, Salaberry-de-Valleyfield, Montérégie, QC, J6T 6L5
450 377-5551   Fax: 450 377-5551
Website: www.lesac-valleyfield.org
Email: le.sacintervenant@oricom.ca
Services: * Food assistance. * Follow-up with users. * Referrals to other organizations or services. *  
monsieur Lunettes: optician service.
Eligibility: people on a low income
Coverage area: Salaberry-de-Valleyfield
Hours: Monday to Thursday 8h30 to 11h50 and 13h00 to 16h20, Friday 8h30 to 11h50 and 13h00 to 15h50
Fees: food assistance: free, cooked meals: $3 per meal or $20 for 7 meals
Financing: fundraising campaigns
Legal status: non-profit organization

SERVICE D’ACTION BÉNÉVOLE AU COEUR DU JARDIN - HEMMINGFORD SITE
476 Frontière Street, Hemmingford, Montérégie, QC, J0L 1H0
450 247-2893
Website: sabjardin.org
Email: sabhemmingford@hotmail.com
dinner.
Eligibility: seniors, people in need, volunteers, community organizations
Coverage area: Hemmingford
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30
Fees: none, community dinner: variable
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

SERVICE D’ACTION BÉNÉVOLE AU COEUR DU JARDIN - NAPIERVILLE SITE
262-A de l’Église Street, Napierville, Montérégie, QC, J0J 1L0
450 245-7868
Website: sabjardin.org
Email: sabnap@hotmail.ca
Services: * Friendly visits. * Friendly calls. * Tax clinic and assistance with forms. * Information and referral. * Dinner meeting, meals on wheels, entertainment activities, courses and talks. * Promotion of volunteerism and 
support to community organizations.
Eligibility: volunteers, community organizations, caregivers, autonomous people in need
Coverage area: MRC Les Jardins-de-Napierville
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30
Fees: free or variable depending on the service
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CONFÉRENCE ISOLÉE DE SAINT-CYPRIEN-DE-
NAPIERVILLE
470 Saint-Jacques Street, Napierville, Montérégie, QC, J0J 1L0
450 245-3335
Email: info@ecofriperie.com

**Eligibility:** people on a low income

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

**Hours:** Monday 10h00 to 16h00, Tuesday and Wednesday 10h00 to 17h00, Thursday 12h00 to 20h00, Friday 10h00 to 20h00, Saturday and Sunday 10h00 to 16h00

**Financing:** self-financing, donations

**Legal status:** non-profit organization

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**Prepared meals and Meals-on-wheels**

**ACTION BÉNÉVOLE DE VARENNES**

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

450 652-5256

Website: actionbenevolevarennes.org

Email: info@actionbenevolevarennes.org


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

**Coverage area:** Varennes

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

**Fees:** variable

**Financing:** donations, grants

**Legal status:** non-profit organization

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**BOUFFE DU CARREFOUR (LA)**

3780 Grande-Allée, Longueuil, Montérégie, QC, J4T 2V7

450 926-2386

Website: labouffeducarrefour.org

Email: info@labouffeducarrefour.org


**Coverage area:** Saint-Hubert and surroundings

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

**Fees:** variable according to the service

**Financing:** grants, self-financing

**Legal status:** non-profit organization

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**CAFÉ DES DEUX PAINS DE VALLEYFIELD**

107 Jacques-Cartier Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4R8

450 371-8909     Fax: 450 371-7556

Website: www.cafedesdeuxpains.org

Email: cddp@oricom.ca


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

**Coverage area:** Salaberry-De-Valleyfield

**Hours:** Monday to Friday 9h00 to 18h00

**Financing:** Centraide Sud-Ouest du Québec, provincial, self-financing, donations

**Legal status:** non-profit organization
CARREFOUR COMMUNAUTAIRE L'ARC-EN-CIEL
96 Curé-Beauregard Street, Saint-Ours, Montérégie, QC, J0G 1P0
450 785-2874 Fax: 450 785-2876
Email: carrefourarcenciel@videotron.ca


Eligibility: families, teenagers, seniors

Coverage area: MRC Pierre-de-Saurel

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

Financing: grants, self-financing

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE DES AÎNÉS VAUDREUIL-SOULANGES
12 Curé-Cholet Street, Saint-Polycarpe, Montérégie, QC, J0P 1X0
1 855 510-3548 Fax: 450 265-1144

Website: 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

Financing: provincial, self-financing

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE L'ENTRAIDE PLUS
2437 Bourgogne Avenue, Chambly, Montérégie, QC, J3L 2A5
450 658-4469 Fax: 450 658-4469

Website: entraideplus.org
Email: info@entraideplus.org


Eligibility: people 50 years old and over, autonomous, disabled, sick or in loss of autonomy, caregivers

Capacity: Resto-Entre: 44 places

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

Hours: Monday to Thursday 9h00 to 16h00, Friday 9h00 to 14h00, respite: Monday and Thursday 9h30 to 15h30, Resto-Entre: Monday to Friday 11h00 to 13h00

Fees: members: $20 per year, Resto-Entre: $6 for members, $7 for non-members

Financing: donations, grants

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE L'ENTRAIDE PLUS - SAINT-MATHIAS-SUR-RICHELIEU SITE
300 des Patriotes Road, Saint-Mathias-sur-Richelieu, Montérégie, QC, J3L 6Z5
514 798-6767 Fax: 450 658-4469

Website: www.entraideplus.org
Email: info@entraideplus.org


Eligibility: seniors aged 50 years and over who are autonomous, disabled, sick or in loss of autonomy, caregivers
Coverage area: Carignan, Chambly, Marieville, Richelieu, Saint-Mathias-Sur-Richelieu, Sainte-Angèle-de-Monnoir
Hours: Monday to Wednesday 11h00 to 14h00, Thursday 11h00 to 16h00
Fees: membership: $25 per year
Financing: donations, grants
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE MULTISERVICES UN COIN CHEZ NOUS
628 Notre-Dame Street, Saint-Chrysostome, Montérégie, QC, J0S 1R0
450 826-4425     Fax: 450 826-1000
Website: www.uncoinchezous.org
Email: ccmsuccn@cooptel.qc.ca
Eligibility: seniors, people with a loss of autonomy, disadvantaged people
Capacity: 100
Coverage area: MRC Le Haut-Saint-Laurent
Hours: Monday to Friday 7h30 to 16h30, Sunday 13h00 to 17h00
Fees: meals on wheels: $8, other services: free
Financing: grants, self-financing
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE D’IBERVILLE ET DE LA RÉGION
290 des Conseillers Avenue, Saint-Jean-sur-Richelieu, Montérégie, QC, J2X 1Z8
450 347-1172     Fax: 450 347-3572
Website: cabiberville.org
Email: info@cabiberville.org
Eligibility: people on a low income, seniors, people with a temporary or permanent loss of autonomy, people with a physical or intellectual disability, caregivers, volunteers, organizations, meals on wheels: reserved to the people 55 years and over, caregivers
Coverage area: Saint-Jean-sur-Richelieu: Iberville and Saint-Athanase neighbourhoods, Mont Saint-Grégoire
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00
Fees: meals on wheels: $6, annual membership card: $5
Financing: Centraide of Greater Montréal, donations, provincial, grants
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE BEAUHARNOIS
600 Ellice Street, Suite 106, Beauharnois, Montérégie, QC, J6N 3P7
450 429-6453
Website: cabbeauharnois.com
Email: info@cabbeauharnois.com
Eligibility: seniors 65 years and over, seniors with a loss of autonomy

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Coverage area: Beauharnois, Saint-Étienne-de-Beauharnois, Saint-Louis-de-Gonzague
Hours: Monday to Thursday 8h00 to 12h00 and 12h30 to 16h00, Friday 8h00 to 12h00
Fees: social activities: up to $5, meals: variable
Financing: Centraide Sud-Ouest du Québec, self-financing, donations
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE BOUCHERVILLE
11 Louis-H.-La Fontaine Street North, Suite 201, Boucherville, Montérégie, QC, J4B 4Y3
450 655-9081
Website: www.cabboucherville.ca
Email: info@cabboucherville.ca
Eligibility: people living with permanent or temporary difficulties, ITMAV: people 50 years and over
Coverage area: Boucherville
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30
Fees: meals on wheels: $6, community kitchen: $20 maximum, frozen meals: $4
Financing: provincial, Centraide of Greater Montréal, donations, federal, self-financing
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE CONTRECOEUR - À PLEIN COEUR
4956 Legendre Street, Contrecoeur, Montérégie, QC, J0L 1C0
450 587-8227     Fax: 450 401-1151
Website: www.cabcontrecoeur.ca
Email: cab.contrecoeur@videotron.ca
Coverage area: Contrecoeur and Verchères
Hours: centre: Monday to Friday 8h00 to 16h00, family depot: Monday to Friday 13h00 to 16h00, kitchen: Monday to Thursday 8h00 to 16h00
Fees: free
Financing: provincial, donations
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE LA FRONTIÈRE
12 Sainte-Marie Street, Lacolle, Montérégie, QC, J0J 1J0
450 246-2016     Fax: 450 246-2229
Email: centre.benev@hotmail.com
Eligibility: people in need, seniors
Coverage area: Lacolle, Clarenceville, Noyan, Saint-Bernard-de-Lacolle, Saint-Valentin, Saint-Paul-de-l'Île-aux-Noix, ITMAV: Lacolle, Saint-Paul-de-l'Île-aux-Noix, Saint-Valentin, Saint-Bernard-de-Lacolle
Hours: Monday to Thursday 7h00 to 16h00, Friday 7h30 to 11h30
Food

Fees: meals-on-wheels: $5 hot meals, $4 frozen meals, community lunches: $10, transportation: variable
Financing: provincial, self-financing
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE LA VALLÉE-DU-RICHELIEU

288-A Radisson Street, Mont-Saint-Hilaire, Montérégie, QC, J3H 2Z4
450 467-9373     Fax: 450 467-3732
Website: www.cabvr.org
Email: cabvr@cabvr.org


Eligibility: people in need, volunteers and community organizations
Coverage area: Beloeil, McMasterville, Mont-Saint-Hilaire, Otterburn Park, Saint-Antoine-sur-Richelieu, Saint-Charles-sur-Richelieu, Saint-Denis-sur-Richelieu, Saint-Jean-Baptiste, Saint-Mathieu-de-Beloeil, Saint-Marc-sur-Richelieu
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00
Financing: provincial, Centraide Richelieu-Yamaska, donations
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE SAINT-CÉSAIRE

1100 Leclaire Street, Saint-Césaire, Montérégie, QC, J0L 1T0
450 469-3279     Fax: 450 469-0958
Website: www.cabacoeur.org
Email: services@cabacoeur.org


Eligibility: individuals and families on a low income, seniors, caregivers, volunteers
Coverage area: Saint-Césaire
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00, caregivers: 2nd Tuesday of the month, friendship lunch: 3rd Tuesday of the month
Fees: thrift shop: at low cost
Financing: provincial
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE SAINT-HUBERT

3339 Grande Allée, Longueuil, Montérégie, QC, J4T 2S9
450 656-9110     Fax: 450 656-9115
Website: www.cab-saint-hubert.org
Email: info@cab-saint-hubert.org


Eligibility: people in need, people over 65 years old
Coverage area: Saint-Hubert
Hours: Monday to Friday 8h00 to 16h00
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization
CENTRE D’ACTION BÉNÉVOLE DE SAINT-JEAN-SUR-RICHELIEU
640 Dorchester Street, Office 301, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 5A4
450 347-7527 Fax: 450 347-7323
Website: www.cabstjean.org
Email: info@cabstjean.org
Eligibility: seniors, people on a low income, caregivers, volunteers
Coverage area: Saint-Blaise-Sur-Richelieu, Saint-Jean-Sur-Richelieu, Saint-Paul-De-L’île-Aux-Noix
Hours: Monday to Thursday 8h00 to 16h00
Fees: meals on wheels: variable, culinary workshops: $10 per workshop
Financing: provincial, self-financing, donations
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE INTERACTION
100 Principale Street, Noyan, Montérégie, QC, J0J 1B0
450 294-2646 Fax: 450 294-2145
Website: cabinteraction.ca
Email: info@cabinteraction.ca
Eligibility: individuals and families on a low income, volunteers
Coverage area: Noyan, Saint-Georges-De-Clarenceville, Northern tip of Henryville
Hours: Monday to Thursday 8h00 to 16h00, meals on wheels: Tuesday and Thursday, clothing depot: Tuesday to Thursday
Financing: provincial, donations
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE LES P’TITS BONHEURS
1665 Montarville Street, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 3T8
450 441-0807 Fax: 450 441-4667
Website: www.cabstbruno.org
Email: info@cab.petitsbonheurs@cabstbruno.org
Eligibility: seniors, families, people in difficulty
Capacity: variable
Coverage area: Saint-Bruno-de-Montarville
Hours: Monday to Friday 8h30 to 16h30, thrift store: Monday, Tuesday, Wednesday, Friday and Saturday 10h00 to 16h00, Thursday 10h00 to 19h00
Fees: variable
Financing: provincial
Legal status: non-profit organization
CENTRE D'ENTRAIDE BÉNÉVOLE DE SAINT-AMABLE
297 Principale Street, Saint-Amable, Montérégie, QC, J0L 1N0
450 649-0604  Fax: 450 649-2301
Website: www.cebsa.org
Email: info@cebsa.org
Eligibility: people on a low income, seniors, people living with disabilities or ill people
Coverage area: Saint-Amable
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 15h00, thrift shop: Tuesday to Thursday 13h00 to 16h00, food assistance: Friday 10h30, community meals: 2nd and last Wednesday of every month 11h30, meals on wheels: Tuesday and Thursday mornings
Fees: food assistance: $15, community meals: $7, meals on wheels: $5
Financing: provincial, self-financing
Legal status: non-profit organization

CENTRE D'ENTRAIDE RÉGIONAL D'HENRYVILLE
791 Rang Saint-Jean-Baptiste, Henryville, Montérégie, QC, J0J 1E0
450 299-1117  Fax: 450 299-9742
Email: cerh1994@live.ca
Coverage area: Henryville, Sabrevois, Saint-Alexandre, Saint-Sébastien, Venise-en-Québec
Hours: family store: Monday to Friday 10h00 to 12h00 and 13h00 to 15h30
Financing: provincial, Centraide of Greater Montréal
Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT D'ACTON VALE
1176 Bélair Street, Acton Vale, Montérégie, QC, J0H 1A0
450 546-7332  Fax: 450 546-7212
Website: www.centredebenevolatacton.com
Email: direction@cbav.ca
Eligibility: families, people in vulnerable situations, seniors, caregivers, volunteers, meals on wheels: people aged 65 and over
Coverage area: MRC Acton
Hours: administration: Monday to Friday 8h00 to 16h00, thrift store: Monday to Friday 9h00 to 17h00, Saturday 9h00 to 12h00
Fees: food assistance: free, meals on wheels: $6 per meal
Financing: donations, self-financing
Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE LA RIVE-SUD - CANDIAC SITE
8 Saint-Francois-Xavier Road, Candiac, Montérégie, QC, J5R 1A2
450 659-9651  Fax: 450 659-1271
Website: www.benevolatrivesud.qc.ca
Email: candiac@benevolatrivesud.qc.ca

Eligibility: adults and seniors with a loss of autonomy or living alone or in convalescence

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

Hours: Monday to Thursday 8h30 to 16h30, administration: Monday to Friday 8h30 to 16h30

Fees: meals-on-wheels: $6.50 per meal

Financing: provincial

Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE LA RIVE-SUD - CHAMBLY SITE
1410 de Salaberry Avenue, Chambly, Montérégie, QC, J3L 1R7
450 658-4325 Fax: 450 658-1694
Website: benevolatrivesud.qc.ca
Email: chambly@benevolatrivesud.qc.ca


Eligibility: meals on wheels: seniors 65 years and over, ill or convalescent people, people with physical or intellectual disability, single mothers, people in need, Coup de Pouce Family Counter: individuals, families on a low income

Coverage area: Chambly, Carignan

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

Fees: meals on wheels: $6.50 per meal, clothing depot: variable

Financing: donations

Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE LA RIVE-SUD - LONGUEUIL SITE
16 Montcalm Street, Longueuil, Montérégie, QC, J4J 2K6
450 677-5281 Fax: 450 677-8067
Website: www.benevolatrivesud.qc.ca
Email: longueuil@benevolatrivesud.qc.ca


Eligibility: adults and seniors with a loss of autonomy, living alone or in convalescence

Coverage area: Longueuil, ITMAV: Vieux-Longueuil

Hours: Monday to Friday 8h30 to 16h30

Fees: meals on wheels: $6 per meal

Financing: provincial, Centraide of Greater Montréal

Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE LA RIVE-SUD - SAINT-LAMBERT SITE
45 Argyle Street, Saint-Lambert, Montérégie, QC, J4P 2H2
450 465-6130 Fax: 450 465-5638
Website: www.benevolatrivesud.qc.ca
Email: stlambert@benevolatrivesud.qc.ca

**Eligibility:** people 65 years and older, ill, in recovery or living with a physical or intellectual disability

**Coverage area:** Saint-Lambert, Greenfield Park, Le Moyne and Brossard

**Hours:** Monday to Friday 8h30 to 16h30, meals-on-wheels: Tuesday and Thursday 10h00 to 12h00, frozen meals: Thursday 10h00 to 12h00

**Fees:** meals on wheels: $6 per meal

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

**Legal status:** non-profit organization

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**CENTRE DE BÉNÉVOLAT DE SAINT-BASILE-LE-GRAND**

50 Robert Road, Saint-Basile-le-Grand, Montérégie, QC, J3N 1L7

450 461-2111     Fax: 450 461-1588

Email: centredebenevolat@bellnet.ca


**Eligibility:** adults and seniors, people on a low income

**Coverage area:** Saint-Basile-le-Grand

**Hours:** Monday to Thursday 8h00 to 16h00, Friday 8h00 to 12h00, thrift store: Wednesday 18h00 to 20h30, Friday and Saturday 9h00 to 12h00

**Fees:** free or low cost, depending on the service

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

**Legal status:** non-profit organization

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**CENTRE DE BÉNÉVOLAT DE ST-HYACINTHE (LE)**

1015 Dessaulles Street, Saint-Hyacinthe, Montérégie, QC, J2S 2Y8

450 773-4966

Website: cbsh.ca

Email: infomad@cbsh.ca


**Eligibility:** seniors, people and families on a low income, people in a vulnerable situation, volunteers, organizations

**Coverage area:** MRC Les Maskoutains

**Hours:** Monday to Friday 8h30 to 16h30, emergency food assistance: by appointment

**Fees:** variable

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

**Legal status:** non-profit organization
COMITÉ DES USAGERS SAINT-URBAIN-PREMIER
13 Beaulieu Street, Saint-Urbain-Premier, Montérégie, QC, J0S 1Y0
450 427-3906
Email: thifil@hotmail.com

Services: * Meals on wheels. * Accompaniment and transportation service.
Eligibility: people with a loss of autonomy, people on a low income
Coverage area: Saint-Urbain-Premier
Fees: variable
Financing: donations
Legal status: non-profit organization

COMITÉ MIEUX VIEILLIR À SAINTE-MARTINE
Confidential Address
438 825-6873

Services: * Meals-on-wheels.
Eligibility: seniors, people who are ill, people on a low income or on welfare, young families
Coverage area: Sainte-Martine, Saint-Urbain-Premier
Hours: meals-on-wheels: Tuesday 11h00 to 12h00, two months vacation in the summer with resumption of service on Labour Day
Fees: meals on wheels: $7 for a complete meal
Financing: provincial, self-financing
Legal status: non-profit organization

COMITÉ POPOTE ROULANTE DE FARNHAM (LE)
415 de l’Hôtel-de-Ville Street, Farnham, Montérégie, QC, J2N 2H3
450 293-8333
Email: popotefarnham@hotmail.fr

Services: * Home delivery of hot and frozen meals.
Coverage area: Farnham
Financing: donations
Legal status: non-profit organization

COMPLEXE LE PARTAGE
547 Saint-Henri Street, La Prairie, Montérégie, QC, J5R 2S9
450 444-0803 Fax: 450 444-2621
Website: lepartage.info
Email: administration@lepartage.org

Eligibility: individuals and families on a low income, homeless people, people living with major health problems, refugees, immigrants
Coverage area: La Prairie
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00, food assistance: Thursday 9h30 to 11h30, 13h00 to 15h30 and 17h00 to 18h15
Fees: food assistance, collective kitchens and culinary workshops: variable, Christmas baskets: free
Financing: self-financing, Centraide of Greater Montréal, municipal, provincial, federal, donations
Legal status: non-profit organization

COMPLEXE LE PARTAGE - POINT DE SERVICE SAINT-CONSTANT
125 Saint-Pierre Street, Saint-Constant, Montérégie, QC, J5A 2G9
450 444-0803
Website: lepartage.info
Email: administration@lepartage.org
Food


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

Coverage area: Saint-Constant

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

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

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

Legal status: non-profit organization

COMPLEXE LE PARTAGE - POINT DE SERVICE SAINTE-CATHERINE

1080 Union Street, Sainte-Catherine, Montérégie, QC, J5C 1B3

450 444-0803

Website: lepartage.info

Email: administration@lepartage.org

Services: * Food assistance. * Christmas baskets.

Eligibility: individuals and families on a low income

Coverage area: Sainte-Catherine

Hours: food assistance: Thursday 9h30 to 11h30

Fees: food assistance: variable, Christmas baskets: free

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

Legal status: non-profit organization

CROISÉE DE LONGUEUIL (LA)

1230 Green Street, Longueuil, Montérégie, QC, J4K 4Z5
450 677-8918     Fax: 450 677-3377

Website: www.lacroiseedelongueuil.qc.ca

Email: lacroisee@lacroiseedelongueuil.qc.ca


Eligibility: families or people on a low income

Coverage area: South Shore, food assistance: Notre-Dame-de-la-Garde, Saint-Georges, Saint-Antoine-de-Padoue, Sainte-Louise-de-Marillac, Saint-Jude parishes

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 15h30

Fees: food assistance and cooking classes: free, delivery of frozen meals La Petite Cuillère: minimum purchase required and variable fees according to distance

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

Legal status: non-profit organization

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

695 Sainte-Julie Road, Sainte-Julie, Montérégie, QC, J3E 1W8
450 649-8874     Fax: 450 649-1362

Website: lenvolee.org

Email: info@lenvolee.org


Eligibility: seniors, people with a loss of autonomy, caregivers, families, community organizations

Coverage area: Sainte-Julie
GROUPE D’ENTRAIDE SOREL-TRACY (LE)
1225 Marie-Victorin Road, Sorel-Tracy, Montérégie, QC, J3R 1L8
450 746-5611
Website: legest.org
Email: info@legest.org
Eligibility: people and families on a low income
Coverage area: Sorel-Tracy
Hours: administration and emergency food assistance: Monday to Friday 8h30 to 16h30, food bank: Thursday 12h30 to 16h30
Fees: food bank: $15, other services: free
Financing: donations
Legal status: non-profit organization

HEMMINGFORD MEALS ON WHEELS
476 Frontière Street, Hemmingford, Montérégie, QC, J0L 1H0
450 247-3330
Services: Home delivery of full meals.
Eligibility: seniors
Coverage area: Hemmingford
Hours: delivery: Thursday 9h00 to 11h00
Fees: meal: $8, minimum of 3 meals per order
Financing: grants
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: sfh4784@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

KAHNAWAKE SHAKOTIIATAKEHNHAS COMMUNITY SERVICES
Confidential Address
450 632-6880 Fax: 450 632-5116
Website: www.kscs.ca

Eligibility: Kahnawake residents
Coverage area: Kahnawake
Hours: Monday to Friday 8h30 to 16h30
Financing: grants
Legal status: non-profit organization

MAISON TREMPLIN DE LONGUEUIL (LA)
267 Toulouse Street, Longueuil, Montérégie, QC, J4L 4X1
450 442-4019
Website: www.maisontremplin.com
Email: info@maisontremplin.com


Eligibility: services: all, activities: families and children 0 to 12 years old
Coverage area: Vieux-Longueuil
Hours: Monday to Thursday 8h30 to 16h00, Friday 8h30 to 12h00
Fees: membership: $7 per year per family with children, $5 per adult, activities: variable
Financing: Centraide of Greater Montréal, federal, provincial, self-financing, donations
Legal status: non-profit organization

MARIEVILLE - CENTRE D’ACTION BÉNÉVOLE LA SEIGNEURIE DE MONNOIR
146 Ruisseau-Barré Road, Marieville, Montérégie, QC, J3M 1P2
450 460-2825  Fax: 450 460-4992
Website: www.cabsm.org
Email: info@cabsm.org


Eligibility: seniors, people who are ill or with a loss of autonomy, families in need, assistance with grocery shopping: people 70 years and over
Coverage area: Sainte-Angèle-de-Monnoir, Marieville, Richelieu, Saint-Mathias-sur-Richelieu, Rougemont
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: community meals: $8, meals on wheels: $7 per meal, coffee-meetings: $5
Financing: Centraide Richelieu-Yamaska, provincial, donations, fundraising campaigns, self-financing
Legal status: non-profit organization

MEALS ON WHEELS OF SAINT-LAMBERT
Confidential Address
450 672-1050
Services: At-home meal delivery.
Eligibility: seniors, people with limited mobility
Coverage area: Saint-Lambert
Hours: delivery: Tuesday and Thursday
Fees: $5 per meal
Financing: self-financing
Legal status: non-profit organization

PETITE FERME DE L'AUBERGE (LA)
728 Bachand Road, Roxton, Montérégie, QC, J0H 1E0
450 548-2736   Fax: 450 548-2227
Website: lapetitefermedelauberge.org
Email: lapetiteferme2001@yahoo.ca
Eligibility: men 18 and over who are struggling or homeless with addiction or mental health issues
Capacity: housing: 9 places in farm accommodation, food aid: 30 individuals or families per week
Coverage area: Montérégie: social reintegration, Roxton Falls and surroundings: food assistance
Hours: 7 days 7h00 to 21h00
Fees: housing: depending on income
Financing: self-financing
Legal status: non-profit organization

POPOTE CONSTANTE
330 Wilfrid-Lamarche Street, Saint-Constant, Montérégie, QC, J5A 1W2
450 632-2191
Services: * Meals on wheels: hot meals delivered at home.
Eligibility: seniors with a loss of autonomy, people with temporary or permanent health problems
Capacity: 48 meals a day
Coverage area: Saint-Constant, Sainte-Catherine, Delson
Hours: delivery: Tuesday and Thursday 8h00 to 12h00
Fees: hot meal: 5$
Financing: self-financing, municipal, fundraising campaigns
Legal status: non-profit organization

POPOTE ROULANTE DE BEDFORD (LA)
52 du Pont Street, PO Box 731, Bedford, Montérégie, QC, J0J 1A0
450 248-7053
Email: popote_de_bedford@hotmail.com
Eligibility: seniors, people living with disabilities, people in convalescence
Coverage area: Canton de Bedford, Stanbridge East, Saint-Ignace-de-Stanbridge, Notre-Dame-de-Stanbridge, Standridge Station, Saint-Armand, Pike River
Hours: Monday to Friday 8h00 to 14h00
Fees: $6 per meal
Financing: municipal, donations, grants
Legal status: non-profit organization

POPOTE ROULANTE DE BROSSARD
Confidential Address
450 445-4452 ext. 2430
Website: popoteroulante.tripod.com
Email: popoteroulantedebrossard@gmail.com
Services: * Home delivery of hot meals.
Eligibility: seniors, people who are ill or disabled, temporarily or permanently unable to prepare their meals
Capacity: 36 people
Coverage area: Brossard
Hours: Tuesday and Thursday
Fees: $5 per meal
Financing: self-financing, grants
Legal status: non-profit organization

POPOTE ROULANTE DE CHÂTEAUGUAY
Confidential Address
514 231-0379
Website: popoteroulantechateauguay.webnode.fr
Email: infopopote.chateauguay@gmail.com
Services: Home delivery of meals.
Eligibility: seniors with a loss of autonomy, ill or disabled
Coverage area: Châteauguay
Hours: Monday to Friday 8h00 to 18h00
Fees: $5 per meal
Financing: grants, provincial
Legal status: non-profit organization

POPOTE ROULANTE DE L'ANGE-GARDIEN
249 Saint-Joseph Street, Ange-Gardien, Montérégie, QC, J0E 1E0
450 293-5166
Services: * Meals on wheels: at home or at l'Ange-Gardien Community Centre. * Buffet service for funerals.
Eligibility: people 60 years old and over, people who are ill or recovering from illness, people who have just given birth
Coverage area: L'Ange-Gardien
Hours: Tuesday and Thursday
Fees: $4 per meal
Financing: provincial, self-financing
Legal status: non-profit organization

POPOTE ROULANTE DE SALABERRY-DE-VALLEYFIELD (LA)
282 Jacques Cartier Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4T1
450 747-3168
Email: reception@popotevalleyfield.com
Services: Preparation and home delivery of meals. * Hot and frozen meals. * Adapted meals for seniors: mashed meals, salt-free, sugar-free, gluten-free diet, etc.
Eligibility: people with a loss of autonomy, especially those aged 70 years and over, with physical disabilities, ill or convalescent
Coverage area: Salaberry-de-Valleyfield
Hours: Monday, Tuesday and Thursday 8h00 to 15h30, Wednesday and Friday 8h00 to 13h30
Fees: hot meals: $7, frozen meals: $6, adapted meals: $6
Financing: Centraide South-West of Québec, self-financing
Legal status: non-profit organization

REPAS DU PASSANT (LE)
700 Sainte-Foy Boulevard, Longueuil, Montérégie, QC, J4J 5E9
450 679-5114 Fax: 450 679-5492
Email: lerepasdupassant@videotron.ca

Eligibility: people on a low income and general public

Capacity: 123

Coverage area: food assistance: Notre-Dame-de-Grâces, Saint-Pierre-Apôtre and Saint-Charles-Borromée sectors, other services: Longueuil

Hours: Monday to Thursday 9h00 to 16h00, meals: 11h30 to 13h00

Fees: meal: children under 12 years old $1.50, adults $4, solidarity price: $6, lunch card: $55 for 20 meals, $32.50 for 10 meals, $18.75 for 5 meals

Financing: donations, self-financing, grants

Legal status: non-profit organization

ROYAL CANADIAN LEGION - BRANCH 94

205 Empire Street, Longueuil, Montérégie, QC, J4V 1T9
450 466-0308
Website: www.legion94.ca
Email: lindamorven@gmail.com


Eligibility: veterans and dependents, military in active service, general public, legion mobile meals: seniors, people with reduced mobility

Coverage area: Greenfield Park

Hours: Legion mobile meals: Wednesday

Fees: meals: 7$ for two meals

Financing: donations, provincial

Legal status: non-profit organization

SERVICE D'ACTION BÉNÉVOLE AU COEUR DU JARDIN - NAPIERVILLE SITE

262-A de l'Église Street, Napierville, Montérégie, QC, J0J 1L0
450 245-7868
Website: sabjardin.org
Email: sabnap@hotmail.ca


Eligibility: volunteers, community organizations, caregivers, autonomous people in need

Coverage area: MRC Les Jardins-de-Napierville

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

Fees: free or variable depending on the service

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

SERVICE D'ACTION BÉNÉVOLE AU COUR DU JARDIN

1030 Notre-Dame Street, Saint-Rémi, Montérégie, QC, J0L 2L0
450 454-6567 Fax: 450 454-6567
Website: sabjardin.org
Email: sab.stremi@bellnet.ca

SOURIRE SANS FIN
2-A Sainte-Famille Street, Saint-Rémi, Montérégie, QC, J0L 2L0
450 454-5747 Fax: 450 454-5640
Website: souriresansfin.org
Email: info@souriresansfin.org

Government services

FEDERAL SERVICES

INCOME STATEMENTS

MUNICIPAL SERVICES

MUNICIPALITÉ RÉGIONALE DE COMTÉ (MRC)

OFFICIAL DOCUMENTS

PROVINCIAL SERVICES
Federal services

SERVICE CANADA CENTRE - BROSSARD
2501 Lapinière Boulevard, ground floor, Brossard, Montérégie, QC, J4Z 3P1
1 800 622-6232   TTY: 1 800 926-9105  
Website: www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2373


Coverage area: Brossard
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency

SERVICE CANADA CENTRE - CHÂTEAUGUAY
245 Saint-Jean-Baptiste Boulevard, Suite 101, Châteauguay, Montérégie, QC, J6K 3C3
1 800 622-6232   TTY: 1 800 926-9105  
Website: www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2443


Coverage area: Châteauguay
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency

SERVICE CANADA CENTRE - LONGUEUIL
1195 Du Tremblay Road, Suite 100, Longueuil, Montérégie, QC, J4N 1R4
1 800 622-6232   TTY: 1 800 926-9105  
Website: www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2871


Coverage area: Longueuil
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency
SERVICE CANADA CENTRE - SAINT-HYACINTHE
Galeries Saint-Hyacinthe, 3225 Cusson Avenue, Suite 2500, Saint-Hyacinthe, Montérégie, QC, J2S 0H7
1 800 622-6232  TTY: 1 800 926-9105
Website: www.servicecanada.gc.ca

Services: Service centre bringing together programs, services and benefits at the federal level. *
(CSJ) for youth and students. * Orientation on foreign credentials. * Receiving agents of passports. * Office of
parents of murdered or missing children.

Coverage area: Saint-Hyacinthe

Hours: Monday to Friday 8h30 to 16h00

Financing: federal

Legal status: federal government agency

SERVICE CANADA CENTRE - SAINT-JEAN-SUR-RICHELIEU
1235 Douglas Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J2W 1C7
1 800 622-6232  TTY: 1 800 926-9105
Website: www.canada.ca

Services: Service centre bringing together programs, services and benefits at the federal level. *
(CSJ) for youth and students. * Orientation on foreign credentials. * Receiving agents of passports. * Office of
parents of murdered or missing children.

Coverage area: Saint-Jean-sur-Richelieu and surrounding area

Hours: Monday to Friday 8h30 to 16h00

Financing: federal

Legal status: federal government agency

SERVICE CANADA CENTRE - VALLEYFIELD
63 Champlain Street, Suite 100, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1W4
1 800 622-6232  TTY: 1 800 926-9105
Website: www.canada.ca

Services: Service centre bringing together programs, services and benefits at the federal level. *
(CSJ) for youth and students. * Orientation on foreign credentials. * Receiving agents of passports. * Office of
parents of murdered or missing children.

Coverage area: Salaberry-De-Valleyfield

Hours: Monday to Friday 8h30 to 16h00

Financing: federal

Legal status: federal government agency
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.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2251
Coverage area: Vaudreuil-Dorion
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency

Income statements

ANGE-GARDIEN - MUNICIPALITY
249 Saint-Joseph Street, Ange-Gardien, Montérégie, QC, J0E 1E0
450 293-7575     Fax: 450 293-6635
Website: www.municipalite.ange-gardien.qc.ca
Email: info@municipalite.ange-gardien.qc.ca
Coverage area: Ange-Gardien
Hours: Monday to Friday 8h30 to 16h00, Friday 8h30 to 12h30
Financing: municipal
Legal status: municipal agency

BEAUHARNOIS - CITY
660 Ellice Street, Suite 100, Beauharnois, Montérégie, QC, J6N 1Y1
450 429-3546     Fax: 450 429-2478
Website: ville.beauharnois.qc.ca
Email: reception@ville.beauharnois.qc.ca
Coverage area: Beauharnois
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00
Financing: municipal
Legal status: municipal agency
BELOEIL - CITY
777 Laurier Street, Beloeil, Montérégie, QC, J3G 4S9
450 467-2835 ext. 0   Fax: 450 464-5445
Website: beloeil.ca
Email: reception@beloeil.ca
Coverage area: Beloeil
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h00, Friday 8h00 to 12h30
Financing: municipal
Legal status: municipal agency

BOUCHERVILLE - CITY
500 de la Rivière-aux-Pins Street, Boucherville, Montérégie, QC, J4B 2Z7
450 449-8100   Fax: 450 655-0086
Website: boucherville.ca/english
Email: information@boucherville.ca
Coverage area: Boucherville
Hours: Monday to Friday 8h30 to 12h00 and 13h15 to 16h30, summer: Monday to Thursday 8h30 to 12h00 and 13h15 to 16h30, Friday 8h30 to 12h00
Financing: municipal
Legal status: municipal agency

BROSSARD - CITY
2001 de Rome Boulevard, Brossard, Montérégie, QC, J4W 3K5
450 923-6311
Website: www.brossard.ca
Email: services@brossard.ca
Coverage area: Brossard
Hours: Monday, Wednesday and Friday 8h30 to 16h30, Tuesday and Thursday 8h30 to 19h30, Saturday 9h00 to 12h00
Financing: municipal
Legal status: municipal agency

CALIXA-LAVALLÉE - MUNICIPALITY
771 de la Beauce Road, Calixa-Lavallée, Montérégie, QC, J0L 1A0
450 583-6470   Fax: 450 583-5508
Website: www.calixa-lavallee.ca
Email: info@calixa-lavallee.ca
Government services

Coverage area: Calixa-Lavallée
Hours: Monday to Thursday 8h30 to 16h30
Financing: municipal
Legal status: municipal agency

CANDIAC - CITY
100 Montcalm Boulevard North, Candiac, Montérégie, QC, J5R 3L8
450 444-6000    Fax: 450 444-6009
Website: candiac.ca
Email: info@ville.candiac.qc.ca
Coverage area: Candiac
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 13h00
Financing: municipal
Legal status: municipal agency

CARIGNAN - CITY
2555 Bellevue Road, Carignan, Montérégie, QC, J3L 6G8
450 658-1066    Fax: 450 658-2676
Website: www.carignan.quebec
Email: info@villedecarignan.org
Coverage area: Carignan
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00
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
Coverage area: Les Cèdres
Hours: Monday to Friday 9h00 to 16h30, summer: Monday to Thursday 9h00 to 16h30 and Friday 9h00 to 12h00
Financing: municipal
Legal status: municipal agency

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Government services

CHAMBLY - CITY
56 Martel Street, Chambly, Montérégie, QC, J3L 1V3
450 658-8788  Fax: 450 447-4525
Website: www.ville.chambly.qc.ca
Email: information@ville.chambly.qc.ca


Coverage area: Chambly
Hours: Monday to Thursday 8h15 to 16h30, Friday 8h00 to 12h00
Financing: municipal
Legal status: municipal agency

CHÂTEAUGUAY - CITY
5 D’Youville Boulevard, Châteauguay, Montérégie, QC, J6J 2P8
450 698-3000
Website: ville.chateauguay.qc.ca/en
Email: info@ville.chateauguay.qc.ca


Coverage area: Châteauguay
Hours: Monday to Thursday 8h30 to 12h00 and 13h15 to 17h00, Friday 8h30 to 12h00
Financing: municipal
Legal status: municipal agency

CONTRECOEUR - CITY
5000 Marie-Victorin Road, Contrecoeur, Montérégie, QC, J0L 1C0
450 587-5901  Fax: 450 587-5855
Website: www.ville.contrecoeur.qc.ca
Email: cardinj@ville.contrecoeur.qc.ca


Coverage area: Contrecoeur
Hours: Monday to Thursday 8h15 to 12h00 and 13h00 to 16h45, Friday 8h15 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


Coverage area: Coteau-du-Lac
Hours: Monday to Thursday 8h00 to 12h00 and 12h45 to 16h30, Friday 8h00 to 12h00
Financing: municipal
Legal status: municipal agency
DELSON - CITY
50 Sainte-Thérèse Street, Delson, Montérégie, QC, J5B 2B2
450 632-1050 Fax: 450 632-1571
Website: www.ville.delson.qc.ca
Email: reception@ville.delson.qc.ca
Services: Municipal service management. * Municipal tax management and payment. * Information on garbage collection. * Construction permits. * COMALERTE: information by text message, email or automated telephone on street closures, snow removal, boil water advisories and other urgent informationaler.delson.ca * Online services: permit and grant applications, newsletter registration, COMALERTE.
www.ville.delson.qc.ca/fr/services-en-ligne
Coverage area: Delson
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 13h00
Financing: municipal
Legal status: municipal agency

DUNDEE - TOWNSHIP MUNICIPALITY
3296 Montée Smallman, Dundee, Montérégie, QC, J0S 1L0
450 264-4674 Fax: 450 264-8044
Website: www.cantondundee.ca/?lang=en
Email: info@cantondundee.ca
Services: Municipal service management. * Municipal counter: information on permits, grants and taxes, payment of taxes. * Calendar of recycling and garbage collection and information on waste management: 51cdd258-5958-44cf-a0b1-d7d182db707c.filesusr.com/ugd/d43ad5_730c707418024f4fa745535ad2f651a5.pdf * Public safety: fire department, Sûreté du Québec * Animal licenses.
Coverage area: Dundee
Hours: Monday to Thursday 9h00 to 12h00 et 13h00 to 16h00
Financing: municipal
Legal status: municipal agency

ELGIN - MUNICIPALITY
933 2nd Concession, Elgin, Montérégie, QC, J0S 2E0
450 264-2320
Website: municipalites-du-quebec.ca/elgin/en_index.php
Email: dg@munelgin.ca
Coverage area: Elgin
Hours: Monday to Wednesday 8h30 to 12h00 and 13h00 to 16h00
Financing: municipal
Legal status: municipal agency

FRANKLIN - MUNICIPALITY
1670 Road 202, Franklin, Montérégie, QC, J0S 1E0
450 827-2538 Fax: 450 827-2640
Website: www.municipalitedefranklin.ca
Email: info@municipalitedefranklin.ca
Coverage area: Franklin
Financing: municipal
Legal status: non-profit organization

HEMMINGFORD - VILLAGE
505 Frontière Street, Suite 5, Hemmingford, Montérégie, QC, J0L 1H0
450 247-3310
Website: www.hemmingford.ca/village/en
Email: reception.village@hemmingford.ca
Coverage area: Hemmingford
Hours: Monday and Wednesday 9h00 to 12h00 and 13h00 to 16h00
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
Coverage area: Hudson
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 13h00
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
Coverage area: L'Île-Cadieux
Hours: Tuesday and Thursday 9h00 to 16h30
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: ville@ile-perrot.qc.ca
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
LA PRAIRIE - CITY
170 Taschereau Boulevard, Suite 400, La Prairie, Montérégie, QC, J5R 5H6
450 444-6600    Fax: 450 444-6636
Website: www.ville.laprairie.qc.ca
Email: info@ville.laprairie.qc.ca


Coverage area: La Prairie
Hours: Monday to Thursday 8h15 to 16h30, Friday 8h15 to 13h00
Financing: municipal
Legal status: municipal agency

LA PRÉSENTATION - MUNICIPALITÉ
772 Principale Street, La Présentation, Montérégie, QC, J0H 1B0
450 796-2317    Fax: 450 796-1707
Website: www.municipalitelapresentation.qc.ca
Email: secretaire@municipalitelapresentation.qc.ca


Coverage area: La Présentation
Hours: Monday to Thursday 8h00 to 12h00 and 12h30 to 16h15, Friday 8h00 to 12h00
Financing: municipal
Legal status: municipal agency

LACOLLE - CITY
1 de l'Église Street South, Lacolle, Montérégie, QC, J0J 1J0
450 246-3201    Fax: 450 246-4412
Website: www.lacolle.com
Email: admin@lacolle.com

Services: Municipal services management. * Information on permits, grants, tax payments, property assessment and information on recyclable and compostable material, garbage and bulky items collection. * Public security: fire department.

Coverage area: Lacolle
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00, Friday 9h00 to 12h00
Financing: municipal
Legal status: municipal agency

LÉRY - CITY
1 de l'Hôtel-de-Ville Street, Léry, Montérégie, QC, J6N 1E8
450 692-6861    Fax: 450 692-6881
Website: www.lery.ca
Email: info@lery.ca


Coverage area: Léry
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 17h00, Friday 8h30 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


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

Financing: municipal
Legal status: municipal agency

LONGUEUIL - CITY
4250 de la Savane Road, Longueuil, Montérégie, QC, J3Y 9G4
311 Fax: 450 463-7400
Website: www.longueuil.quebec/en
Email: 311@longueuil.quebec


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

Financing: municipal
Legal status: municipal agency

MARIEVILLE - CITY
682 Saint-Charles Street, Marieville, Montérégie, QC, J3M 1P9
450 460-4444 Fax: 450 666-1766
Website: www.ville.marieville.qc.ca
Email: administration@ville.marieville.qc.ca


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

Financing: municipal
Legal status: municipal agency

MASSUEVILLE - MUNICIPALITY
246 Bonsecours Street, Massueville, Montérégie, QC, J0G 1K0
450 788-2957 Fax: 450 788-2050
Website: www.massueville.net
Email: info@massueville.net

**Government services**

**Coverage area:** Massueville
**Hours:** Monday to Wednesday 9h00 to 12h00 and 13h00 to 16h00, Thursday 9h00 to 12h00 and 13h00 to 17h00
**Financing:** municipal
**Legal status:** non-profit organization

**MCMASTERVILLE - MUNICIPALITY**
255 Constable Boulevard, McMasterville, Montérégie, QC, J3G 6N9
450 467-3580   Fax: 450 467-2493
Website: www.mcmasterville.ca
Email: info@mcmasterville.ca


**Coverage area:** McMasterville
**Hours:** Monday to Thursday 8h30 to 16h30, Friday 8h30 to 13h00
**Financing:** municipal
**Legal status:** municipal agency

**MERCIER - CITY**
869 Saint-Jean-Baptiste Boulevard, 2nd floor, Mercier, Montérégie, QC, J6R 2L3
450 691-6090   Fax: 450 691-6529
Website: www.ville.mercier.qc.ca
Email: info@ville.mercier.qc.ca


**Coverage area:** Mercier
**Hours:** Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00, Centre d'avis aux citoyens phone service: 24 hours / 7 days
**Financing:** municipal
**Legal status:** municipal agency

**MONT-SAINT-HILAIRE - CITY**
100 du Centre-Civique Street, Mont-Saint-Hilaire, Montérégie, QC, J3H 3M8
450 467-2854 ext. 0
Website: www.ville.mont-saint-hilaire.qc.ca
Email: information@villems.h.ca


**Coverage area:** Mont-Saint-Hilaire
**Hours:** Monday to Thursday 8h15 to 12h00 and 13h00 to 16h30, Friday 8h15 to 12h00
**Financing:** municipal
**Legal status:** municipal agency
**MRC D’ACTON**
1037 Beaugrand Street, Acton Vale, Montérégie, QC, J0H 1A0
450 546-3256  Fax: 450 546-0525
Website: mrcacton.qc.ca
Email: info@mrcacton.qc.ca

**Services:** * Land use planning administration. * Establishment of urban planning regulations. * Management of public services: water courses, public security and fire safety, culture, property assessment, car registration and waste.

**Coverage area:** MRC of Acton

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

**Financing:** municipal

**Legal status:** municipal agency

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**NAPIERVILLE - MUNICIPALITÉ**
260 de l’Église Street, Napierville, Montérégie, QC, J0J 1L0
450 245-7210  Fax: 450 245-7691
Website: napierville.ca
Email: municipalite@napierville.ca


**Coverage area:** Napierville

**Hours:** Monday to Thursday 8h30 to 12h00 and 13h00 to 17h00, Friday 8h30 to 12h00

**Financing:** municipal

**Legal status:** municipal agency

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**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


**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

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**NOYAN - MUNICIPALITY**
1312 de la Petite-France Road, Noyan, Montérégie, QC, J0J 1B0
450 291-4504  Fax: 450 291-4505
Website: www.ville.noyan.qc.ca
Email: reception@ville.noyan.qc.ca


**Coverage area:** Noyan

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

**Legal status:** municipal agency
OTTERBURN PARK - CITY
601 Ozias-Leduc Road, Otterburn Park, Montérégie, QC, J3H 2M6
450 536-0303     Fax: 450 467-8260
Website: www.opark.ca
Email: info@opark.ca
Coverage area: Otterburn Park
Hours: Monday to Thursday 7h45 to 12h00 and 13h00 to 16h30, Friday 7h45 to 11h45
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: information@villepincourt.qc.ca
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
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
Coverage area: Pointe-Fortune
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00
Financing: municipal
Legal status: municipal agency
REVENU QUÉBEC - LONGUEUIL
825 Saint-Laurent Street West, Longueuil, Montérégie, QC, J4K 2V1
1 800 267-6299  TTY: 1 800 361-3795
Website: www.revenuquebec.ca/en
Services:  * Administration of Québec's tax system by collecting taxes.  * Administration of programs and services related to income: tax credits, housing benefit, work bonus, maintenance allowances, provisional administration of unclaimed property, the Registraire des entreprises.
Coverage area:  Province of Québec
Hours:  Monday to Friday 10h00 to 16h30, phone service: Monday to Friday 8h30 to 16h30
Financing:  provincial
Legal status:  provincial government agency

REVENU QUÉBEC - SAINT-JEAN-SUR-RICHELIEU
855 Industriel Boulevard, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 7Y7
514 864-6299  Fax: 514 873-7502  TTY: 1 800 361-3795
Website: www.revenuquebec.ca
Services:  * Administration of Québec's tax system by collecting taxes.  * Administration of programs and services related to income: tax credits, housing benefit, work bonus, maintenance allowances, provisional administration of unclaimed property, the Registraire des entreprises.
Coverage area:  Province of Québec
Hours:  Monday to Friday 10h00 to 16h30, phone service: Monday to Friday 8h30 to 16h30
Financing:  provincial
Legal status:  provincial government agency

REVENU QUÉBEC - SOREL-TRACY
101 du Roi Street, Sorel-Tracy, Montérégie, QC, J3P 4N1
1 800 267-6299  Fax: 514 873-7502  TTY: 514 873-4455 / 1 800 361-3795
Website: www.revenuquebec.ca
Services:  * Administration of Québec's tax system by collecting taxes.  * Administration of programs and services related to income: tax credits, housing benefit, work bonus, maintenance allowances, provisional administration of unclaimed property, the enterprise registrar.
Coverage area:  province of Québec
Hours:  Monday to Friday 10h00 to 16h30
Financing:  provincial
Legal status:  provincial government agency

RICHELIEU - VILLE
200 Richelieu Boulevard, Richelieu, Montérégie, QC, J3L 3R4
450 658-1157  Fax: 450 658-5096
Website: www.ville.richelieu.qc.ca
Email: info@ville.richelieu.qc.ca
Coverage area:  Richelieu
Hours:  Monday to Thursday 8h00 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
Government services


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, Rivières-Beaudette, Montérégie, QC, J0P 1R0
450 269-2931
Website: riviere-beaudette.com
Email: administration@riviere-beaudette.com


Coverage area: Rivières-Beaudette
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h00, Friday 8h30 to 12h00
Financing: municipal
Legal status: municipal agency

ROXTON POND - MUNICIPALITÉ
901 Saint-Jean Street, Roxton Pond, Montérégie, QC, J0E 1Z0
450 372-6875     Fax: 450 372-1205
Website: www.roxtonpond.ca
Email: infomun@roxtonpond.ca


Coverage area: Roxton Pond
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h00, Friday 8h30 to 12h00 and 13h00 to 16h00
Financing: municipal
Legal status: municipal agency

SAINT-AIMÉ - MUNICIPALITY
398 Montée Sainte-Victoire, Saint-Aimé, Montérégie, QC, J0G 1K0
450 788-2737     Fax: 450 788-3337
Website: www.saintaime.qc.ca
Email: direction@saintaime.qc.ca


Coverage area: Saint-Aimé
Hours: Monday to Friday 9h00 to 12h00 and 13h30 to 15h30
Financing: municipal
Legal status: municipal agency
SAINT-ALEXANDRE - MUNICIPALITÉ
453 Saint-Denis Street, Saint-Alexandre, Montérégie, QC, J0J 1S0
450 346-6641 Fax: 450 346-0538
Website: www.saint-alexandre.ca
Email: info@saint-alexandre.ca
Coverage area: Saint-Alexandre
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h30, Friday 9h00 to 12h00
Financing: municipal
Legal status: municipal agency

SAINT-ALPHONSE-DE-GRANBY - MUNICIPALITÉ
360 Principale Street, Saint-Alphonse-de-Granby, Montérégie, QC, J0E 2A0
450 375-4570 Fax: 450 375-4717
Website: www.st-alphonse.qc.ca
Email: infos@st-alphonse.qc.ca
Coverage area: Saint-Alphonse-De-Granby
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00
Financing: municipal
Legal status: municipal agency

SAINT-AMABLE - MUNICIPALITY
575 Principale Street, Saint-Amable, Montérégie, QC, J0L 1N0
450 649-3555 Fax: 450 922-0728
Website: www.st-amable.qc.ca
Email: ville@st-amable.qc.ca
Coverage area: Saint-Amable
Hours: Monday to Friday 8h00 to 12h00 and 12h45 to 16h15, Friday 8h00 to 13h00, City Emergencies 27/7
Financing: municipal
Legal status: municipal agency

SAINT-ANICET - MUNICIPALITY
335 Jules-Léger Avenue, Saint-Anicet, Montérégie, QC, J0S 1M0
450 264-2555 Fax: 450 264-2395
Website: www.stanicet.com
Email: info@stanicet.com
Coverage area: Saint-Anicet
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, Friday 9h00 to 12h00
Financing: municipal
Legal status: municipal agency
SAINT-ANTOINE-SUR-RICHELIEU - MUNICIPALITY
1060 du Moulin-Payet Street, Suite 1, Saint-Antoine-sur-Richelieu, Montérégie, QC, J0L 1R0
450 787-3497     Fax: 450 787-2852
Website: saint-antoine-sur-richelieu.ca
Email: municipalite@sasr.ca
Coverage area: Saint-Antoine-sur-Richelieu
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30
Financing: municipal
Legal status: municipal agency

SAINT-BARNABÉ-SUD - MUNICIPALITY
165 de Michaudville Road, Saint-Barnabé-Sud, Montérégie, QC, J0H 1G0
450 792-3030     Fax: 450 792-3759
Website: saintbarnabesud.ca
Email: munstbarnabesud@mrcmaskoutains.qc.ca
Coverage area: Saint-Barnabé-Sud
Hours: Monday to Wednesday 8h30 to 12h30 and 13h00 to 15h00, Thursday 8h30 to 12h30 and 13h00 to 17h00
Financing: municipal
Legal status: municipal agency

SAINT-BASILE-LE-GRAND - CITY
204 Principale Street, Saint-Basile-le-Grand, Montérégie, QC, J3N 1M1
450 461-8000
Website: www.ville.saint-basile-le-grand.qc.ca
Email: communications@villesblg.ca
Coverage area: Saint-Basile-Le-Grand
Hours: Monday to Thursday 8h00 to 11h45 and 12h45 to 16h15, Friday 8h30 to 12h00
Financing: municipal
Legal status: municipal agency

SAINT-BERNARD-DE-LACOLLE - MUNICIPALITY
116 Rang Saint-Claude, Saint-Bernard-de-Lacolle, Montérégie, QC, J0J 1V0
450 246-3348     Fax: 450 246-4380
Website: www.municipalite-de-saint-bernard-de-lacolle.ca
Email: info@mun-sbdl.ca

Coverage area: Saint-Bernard-de-Lacolle

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

Financing: municipal

Legal status: municipal agency

SAINT-BERNARD-DE-MICHAUDVILLE - MUNICIPALITY

390 Principale Street, Saint-Bernard-de-Michaudville, Montérégie, QC, J0H 1C0

450 792-3190 ext. 1 Fax: 450 792-3591

Website: saintbernarddemichaudville.qc.ca

Email: dgstbernard@mrcmaskoutains.qc.ca


Coverage area: Saint-Bernard-de-Michaudville

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

Financing: municipal

Legal status: municipal agency

SAINT-BLAISE-SUR-RICHELIEU - MUNICIPALITY

795 des Loisirs Street, Saint-Blaise-sur-Richelieu, Montérégie, QC, J0J 1W0

450 291-5944 Fax: 450 291-3832

Website: www.st-blaise.ca

Email: info@st-blaise.ca


Coverage area: Saint-Blaise-sur-Richelieu

Hours: Monday to Thursday 7h45 to 16h30, Friday 7h45 to 16h30

Financing: municipal

Legal status: municipal agency

SAINT-BRUNO-DE-MONTARVILLE - CITY

1585 Montarville Street, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 3T8

450 653-2443 Fax: 450 441-8481

Website: stbruno.ca

Email: information@stbruno.ca


* Financial assistance program for the purchase of washable and reusable sanitary products: stbruno.ca/ville/programmes/programme-aide-financiere-achat-produits-hygieniques-lavables-et-reutilisables

Coverage area: Saint-Bruno-de-Montarville

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

Financing: municipal

Legal status: municipal agency
SAINT-CHARLES-SUR-RICHELIEU - MUNICIPALITY
405 des Patriotes Road, Saint-Charles-sur-Richelieu, Montérégie, QC, J0H 2G0
450 584-3484 Fax: 450 584-2965
Website: saint-charles-sur-richelieu.ca
Email: info@saint-charles-sur-richelieu.ca
Coverage area: Saint-Charles-sur-Richelieu
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30
Financing: municipal
Legal status: municipal agency

SAINT-CHRYSOSTOME - MUNICIPALITY
624 Notre-Dame Street, 2nd floor, Saint-Chrysostome, Montérégie, QC, J0S 1R0
450 826-3911 Fax: 450 826-0568
Website: www.mun-sc.ca
Email: dga@mun-sc.ca
Coverage area: Saint-Chrysostome
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 15h00
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
Coverage area: Saint-Clet
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h30
Financing: municipal
Legal status: municipal agency

SAINT-CONSTANT - CITY
147 Saint-Pierre Street, Saint-Constant, Montérégie, QC, J5A 2G9
450 638-2010 Fax: 450 638-5919
Website: saint-constant.ca
Email: communication@saint-constant.ca
Coverage area: Saint-Constant
Hours: Monday to Thursday 8h00 to 17h00, Friday 8h00 to 13h00
Financing: municipal
Legal status: municipal agency
SAINT-CYPRIEN-DE-NAPIERVILLE - MUNICIPALITY
121 Cyr Road, Napierville, Montérégie, QC, J0J 1L0
450 245-3658 Fax: 450 987-0165
Website: www.st-cypriendenapierville.com
Email: info@st-cypriendenapierville.ca


Coverage area: Saint-Cyprien-De-Napierville
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 17h00, Friday 8h00 to 12h00
Financing: municipal
Legal status: municipal agency

SAINT-DAMASE - MUNICIPALITY
115 Saint-Étienne Street, Saint-Damase, Montérégie, QC, J0H 1J0
450 797-3341 Fax: 450 797-3543
Website: www.st-damase.qc.ca
Email: info@st-damase.qc.ca


Coverage area: Saint-Damase
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00
Financing: municipal
Legal status: municipal agency

SAINT-DENIS-SUR-RICHELIEU - MUNICIPALITÉ
599 chemin des Patriotes, Saint-Denis-sur-Richelieu, Montérégie, QC, J0H 1K0
450 787-2244 Fax: 450 787-2635
Website: www.stdenissurrichelieu.com
Email: info@stdenissurrichelieu.com


Coverage area: Saint-Denis-Sur-Richelieu
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 16h00
Financing: municipal
Legal status: municipal agency

SAINT-ÉDOUARD - MUNICIPALITY
405C Montée Lussier, Saint-Édouard, Montérégie, QC, J0L 1Y0
450 454-6333
Website: saintedouard.ca
Email: info@saintedouard.ca


Coverage area: Saint-Édouard
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h00, Friday 8h30 to 12h00
Financing: municipal
Legal status: municipal agency
SAINT-ÉTIENNE-DE-BEAUHARNOIS - MUNICIPALITY
489 Saint-Louis Road, Saint-Étienne-de-Beauharnois, Montérégie, QC, J0S 1S0
450 225-1000     Fax: 450 225-1011
Website: www.st-etienne-de-beauharnois.qc.ca
Email: stetienne@videotron.ca


Coverage area: Saint-Étienne-de-Beauharnois
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h30
Financing: municipal
Legal status: municipal agency

SAINT-GEORGES-DE-CLARENCEVILLE - MUNICIPALITY
1350 Middle Road, Saint-Georges-de-Clarenceville, Montérégie, QC, J0J 1B0
450 294-2464
Website: www.clarenceville.qc.ca
Email: info@clarenceville.qc.ca


Coverage area: Saint-Georges-de-Clarenceville
Hours: Tuesday to Friday 8h00 to 12h00 and 13h00 to 16h00
Financing: municipal
Legal status: municipal agency

SAINT-GÉRARD-MAJELLA - MUNICIPALITY
444 Saint-Antoine Road, Saint-Gérard-Majella, Montérégie, QC, J0G 1X1
450 789-5777     Fax: 450 789-0065
Website: saintgerardmajella.ca
Email: direction@saintgerardmajella.ca


Coverage area: Saint-Gérard-Majella
Hours: Monday to Thursday 8h00 to 16h00
Financing: municipal
Legal status: municipal agency

SAINT-HYACINTHE - CITY
700 de l'Hôtel-de-Ville Avenue, Saint-Hyacinthe, Montérégie, QC, J2S 5B2
450 778-8300     Fax: 450 778-5817
Website: www.ville.st-hyacinthe.qc.ca
Email: communications@ville.st-hyacinthe.qc.ca


Coverage area: Saint-Hyacinthe
Hours: Monday to Thursday 8h30 to 17h00, Friday 8h30 to 13h00
Financing: municipal
Legal status: municipal agency
SAINT-ISIDORE - MUNICIPALITY
671 Saint-Régis Road, Saint-Isidore, Montérégie, QC, J0L 2A0
450 454-3919
Website: www.municipalite.saint-isidore.qc.ca
Coverage area: Saint-Isidore
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00
Financing: municipal
Legal status: municipal agency

SAINT-JACQUES-LE-MINEUR - MUNICIPALITÉ
91 Principale Street, Saint-Jacques-le-Mineur, Montérégie, QC, J0J 1Z0
450 347-5446
Website: www.saint-jacques-le-mineur.ca
Email: info@sjlm.ca
Coverage area: Saint-Jacques-le-Mineur
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, Friday 9h00 to 12h00
Financing: municipal
Legal status: municipal agency

SAINT-JEAN-BAPTISTE - MUNICIPALITY
3041 Principale Street, Saint-Jean-Baptiste, Montérégie, QC, J0L 2B0
450 467-3456 Fax: 450 467-8813
Website: www.msjb.qc.ca
Email: info@msjb.qc.ca
Coverage area: Saint-Jean-Baptiste
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h00, Friday 8h30 to 12h00
Financing: municipal
Legal status: municipal agency

SAINT-JUDE - MUNICIPALITY
940 du Centre Street, Saint-Jude, Montérégie, QC, J0H 1P0
450 792-3855 Fax: 450 792-3828
Website: www.saint-jude.ca
Email: munstjude@mrcmaskoutains.qc.ca
Coverage area: Saint-Jude
Hours: Monday to Friday 9h00 to 12h00 and 13h30 to 16h00
Financing: municipal
Legal status: municipal agency
SAINT-LAMBERT - CITY
600 Oak Avenue, Saint-Lambert, Montérégie, QC, J4P 2R6
450 672-4444
Website: www.saint-lambert.ca/en
Email: info.citoyens@saint-lambert.ca
Coverage area: Saint-Lambert
Hours: Monday to Wednesday 8h30 to 12h00 and 13h00 to 16h30, Thursday 8h30 to 19h30, Friday 8h30 to 12h00
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
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-LOUIS - MUNICIPALITY
765B Saint-Joseph Street, Saint-Louis, Montérégie, QC, J0G 1K0
450 788-2631     Fax: 450 788-2231
Website: www.saint-louis.ca
Email: mstlouis@mrcmaskoutains.qc.ca
Coverage area: Saint-Louis
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30
Financing: municipal
Legal status: municipal agency

SAINT-MARC-SUR-RICHELIEU - MUNICIPALITÉ
102 de la Fabrique Street, Saint-Marc-sur-Richelieu, Montérégie, QC, J0L 2E0
450 584-2258     Fax: 450 584-2795
Website: smsr.quebec
Email: info@smsr.quebec
Coverage area: Saint-Marc-Sur-Richelieu
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: municipal
Legal status: municipal agency
SAINT-MARCEL DE RICHELIEU - MUNICIPALITY
117 Saint-Louis Street, Saint-Marcel-de-Richelieu, Montérégie, QC, J0H 1T0
450 794-2832     Fax: 450 794-1140
Website: saintmarcelderichelieu.ca
Email: munst-marcel@mrcmaskoutains.qc.ca
Coverage area: Saint-Marcel-de-Richelieu
Financing: municipal
Legal status: municipal agency

SAINT-MATHIAS-SUR-RICHELIEU - VILLE
300 des Patriotes Road, Saint-Mathias-sur-Richelieu, Montérégie, QC, J3L 6Z5
450 658-2841     Fax: 450 447-1416
Website: st-mathias.org
Email: info@st-mathias.org
Coverage area: Saint-Mathias-Sur-Richelieu
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h45, Friday 8h30 to 12h00, summer: closed on Friday
Financing: municipal
Legal status: municipal agency

SAINT-MATHIEU - MUNICIPALITY
299 Saint-Édouard Road, Saint-Mathieu, Montérégie, QC, J0L 2H0
450 632-9528 ext. 0     Fax: 450 632-9544
Website: municipalite.saint-mathieu.qc.ca
Email: info@municipalite.saint-mathieu.qc.ca
Coverage area: Saint-Mathieu
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h30, Friday 9h00 to 12h00
Financing: municipal
Legal status: municipal agency

SAINT-MATHIEU-DE-BELOEIL - MUNICIPALITY
5000 des Loisirs Street, Beloeil, Montérégie, QC, J3G 2C9
450 467-7490     Fax: 450 467-2999
Website: www.saint-mathieu-de-beloeil.com
Email: reception@munstmathbel.ca
Coverage area: Saint-Mathieu-De-Beloeil
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h30
Financing: municipal
Legal status: municipal agency
SAINT-MICHEL - MUNICIPALITY
1700 Principale Street, Saint-Michel, Montérégie, QC, J0L 2J0
450 454-4502    Fax: 450 454-7508
Website: municipalite-saint-michel.ca
Email: info@mst-michel.ca
Coverage area: Saint-Michel
Hours: Monday to Thursday 8h00 to 12h00 and 12h30 to 16h30, Friday 8h00 to 13h00
Financing: municipal
Legal status: municipal agency

SAINT-NAZAIRE D'ACTON - MUNICIPALITY
750 des Loisirs Street, Saint-Nazaire-d'Acton, Montérégie, QC, J0H 1V0
819 392-2347    Fax: 819 392-2039
Website: stnazairedacton.ca
Email: municipalite@mun-nazaire.qc.ca
Coverage area: Saint-Nazaire-d'acton
Hours: Monday, Wednesday and Thursday 9h00 to 12h00 and 13h00 to 16h00
Financing: municipal
Legal status: municipal agency

SAINT-PATRICE-DE-SHERHERRINGTON - MUNICIPALITY
300 Saint-Patrice Street, Saint-Patrice-de-Sherrington, Montérégie, QC, J0L 2N0
450 454-4959    Fax: 450 454-5677
Website: www.st-patrice-sherrington.com
Email: reception@sherr.ca
Services: Municipal service management. * Municipal tax payment. * Fire department. * Information on
Coverage area: Saint-Patrice-de-Sherrington
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h30
Financing: municipal
Legal status: municipal agency

SAINT-PAUL-D'ABBOTSFORD - MUNICIPALITY
926 Principale Street East, Saint-Paul-d'Abbotsford, Montérégie, QC, J0E 1A0
450 379-5408    Fax: 450 379-9905
Website: www.saintpauldabbotsford.qc.ca
Email: info@saintpauldabbotsford.qc.ca
Services: Municipal services management. * Fire safety department. * Property assessment. * Grant to
Coverage area: Saint-Paul-D'Abbotsford
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00
Financing: municipal
Legal status: municipal agency
Government services

SAINT-PAUL-DE-L’ÎLE-AUX-NOIX - MUNICIPALITY
959 Principale Street, Saint-Paul-de-l’Île-aux-Noix, Montérégie, QC, J0J 1G0
450 291-3166 Fax: 450 291-5930
Website: www.ileauxnoix.com/eng
Email: info@ileauxnoix.qc.ca
Coverage area: Saint-Paul-de-l’Île-aux-Noix
Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00
Financing: municipal
Legal status: municipal agency

SAINT-PHILIPPE - CITY
175 Sanguinet Road, Suite 201, Saint-Philippe, Montérégie, QC, J0L 2K0
450 659-7701 Fax: 450 659-7702
Website: ville.saintphilippe.quebec
Email: info@ville.saintphilippe.quebec
Coverage area: Saint-Philippe
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00
Financing: municipal
Legal status: municipal agency

SAINT-PIE - VILLE
77 Saint-Pierre Street, Saint-Pie, Montérégie, QC, J0H 1W0
450 772-2488 Fax: 450 772-2233
Website: www.villest-pie.ca
Email: st-pie@villest-pie.ca
Hours: Monday to Thursday 8h30 to 12h30 and 13h00 to 16h30, Friday 8h00 to 13h00
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
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-RÉMI - CITY
105 de la Mairie Street, Saint-Rémi, Montérégie, QC, J0L 2L0
450 454-3993 ext. 0
Website: www.saint-remi.ca
Email: administration@ville.saint-remi.qc.ca
Government services


Coverage area: Saint-Rémi

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

Financing: municipal

Legal status: municipal agency

SAINT-ROCH-DE-RICHELIEU - MUNICIPALITY

1111 du Parc Street, Saint-Roch-de-Richelieu, Montérégie, QC, J0L 2M0
450 785-2755 Fax: 450 785-3098
Website: saintrochderichelieu.qc.ca
Email: info@saintrochderichelieu.com


Coverage area: Saint-Roch-De-Richelieu

Hours: Monday, Wednesday, Thursday 8h00 to 12h00 and 13h00 to 17h00, Tuesday 8h00 to 12h00 and 12h30 to 17h00 and 17h30 to 20h00

Financing: municipal

Legal status: municipal agency

SAINT-SIMON - MUNICIPALITY

49 du Couvent Street, Saint-Simon, Montérégie, QC, J0H 1Y0
450 798-2276 Fax: 450 798-2498
Website: www.saint-simon.ca
Email: info@saint-simon.ca


Coverage area: Saint-Simon

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

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-telephore.com
Email: info@st-telephore.ca


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-VALENTIN - MUNICIPALITY

790 4th Ligne Road, Saint-Valentin, Montérégie, QC, J0J 2E0
450 291-5422 Fax: 450 291-5327
Website: municipalite.saint-valentin.qc.ca
Email: administration@municipalite.saint-valentin.qc.ca

**Coverage area:** Saint-Valentin

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

**Financing:** municipal

**Legal status:** municipal agency

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**SAINT-VALÉRIEN-DE-MILTON - MUNICIPALITÉ**

960 Milton Road, Saint-Valérien-de-Milton, Montérégie, QC, J0H 2B0

450 549-2463  Fax: 450 549-2993

**Website:** www.st-valerien-de-milton.qc.ca

**Email:** administration.st-valerien@mrcmaskoutains.qc.ca


**Coverage area:** Saint-Valérien-de-Milton

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

**Financing:** municipal

**Legal status:** municipal agency

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**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


**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

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**SAINTE-ANGÈLE-DE-MONNOIR - MUNICIPALITY**

5 du Vide Road, Sainte-Angèle-de-Monnoir, Montérégie, QC, J0L 1P0

450 460-7838  Fax: 450 460-3853

**Website:** www.sainte-angele-de-monnoir.ca

**Email:** info@sainte-angele-de-monnoir.ca


**Coverage area:** Sainte-Angèle-de-Monnoir

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

**Financing:** municipal

**Legal status:** municipal agency
SAINTE-ANNE-DE-SABREVOIS - MUNICIPALITY
1218 Road 133, Sainte-Anne-de-Sabrevois, Montérégie, QC, J0J 2G0
450 347-0066   Fax: 450 347-4040
Website: sainte-anne-de-sabrevois.com
Email: info.sabrevois@videotron.ca


Coverage area: Sainte-Anne-de-Sabrevois
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, Friday 9h00 to 12h00
Financing: municipal
Legal status: municipal agency

SAINTE-ANNE-DE-SOREL - MUNICIPALITY
1685 du Chenal-du-Moine Road, Sorel-Tracy, Montérégie, QC, J3P 5N3
450 742-1616   Fax: 450 742-1118
Website: www.sainteannedesorel.ca
Email: info@sainteannedesorel.ca


Coverage area: Sainte-Anne-De-Sorel
Hours: Monday to Thursday 8h15 to 12h00 and 13h00 to 16h30, Friday 8h15 to 11h45
Financing: municipal
Legal status: municipal agency

SAINTE-BARBE - MUNICIPALITY
470 de l'Église Road, Sainte-Barbe, Montérégie, QC, J0S 1P0
450 371-2504   Fax: 450 371-2575
Website: www.ste-barbe.com
Email: info@ste-barbe.com


Coverage area: Sainte-Barbe
Financing: municipal
Legal status: municipal agency

SAINTE-BRIGIDE-D'IBERVILLE - MUNICIPALITY
555 Principale Street, Sainte-Brigide-d'Iberville, Montérégie, QC, J0J 1X0
450 293-7511   Fax: 450 293-1077
Website: www.sainte-brigide.qc.ca
Email: info@sainte-brigide.qc.ca


Coverage area: Sainte-Brigide-d'Iberville
Hours: Tuesday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: municipal
Legal status: municipal agency
SAINTE-CATHERINE - CITY
5465 Marie-Victorin Boulevard, Sainte-Catherine, Montérégie, QC, J5C 1M1
450 632-0590   Fax: 450 638-3298
Website: www.ville.sainte-catherine.qc.ca
Email: communications@vdsc.ca
Coverage area: Sainte-Catherine
Hours: Monday, Wednesday and Thursday 8h30 to 12h00 and 13h00 to 16h30, Tuesday 8h30 to 12h00 and 13h00 to 19h30, Friday 8h30 to 13h00
Financing: municipal
Legal status: municipal agency

SAINTE-CHRISTINE - MUNICIPALITY
646 1er rang, Sainte-Christine, Montérégie, QC, J0H 1H0
819 858-2828   Fax: 819 858-9191
Website: ste-christine.com
Email: directiongenerale@ste-christine.com
Coverage area: Sainte-Christine
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00
Financing: municipal
Legal status: municipal agency

SAINTE-CLOTILDE - MUNICIPALITY
2452 de l’Église Road, Sainte-Clotilde, Montérégie, QC, J0L 1W0
450 826-3129   Fax: 450 826-3217
Website: ste-clotilde.ca
Email: info@ste-clotilde.ca
Coverage area: Sainte-Clotilde
Hours: Monday to Thursday 8h00 to 12h00 and 12h30 to 16h30, Friday 8h00 to 12h00
Financing: municipal
Legal status: municipal agency

SAINTE-HÉLÈNE-DE-BAGOT - MUNICIPALITY
421 4th Avenue, Sainte-Hélène-de-Bagot, Montérégie, QC, J0H 1M0
450 791-2455   Fax: 450 791-2550
Website: www.saintehelenedebagot.com
Email: mun@saintehelenedebagot.com
Coverage area: Sainte-Hélène-de-Bagot
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: municipal
Legal status: municipal agency
SAINTE-JULIE - VILLE
1580 du Fer-à-Cheval Road, Sainte-Julie, Montérégie, QC, J3E 2M1
450 922-7111
Website: www.ville.sainte-julie.qc.ca
Email: clientele@ville.sainte-julie.qc.ca
Coverage area: Sainte-Julie
Hours: Monday to Thursday 8h00 to 19h00, Friday 8h00 to 16h00
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
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-MADELEINE - MUNICIPALITÉ
850 Saint-Simon Street, Sainte-Madeleine, Montérégie, QC, J0H 1S0
450 795-3822     Fax: 450 795-3736
Website: www.villestemadeleine.qc.ca
Email: administration@stemadeleine.quebec
Coverage area: Sainte-Madeleine
Hours: winter: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00, summer: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h30
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
Coverage area: Sainte-Marthe
Financing: municipal
Legal status: municipal agency
SAINTE-MARTINE - MUNICIPALITY
3 des Copains Street, Sainte-Martine, Montérégie, QC, J0S 1V0
450 427-3050 Fax: 450 427-7331
Website: www.municipalite.sainte-martine.qc.ca
Email: info@municipalite.sainte-martine.qc.ca
Coverage area: Sainte-Martine
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h30
Financing: municipal
Legal status: municipal agency

SAINTE-VICTOIRE-DE-SOREL - MUNICIPALITY
517 Rang South, Sainte-Victoire-de-Sorel, Montérégie, QC, J0G 1T0
450 782-3111 Fax: 450 782-2687
Website: saintevictoiredesorel.qc.ca
Email: info@saintevictoiredesorel.qc.ca
Coverage area: Sainte-Victoire-De-Sorel
Hours: Monday, Tuesday and Thursday 8h00 to 16h30, Wednesday 8h00 to 17h30
Financing: municipal
Legal status: municipal agency

SALABERRY-DE-VALLEYFIELD - CITY
61 Sainte-Cécile Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1L8
450 370-4300
Website: www.ville.valleyfield.qc.ca
Email: communications@ville.valleyfield.qc.ca
Coverage area: Salaberry-De-Valleyfield
Hours: Monday to Thursday 8h00 to 12h00 and 13h15 to 16h30, Friday 8h30 to 12h00
Financing: municipal
Legal status: municipal agency

SERVICES QUÉBEC - ACTON VALE
1130 Daigneault Street, Acton Vale, Montérégie, QC, J0H 1A0
1 800 438-4765 Fax: 450 546-2747
Website: www.quebec.ca/en/government/services-quebec

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

Coverage area: Acton Vale

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

Financing: provincial

Legal status: provincial government agency

SERVICES QUÉBEC - BEAUHARNOIS
140 Saint-Laurent Street, Beauharnois, Montérégie, QC, J6N 1V9
1 877 644-4545      TTY: 1 800 361-9596
Website: www.quebec.ca/en

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

Coverage area: Beauharnois

Hours: Monday, Tuesday, Thursday and Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 9h00 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: provincial government agency

SERVICES QUÉBEC - BELOEIL
515 Sir-Wilfrid-Laurier Boulevard, Suite 201, Beloeil, Montérégie, QC, J3G 6R7
1 877 856-1966     Fax: 450 467-9603
Website: www.quebec.ca/en/government/services-quebec


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

Coverage area: Beloeil

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

Financing: provincial

Legal status: provincial government agency
SERVICES QUÉBEC - DIRECTION RÉGIONALE DE LA MONTÉRÉGIE
135 de Mortagne Boulevard, Suite H, Boucherville, Montérégie, QC, J4B 6G4
1 800 561-6781
Website: www.localisateur.servicesquebec.gouv.qc.ca/en

Services:
* Services Québec offices locator: www.localisateur.servicesquebec.gouv.qc.ca/en
* Info-emploi counter: job bank that can be consulted on site.
* Job search assistance: redaction of resume and preparation to interview.
* Multiservices room: access to phone, fax, computers and printing machines.
* Workplace learning program.
* Training programs aiming professional skills development for enterprises and specific client group: students, women, youth, young mothers, older workers, disabled people, immigrants or visible minorities.
* Business assistance: advices and financial support in human resources management.
* Last-resort financial and social assistance for people with severe or temporary restrictions on employment or occupational disabilities.
* Last-resort financial and social assistance for asylum seekers and refugees.
* Last-resort financial and social assistance.
* Administration of oath.
* Information on government programs and services and accompaniment in administrative procedures.
* Services related to Directeur de l'état civil, Régie du bâtiment, Registre foncier, child support, pension plans and public sector pension plans.

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

Coverage area: Montérégie

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

Financing: provincial

Legal status: provincial government agency

SERVICES QUÉBEC - MARIEVILLE
497 Sainte-Marie Street, Marieville, Montérégie, QC, J3M 1M4
1 888 872-0680 Fax: 450 460-3368
Website: www.quebec.ca/en/government/services-quebec

Services:
* Info-emploi counter: job bank that can be consulted on site.
* Job search assistance: redaction of resume and preparation to interview.
* Multiservices room: access to phone, fax, computers and printing machines.
* Workplace learning program.
* Training programs aiming professional skills development for enterprises and specific client group: students, women, youth, young mothers, older workers, disabled people, immigrants or visible minorities.
* Business assistance: advices and financial support in human resources management.
* Last-resort financial and social assistance for people with severe or temporary restrictions on employment or occupational disabilities.
* Last-resort financial and social assistance.
* Administration of oath.
* Information on government programs and services and accompaniment in administrative procedures.
* Services related to Directeur de l'état civil, Régie du bâtiment, Registre foncier, child support, pension plans and public sector pension plans.

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

Coverage area: Marieville

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

Financing: provincial

Legal status: provincial government agency

SERVICES QUÉBEC - SAINT-HYACINTHE
3100 Laframboise Boulevard, Suite 2620, Saint-Hyacinthe, Montérégie, QC, J2S 4Z4
1 800 465-0719 Fax: 450 778-6647 TTY: 1 800 361-9596
Website: www.quebec.ca/en/government/services-quebec

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Government services


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

**Coverage area:** Saint-Hyacinthe

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 9h00 to 12h00 and 13h00 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

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**SERVICES QUÉBEC - SAINT-JEAN-SUR-RICHELIEU**

315 MacDonald Street, Suite 128, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 8J3

450 348-9294      Fax: 450 348-6514

Website: www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi/index_en.asp


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

**Coverage area:** Saint-Jean-sur-Richelieu

**Hours:** In person: Monday, Tuesday, Thursday, Friday 8h30 to 16h30, Wednesday 9h00 to 16h30, by phone: Monday to Friday 8h00 to 20h00

**Financing:** provincial

**Legal status:** provincial government agency

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**SERVICES QUÉBEC - SALABERRY-DE-VALLEYFIELD**

63 Champlain Street, Suite 110, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1W4

450 370-3027      TTY: 450 370-6848

Website: www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi/index_en.asp


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

**Coverage area:** Montérégie

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

**Financing:** provincial

**Legal status:** provincial government agency
SERVICES QUÉBEC - SOREL-TRACY
375 Fiset Boulevard, Sorel-Tracy, Montérégie, QC, J3P 7Z4
450 742-5941     Fax: 450 746-1931
Website: www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi/index_en.asp

Services: * Information and accompaniment in the administrative procedures with ministries and organizations. *

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

Coverage area: Sorel-Tracy
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: provincial government agency

SOREL-TRACY - CITY
71 Charlotte Street, Sorel-Tracy, Montérégie, QC, J3P 7K1
450 780-5600
Website: www.ville.sorel-tracy.qc.ca
Email: info@ville.sorel-tracy.qc.ca


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

Financing: municipal

Legal status: municipal agency

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


Coverage area: Terrasse-Vaudreuil

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

TRÈS-SAINT-RÉDEMPTEUR - MUNICIPALITY
769 Principale Road, Très-Saint-Rédempteur, Montérégie, QC, J0P 1P1
450 451-5203
Website: tressaintredempteur.ca
Email: recep@tressaintredempteur.ca
Government services

Coverage area: Très-Saint-Rédempteur
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30
Financing: municipal
Legal status: municipal agency

UPTON - MUNICIPALITY
810 Lanoie Street, Upton, Montérégie, QC, J0H 2E0
450 549-5611 Fax: 450 549-5045
Website: www.upton.ca
Email: secretariat@upton.ca

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30
Financing: municipal
Legal status: municipal agency

VARENNES - CITY
175 Sainte-Anne Street, Varennes, Montérégie, QC, J3X 1T5
450 652-9888 Fax: 450 652-2655
Website: www.ville.varennes.qc.ca
Email: citoyens@ville.varennes.qc.ca

Coverage area: Varennes
Hours: Monday to Friday 8h00 to 12h00 and 13h15 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

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, Vaudreuil-sur-le-Lac, Montérégie, QC, J7V 8P3
450 455-1133 Fax: 450 455-8614
Website: www.vsll.ca
Email: communications@vsll.ca

Coverage area: Vaudreuil-sur-le-Lac
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: municipal
Legal status: municipal agency

VENISE-EN-QUÉBEC - MUNICIPALITY
237 16th Avenue West, Venise-en-Québec, Montérégie, QC, J0J 2K0
450 346-4260 Fax: 450 346-4266
Website: venise-en-quebec.ca
Email: information@venise-en-quebec.ca
Coverage area: Venise-en-Québec
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00
Financing: municipal
Legal status: municipal agency

VERCHÈRES - CITY
581 Marie-Victorin Road, Verchères, Montérégie, QC, J0L 2R0
450 583-3307 Fax: 450 583-3637
Website: www.ville.vercheres.qc.ca
Email: mairie@ville.vercheres.qc.ca
Coverage area: Verchères
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00
Financing: municipal
Legal status: municipal agency

WARDEN - MUNICIPALITY
172 Principale Street, Warden, Montérégie, QC, J0E 2M0
450 539-1349
Website: municipalites-du-quebec.ca/warden
Email: info@village.warden.qc.ca
Services: Municipal services management. * Licenses and public works department. * Payment of municipal taxes.
Coverage area: Warden
Hours: Wednesday 9h00 to 12h00 and 13h00 to 18h00, Thursday 8h00 to 12h00 and 13h00 to 17h00, municipal inspector: Friday 18h15 to 20h45
Financing: municipal
Legal status: municipal agency

WATERLOO - CITY
417 de la Cour Street, Waterloo, Montérégie, QC, J0E 2N0
450 539-2282 Fax: 450 539-3257
Website: www.ville.waterloo.qc.ca
Email: administration@ville.waterloo.qc.ca
Coverage area: Waterloo
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h30
FINANCING: municipal
LEGAL STATUS: municipal agency

YAMASKA - MUNICIPALITY
100 Guilbault Street, Yamaska, Montérégie, QC, J0G 1X0
450 789-2489 Fax: 450 789-2970
Website: www.yamaska.ca
Email: info@yamaska.ca


COVERAGE AREA: Yamaska
HOURS: Monday to Thursday 8h00 to 12h00 and 12h30 to 16h30, Friday 8h00 to 12h00
FINANCING: municipal
LEGAL STATUS: municipal agency

MUNICIPAL SERVICES

ACTON VALE - CITY
1025 Boulay Street, Acton Vale, Montérégie, QC, J0H 1A0
450 546-2703 Fax: 450 546-4865
Website: www.ville.actonvale.qc.ca
Email: actonvale@ville.actonvale.qc.ca


COVERAGE AREA: Acton Vale
HOURS: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, Summer schedule: Monday to Thursday 8h00 to 12h00 and 12h45 to 16h30, Friday 8h00 to 12h00
FINANCING: municipal
LEGAL STATUS: municipal agency

ACTON VALE - CULTURAL AND SPORTING SERVICE
Centre sportif, 1505 3rd Avenue, Acton Vale, Montérégie, QC, J0H 1A0
450 546-2703 Fax: 450 546-3138

SERVICES: * Programming and organization of community activities, sociocultural and sports. * Library, Carrefour des Générations, sports center, swimming pool, water structures, fields, parks and trails. * Coordination with community organizations.

COVERAGE AREA: Acton Vale
HOURS: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, Summer schedule, from May 16th to September 2nd: Monday to Thursday 8h00 to 12h00 and 12h45 to 16h30, Friday 8h00 to 12h00
FEES: variable
FINANCING: municipal, self-financing
LEGAL STATUS: municipal agency

ANGE-GARDIEN - MUNICIPALITY
249 Saint-Joseph Street, Ange-Gardien, Montérégie, QC, J0E 1E0
450 293-7575 Fax: 450 293-6635
Website: www.municipalite.ange-gardien.qc.ca
Email: info@municipalite.ange-gardien.qc.ca

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Coverage area: Ange-Gardien

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

Financing: municipal

Legal status: municipal agency

BEAUHARNOIS - CITY

660 Ellice Street, Suite 100, Beauharnois, Montérégie, QC, J6N 1Y1
450 429-3546  Fax: 450 429-2478
Website: ville.beauharnois.qc.ca
Email: reception@ville.beauharnois.qc.ca


Coverage area: Beauharnois

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

Financing: municipal

Legal status: municipal agency

BEAUHARNOIS - ÉCOCENTRE

50 des Hauts-Fourneaux Road, Beauharnois, Montérégie, QC, J6N 1W5
450 225-0650
Website: www.ville.beauharnois.qc.ca/ecocentre
Email: travauxpublics@ville.beauharnois.qc.ca


Eligibility: residents

Capacity: maximum of 3 cubic meters per visit

Coverage area: Beauharnois, Saint-Étienne-de-Beauharnois, Léry and Saint-Urbain-Premier

Hours: Thursday, Friday Saturday from 8h00 to 15h45

Fees: depending on annual volume, free up to 12 cubic meters

Financing: grants

Legal status: non-profit organization

BELOEIL - CITY

777 Laurier Street, Beloeil, Montérégie, QC, J3G 4S9
450 467-2835 ext. 0  Fax: 450 464-5445
Website: beloeil.ca
Email: reception@beloeil.ca
Government services


**Coverage area:** Beloeil
**Hours:** Monday to Thursday 8h00 to 12h00 and 13h00 to 16h00, Friday 8h00 to 12h30
**Financing:** municipal
**Legal status:** municipal agency

**BÉTHANIE - MUNICIPALITY**
1321 de Béthanie Road, Béthanie, Montérégie, QC, J0H 1E1
450 548-2826
**Website:** municipalitedebethanie.ca
**Email:** bethanie@cooptel.qc.ca

**Services:** Municipal services management. * Domestic and recyclable material waste collection. * Drop-off point at the municipal office: light bulb containing mercury, batteries, smoke detectors, computer components, cellphones and ink cartridges. * Room rental. * Construction works and outdoor fire licenses. * Fire department: Régie intermunicipale de protection contre l'incendie de Roxton Falls.

**Coverage area:** Béthanie
**Hours:** office: Monday and Tuesday 8h30 to 12h00 and 13h00 to 17h00, Wednesday and Thursday 9h00 to 12h00 and 13h00 to 17h00
**Financing:** municipal
**Legal status:** municipal agency

**BOUCHERVILLE - CITY**
500 de la Rivière-aux-Pins Street, Boucherville, Montérégie, QC, J4B 2Z7
450 449-8100    Fax: 450 655-0086
**Website:** boucherville.ca/english
**Email:** information@boucherville.ca


**Coverage area:** Boucherville
**Hours:** Monday to Friday 8h30 to 12h00 and 13h15 to 16h30, summer: Monday to Thursday 8h30 to 12h00 and 13h15 to 16h30, Friday 8h30 to 12h00
**Financing:** municipal
**Legal status:** municipal agency

**BOUCHERVILLE - LOISIR, CULTURE ET VIE COMMUNAUTAIRE**
490 Lake Road, Boucherville, Montérégie, QC, J4B 6X3
450 449-8640    Fax: 450 449-7109
**Website:** boucherville.ca/sports
**Email:** infoloisirs@boucherville.ca

**Services:** * Community, sociocultural and sporting activities. * Aquatic centre and swimming pools, art centre, sport centre, arena, ice rinks, parks and playgrounds. * Summer day camp. * Events, shows and exhibitions. * Coordination with community organizations.

**Coverage area:** Boucherville
**Fees:** variable
**Legal status:** municipal agency

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BROSSARD - CITY
2001 de Rome Boulevard, Brossard, Montérégie, QC, J4W 3K5
450 923-6311
Website: www.brossard.ca
Email: services@brossard.ca


Coverage area: Brossard
Hours: Monday, Wednesday and Friday 8h30 to 16h30, Tuesday and Thursday 8h30 to 19h30, Saturday 9h00 to 12h00
Financing: municipal
Legal status: municipal agency

BROSSARD - RECREATION AND CULTURE
2001 de Rome Boulevard, Brossard, Montérégie, QC, J4W 3K5
450 923-6311
Website: www.brossard.ca/loisir-et-culture/activites-et-inscriptions


Coverage area: Brossard
Fees: variable
Financing: municipal
Legal status: municipal agency

CALIXA-LAVALLÉE - MUNICIPALITY
771 de la Beauce Road, Calixa-Lavallée, Montérégie, QC, J0L 1A0
450 583-6470     Fax: 450 583-5508
Website: www.calixa-lavallee.ca
Email: info@calixa-lavallee.ca


Coverage area: Calixa-Lavallée
Hours: Monday to Thursday 8h30 to 16h30
Financing: municipal
Legal status: municipal agency

CANDIAC - CITY
100 Montcalm Boulevard North, Candiac, Montérégie, QC, J5R 3L8
450 444-6000     Fax: 450 444-6009
Website: candiac.ca
Email: info@ville.candiac.qc.ca


Coverage area: Candiac
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 13h00
Financing: municipal
Legal status: municipal agency
CANDIAC - LOISIRS
59 Haendel Road, Candiac, Montérégie, QC, J5R 1R7
450 635-6020
Website: candiac.ca/culture-et-loisirs
Email: loisirs@ville.candiac.qc.ca
Coverage area: Candiac
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 13h00
Fees: variable
Financing: municipal
Legal status: municipal agency

CARIGNAN - CITY
2555 Bellevue Road, Carignan, Montérégie, QC, J3L 6G8
450 658-1066     Fax: 450 658-2676
Website: www.carignan.quebec
Email: info@villedecarignan.org
Coverage area: Carignan
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00
Financing: municipal
Legal status: municipal agency

CÈDRES (LES) - LOISIRS, CULTURE ET VIE COMMUNAUTAIRE
1060 du Fleuve Road, Les Cèdres, Montérégie, QC, J7T 1A1
450 452-4651 ext. 258
Website: www.ville.lescedres.qc.ca/fr/services-aux-citoyens/loisirs-culture-et-vie-communautaire
Email: amdeziel@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
Coverage area: Les Cèdres
Hours: Monday to Friday 9h00 to 16h30, summer: Monday to Thursday 9h00 to 16h30 and Friday 9h00 to 12h00
Financing: municipal  
Legal status: municipal agency  

CHAMBLY - CITY  
56 Martel Street, Chambly, Montérégie, QC, J3L 1V3  
450 658-8788  Fax: 450 447-4525  
Website: www.ville.chambly.qc.ca  
Email: information@ville.chambly.qc.ca  
Services: Management of municipal services.  
Management and payment of municipal taxes.  
Bulky items, compost, residual and recyclable wastes collection according to the calendar and the sectors:  
Fire department.  
Automated alert system for emergencies and snow removal.  
Online ticket payment and contestation.  
Online registration, payment and renewal of animal licenses.  
Online application and follow-up of construction and renovation permits.  
Property assessment and online consultation of the property assessment roll.  
Online public works requests, public works and urban planning management.  
Links to online services: https://www.ville.chambly.qc.ca/servicesenligne/.  
Coverage area: Chambly  
Hours: Monday to Thursday 8h15 to 16h30, Friday 8h00 to 12h00  
Financing: municipal  
Legal status: municipal agency  

CHÂTEAUGUAY - CITY  
5 D'Youville Boulevard, Châteauguay, Montérégie, QC, J6J 2P8  
450 698-3000  
Website: ville.chateauguay.qc.ca/en  
Email: info@ville.chateauguay.qc.ca  
Services: Municipal service management.  
Municipal tax management and payment.  
Garbage collection.  
Fire department.  
Police department.  
Construction permits.  
Pet licences.  
Emergency notification system.  
Coverage area: Châteauguay  
Hours: Monday to Thursday 8h30 to 12h00 and 13h15 to 17h00, Friday 8h30 to 12h00  
Financing: municipal  
Legal status: municipal agency  

CHÂTEAUGUAY - ENTERTAINMENT, SPORTS AND CULTURE  
15 Maple Boulevard, Châteauguay, Montérégie, QC, J6J 3P7  
450 698-3000  
Website: ville.chateauguay.qc.ca/en  
Email: info@ville.chateauguay.qc.ca  
Services: Community, cultural and sporting activities.  
Multisports centre, polydium, arena, parks and playgrounds, cultural centre, aquatic centre, nautical centre.  
Exhibition, events and festivals.  
Coordination with community organizations.  
Summer day camp.  
Room rental.  
Coverage area: Châteauguay  
Hours: Monday and Tuesday 12h00 to 20h00, Wednesday and Thursday 12h00 to 18h00, Friday 12h00 to 17h00, Saturday 9h00 to 17h00, summer schedule: Monday 10h00 to 20h00, Tuesday to Friday 10h00 to 16h00  
Fees: variable, passeport-loisir: $8 per resident and $14 per resident family for 2 years, $70 per year for non-residents  
Financing: municipal  
Legal status: municipal agency
CONSEIL RÉGIONAL DE L'ENVIRONNEMENT DE LA MONTÉRÉGIE

1150 Saint-Laurent Street West, Longueuil, Montérégie, QC, J4K 1E3

450 651-2662
Website: crem.qc.ca/fr
Email: info@crem.qc.ca


Eligibility: environmental groups, municipalities, school services centre, industries, businesses, institutions, farmers

Coverage area: Montérégie
Hours: Monday to Friday 9h00 to 17h00
Financing: provincial, contributions, donations, grants
Legal status: non-profit organization

CONTRECOEUR - CITY

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

450 587-5901 Fax: 450 587-5855
Website: www.ville.contrecoeur.qc.ca
Email: cardinj@ville.contrecoeur.qc.ca


Coverage area: Contrecoeur
Hours: Monday to Thursday 8h15 to 12h00 and 13h00 to 16h45, Friday 8h15 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


Coverage area: Coteau-du-Lac
Hours: Monday to Thursday 8h00 to 12h00 and 12h45 to 16h30, Friday 8h00 to 12h00
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


Coverage area: Coteau-du-Lac
Financing: municipal
Legal status: municipal agency

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DELSON - CITY
50 Sainte-Thérèse Street, Delson, Montérégie, QC, J5B 2B2
450 632-1050  Fax: 450 632-1571
Website: www.ville.delson.qc.ca
Email: reception@ville.delson.qc.ca

Services: Municipal service management. * Municipal tax management and payment. * Information on
trash collection. * Construction permits. * COMALERTE: information by text message, email or automated
telephone on street closures, snow removal, boil water advisories and other urgent information
* Online services: permit and grant applications, newsletter registration, COMALERTE
Coverage area: Delson
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 13h00
Financing: municipal
Legal status: municipal agency

DELSON - SERVICE DES LOISIRS
100 de Delson Avenue, Delson, Montérégie, QC, J5B 1S3
450 632-1050 ext. 3100  Fax: 450 635-0627
Website: www.ville.delson.qc.ca/fr/services-municipaux/loisirs-et-culture
Email: loisirs@ville.delson.qc.ca
Services: * Community, sociocultural and sporting activities. * Sports centre, parks, ice rinks and playgrounds. *
Summer day camp. * Hall rental.
Coverage area: Delson
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 13h00
Fees: variable, citizen card: free
Financing: municipal
Legal status: municipal agency

DUNDEE - TOWNSHIP MUNICIPALITY
3296 Montée Smallman, Dundee, Montérégie, QC, J0S 1L0
450 264-4674  Fax: 450 264-8044
Website: www.cantondundee.ca/?lang=en
Email: info@cantondundee.ca
Services: Municipal service management. * Municipal counter: information on permits, grants and taxes,
payment of taxes. * Calendar of recycling and garbage collection and information on waste
management: 51cdd258-5958-44cf-a0b1-d7d182db707c.filesusr.com/ugd/d43ad5_730c707418024f4fa745535ad2f651a5.pdf * Public safety: fire
department, Sûreté du Québec * Animal licenses.
Coverage area: Dundee
Hours: Monday to Thursday 9h00 to 12h00 et 13h00 to 16h00
Financing: municipal
Legal status: municipal agency

ELECTRONIC PRODUCTS RECYCLING ASSOCIATION
Confidential Address
1 888 567-4535 ext. 3
Website: recyclemyelectronics.ca/qc/
Email: info@recyclermeselectroniques.ca
Services: Represents manufacturers, distributors and sellers of electronic products in the province of Québec.
Website listing the various official electronic device recycling deposit
centres: www.recyclemyelectronics.ca/qc/where-can-i-recycle
Coverage area: Province of Québec
Financing: self-financing
Legal status: non-profit organization
ELGIN - MUNICIPALITY
933 2nd Concession, Elgin, Montérégie, QC, J0S 2E0
450 264-2320
Website: municipalites-du-quebec.ca/elgin/en_index.php
Email: dg@munelgin.ca
Coverage area: Elgin
Hours: Monday to Wednesday 8h30 to 12h00 and 13h00 to 16h00
Financing: municipal
Legal status: municipal agency

FRANKLIN - MUNICIPALITY
1670 Road 202, Franklin, Montérégie, QC, J0S 1E0
450 827-2538 Fax: 450 827-2640
Website: www.municipalitedefranklin.ca
Email: info@municipalitedefranklin.ca
Coverage area: Franklin
Financing: municipal
Legal status: non-profit organization

FRIPERIE COMMUNAUTAIRE HUNTINGDON
4 Lorne Street, Suite 102, Huntingdon, Montérégie, QC, J0S 1H0
450 264-4775
Website: www.fripcommhunt.quebec
Email: fripcommhunt@hotmail.com
Eligibility: general population, individuals and families on a low income, people who are far from the labour market
Coverage area: MRC Le Haut-Saint-Laurent
Hours: Tuesday to Saturday 9h00 to 17h00
Fees: rental of sports equipment: free but annual membership fee
Financing: self-financing, provincial, grants, donations
Legal status: non-profit organization

GREENFIELD PARK - DISTRICT
156 Churchill Boulevard, Longueuil, Montérégie, QC, J4V 2M3
311 Fax: 450 463-7394
Website: www.longueuil.quebec/fr/bureau-de-larrondissement-de-greenfield-park
Email: 311@longueuil.quebec
Services: District president’s office. * Protection and improvement of local services.
Coverage area: Greenfield Park
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, summer: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00
Financing: municipal
Legal status: municipal agency

HEMMINGFORD - TOWNSHIP
505 Frontière Street, Suite 3, Hemmingford, Montérégie, QC, J0L 1H0
450 247-2050  Fax: 450 247-3283
Website: www.hemmingford.ca/canton/en
Email: canton.township@hemmingford.ca
Coverage area: Hemmingford
Hours: Monday and Wednesday 9h00 to 12h00 and 13h00 to 16h00, Friday by appointment
Financing: municipal
Legal status: municipal agency

HEMMINGFORD - VILLAGE
505 Frontière Street, Suite 5, Hemmingford, Montérégie, QC, J0L 1H0
450 247-3310
Website: www.hemmingford.ca/village/en
Email: reception.village@hemmingford.ca
Coverage area: Hemmingford
Hours: Monday and Wednesday 9h00 to 12h00 and 13h00 to 16h00
Financing: municipal
Legal status: municipal agency

HINCHINBROOKE - MUNICIPALITY
1056 Brook Road, Hinchinbrooke, Montérégie, QC, J0S 1A0
450 264-5353
Email: info@hinchinbrooke.com
Services: Municipal services management.
Coverage area: Hinchinbrooke
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
Coverage area: Hudson
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 13h00
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. * Summer day camp. * Events.
Coverage area: Hudson
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, Friday 9h00 to 12h00
Fees: variable
Financing: municipal
Legal status: municipal agency

HUNTINGDON - CITY
23 King Street, Huntingdon, Montérégie, QC, J0S 1H0
450 264-5389
Website: villehuntingdon.com
Email: dg@villehuntingdon.com
Coverage area: Huntingdon
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00
Financing: municipal
Legal status: municipal agency

KAHNAWAKE - SPORTS AND RECREATION UNIT
Confidential Address
450 638-3311  Fax: 450 638-7063
Website: kahnawakesports.com
Coverage area: Kahnawake
Hours: Monday to Friday 8h30 to 16h00
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
Coverage area: L'Île-Cadieux
Hours: Tuesday and Thursday 9h00 to 16h30
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: ville@ile-perrot.qc.ca
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
150 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-lois@ile-perrot.qc.ca
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

LA PRAIRIE - CITY
170 Taschereau Boulevard, Suite 400, La Prairie, Montérégie, QC, J5R 5H6
450 444-6600     Fax: 450 444-6636
Website: www.ville.laprairie.qc.ca
Email: info@ville.laprairie.qc.ca
Coverage area: La Prairie
Hours: Monday to Thursday 8h15 to 16h30, Friday 8h15 to 13h00
Financing: municipal
Legal status: municipal agency

LA PRAIRIE - SERVICE DES LOISIRS
500 Saint-Laurent Street, La Prairie, Montérégie, QC, J5R 5X2
450 444-6700
Website: www.ville.laprairie.qc.ca
Email: loisirs@ville.laprairie.qc.ca
Coverage area: La Prairie
Hours: Monday 8h15 to 12h00 and 13h00 to 20h30, Tuesday to Thursday 8h15 to 12h00 and 13h00 to 16h30, Friday 8h15 to 17h00
Fees: variable
Government services

Financing: municipal
Legal status: municipal agency

LA PRÉSENTATION - MUNICIPALITÉ
772 Principale Street, La Présentation, Montérégie, QC, J0H 1B0
450 796-2317 Fax: 450 796-1707
Website: www.municipalitelapresentation.qc.ca
Email: secretaire@municipalitelapresentation.qc.ca
Coverage area: La Présentation
Hours: Monday to Thursday 8h00 to 12h00 and 12h30 to 16h15, Friday 8h00 to 12h00
Financing: municipal
Legal status: municipal agency

LACOLLE - CITY
1 de l'Église Street South, Lacolle, Montérégie, QC, J0J 1J0
450 246-3201 Fax: 450 246-4412
Website: www.lacolle.com
Email: admin@lacolle.com
Services: Municipal services management. * Information on permits, grants, tax payments, property assessment and information on recyclable and compostable material, garbage and bulky items collection. * Public security: fire department.
Coverage area: Lacolle
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00, Friday 9h00 to 12h00
Financing: municipal
Legal status: municipal agency

LÉRY - CITY
1 de l'Hôtel-de-Ville Street, Léry, Montérégie, QC, J6N 1E8
450 692-6861 Fax: 450 692-6881
Website: www.lery.ca
Email: info@lery.ca
Coverage area: Léry
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 17h00, Friday 8h30 to 12h00
Financing: municipal
Legal status: municipal agency

LÉRY - LOISIRS ET CULTURE
1 de l'Hôtel-de-Ville Street, Léry, Montérégie, QC, J6N 1E8
450 692-6861 Fax: 450 692-6881
Website: www.lery.ca/services/loisirs-et-culture
Email: info@lery.ca
Coverage area: Léry
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

* 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 13h00 to 16h45, 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

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.

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

Financing: municipal
Legal status: municipal agency

LONGUEUIL - CITY
4250 de la Savane Road, Longueuil, Montérégie, QC, J3Y 9G4
311     Fax: 450 463-7400
Website: www.longueuil.quebec/en
Email: 311@longueuil.quebec

license. * Online portal: monportail.longueuil.quebec *
services. * Public libraries.

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

Financing: municipal
Legal status: municipal agency

LONGUEUIL - ÉCOCENTRE MARIE-VICTORIN
1140 Marie-Victorin Boulevard, Longueuil, Montérégie, QC, J4G 2H9
450 463-7311
Website: www.longueuil.quebec/fr/ecocentres

Large items: armchairs, mattresses, etc. * Appliances with halocarbons: refrigerator, freezer, air conditioner,

Eligibility: residents

Coverage area: Longueuil agglomeration
Hours: Wednesday to Friday 10h00 to 18h00, Saturday and Sunday 9h00 to 17h00, summer: Monday to Friday 
8h00 to 18h00, Saturday and Sunday 8h00 to 17h00
LONGUEUIL - ÉCOCENTRE PAYER
5050 Ramsay Street, Longueuil, Montérégie, QC, J3Y 2S3
450 463-7311
Website: www.longueuil.quebec/fr/ecocentres
Eligibility: residents
Coverage area: Longueuil agglomeration
Hours: Monday to Friday 9h00 to 18h00, Saturday and Sunday 9h00 to 17h00, summer: Monday to Friday 8h00 to 18h00, Saturday and Sunday 8h00 to 17h00
Fees: none
Financing: municipal
Legal status: municipal agency

LONGUEUIL - ÉCOCENTRE SAINT-BRUNO
600 Sagard Street, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 6B9
450 645-2960
Website: stbruno.ca/citoyens/collectes/ecocentre
Eligibility: residents
Coverage area: Longueuil agglomeration
Hours: Monday to Friday 7h30 to 18h00, Saturday and Sunday 12h00 to 18h00
Fees: none
Financing: municipal
Legal status: municipal agency

LONGUEUIL - OMBUDSMAN
789 Roland-Therrien Boulevard, Longueuil, Montérégie, QC, J4H 4A6
450 463-7147     Fax: 450 463-7347
Website: www.longueuil.quebec/fr/protecteur
Email: protecteurducitoyen@longueuil.quebec
Services: Reception of complaints from people who believe they have been unfairly or improperly treated by a city official or representative. * Defense of rights to the municipal administration and its managers. * Intervention to ensure that municipal services are received and that people are treated fairly and equitably. * Request for intervention form: cms.longueuil.quebec/sites/default/files/medias/2020-11/Formulaire%20en%20ligne.pdf
Eligibility: citizens
Coverage area: Longueuil
Hours: Monday to Friday 8h30 to 12h00
Fees: none
Financing: municipal
Legal status: municipal agency
MARIEVILLE - CITY
682 Saint-Charles Street, Marieville, Montérégie, QC, J3M 1P9
450 460-4444 Fax: 450 666-1766
Website: www.ville.marieville.qc.ca
Email: administration@ville.marieville.qc.ca


Coverage area: Marieville
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: municipal
Legal status: municipal agency

MASSUEVILLE - MUNICIPALITY
246 Bonsecours Street, Massueville, Montérégie, QC, J0G 1K0
450 788-2957 Fax: 450 788-2050
Website: www.massueville.net
Email: info@massueville.net


Coverage area: Massueville
Hours: Monday to Wednesday 9h00 to 12h00 and 13h00 to 16h00, Thursday 9h00 to 12h00 and 13h00 to 17h00
Financing: municipal
Legal status: non-profit organization

MCMASTERVILLE - MUNICIPALITY
255 Constable Boulevard, McMasterville, Montérégie, QC, J3G 6N9
450 467-3580 Fax: 450 467-2493
Website: www.mcmasterville.ca
Email: info@mcmasterville.ca


Coverage area: McMasterville
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 13h00
Financing: municipal
Legal status: municipal agency

MERCIER - CITY
869 Saint-Jean-Baptiste Boulevard, 2nd floor, Mercier, Montérégie, QC, J6R 2L3
450 691-6090 Fax: 450 691-6529
Website: www.ville.mercier.qc.ca
Email: info@ville.mercier.qc.ca
Government services


**Coverage area:** Mercier

**Hours:** Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00. Centre d'avis aux citoyens phone service: 24 hours / 7 days

**Financing:** municipal

**Legal status:** municipal agency

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**MOHAWK COUNCIL OF AKWESASNE**

29 3rd Street, Akwesasne, Montérégie, QC, H0M 1A0

613 575-2250     Fax: 613 575-2181

Website: www.akwesasne.ca

Email: info@akwesasne.ca


**Eligibility:** Akwesasne Mohawks

**Coverage area:** Akwesasne

**Financing:** federal

**Legal status:** municipal agency

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**MOHAWK COUNCIL OF KAHNAWAKE**

1 Church Road, Kahnawake, Montérégie, QC, J0L 1B0

450 632-7500     Fax: 450 638-5958

Website: www.kahnawake.com

Email: communications@mck.ca


**Coverage area:** Kahnawake

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

**Financing:** federal

**Legal status:** municipal agency
MONT-SAINT-GRÉGOIRE - MUNICIPALITÉ
1 Frère-André Boulevard, Mont-Saint-Grégoire, Montérégie, QC, J0J 1K0
450 347-5376     Fax: 450 347-9200
Website: www.mmsg.ca
Email: direction@mmsg.ca
Coverage area: Mont-Saint-Grégoire
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h45, Friday 8h30 to 12h00
Financing: municipal
Legal status: municipal agency

MONT-SAINT-HILAIRE - CITY
100 du Centre-Civique Street, Mont-Saint-Hilaire, Montérégie, QC, J3H 3M8
450 467-2854 ext. 0
Website: www.ville.mont-saint-hilaire.qc.ca
Email: information@villemsh.ca
Coverage area: Mont-Saint-Hilaire
Hours: Monday to Thursday 8h15 to 12h00 and 13h00 to 16h30, Friday 8h15 to 12h00
Financing: municipal
Legal status: municipal agency

MRC BEAUHARNOIS-SALABERRY
2 Ellice Street, Beauharnois, Montérégie, QC, J6N 1W6
450 225-0870     Fax: 450 225-0872
Website: www.mrc-beauharnois-salaberry.com
Email: info@mrc-beauharnois-salaberry.com
Coverage area: MRC Beauharnois-Salaberry
Hours: Monday to Thursday 8h00 to 16h45, Friday 8h00 to 12h00
Financing: municipal, self-financing, provincial
Legal status: non-profit organization

MRC D’ACTON
1037 Beaugrand Street, Acton Vale, Montérégie, QC, J0H 1A0
450 546-3256     Fax: 450 546-0525
Website: mrcacton.qc.ca
Email: info@mrcacton.qc.ca
Coverage area: MRC of Acton
Hours: Monday to Friday 8h30 to 16h30
Financing: municipal
Legal status: municipal agency

MRC DE MARGUERITE-D’YOUVILLE - ÉCOCENTRE SECTEUR NORD
4111 Marie-Victorin Road, Contrecoeur, Montérégie, QC, J0L 1C0
450 583-3301 ext. 242  Fax: 450 583-3592
Website: margueritedyouville.ca/services/environnement-et-matieres-residuelles/ecocentre
Email: infomrc@margueritedyouville.ca


Eligibility: citizens
Coverage area: MRC Marguerite-d’Youville, Saint-Antoine-sur-Richelieu
Hours: April to November: Wednesday to Saturday 8h00 to 16h00
Fees: according to materials
Financing: municipal, self-financing
Legal status: municipal agency

MRC DE MARGUERITE-D’YOUVILLE - ÉCOCENTRE SECTEUR SUD
1975 de l’Énergie Road, Varennes, Montérégie, QC, J3X 1P7
450 583-3301 ext. 242  Fax: 450 583-3592
Website: margueritedyouville.ca/services/environnement-et-matieres-residuelles/ecocentre
Email: infomrc@margueritedyouville.ca


Eligibility: citizens
Coverage area: MRC Marguerite-d’Youville, Saint-Antoine-sur-Richelieu
Hours: April to November: Tuesday, Wednesday, Friday, Saturday and Sunday 8h00 to 16h00, Thursday 8h00 to 18h00, November to April: Thursday to Saturday 8h00 to 16h00
Fees: according to materials
Financing: municipal, self-financing
Legal status: municipal agency

MRC DES MASKOUTAINS
805 du Palais Avenue, Saint-Hyacinthe, Montérégie, QC, J2S 5C6
450 774-3141  Fax: 450 774-7161
Website: www.mrcmaskoutains.qc.ca
Email: admin@mrcmaskoutains.qc.ca

Coverage area: MRC des Maskoutains
Hours: Monday to Friday 8h00 to 16h30, Friday 8h00 to 12h00
Legal status: municipal agency
NAPIERVILLE - MUNICIPALITÉ
260 de l'Église Street, Napierville, Montérégie, QC, J0J 1L0
450 245-7210 Fax: 450 245-7691
Website: napierville.ca
Email: municipalite@napierville.ca
Coverage area: Napierville
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 17h00, Friday 8h30 to 12h00
Financing: municipal
Legal status: municipal agency

NAPIERVILLE - SAINT-CYPRIEN-DE-NAPIERVILLE - LEISURE SERVICES
325 Saint-Louis Street, Napierville, Montérégie, QC, J0J 1L0
450 245-3983 Fax: 450 245-7782
Website: www.napierville.ca
Email: glaplante@napierville.ca
Coverage area: Napierville, Saint-Cyprien-de-Napierville
Fees: variable
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
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
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

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NOYAN - MUNICIPALITY
1312 de la Petite-France Road, Noyan, Montérégie, QC, J0J 1B0
450 291-4504  Fax: 450 291-4505
Website: www.ville.noyan.qc.ca
Email: reception@ville.noyan.qc.ca
Coverage area: Noyan
Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00
Legal status: municipal agency

OTTERBURN PARK - CITY
601 Ozias-Leduc Road, Otterburn Park, Montérégie, QC, J3H 2M6
450 536-0303  Fax: 450 467-8260
Website: www.opark.ca
Email: info@opark.ca
Coverage area: Otterburn Park
Hours: Monday to Thursday 7h45 to 12h00 and 13h00 to 16h30, Friday 7h45 to 11h45
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: information@villepincourt.qc.ca
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
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 - 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
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
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
Coverage area: Pointe-Fortune
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00
Financing: municipal
Legal status: municipal agency

RÉGIE INTERMUNICIPALE DE POLICE RICHELIEU - SAINT-LAURENT
1578 du Fer-à-Cheval Road, Sainte-Julie, Montérégie, QC, J3E 0A2
450 922-7001  Fax: 450 922-8881
Website: www.police-rsl.qc.ca
Email: sra@police-rsl.qc.ca
Coverage area: MRC Marguerite-D’Youville, Saint-Mathieu-de-Beloeil, Beloeil, McMasterville, Saint-Basile-le-Grand, Carignan, Chambly, Otterburn Park, Saint-Jean-Baptiste, Mont-Saint-Hilaire, Richelieu, Saint-Mathias-sur-Richelieu
Hours: 24 hours / 7 days
Financing: municipal
Legal status: municipal agency
RÉGIE INTERMUNICIPALE DE POLICE ROUSSILLON
90 Saint-François-Xavier Road, Candiac, Montérégie, QC, J5R 6M6
450 638-0911 ext. 0     Fax: 450 638-0905
Website: www.ripr.ca
Email: direction@policeroussillon.ca
Coverage area: Candiac, Delson, La Prairie, Saint-Constant, Saint-Mathieu, Saint-Philippe, Sainte-Catherine
Hours: 24 hours / 7 days, administration: Monday and Tuesday 8h00 to 12h00 and 13h00 to 16h30, Wednesday and Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00
Financing: municipal
Legal status: municipal agency

RICHÉLIEU - VILLE
200 Richelieu Boulevard, Richelieu, Montérégie, QC, J3L 3R4
450 658-1157     Fax: 450 658-5096
Website: www.ville.richelieu.qc.ca
Email: info@ville.richelieu.qc.ca
Coverage area: Richelieu
Hours: Monday to Thursday 8h00 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
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
Coverage area: Rigaud
Financing: municipal
Legal status: municipal agency

RIVIÈRE-BEAUDETTE - LEISURE AND CULTURE
663 Frontière Road, Rivière-Beaudette, Montérégie, QC, J0P 1R0
450 269-2931
Website: riviere-beaudette.com
Email: loisirs@riviere-beaudette.com
Government services

**Services:** * Recreational and sporting activities. * Ice rink, parks, sports fields. * Day camp.

**Coverage area:** Rivière-Beaudette

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

**Financing:** municipal

**Legal status:** municipal agency

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**RIVIÈRE-BEAUDETTE - MUNICIPALITY**

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

450 269-2931

**Website:** riviere-beaudette.com

**Email:** administration@riviere-beaudette.com


**Coverage area:** Rivière-Beaudette

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

**Financing:** municipal

**Legal status:** municipal agency

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**ROXTON POND - MUNICIPALITÉ**

901 Saint-Jean Street, Roxton Pond, Montérégie, QC, J0E 1Z0

450 372-6875    Fax: 450 372-1205

**Website:** www.roxtonpond.ca

**Email:** infomun@roxtonpond.ca


**Coverage area:** Roxton Pond

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

**Financing:** municipal

**Legal status:** municipal agency

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**SAINT-AIMÉ - MUNICIPALITY**

398 Montée Sainte-Victoire, Saint-Aimé, Montérégie, QC, J0G 1K0

450 788-2737    Fax: 450 788-3337

**Website:** www.saintaime.qc.ca

**Email:** direction@saintaime.qc.ca


**Coverage area:** Saint-Aimé

**Hours:** Monday to Friday 9h00 to 12h00 and 13h30 to 15h30

**Financing:** municipal

**Legal status:** municipal agency
SAINT-ALEXANDRE - MUNICIPALITÉ
453 Saint-Denis Street, Saint-Alexandre, Montérégie, QC, J0J 1S0
450 346-6641 Fax: 450 346-0538
Website: www.saint-alexandre.ca
Email: info@saint-alexandre.ca
Coverage area: Saint-Alexandre
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h30, Friday 9h00 to 12h00
Financing: municipal
Legal status: municipal agency

SAINT-ALPHONSE-DE-GRANBY - MUNICIPALITÉ
360 Principale Street, Saint-Alphonse-de-Granby, Montérégie, QC, J0E 2A0
450 375-4570 Fax: 450 375-4717
Website: www.st-alphonse.qc.ca
Email: infos@st-alphonse.qc.ca
Coverage area: Saint-Alphonse-De-Granby
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00
Financing: municipal
Legal status: municipal agency

SAINT-AMABLE - MUNICIPALITY
575 Principale Street, Saint-Amable, Montérégie, QC, J0L 1N0
450 649-3555 Fax: 450 922-0728
Website: www.st-amable.qc.ca
Email: ville@st-amable.qc.ca
Coverage area: Saint-Amable
Hours: Monday to Friday 8h00 to 12h00 and 12h45 to 16h15, Friday 8h00 to 13h00, City Emergencies 27/7
Financing: municipal
Legal status: municipal agency

SAINT-ANICET - MUNICIPALITY
335 Jules-Léger Avenue, Saint-Anicet, Montérégie, QC, J0S 1M0
450 264-2555 Fax: 450 264-2395
Website: www.stanicet.com
Email: info@stanicet.com
Coverage area: Saint-Anicet
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, Friday 9h00 to 12h00
Financing: municipal
Legal status: municipal agency
SAINT-ANTOINE-SUR-RICHELIEU - MUNICIPALITY
1060 du Moulin-Payet Street, Suite 1, Saint-Antoine-sur-Richelieu, Montérégie, QC, J0L 1R0
450 787-3497 Fax: 450 787-2852
Website: saint-antoine-sur-richelieu.ca
Email: municipalite@sasr.ca
Coverage area: Saint-Antoine-sur-Richelieu
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30
Financing: municipal
Legal status: municipal agency

SAINT-BARNABÉ-SUD - MUNICIPALITY
165 de Michaudville Road, Saint-Barnabé-Sud, Montérégie, QC, J0H 1G0
450 792-3030 Fax: 450 792-3759
Website: saintbarnabesud.ca
Email: munstbarnabesud@mrcmaskoutains.qc.ca
Coverage area: Saint-Barnabé-Sud
Hours: Monday to Wednesday 8h30 to 12h30 and 13h00 to 15h00, Thursday 8h30 to 12h30 and 13h00 to 17h00
Financing: municipal
Legal status: municipal agency

SAINT-BASILE-LE-GRAND - CITY
204 Principale Street, Saint-Basile-le-Grand, Montérégie, QC, J3N 1M1
450 461-8000
Website: www.ville.saint-basile-le-grand.qc.ca
Email: communications@villesblg.ca
Coverage area: Saint-Basile-Le-Grand
Hours: Monday to Thursday 8h00 to 11h45 and 12h45 to 16h15, Friday 8h30 to 12h00
Financing: municipal
Legal status: municipal agency
SAINT-BASILE-LE-GRAND - SERVICE DES LOISIRS, DE LA CULTURE ET DE LA VIE COMMUNAUTAIRE
Centre communautaire Lise-B.-Boisvert, 103 Montpellier Avenue, Saint-Basile-le-Grand, Montérégie, QC, J3N 1C6
450 461-8000 ext. 8600
Website: www.ville.saint-basile-le-grand.qc.ca/ville/services-municipaux/service-loisirs-culture-vie-communautaire
Email: loisirs@villesblg.ca
Coverage area: Saint-Basile-le-Grand
Hours: Monday to Thursday 8h00 to 11h45 and 12h45 to 16h15, Friday 8h30 to 12h00
Fees: variable
Legal status: municipal agency

SAINT-BERNARD-DE-LACOLLE - MUNICIPALITY
116 Rang Saint-Claude, Saint-Bernard-de-Lacolle, Montérégie, QC, J0J 1V0
450 246-3348     Fax: 450 246-4380
Website: www.municipalite-de-saint-bernard-de-lacolle.ca
Email: info@mun-sbdl.ca
Coverage area: Saint-Bernard-de-Lacolle
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Financing: municipal
Legal status: municipal agency

SAINT-BERNARD-DE-MICHAUDVILLE - MUNICIPALITY
390 Principale Street, Saint-Bernard-de-Michaudville, Montérégie, QC, J0H 1C0
450 792-3190 ext. 1     Fax: 450 792-3591
Website: saintbernarddemichaudville.qc.ca
Email: dgstbernard@mrcmaskoutains.qc.ca
Coverage area: Saint-Bernard-de-Michaudville
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30
Financing: municipal
Legal status: municipal agency

SAINT-BLAISE-SUR-RICHELIEU - MUNICIPALITY
795 des Loisirs Street, Saint-Blaise-sur-Richelieu, Montérégie, QC, J0J 1W0
450 291-5944     Fax: 450 291-3832
Website: www.st-blaise.ca
Email: info@st-blaise.ca
Coverage area: Saint-Blaise-sur-Richelieu
Hours: Monday to Thursday 7h45 to 16h30, Friday 7h45 to 16h30
Financing: municipal
Legal status: municipal agency

SAINT-BRUNO-DE-MONTARVILLE - CITY
1585 Montarville Street, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 3T8
450 653-2443  Fax: 450 441-8481
Website: stbruno.ca
Email: information@stbruno.ca
* Financial assistance program for the purchase of washable and reusable sanitary products: stbruno.ca/ville/programmes/programme-aide-financiere-achat-produits-hygieniques-lavables-et-reutilisables
Coverage area: Saint-Bruno-de-Montarville
Hours: Monday to Thursday 8h15 to 12h00 and 13h00 to 16h30, Friday 8h15 to 12h30
Financing: municipal
Legal status: municipal agency

SAINT-BRUNO-DE-MONTARVILLE - LEISURE, CULTURE AND COMMUNITY LIFE
1605 Montarville Street, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 3T8
450 645-2940
Website: stbruno.ca/activites-et-loisirs
Email: loisir@stbruno.ca
Coverage area: Saint-Bruno-de-Montarville
Hours: Monday to Thursday 8h15 to 12h00 and 13h00 to 16h30, Friday 8h15 to 12h30
Fees: variable
Financing: municipal
Legal status: municipal agency

SAINT-CÉSAIRE - CITY
1111 Saint-Paul Avenue, Saint-Césaire, Montérégie, QC, J0L 1T0
450 469-3108  Fax: 450 469-5275
Website: www.villesaintcesaire.com
Email: administration@ville.saint-cesaire.qc.ca
Coverage area: Saint-Césaire
Hours: Monday to Wednesday 8h00 to 16h30, Thursday 8h00 to 17h00, Friday 8h00 to 12h30
Financing: municipal
Legal status: municipal agency

SAINT-CHARLES-SUR-RICHELIEU - MUNICIPALITY
405 des Patriotes Road, Saint-Charles-sur-Richelieu, Montérégie, QC, J0H 2G0
450 584-3484  Fax: 450 584-2965
Website: saint-charles-sur-richelieu.ca
Email: info@saint-charles-sur-richelieu.ca
Government services


**Coverage area:** Saint-Charles-sur-Richelieu

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

**Financing:** municipal

**Legal status:** municipal agency

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**SAINT-CHRYSOSTOME - MUNICIPALITY**

624 Notre-Dame Street, 2nd floor, Saint-Chrysostome, Montérégie, QC, J0S 1R0

450 826-3911    Fax: 450 826-0568

**Website:** www.mun-sc.ca

**Email:** dga@mun-sc.ca


**Coverage area:** Saint-Chrysostome

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

**Financing:** municipal

**Legal status:** municipal agency

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**SAINT-CLET - LEISURE**

4 du Moulin Street, Saint-Clet, Montérégie, QC, J0P 1S0

450 456-3900    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

**Financing:** municipal

**Legal status:** municipal agency

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**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


**Coverage area:** Saint-Clet

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

**Financing:** municipal

**Legal status:** municipal agency

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**SAINT-CONSTANT - CITY**

147 Saint-Pierre Street, Saint-Constant, Montérégie, QC, J5A 2G9

450 638-2010    Fax: 450 638-5919

**Website:** saint-constant.ca

**Email:** communication@saint-constant.ca

Government services

**Coverage area:** Saint-Constant
**Hours:** Monday to Thursday 8h00 to 17h00, Friday 8h00 to 13h00
**Financing:** municipal
**Legal status:** municipal agency

**SAINT-CONSTANT - ÉCOCENTRE**
25 Montée Lasaline, Saint-Constant, Montérégie, QC, J5A 2A8
450 638-2010 ext. 7500
Website: saint-constant.ca/fr/ecocentre-1


**Eligibility:** residents

**Coverage area:** Saint-Constant
**Hours:** Monday to Thursday 8h00 to 11h45 and 13h00 to 16h45, Friday 8h00 to 11h45, 3rd Saturday of the month 8h00 to 12h45, summer: Monday to Thursday 8h00 to 11h45 and 13h00 to 16h45, Friday 8h00 to 11h45, Saturday 8h00 to 11h45 and 13h00 to 16h45
**Fees:** 1 visit maximum per week, per address
**Financing:** municipal
**Legal status:** municipal agency

**SAINT-CONSTANT - LEISURE DEPARTMENT**
330 Wilfrid-Lamarche Street, Saint-Constant, Montérégie, QC, J5A 2S2
450 638-2010 ext. 7200  Fax: 450 635-8415
Website: saint-constant.ca
Email: loisirs@saint-constant.ca

**Services:** * Community, sociocultural and sports activities. * Community centre, cultural centre, arena, swimming pools, parks and playgrounds, ice rinks. * Coordination with community organizations. * Summer day camp. * Celebrations, shows. * Room rental.

**Coverage area:** Saint-Constant
**Hours:** Monday to Thursday 8h00 to 17h00, Friday 8h00 to 13h00
**Fees:** variable
**Financing:** municipal
**Legal status:** municipal agency

**SAINT-CYPRIEN-DE-NAPIERVILLE - MUNICIPALITY**
121 Cyr Road, Napierville, Montérégie, QC, J0J 1L0
450 245-3658  Fax: 450 987-0165
Website: www.st-cypriendenapierville.com
Email: info@st-cypriendenapierville.ca


**Coverage area:** Saint-Cyprien-De-Napierville
**Hours:** Monday to Thursday 8h00 to 12h00 and 13h00 to 17h00, Friday 8h00 to 12h00
**Financing:** municipal
**Legal status:** municipal agency

**SAINT-DAMASE - MUNICIPALITY**
115 Saint-Étienne Street, Saint-Damase, Montérégie, QC, J0H 1J0
450 797-3341  Fax: 450 797-3543
Website: www.st-damase.qc.ca
Email: info@st-damase.qc.ca
Coverage area: Saint-Damase
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00
Financing: municipal
Legal status: municipal agency

SAINT-DAVID - MUNICIPALITY
16 Saint-Charles Street, Saint-David, Montérégie, QC, J0G 1L0
450 789-2288    Fax: 450 789-3023
Website: www.stdavid.qc.ca
Email: info@stdavid.qc.ca
Coverage area: Saint-David
Hours: Monday to Wednesday 8h30 to 16h30, Thursday 10h00 to 18h00
Financing: municipal
Legal status: municipal agency

SAINT-ÉDOUARD - MUNICIPALITY
405C Montée Lussier, Saint-Édouard, Montérégie, QC, J0L 1Y0
450 454-6333
Website: saintedouard.ca
Email: info@saintedouard.ca
Coverage area: Saint-Édouard
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h00, Friday 8h30 to 12h00
Financing: municipal
Legal status: municipal agency

SAINT-ÉTIENNE-DE-BEAUHARNOIS - MUNICIPALITY
489 Saint-Louis Road, Saint-Étienne-de-Beauharnois, Montérégie, QC, J0S 1S0
450 225-1000 Fax: 450 225-1011
Website: www.st-etiennedebeauharnois.qc.ca
Email: stetienne@videotron.ca
Public security: fire safety service, Sûreté du Québec. * Road service.
Coverage area: Saint-Étienne-de-Beauharnois
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h30
Financing: municipal
Legal status: municipal agency

SAINT-GEORGES-DE-CLARENCEVILLE - MUNICIPALITY
1350 Middle Road, Saint-Georges-de-Clarenceville, Montérégie, QC, J0J 1B0
450 294-2464
Website: www.clarenceville.qc.ca
Email: info@clarenceville.qc.ca
Coverage area: Saint-Georges-de-Clarenceville
Hours: Tuesday to Friday 8h00 to 12h00 and 13h00 to 16h00
Financing: municipal
Legal status: municipal agency

SAINT-GÉRARD-MAJELLA - MUNICIPALITY
444 Saint-Antoine Road, Saint-Gérard-Majella, Montérégie, QC, J0G 1X1
450 789-5777 Fax: 450 789-0065
Website: saintgerardmajella.ca
Email: direction@saintgerardmajella.ca
Services: Management of municipal services. * Schedule of recyclable materials and garbage:
www.saintgerardmajella.ca/?page=collecte* Information on permits, taxes and property assessment. *
Municipal emergency alerts.
Coverage area: Saint-Gérard-Majella
Hours: Monday to Thursday 8h00 to 16h00
Financing: municipal
Legal status: municipal agency

SAINT-HUBERT - DISTRICT
4250 de la Savane Road, Longueuil, Montérégie, QC, J3Y 9G4
311 Fax: 450 463-7400
Website: www.longueuil.quebec
Services: District president's office. * Protection and improvement of local services.
Coverage area: Saint-Hubert
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, summer: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00
Financing: municipal
Legal status: municipal agency
SAINT-HYACINTHE - CITY
700 de l'Hôtel-de-Ville Avenue, Saint-Hyacinthe, Montérégie, QC, J2S 5B2
450 778-8300 Fax: 450 778-5817
Website: www.ville.st-hyacinthe.qc.ca
Email: communications@ville.st-hyacinthe.qc.ca
Coverage area: Saint-Hyacinthe
Hours: Monday to Thursday 8h30 to 17h00, Friday 8h30 to 13h00
Financing: municipal
Legal status: municipal agency

SAINT-ISIDORE - LOISIRS ET VIE COMMUNAUTAIRE
671 Saint-Régis Road, Saint-Isidore, Montérégie, QC, J0L 2A0
450 454-3919
Website: www.municipalite.saint-isidore.qc.ca
Email: loisirs@municipalite.saint-isidore.qc.ca
Services: * Sporting and recreational activities. * Community centre, parks, ice rink, sports fields. * Summer day camp. * Events.
Coverage area: Saint-Isidore
Hours: Monday to Wednesday 8h30 to 16h30, Thursday 8h30 to 16h30 and 19h00 to 21h00, Friday 8h30 to 12h00
Fees: variable
Financing: municipal
Legal status: municipal agency

SAINT-ISIDORE - MUNICIPALITY
671 Saint-Régis Road, Saint-Isidore, Montérégie, QC, J0L 2A0
450 454-3919
Website: www.municipalite.saint-isidore.qc.ca
Coverage area: Saint-Isidore
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00
Financing: municipal
Legal status: municipal agency

SAINT-JACQUES-LE-MINEUR - ÉCOCENTRE
82 Principale Street, Saint-Jacques-le-Mineur, Montérégie, QC, J0J 1Z0
450 347-5446 ext. 403
Website: www.saint-jacques-le-mineur.ca
Email: info@sjlm.ca
Eligibility: residents
Coverage area: Saint-Jacques-le-Mineur
Hours: end of May to end of October: Wednesday 13h00 to 16h00 by appointment, 1st Saturday of the month 9h00 to 12h00
Fees: 2 free visits per year, $80 for the third and subsequent visits
Financing: municipal
Legal status: municipal agency
SAINT-JACQUES-LE-MINEUR - LOISIRS ET CULTURE
91 Principale Street, Saint-Jacques-le-Mineur, Montérégie, QC, J0J 1Z0
450 347-5446
Website: www.saint-jacques-le-mineur.ca/loisirs-et-culture.html
Email: info@sjlm.ca
Coverage area: Saint-Jacques-le-Mineur
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00
Fees: variable
Financing: municipal
Legal status: non-profit organization

SAINT-JACQUES-LE-MINEUR - MUNICIPALITÉ
91 Principale Street, Saint-Jacques-le-Mineur, Montérégie, QC, J0J 1Z0
450 347-5446
Website: www.saint-jacques-le-mineur.ca
Email: info@sjlm.ca
Coverage area: Saint-Jacques-le-Mineur
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, Friday 9h00 to 12h00
Financing: municipal
Legal status: municipal agency

SAINT-JEAN-BAPTISTE - MUNICIPALITY
3041 Principale Street, Saint-Jean-Baptiste, Montérégie, QC, J0L 2B0
450 467-3456     Fax: 450 467-8813
Website: www.msjb.qc.ca
Email: info@msjb.qc.ca
Coverage area: Saint-Jean-Baptiste
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h00, Friday 8h30 to 12h00
Financing: municipal
Legal status: municipal agency

SAINT-JUDE - MUNICIPALITY
940 du Centre Street, Saint-Jude, Montérégie, QC, J0H 1P0
450 792-3855     Fax: 450 792-3828
Website: www.saint-jude.ca
Email: munstjude@mrcmaskoutains.qc.ca
Coverage area: Saint-Jude
Hours: Monday to Friday 9h00 to 12h00 and 13h30 to 16h00
Financing: municipal
Legal status: municipal agency
SAINT-LAMBERT - CITY
600 Oak Avenue, Saint-Lambert, Montérégie, QC, J4P 2R6
450 672-4444
Website: www.saint-lambert.ca/en
Email: info.citoyens@saint-lambert.ca
Coverage area: Saint-Lambert
Hours: Monday to Wednesday 8h30 to 12h00 and 13h00 to 16h30, Thursday 8h30 to 19h30, Friday 8h30 to 12h00
Financing: municipal
Legal status: municipal agency

SAINT-LAMBERT - RECREATION, SPORTS AND COMMUNITY SERVICES
600 Oak Avenue, Saint-Lambert, Montérégie, QC, J4P 2R6
450 466-3890
Website: www.saint-lambert.ca/en
Email: loisirs@saint-lambert.ca
Coverage area: Saint-Lambert
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 19h30, Friday 8h30 to 12h00
Fees: variable
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
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
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-LIBOIRE - MUNICIPALITÉ
21 Mauriac Place, Saint-Liboire, Montérégie, QC, J0H 1R0
450 793-2811     Fax: 450 793-4428
Website: www.municipalite.st-liboire.qc.ca
Email: reception@st-liboire.ca


Coverage area: Saint-Liboire
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h00
Legal status: municipal agency

SAINT-LOUIS - MUNICIPALITY
765B Saint-Joseph Street, Saint-Louis, Montérégie, QC, J0G 1K0
450 788-2631     Fax: 450 788-2231
Website: www.saint-louis.ca
Email: mstlouis@mrcmaskoutains.qc.ca


Coverage area: Saint-Louis
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30
Financing: municipal
Legal status: municipal agency

SAINT-LOUIS-DE-GONZAGUE - MUNICIPALITY
140 Principale Street, Saint-Louis-de-Gonzague, Montérégie, QC, J0S 1T0
450 371-0523     Fax: 450 371-6229
Website: saint-louis-de-gonzague.com
Email: info@sldg.ca


Coverage area: Saint-Louis-de-Gonzague
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h45, Friday 8h00 to 12h00
Financing: municipal
Legal status: municipal agency

SAINT-MARC-SUR-RICHELIEU - MUNICIPALITÉ
102 de la Fabrique Street, Saint-Marc-sur-Richelieu, Montérégie, QC, J0L 2E0
450 584-2258     Fax: 450 584-2795
Website: smsr.quebec
Email: info@smsr.quebec


Coverage area: Saint-Marc-Sur-Richelieu
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Government services

**Financing:** municipal
**Legal status:** municipal agency

**SAINT-MARCEL DE RICHELIEU - MUNICIPALITY**
117 Saint-Louis Street, Saint-Marcel-de-Richelieu, Montérégie, QC, J0H 1T0
450 794-2832  Fax: 450 794-1140
**Website:** saintmarcelderichelieu.ca
**Email:** munst-marcel@mrcmaskoutains.qc.ca


**Coverage area:** Saint-Marcel-de-Richelieu

**Financing:** municipal
**Legal status:** municipal agency

**SAINT-MATHIAS-SUR-RICHELIEU - VILLE**
300 des Patriotes Road, Saint-Mathias-sur-Richelieu, Montérégie, QC, J3L 6Z5
450 658-2841  Fax: 450 447-1416
**Website:** st-mathias.org
**Email:** info@st-mathias.org


**Coverage area:** Saint-Mathias-Sur-Richelieu
**Hours:** Monday to Thursday 8h30 to 12h00 and 13h00 to 16h45, Friday 8h30 to 12h00, summer: closed on Friday

**Financing:** municipal
**Legal status:** municipal agency

**SAINT-MATHIEU - MUNICIPALITY**
299 Saint-Édouard Road, Saint-Mathieu, Montérégie, QC, J0L 2H0
450 632-9528 ext. 0  Fax: 450 632-9544
**Website:** municipalite.saint-mathieu.qc.ca
**Email:** info@municipalite.saint-mathieu.qc.ca


**Coverage area:** Saint-Mathieu
**Hours:** Monday to Thursday 9h00 to 12h00 and 13h00 to 16h30, Friday 9h00 to 12h00

**Financing:** municipal
**Legal status:** municipal agency

**SAINT-MATHIEU - SERVICE DES LOISIRS**
299 Saint-Édouard Road, Saint-Mathieu, Montérégie, QC, J0L 2H0
450 632-9528 ext. 225  Fax: 450 632-9544
**Website:** municipalite.saint-mathieu.qc.ca
**Email:** loisirs@municipalite.saint-mathieu.qc.ca

**Services:** * Sporting and recreational activities. * Parks, community centre, sports fields, ice rink. * Summer day camp. * Parties and events. * Hall rental.

**Coverage area:** Saint-Mathieu
**Hours:** Monday to Thursday 9h00 to 12h00 and 13h00 to 16h30, Friday 9h00 to 12h00

**Fees:** variable
**Financing:** municipal
**Legal status:** municipal agency
SAINT-MATHIEU-DE-BELOEIL - MUNICIPALITY
5000 des Loisirs Street, Beloeil, Montérégie, QC, J3G 2C9
450 467-7490 Fax: 450 467-2999
Website: www.saint-mathieu-de-beloeil.com
Email: reception@munstmathbel.ca
Coverage area: Saint-Mathieu-De-Beloeil
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h30
Financing: municipal
Legal status: municipal agency

SAINT-MICHEL - LOISIRS, CULTURE ET VIE COMMUNAUTAIRE
1700 Principale Street, Saint-Michel, Montérégie, QC, J0L 2J0
450 454-4502
Website: municipalite-saint-michel.ca/loisirs-et-cultures
Email: loisirs@mst-michel.ca
Services: * Sporting, recreational and sociocultural activities. * Community centre, parks, sports fields. * Summer day camp. * Hall rental.
Coverage area: Saint-Michel
Fees: variable
Financing: municipal
Legal status: municipal agency

SAINT-MICHEL - MUNICIPALITY
1700 Principale Street, Saint-Michel, Montérégie, QC, J0L 2J0
450 454-4502 Fax: 450 454-7508
Website: municipalite-saint-michel.ca
Email: info@mst-michel.ca
Coverage area: Saint-Nazaire-d'Acton
Hours: Monday to Thursday 8h00 to 12h00 and 12h30 to 16h30, Friday 8h00 to 13h00
Financing: municipal
Legal status: municipal agency

SAINT-NAZAIRE D’ACTON - MUNICIPALITY
750 des Loisirs Street, Saint-Nazaire-d’Acton, Montérégie, QC, J0H 1V0
819 392-2347 Fax: 819 392-2039
Website: stnazairedacton.ca
Email: municipalite@mun-nazaire.qc.ca
Coverage area: Saint-Nazaire-d’Acton
Hours: Monday, Wednesday and Thursday 9h00 to 12h00 and 13h00 to 16h00
Financing: municipal
Legal status: municipal agency
SAINT-PATRICE-DE-SHERRINGTON - LOISIRS ET VIE COMMUNAUTAIRE
300 Saint-Patrice Street, Saint-Patrice-de-Sherrington, Montérégie, QC, J0L 2N0
450 454-4959 ext. 202
Website: st-patrice-sherrington.com
Email: loisirs@sherr.ca
Coverage area: Saint-Patrice-de-Sherrington
Fees: variable
Financing: municipal
Legal status: municipal agency

SAINT-PATRICE-DE-SHERRINGTON - MUNICIPALITÉ
300 Saint-Patrice Street, Saint-Patrice-de-Sherrington, Montérégie, QC, J0L 2N0
450 454-4959     Fax: 450 454-5677
Website: www.st-patrice-sherrington.com
Email: reception@sherr.ca
Coverage area: Saint-Patrice-de-Sherrington
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h30
Financing: municipal
Legal status: municipal agency

SAINT-PAUL-D'ABBOTSFORD - MUNICIPALITY
926 Principale Street East, Saint-Paul-d'Abbotsford, Montérégie, QC, J0E 1A0
450 379-5408     Fax: 450 379-9905
Website: www.saintpauldabbotsford.qc.ca
Email: info@saintpauldabbotsford.qc.ca
Coverage area: Saint-Paul-D'abbotsford
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00
Financing: municipal
Legal status: municipal agency

SAINT-PAUL-DE-L'ÎLE-AUX-NOIX - MUNICIPALITY
959 Principale Street, Saint-Paul-de-l'Île-aux-Noix, Montérégie, QC, J0J 1G0
450 291-3166     Fax: 450 291-5930
Website: www.ileauxnoix.com/eng
Email: info@ileauxnoix.qc.ca
Coverage area: Saint-Paul-de-l'Île-aux-Noix
Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00
Financing: municipal
Legal status: municipal agency

SAINT-PHILIPPE - CITY
175 Sanguinet Road, Suite 201, Saint-Philippe, Montérégie, QC, J0L 2K0
450 659-7701     Fax: 450 659-7702
Website: ville.saintphilippe.quebec
Email: info@ville.saintphilippe.quebec
**SAINT-PHILIPPE - LOISIRS, CULTURE ET VIE COMMUNAUTAIRE**

2225 Édouard-VII Road, Saint-Philippe, Montérégie, QC, J0L 2K0

**Services:** * Sporting and recreational activities. * Community centre, parks, sports fields. * Coordination with community organizations. * Summer day camp. * Events. * Hall rental.

**Coverage area:** Saint-Philippe

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

**Financing:** municipal

**Legal status:** municipal agency

**SAINT-PIE - VILLE**

77 Saint-Pierre Street, Saint-Pie, Montérégie, QC, J0H 1W0


**Coverage area:** Saint-Pie

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

**Financing:** municipal

**Legal status:** municipal agency

**SAINT-POLYCARPE - LOISIRS, CULTURE ET VIE COMMUNAUTAIRE**

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


**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


**Coverage area:** Saint-Polycarpe

**Hours:** Monday to Thursday 8h00 to 12h00 and 13h00 to 17h00, Friday 9h00 to 12h00

**Legal status:** municipal agency
Financing: municipal
Legal status: municipal agency

SAINT-RÉMI - CITY
105 de la Mairie Street, Saint-Rémi, Montérégie, QC, J0L 2L0
450 454-3993 ext. 0
Website: www.saint-remi.ca
Email: administration@ville.saint-remi.qc.ca
Coverage area: Saint-Rémi
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h30 to 13h00
Financing: municipal
Legal status: municipal agency

SAINT-RÉMI - SERVICE DES LOISIRS
25 Saint-Sauveur Street, Saint-Rémi, Montérégie, QC, J0L 2L0
450 454-3993 ext. 5345 Fax: 450 454-7978
Website: www.saint-remi.ca/loisirs-et-culture
Email: loisirs@ville.saint-remi.qc.ca
Coverage area: Saint-Rémi
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h30 to 13h00
Fees: variable
Financing: municipal
Legal status: municipal agency

SAINT-ROCH-DE-RICHELIEU - MUNICIPALITY
1111 du Parc Street, Saint-Roch-de-Richelieu, Montérégie, QC, J0L 2M0
450 785-2755 Fax: 450 785-3098
Website: saintrochderichelieu.qc.ca
Email: info@saintrochderichelieu.com
Coverage area: Saint-Roch-De-Richelieu
Hours: Monday, Wednesday, Thursday 8h00 to 12h00 and 13h00 to 17h00, Tuesday 8h00 to 12h00 and 12h30 to 17h00 and 17h30 to 20h00
Financing: municipal
Legal status: municipal agency

SAINT-SIMON - MUNICIPALITY
49 du Couvent Street, Saint-Simon, Montérégie, QC, J0H 1Y0
450 798-2276 Fax: 450 798-2498
Website: www.saint-simon.ca
Email: info@saint-simon.ca
Coverage area: Saint-Simon
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h00
Financing: municipal
Legal status: municipal agency

SAINT-STANISLAS-DE-KOSTKA - MUNICIPALITY
221 Centrale Street, Saint-Stanislas-de-Kostka, Montérégie, QC, J0S 1W0
450 373-8944   Fax: 450 373-8949
Website: st-stanislas-de-kostka.ca
Email: info@st-stanislas-de-kostka.ca
Coverage area: Saint-Stanislas-de-Kostka
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, 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@saint-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
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-URBAIN-PREMIER - MUNICIPALITY
204 Principale Street, Saint-Urbain-Premier, Montérégie, QC, J0S 1Y0
450 427-3987   Fax: 450 427-2056
Website: saint-urbain-premier.com
Email: sainturbainpremier@videotron.ca
Coverage area: Saint-Urbain-Premier
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00
Financing: municipal
Legal status: municipal agency
SAINT-VALENTIN - MUNICIPALITY
790 4th Ligne Road, Saint-Valentin, Montérégie, QC, J0J 2E0
450 291-5422  Fax: 450 291-5327
Website: municipalite.saint-valentin.qc.ca
Email: administration@municipalite.saint-valentin.qc.ca
calendar: municipalite.saint-valentin.qc.ca/documents/calendar%20of%20compo%20Haut-
Richelieu%202021.pdf
Coverage area: Saint-Valentin
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00, Friday 9h00 to 12h00
Financing: municipal
Legal status: municipal agency

SAINT-VALÉRIEN-DE-MILTON - MUNICIPALITÉ
960 Milton Road, Saint-Valérien-de-Milton, Montérégie, QC, J0H 2B0
450 549-2463  Fax: 450 549-2993
Website: www.st-valerien-de-milton.qc.ca
Email: administration.st-valerien@mrcmaskoutains.qc.ca
Services: Municipal service management. * Municipal tax management and payment. * Road and public work
department: septic system, road, sidewalk, public lighting, park and municipal building maintenance. *
Environmental health department: drinking water, sewage. * Waste collection calendar: www.st-valerien-de-
milton.qc.ca/wp-content/uploads/2021/02/calendriers2021-collecte.pdf * Urban planning department: permits
and certificates for swimming pools, sheds, renovation, septic systems, etc. * Public safety: fire department,
Sûreté du Québec.
Coverage area: Saint-Valérien-de-Milton
Hours: Monday to Thursday 8h30 to 12h00 and 12h30 to 16h00
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
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
* 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-ANGÈLE-DE-MONNOIR - MUNICIPALITY
5 du Vide Road, Sainte-Angèle-de-Monnoir, Montérégie, QC, J0L 1P0
450 460-7838     Fax: 450 460-3853
Website: www.sainte-angele-de-monnoir.ca
Email: info@sainte-angele-de-monnoir.ca
Coverage area: Sainte-Angèle-de-Monnoir
Hours: Monday to Thursday 8h30 to 16h00, Friday 8h30 to 12h00
Financing: municipal
Legal status: municipal agency

SAINTE-ANNE-DE-SABREVOIS - MUNICIPALITY
1218 Road 133, Sainte-Anne-de-Sabrevois, Montérégie, QC, J0J 2G0
450 347-0066     Fax: 450 347-4040
Website: sainte-anne-de-sabrevois.com
Email: info.sabrevois@videotron.ca
Coverage area: Sainte-Anne-de-Sabrevois
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, Friday 9h00 to 12h00
Financing: municipal
Legal status: municipal agency

SAINTE-ANNE-DE-SOREL - MUNICIPALITY
1685 du Chenal-du-Moine Road, Sorel-Tracy, Montérégie, QC, J3P 5N3
450 742-1616     Fax: 450 742-1118
Website: www.sainteannedesorel.ca
Email: info@sainteannedesorel.ca
Coverage area: Sainte-Anne-De-Sorel
Hours: Monday to Thursday 8h15 to 12h00 and 13h00 to 16h30, Friday 8h15 to 11h45
Financing: municipal
Legal status: municipal agency

SAINTE-BARBE - MUNICIPALITY
470 de l'Église Road, Sainte-Barbe, Montérégie, QC, J0S 1P0
450 371-2504     Fax: 450 371-2575
Website: www.ste-barbe.com
Email: info@ste-barbe.com
Coverage area: Sainte-Barbe
Financing: municipal
Legal status: municipal agency
SAINTE-BRIGIDE-D'IBERVILLE - MUNICIPALITY
555 Principale Street, Sainte-Brigide-d'Iberville, Montérégie, QC, J0J 1X0
450 293-7511     Fax: 450 293-1077
Website: www.sainte-brigide.qc.ca
Email: info@sainte-brigide.qc.ca
Coverage area: Sainte-Brigide-d'Iberville
Hours: Tuesday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: municipal
Legal status: municipal agency

SAINTE-CATHERINE - CITY
5465 Marie-Victorin Boulevard, Sainte-Catherine, Montérégie, QC, J5C 1M1
450 632-0590     Fax: 450 638-3298
Website: www.ville.sainte-catherine.qc.ca
Email: communications@vdsc.ca
Coverage area: Sainte-Catherine
Hours: Monday, Wednesday and Thursday 8h30 to 12h00 and 13h00 to 16h30, Tuesday 8h30 to 12h00 and 13h00 to 19h30, Friday 8h30 to 13h00
Financing: municipal
Legal status: municipal agency

SAINTE-CATHERINE - SPORTS, CULTURE, LEISURE AND COMMUNITY LIFE
5365 Saint-Laurent Boulevard, Sainte-Catherine, Montérégie, QC, J5C 1A6
450 632-0590 ext. 5210     Fax: 450 632-9908
Website: www.ville.sainte-catherine.qc.ca/sports-culture-et-loisirs
Email: sports-culture@vdsc.ca
Coverage area: Sainte-Catherine
Hours: Monday to Thursday 8h30 to 19h30, Friday 8h30 to 16h30
Fees: variable
Financing: municipal
Legal status: municipal agency

SAINTE-CHRISTINE - MUNICIPALITY
646 1er rang, Sainte-Christine, Montérégie, QC, J0H 1H0
819 858-2828     Fax: 819 858-9191
Website: ste-christine.com
Email: directiongenerale@ste-christine.com
Coverage area: Sainte-Christine
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00
Financing: municipal
Legal status: municipal agency
SAINTE-CLOTILDE - LOISIRS ET CULTURE
2452 de l’Église Road, Sainte-Clotilde, Montérégie, QC, J0L 1W0
450 826-3129     Fax: 450 826-3217
Website: www.ste-clotilde.ca/fr/loisirs-et-culture/activites
Email: info@ste-clotilde.ca
Services: * Community, socio-cultural and sports activities. * Community centre, arena, skating rinks, parks and
sports fields. * Summer day camp.
Coverage area: Sainte-Clotilde
Hours: Monday to Thursday 8h00 to 12h00 and 12h30 to 16h30, Friday 8h00 to 12h00
Fees: variable
Financing: municipal
Legal status: Select Legal Status

SAINTE-CLOTILDE - MUNICIPALITY
2452 de l’Église Road, Sainte-Clotilde, Montérégie, QC, J0L 1W0
450 826-3129     Fax: 450 826-3217
Website: ste-clotilde.ca
Email: info@ste-clotilde.ca
Coverage area: Sainte-Clotilde
Hours: Monday to Thursday 8h00 to 12h00 and 12h30 to 16h30, Friday 8h00 to 12h00
Financing: municipal
Legal status: municipal agency

SAINTE-HÉLÈNE-DE-BAGOT - MUNICIPALITY
421 4th Avenue, Sainte-Hélène-de-Bagot, Montérégie, QC, J0H 1M0
450 791-2455     Fax: 450 791-2550
Website: www.saintehelenedebagot.com
Email: mun@saintehelenedebagot.com
calendar: www.saintehelenedebagot.com/fr/services-aux-citoyens/collectes-des-matieres-residuelles * Permits
for construction, renovation, swimming pools, publicity, etc. * Public safety: fire department, Sûreté du Québec.
* Room rental. * Municipal newsletter.
Coverage area: Sainte-Hélène-de-Bagot
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: municipal
Legal status: municipal agency

SAINTE-JULIE - LOISIRS
1580 du Fer-à-Cheval Road, Sainte-Julie, Montérégie, QC, J3E 2M1
450 922-7122
Website: www.ville.sainte-julie.qc.ca
Email: loisirs@ville.sainte-julie.qc.ca
Services: * Sporting and recreational activities. * Community centre, swimming pools, arena, ice rinks, parks,
Coverage area: Sainte-Julie
Hours: Monday to Thursday 8h00 to 19h00, Friday 8h00 to 16h00
Fees: variable
Financing: municipal
Legal status: municipal agency
SAINTE-JULIE - VILLE
1580 du Fer-à-Cheval Road, Sainte-Julie, Montérégie, QC, J3E 2M1
450 922-7111
Website: www.ville.sainte-julie.qc.ca
Email: clientele@ville.sainte-julie.qc.ca
Coverage area: Sainte-Julie
Hours: Monday to Thursday 8h00 to 19h00, Friday 8h00 to 16h00
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
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
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-MADELEINE - MUNICIPALITÉ
850 Saint-Simon Street, Sainte-Madeleine, Montérégie, QC, J0H 1S0
450 795-3822 Fax: 450 795-3736
Website: www.villestemadeleine.qc.ca
Email: administration@stemadeleine.quebec
Coverage area: Sainte-Madeleine
Hours: winter: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00, summer: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h30
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
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
Coverage area: Sainte-Marthe
Financing: municipal
Legal status: municipal agency

SAINTE-MARTINE - MUNICIPALITY
3 des Copains Street, Sainte-Martine, Montérégie, QC, J0S 1V0
450 427-3050 Fax: 450 427-7331
Website: www.municipalite.sainte-martine.qc.ca
Email: info@municipalite.sainte-martine.qc.ca
Coverage area: Sainte-Martine
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h30
Financing: municipal
Legal status: municipal agency

SAINTE-VICTOIRE-DE-SOREL - MUNICIPALITY
517 Rang South, Sainte-Victoire-de-Sorel, Montérégie, QC, J0G 1T0
450 782-3111 Fax: 450 782-2687
Website: sainte victoire desorel.qc.ca
Email: info@saintevictoiredesorel.qc.ca
Coverage area: Sainte-Victoire-De-Sorel
Hours: Monday, Tuesday and Thursday 8h00 to 16h30, Wednesday 8h00 to 17h30
Financing: municipal
Legal status: municipal agency

SALABERRY-DE-VALLEYFIELD - CITY
61 Sainte-Cécile Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1L8
450 370-4300
Website: www.ville.valleyfield.qc.ca
Email: communications@ville.valleyfield.qc.ca
Government services


**Coverage area:** Salaberry-De-Valleyfield

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

**Financing:** municipal

**Legal status:** municipal agency

**SERVICE DE POLICE DE CHÂTEAUGUAY**

55 Maple Boulevard, Châteauguay, Montérégie, QC, J6J 3P9

450 698-1331

**Website:** ville.chateauguay.qc.ca/en/police-service/home

**Email:** police@police.chateauguay.ca

**Services:** Peacekeeping, law enforcement and public security. * Prevention and repression of crime and offences. * Criminal record check-up. * Awareness-raising.

**Coverage area:** Châteauguay, Léry, Beauharnois, Saint-Isidore

**Hours:** 24 hours / 7 days

**Financing:** municipal

**Legal status:** municipal agency

**SERVICE DE POLICE DE L’AGGLOMÉRATION DE LONGUEUIL - DIVISION NORD**

699 Curé-Poirier Boulevard West, Longueuil, Montérégie, QC, J4J 2J1

450 463-7011

**Website:** www.longueuil.quebec/fr/police

**Email:** spal@longueuil.quebec

**Services:** Peacekeeping, law enforcement and public security. * Prevention and repression of crime and offences. * Criminal record check-up. * Sociocommunity sector, specialized units and awareness-raising. * Trade your ticket: program allowing cyclists to cancel a ticket in exchange for their participation in a cycling safety education workshop.

**Coverage area:** Boucherville, Saint-Lambert, Vieux-Longueuil

**Hours:** 24 hours / 7 days

**Financing:** municipal

**Legal status:** municipal agency

**SERVICE DE POLICE DE L’AGGLOMÉRATION DE LONGUEUIL - DIVISION SUD**

7151 Cousineau Boulevard, Longueuil, Montérégie, QC, J3Y 9K5

450 463-7011

**Website:** www.longueuil.quebec/fr/police

**Email:** spal@longueuil.quebec

**Services:** Peacekeeping, law enforcement and public security. * Prevention and repression of crime and offences. * Criminal record check-up. * Sociocommunity sector, specialized units and awareness-raising. * Trade your ticket: program allowing cyclists to cancel a ticket in exchange for their participation in a cycling safety education workshop.

**Coverage area:** Brossard, Greenfield Park, Saint-Bruno-de-Montarville, Saint-Hubert

**Hours:** 7 days

**Financing:** municipal

**Legal status:** municipal agency
SOCIÉTÉ DE GESTION DES HUILES USAGÉES
248 Fréchette Boulevard, Suite 204, Chambly, Montérégie, QC, J3L 2Z5
1 877 987-6448     Fax: 450 450-9998
Website: soghu.com/en/homepage
Email: soghu@soghu.ca
Coverage area: Province of Québec
Hours: Monday to Friday 8h00 to 16h30
Fees: none
Financing: self-financing
Legal status: non-profit organization

SOREL-TRACY - CITY
71 Charlotte Street, Sorel-Tracy, Montérégie, QC, J3P 7K1
450 780-5600
Website: www.ville.sorel-tracy.qc.ca
Email: info@ville.sorel-tracy.qc.ca
Hours: Regular hours: Monday to Thursday 8h15 to 12h00 and 13h15 to 16h30, Friday 8h15 to 12h00 and 13h15 to 15h30, summer hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00
Financing: municipal
Legal status: municipal agency

SÛRETÉ DU QUÉBEC - POSTE MRC D'ACTON
1855 Landry Street, Acton Vale, Montérégie, QC, J0H 1A0
450 546-3663     Fax: 450 546-3663
Website: www.sq.gouv.qc.ca/en/the-surete-du-quebec/
Coverage area: MRC d'Acton
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 BEAUHARNOIS-SALABERRY
625 Hébert Street, Salaberry-de-Valleyfield, Montérégie, QC, J6S 0K9
450 370-4350     Fax: 450 370-4386
Website: www.sq.gouv.qc.ca/en/the-surete-du-quebec/
Coverage area: MRC Beauharnois-Salaberry
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 LA VALLÉE-DU-RICHELIEU
4000 des Loisirs Street, Beloeil, Montérégie, QC, J3G 2C9
450 536-0032    Fax: 450 536-0052
Website: www.sq.gouv.qc.ca/en/the-surete-du-quebec/
Coverage area: MRC La Vallée-du-Richelieu
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 ROUVILLE
331 Chambly Road, Marieville, Montérégie, QC, J3M 1N9
450 460-4429    Fax: 450 460-3656
Website: www.sq.gouv.qc.ca/en/the-surete-du-quebec
Coverage area: MRC Rouville
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 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
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
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 DES MASKOUTAINS
925 Dessaulles Street, Saint-Hyacinthe, Montérégie, QC, J2S 3C4
450 778-2811    Fax: 450 778-8640
Website: www.sq.gouv.qc.ca/en/the-surete-du-quebec/
Coverage area: MRC des Maskoutains
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 DU HAUT-RICHELIEU
88 de l’Église Street North, Lacolle, Montérégie, QC, J0J 1J0
450 246-3856    Fax: 450 246-1149
Website: www.sq.gouv.qc.ca/en/the-surete-du-quebec/
Coverage area: MRC Le Haut-Richelieu
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 DU HAUT-SAINT-LAURENT
25 Saint-Paul Street, Ormstown, Montérégie, QC, J0S 1K0
450 829-2887    Fax: 450 829-2854
Website: www.sq.gouv.qc.ca/en/the-surete-du-quebec/
Coverage area: MRC Le Haut-Saint-Laurent
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 LES JARDINS-DE-NAPIERVILLE
522 Saint-Jacques Street, Napierville, Montérégie, QC, J0J 1L0
450 245-0666    Fax: 450 245-3705
Website: www.sq.gouv.qc.ca/en/the-surete-du-quebec
Coverage area: MRC Les Jardins-de-Napierville
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 PIERRE-DE SAUREL
1805 Saint-Louis Boulevard, Sorel-Tracy, Montérégie, QC, J3R 5A2
450 473-7947    Fax: 450 743-9107
Website: www.sq.gouv.qc.ca/en/the-surete-du-quebec/
Coverage area: MRC Pierre-De Saurel
Hours: administration: Monday to Friday 8h30 to 16h30, emergency: 24 hours, 7 days
Financing: provincial
Legal status: provincial government agency

TERRASSSE-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
Government services


Coverage area: Terrasse-Vaudreuil

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

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


Coverage area: Terrasse-Vaudreuil

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


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


Coverage area: Très-Saint-Rédempteur

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

Financing: municipal

Legal status: municipal agency

UPTON - MUNICIPALITY

810 Lanoie Street, Upton, Montérégie, QC, J0H 2E0
450 549-5611 Fax: 450 549-5045
Website: www.upton.ca
Email: secretariat@upton.ca


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

Financing: municipal

Legal status: municipal agency
VARENNES - CITY
175 Sainte-Anne Street, Varennes, Montérégie, QC, J3X 1T5
450 652-9888   Fax: 450 652-2655
Website: www.ville.varennes.qc.ca
Email: citoyens@ville.varennes.qc.ca
Coverage area: Varennes
Hours: Monday to Friday 8h00 to 12h00 and 13h15 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
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: loisirs.culture@ville.vaudreuil-dorion.qc.ca
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, Vaudreuil-sur-le-Lac, Montérégie, QC, J7V 8P3
450 455-1133   Fax: 450 455-8614
Website: www.vsll.ca
Email: communications@vsll.ca
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, Vaudreuil-sur-le-Lac, Montérégie, QC, J7V 8P3
450 455-1133 ext. 6 Fax: 450 455-8614
Website: www.vsll.ca
Email: loisirs@vsll.ca
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

VENISE-EN-QUÉBEC - MUNICIPALITY
237 16th Avenue West, Venise-en-Québec, Montérégie, QC, J0J 2K0
450 346-4260 Fax: 450 346-4266
Website: venise-en-quebec.ca
Email: information@venise-en-quebec.ca
Coverage area: Venise-en-Québec
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00
Financing: municipal
Legal status: municipal agency

VERCHÈRES - CITY
581 Marie-Victorin Road, Verchères, Montérégie, QC, J0L 2R0
450 583-3307 Fax: 450 583-3637
Website: www.ville.vercheres.qc.ca
Email: mairie@ville.vercheres.qc.ca
Coverage area: Verchères
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00
Financing: municipal
Legal status: municipal agency

VIEUX-LONGUEUIL - DISTRICT
4250 de la Savane Road, Longueuil, Montérégie, QC, J3Y 9G4
450 463-7311 Fax: 450 463-7391
Website: www.longueuil.quebec
Services: District president's office. * Protection and improvement of local services.
Coverage area: Vieux-Longueuil
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, summer: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00
Financing: municipal
Legal status: municipal agency
WARDEN - MUNICIPALITY
172 Principale Street, Warden, Montérégie, QC, J0E 2M0
450 539-1349
Website: municipalites-du-quebec.ca/warden
Email: info@village.warden.qc.ca
Services: Municipal services management. * Licenses and public works department. * Payment of municipal taxes.
Coverage area: Warden
Hours: Wednesday 9h00 to 12h00 and 13h00 to 18h00, Thursday 8h00 to 12h00 and 13h00 to 17h00, municipal inspector: Friday 18h15 to 20h45
Financing: municipal
Legal status: municipal agency

WATERLOO - CITY
417 de la Cour Street, Waterloo, Montérégie, QC, J0E 2N0
450 539-2282     Fax: 450 539-3257
Website: www.ville.waterloo.qc.ca
Email: administration@ville.waterloo.qc.ca
Coverage area: Waterloo
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h30
Financing: municipal
Legal status: municipal agency

YAMASKA - MUNICIPALITY
100 Guilbault Street, Yamaska, Montérégie, QC, J0G 1X0
450 789-2489     Fax: 450 789-2970
Website: www.yamaska.ca
Email: info@yamaska.ca
Coverage area: Yamaska
Hours: Monday to Thursday 8h00 to 12h00 and 12h30 to 16h30, Friday 8h00 to 12h00
Financing: municipal
Legal status: municipal agency

Municipalité régionale de comté (MRC)

MRC BEAUCHARNOIS-SALABERRY
2 Ellice Street, Beauharnois, Montérégie, QC, J6N 1W6
450 225-0870     Fax: 450 225-0872
Website: www.mrc-beauharnois-salaberry.com
Email: info@mrc-beauharnois-salaberry.com
Coverage area: MRC Beauharnois-Salaberry
MRC DE VAUDREUIL-SOULANGES
280 Hardwood Boulevard, Vaudreuil-Dorion, Montérégie, QC, J7V 1Y5
450 455-5753    Fax: 450 455-0145
Website: www.mrcvs.ca
Email: info@mrcvs.ca
Coverage area: MRC Vaudreuil-Soulanges
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00
Financing: municipal, self-financing, provincial
Legal status: non-profit organization

MRC LA HAUTE-YAMASKA
142 Dufferin Street, Suite 100, Granby, Montérégie, QC, J2G 4X1
450 378-9976    Fax: 450 378-2465
Website: haute-yamaska.ca
Email: mrc@haute-yamaska.ca
Coverage area: MRC La Haute-Yamaska
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00
Financing: municipal, provincial
Legal status: municipal agency

MRC LA VALLÉE-DU-RICHELIEU
255 Laurier Boulevard, Suite 100, Mcmasterville, Montérégie, QC, J3G 0B7
450 464-0339    Fax: 450 464-3827
Website: www.mrcvr.ca
Email: info@mrcvr.ca
Coverage area: MRC La Vallée-du-Richelieu
Hours: Monday to Thursday 8h15 to 12h00 and 13h00 to 16h45, Friday 8h15 to 12h00
Financing: municipal, self-financing, provincial
Legal status: municipal agency

MRC LES JARDINS-DE-NAPIERVILLE
1767 Principale Street, Saint-Michel, Montérégie, QC, J0L 2J0
450 454-0559    Fax: 450 454-0560
Website: mrcjardinsdenapierville.ca
Email: info@mrcjdn.ca

Coverage area: MRC Les Jardins-de-Napierville

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

Financing: municipal, self-financing, provincial

Legal status: municipal agency

MRC MARGUERITE-D’YOUVILLE

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

450 583-3301     Fax: 450 583-3592

Website: www.margueritedyouville.ca

Email: infomrc@margueritedyouville.ca


Coverage area: MRC Marguerite-D’Youville

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

Financing: municipal, self-financing, provincial

Legal status: non-profit organization

MRC ROUSSILLON

260 Saint-Pierre Street, Suite 200, Saint-Constant, Montérégie, QC, J5A 2A5

450 638-1221     Fax: 450 638-4499

Website: roussillon.ca


Coverage area: MRC Roussillon

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

Financing: municipal, self-financing, provincial

Legal status: municipal agency

MRC ROUVILLE

500 Desjardins Street, Suite 100, Marieville, Montérégie, QC, J3M 1E1

450 460-2127     Fax: 450 460-7169

Website: www.mrcrouville.qc.ca

Email: info@mrcrouville.qc.ca


Coverage area: MRC Rouville

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

Financing: municipal, self-financing, provincial

Legal status: municipal agency
Official documents

BEAUHARNOIS - CITY
660 Ellice Street, Suite 100, Beauharnois, Montérégie, QC, J6N 1Y1
450 429-3546  Fax: 450 429-2478
Website: ville.beauharnois.qc.ca
Email: reception@ville.beauharnois.qc.ca


Coverage area: Beauharnois
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00
Financing: municipal
Legal status: municipal agency

CARREFOUR LE MOUTIER
219 Saint-Charles Street West, Longueuil, Montérégie, QC, J4H 1E1
450 679-7111  Fax: 450 679-5562
Website: carrefourmoutier.org
Email: info@carrefourmoutier.org


Eligibility: general public, immigrants, newcomers
Coverage area: Montérégie
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: Centraide of Greater Montréal, provincial, donations
Legal status: non-profit organization

CENTRE JEUNESSE DE LA MONTÉRÉGIE - HEAD OFFICE - DIRECTION DE LA PROTECTION DE LA JEUNESSE
575 Adoncour Street, Longueuil, Montérégie, QC, J4G 2M6
1 800 641-4315  Fax: 450 679-3731
Website: santemonteregie.qc.ca/en

Services: Administration of Youth Centres. * Direction de la protection de la jeunesse et des services aux jeunes et à leur famille. * Reports reception and assessment for acts of neglect, violence, abuse against a young person or behavioral disorders, under the Youth Protection Act. * Psychosocial adaptation and rehabilitation. * Services for young offenders under the Youth Criminal Justice Act. * Housing: foster families, group homes, rehabilitation centers and intermediate resources. * Adoption services, biological parents search, expertise at the Superior Court.

Eligibility: children and teens in difficulty, young offenders, parents, guardians, stakeholders
Coverage area: Montérégie
Financing: provincial
Legal status: parapublic organization
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

Coverage area: Coteau-du-Lac
Hours: Monday to Thursday 8h00 to 12h00 and 12h45 to 16h30, Friday 8h00 to 12h00
Financing: municipal
Legal status: municipal agency

KATERI MEMORIAL HOSPITAL CENTRE
10 River Road, Kahnawake, Montérégie, QC, J0L 1B0
450 638-3930 Fax: 450 638-4634
Website: kmhc.ca

Eligibility: community of Kahnawake
Coverage area: Kahnawake
Hours: Monday to Thursday 9h00 to 20h00, Friday 9h00 to 17h30, Saturday 9h30 to 13h30, visiting hours: 7 days 12h00 to 21h00, walk-in clinic: every Saturday, blood tests: Monday to Friday 7h00 to 9h00
Financing: federal, provincial
Legal status: parapublic organization

LA PRAIRIE - CITY
170 Taschereau Boulevard, Suite 400, La Prairie, Montérégie, QC, J5R 5H6
450 444-6600 Fax: 450 444-6636
Website: www.ville.laprairie.qc.ca
Email: info@ville.laprairie.qc.ca

Coverage area: La Prairie
Hours: Monday to Thursday 8h15 to 16h30, Friday 8h15 to 13h00
Financing: municipal
Legal status: municipal agency

LONGUEUIL - CITY
4250 de la Savane Road, Longueuil, Montérégie, QC, J3Y 9G4
311 Fax: 450 463-7400
Website: www.longueuil.quebec/en
Email: 311@longueuil.quebec

Coverage area: Longueuil
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, summer: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00
Financing: municipal
Legal status: municipal agency

LONGUEUIL COURTHOUSE
1111 Jacques-Cartier Boulevard East, Longueuil, Montérégie, QC, J4M 2J6
450 646-4010     Fax: 450 928-7982
Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/longueuil-courthouse
Services: Administration of court services of Longueuil.  * Support to various courts constituting the judicial system of Québec and some specialized courts. * Judicial services: curatorships, tutorships, wills, civil wedding and partnership, divorce records, family mediation and alimony.
Coverage area: South Shore of Montréal: Longueuil judicial district
Hours: Monday to Friday of 8h30 to 16h30
Financing: provincial
Legal status: provincial government agency

MAISON INTERNATIONALE DE LA RIVE-SUD
2500 Lapinière Boulevard, Brossard, Montérégie, QC, J4Z 3V1
450 445-8777     Fax: 450 445-1222
Website: mirs.qc.ca
Email: info@mirs.qc.ca
Eligibility: immigrants and refugees
Coverage area: South Shore
Hours: Monday to Friday 9h00 to 17h00
Fees: variable costs for some services: certification of documents, translation, daycare
Financing: provincial, federal, self-financing
Legal status: non-profit organization

MRC D’ACTON
1037 Beaugrand Street, Acton Vale, Montérégie, QC, J0H 1A0
450 546-3256     Fax: 450 546-0525
Website: mrcacton.qc.ca
Email: info@mrcacton.qc.ca
Coverage area: MRC of Acton
Hours: Monday to Friday 8h30 to 16h30
Financing: municipal
Legal status: municipal agency

RÉGIE INTERMUNICIPALE DE POLICE RICHELIEU - SAINT-LAURENT
1578 du Fer-à-Cheval Road, Sainte-Julie, Montérégie, QC, J3E 0A2
450 922-7001     Fax: 450 922-8881
Website: www.police-rsl.qc.ca
Email: sra@police-rsl.qc.ca
**RÉGIE INTERMUNICIPALE DE POLICE ROUSSILLON**

90 Saint-François-Xavier Road, Candiac, Montérégie, QC, J5R 6M6

**450 638-0911 ext. 0**  Fax: 450 638-0905

**Website:** www.ripr.ca

**Email:** direction@policeroussillon.ca


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

**Hours:** 24 hours / 7 days, administration: Monday and Tuesday 8h00 to 12h00 and 13h00 to 16h30, Wednesday and Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00

**Financing:** municipal

**Legal status:** municipal agency

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**SAINT-HYACINTHE COURTHOUSE**

1550 Dessaulles Street, Saint-Hyacinthe, Montérégie, QC, J2S 2S8

**450 778-6585**

**Website:** www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/saint-hyacinthe-courthouse

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**SAINT-DENIS-SUR-RICHELIEU - MUNICIPALITÉ**

599 chemin des Patriotes, Saint-Denis-sur-Richelieu, Montérégie, QC, J0H 1K0

**450 787-2244**  Fax: 450 787-2635

**Website:** www.stdenissurrichelieu.com

**Email:** info@stdenissurrichelieu.com


**Coverage area:** Saint-Denis-Sur-Richelieu

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

**Financing:** municipal

**Legal status:** municipal agency

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**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


**Coverage area:** Rigaud

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

**Financing:** municipal

**Legal status:** municipal agency

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**Government services**

**Coverage area:** MRC Marguerite-D'Youville, Saint-Mathieu-de-Beloeil, Beloeil, McMasterville, Saint-Basile-le-Grand, Carignan, Chambly, Otterburn Park, Saint-Jean-Baptiste, Mont-Saint-Hilaire, Richele, Saint-Mathias-sur-Richelieu

**Hours:** 24 hours / 7 days

**Financing:** municipal

**Legal status:** municipal agency
Government services

**Services:** Administration of court services of Saint-Hyacinthe. * Support to various courts constituting the judicial system of Québec and some specialized courts. * Judicial services: adoption, curatorships, tutorships and wills, divorce and separation, psychiatric assessment and institutional custody, civil wedding and partnership, family mediation, support payments.

**Coverage area:** Saint-Hyacinthe judicial district

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

**Financing:** provincial

**Legal status:** provincial government agency

**SAINT-JEAN-SUR-RICHELIEU COURTHOUSE**

109 Saint-Charles Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 2C2

450 347-3716

Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/saint-jean-sur-richelieu-courthouse

**Services:** Administration or court services of Saint-Jean-sur-Richelieu. * Support to various courts constituting the judicial system of Québec and some specialized courts. * Judicial services: curatorships, tutorships and wills, civil wedding and partnership, divorce records, family mediation and alimony.

**Coverage area:** Montérégie: Iberville judicial district

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

**Financing:** provincial

**Legal status:** provincial government agency

**SAINT-JUDE - MUNICIPALITY**

940 du Centre Street, Saint-Jude, Montérégie, QC, J0H 1P0

450 792-3855 Fax: 450 792-3828

Website: www.saint-jude.ca

Email: munstjude@mrcmaskoutains.qc.ca


**Coverage area:** Saint-Jude

**Hours:** Monday to Friday 9h00 to 12h00 and 13h30 to 16h00

**Financing:** municipal

**Legal status:** municipal agency

**SAINT-MARC-SUR-RICHELIEU - MUNICIPALITÉ**

102 de la Fabrique Street, Saint-Marc-sur-Richelieu, Montérégie, QC, J0L 2E0

450 584-2258 Fax: 450 584-2795

Website: smsr.quebec

Email: info@smsr.quebec


**Coverage area:** Saint-Marc-Sur-Richelieu

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

**Financing:** municipal

**Legal status:** municipal agency
SAINT-PIE - VILLE
77 Saint-Pierre Street, Saint-Pie, Montérégie, QC, J0H 1W0
450 772-2488     Fax: 450 772-2233
Website: www.villest-pie.ca
Email: st-pie@villest-pie.ca
Hours: Monday to Thursday 8h30 to 12h30 and 13h00 to 16h30, Friday 8h00 to 13h00
Financing: municipal
Legal status: municipal agency

SAINT-SIMON - MUNICIPALITY
49 du Couvent Street, Saint-Simon, Montérégie, QC, J0H 1Y0
450 798-2276     Fax: 450 798-2498
Website: www.saint-simon.ca
Email: info@saint-simon.ca
Coverage area: Saint-Simon
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h00
Financing: municipal
Legal status: municipal agency

SAINTE-CATHERINE - CITY
5465 Marie-Victorin Boulevard, Sainte-Catherine, Montérégie, QC, J5C 1M1
450 632-0590     Fax: 450 638-3298
Website: www.ville.sainte-catherine.qc.ca
Email: communications@vdsc.ca
Coverage area: Sainte-Catherine
Hours: Monday, Wednesday and Thursday 8h30 to 12h00 and 13h00 to 16h30, Tuesday 8h30 to 12h00 and 13h00 to 19h30, Friday 8h30 to 13h00
Financing: municipal
Legal status: municipal agency

SAINTE-JULIE - VILLE
1580 du Fer-à-Cheval Road, Sainte-Julie, Montérégie, QC, J3E 2M1
450 922-7111
Website: www.ville.sainte-julie.qc.ca
Email: clientele@ville.sainte-julie.qc.ca
Coverage area: Sainte-Julie
Hours: Monday to Thursday 8h00 to 19h00, Friday 8h00 to 16h00
Financing: municipal
Legal status: municipal agency
Government services

SALABERRY-DE-VALLEYFIELD COURTHOUSE
74 Académie Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 0B8
450 370-4006   Fax: 450 370-3022
Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/salaberry-de-valleyfield-courthouse
Services: Administration or court services of Salaberry-de-Valleyfield. * Support to various courts constituting the judicial system of Québec and some specialized courts. * Judicial services: curatorships, tutorships and wills, civil wedding and partnership, divorce records, family mediation and alimony.
Coverage area: Beauharnois judicial district: MRC Beauharnois-Salaberry and MRC Vaudreuil-Soulanges
Hours: Monday to Friday 8h30 to 12h45 and 13h45 to 16h30
Financing: provincial
Legal status: provincial government agency

SERVICE CANADA CENTRE - BROSSARD
2501 Lapinière Boulevard, ground floor, Brossard, Montérégie, QC, J4Z 3P1
1 800 622-6232   TTY: 1 800 926-9105
Website: www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2373
Coverage area: Brossard
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency

SERVICE CANADA CENTRE - CHÂTEAUGUAY
245 Saint-Jean-Baptiste Boulevard, Suite 101, Châteauguay, Montérégie, QC, J6K 3C3
1 800 622-6232   TTY: 1 800 926-9105
Website: www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2443
Coverage area: Châteauguay
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency

SERVICE CANADA CENTRE - LONGUEUIL
1195 Du Tremblay Road, Suite 100, Longueuil, Montérégie, QC, J4N 1R4
1 800 622-6232   TTY: 1 800 926-9105
Website: www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2871
Government services


Coverage area: Longueuil
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency

SERVICE CANADA CENTRE - SAINT-HYACINTHE
Galeries Saint-Hyacinthe, 3225 Cusson Avenue, Suite 2500, Saint-Hyacinthe, Montérégie, QC, J2S 0H7
1 800 622-6232    TTY: 1 800 926-9105
Website: www.servicecanada.gc.ca


Coverage area: Saint-Hyacinthe
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency

SERVICE CANADA CENTRE - SAINT-JEAN-SUR-RICHELIEU
1235 Douglas Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J2W 1C7
1 800 622-6232    TTY: 1 800 926-9105
Website: www.canada.ca


Coverage area: Saint-Jean-sur-Richelieu and surrounding area
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency

SERVICE CANADA CENTRE - VALLEYFIELD
63 Champlain Street, Suite 100, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1W4
1 800 622-6232    TTY: 1 800 926-9105
Website: www.canada.ca

Coverage area: Salaberry-De-Valleyfield

Hours: Monday to Friday 8h30 to 16h00

Financing: federal

Legal status: federal government 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.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2251


Coverage area: Vaudreuil-Dorion

Hours: Monday to Friday 8h30 to 16h00

Financing: federal

Legal status: federal government agency

SERVICE DE POLICE DE CHÂTEAUGUAY
55 Maple Boulevard, Châteauguay, Montérégie, QC, J6J 3P9
450 698-1331
Website: ville.chateauguay.qc.ca/en/police-service/home
Email: police@police.chateauguay.ca


Coverage area: Châteauguay, Léry, Beauharnois, Saint-Isidore

Hours: 24 hours / 7 days

Financing: municipal

Legal status: municipal agency

SERVICE DE POLICE DE L'AGGLOMÉRATION DE LONGUEUIL - DIVISION NORD
699 Curé-Poirier Boulevard West, Longueuil, Montérégie, QC, J4J 2J1
450 463-7011
Website: www.longueuil.quebec/fr/police
Email: spal@longueuil.quebec


Coverage area: Boucherville, Saint-Lambert, Vieux-Longueuil

Hours: 24 hours / 7 days
Financing: municipal
Legal status: municipal agency

SERVICE DE POLICE DE L'AGGLOMÉRATION DE LONGUEUIL - DIVISION SUD
7151 Cousineau Boulevard, Longueuil, Montérégie, QC, J3Y 9K5
450 463-7011
Website: www.longueuil.quebec/fr/police
Email: spal@longueuil.quebec
Coverage area: Brossard, Greenfield Park, Saint-Bruno-de-Montarville, Saint-Hubert
Hours: 7 days
Financing: municipal
Legal status: municipal agency

SERVICES QUÉBEC - ACTON VALE
1130 Daigneault Street, Acton Vale, Montérégie, QC, J0H 1A0
1 800 438-4765 Fax: 450 546-2747
Website: www.quebec.ca/en/government/services-quebec
Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)
Coverage area: Acton Vale
Hours: Monday and Thursday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

SERVICES QUÉBEC - BEAUHARNOIS
140 Saint-Laurent Street, Beauharnois, Montérégie, QC, J6N 1V9
1 877 644-4545 TTY: 1 800 361-9596
Website: www.quebec.ca/en
Services: * Information on government programs and services and accompaniment in administrative procedures. * Administration of oath. * Services related to Directeur de l'état civil, Régie du bâtiment, Registre foncier, child support, pension plans and public sector pension plans.
Coverage area: Beauharnois
Hours: Monday, Tuesday, Thursday and Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 9h00 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency
SERVICES QUÉBEC - BELOEIL
515 Sir-Wilfrid-Laurier Boulevard, Suite 201, Beloeil, Montérégie, QC, J3G 6R7
1 877 856-1966  Fax: 450 467-9603
Website: www.quebec.ca/en/government/services-quebec


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

Coverage area: Beloeil

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

Financing: provincial

Legal status: provincial government agency

SERVICES QUÉBEC - BROSSARD
1 Place du Commerce, Suite 200, Brossard, Montérégie, QC, J4W 2Z7
450 672-1335  Fax: 450 672-4667
Website: www.localisateur.servicesquebec.gouv.qc.ca/en


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

Coverage area: Brossard

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

Financing: provincial

Legal status: provincial government agency

SERVICES QUÉBEC - CHÂTEAUGUAY
180 d'Anjou Boulevard, Suite 250, Châteauguay, Montérégie, QC, J6K 5G6
450 691-6020  Fax: 450 699-9005
Website: www.localisateur.servicesquebec.gouv.qc.ca/en
Government services


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

Coverage area: Châteauguay
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

SERVICES QUÉBEC - DIRECTION RÉGIONALE DE LA MONTÉRÉGIE

135 de Mortagne Boulevard, Suite H, Boucherville, Montérégie, QC, J4B 6G4
1 800 561-6781
Website: www.localisateur.servicesquebec.gouv.qc.ca/en


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

Coverage area: Montérégie
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

SERVICES QUÉBEC - LONGUEUIL

2877 de Chambly Road, Suite 40, Longueuil, Montérégie, QC, J4L 1M8
450 677-5517     Fax: 450 677-5397
Website: www.localisateur.servicesquebec.gouv.qc.ca/en

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

Coverage area: Longueuil

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

Financing: provincial

Legal status: provincial government agency

SERVICES QUÉBEC - MARIEVILLE
497 Sainte-Marie Street, Marieville, Montérégie, QC, J3M 1M4
1 888 872-0680 Fax: 450 460-3368
Website: www.quebec.ca/en/government/services-quebec


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

Coverage area: Marieville

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

Financing: provincial

Legal status: provincial government agency

SERVICES QUÉBEC - SAINT-CONSTANT
126 Saint-Pierre Street, Saint-Constant, Montérégie, QC, J5A 2P1
450 635-6221 Fax: 450 635-8018
Website: www.localisateur.servicesquebec.gouv.qc.ca/en


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

Coverage area: Saint-Constant

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

Financing: provincial

Legal status: provincial government agency
SERVICES QUÉBEC - SAINT-HYACINTHE
3100 Laframboise Boulevard, Suite 2620, Saint-Hyacinthe, Montérégie, QC, J2S 4Z4
1 800 465-0719     Fax: 450 778-6647     TTY: 1 800 361-9596
Website: www.quebec.ca/en/government/services-quebec


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

Coverage area: Saint-Hyacinthe
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 9h00 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

SERVICES QUÉBEC - SAINT-JEAN-SUR-RICHELIEU
315 MacDonald Street, Suite 128, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 8J3
450 348-9294     Fax: 450 348-6514
Website: www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi/index.en.asp


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

Coverage area: Saint-Jean-sur-Richelieu
Hours: In person: Monday, Tuesday, Thursday, Friday 8h30 to 16h30, Wednesday 9h00 to 16h30, by phone: Monday to Friday 8h00 to 20h00
Financing: provincial
Legal status: provincial government agency

SERVICES QUÉBEC - SALABERRY-DE-VALLEYFIELD
63 Champlain Street, Suite 110, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1W4
450 370-3027     TTY: 450 370-6848
Website: www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi/index.en.asp


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

Coverage area: Montérégie
Government services

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

SERVICES QUÉBEC - SOREL-TRACY
375 Fiset Boulevard, Sorel-Tracy, Montérégie, QC, J3P 7Z4
450 742-5941 Fax: 450 746-1931
Website: www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi/index_en.asp


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

Coverage area: Sorel-Tracy
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

SERVICES QUÉBEC - VAUDREUIL-DORION
430 Harwood Boulevard, Suite 4, Vaudreuil-Dorion, Montérégie, QC, J7V 7H4
450 455-5666 Fax: 450 424-0772
Website: www.localisateur.servicesquebec.gouv.qc.ca/en


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

Coverage area: MRC Vaudreuil-Soulanges
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

SINO-QUÉBEC CENTRE OF SOUTH SHORE
7209 Taschereau Boulevard, Suite 108, Brossard, Montérégie, QC, J4Y 1A1
450 445-6666 Fax: 450 445-8188
Website: www.famillechinoise.qc.ca/fr
Email: direction@centresinoquebec.com


Eligibility: Chinese and Asian communities
Coverage area: Montérégie
Government services

Hours: Monday to Friday 9h00 to 17h00
Fees: francization program and gambling addiction prevention program: free
Financing: grants, self-financing
Legal status: non-profit organization

SOREL-TRACY COURTHOUSE
46 Charlotte Street, Sorel-Tracy, Montérégie, QC, J3P 6N5
450 742-2786  Fax: 450 746-7394
Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/sorel-tracy-courthouse

Services: Administration or court services of Sorel-Tracy. * Support to various courts constituting the judicial system of Québec and some specialized courts. * Judicial services: curatorships, tutorships and wills, civil wedding and partnership, divorce records, family mediation and alimony.
Coverage area: Richelieu judicial district: MRC Pierre-De Saurel and MRC Marguerite-D’Youville
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

SÛRETÉ DU QUÉBEC - POSTE MRC D’ACTON
1855 Landry Street, Acton Vale, Montérégie, QC, J0H 1A0
450 546-3663  Fax: 450 546-3663
Website: www.sq.gouv.qc.ca/en/the-surete-du-quebec/

Coverage area: MRC d’Acton
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 BEAUVARNOIS-SALABERRY
625 Hébert Street, Salaberry-de-Valleyfield, Montérégie, QC, J6S 0K9
450 370-4350  Fax: 450 370-4386
Website: www.sq.gouv.qc.ca/en/the-surete-du-quebec/

Coverage area: MRC Beauharnois-Salaberry
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 LA VALLÉE-DU-RICHELIEU
4000 des Loisirs Street, Beloeil, Montérégie, QC, J3G 2C9
450 536-0032  Fax: 450 536-0052
Website: www.sq.gouv.qc.ca/en/the-surete-du-quebec/

Coverage area: MRC La Vallée-du-Richelieu
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 ROUVILLE
331 Chambly Road, Marieville, Montérégie, QC, J3M 1N9
450 460-4429 Fax: 450 460-3656
Website: www.sq.gouv.qc.ca/en/the-surete-du-quebec


Coverage area: MRC Rouville

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 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


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


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 DES MASKOUTAINS
925 Dessaulles Street, Saint-Hyacinthe, Montérégie, QC, J2S 3C4
450 778-2811 Fax: 450 778-8640
Website: www.sq.gouv.qc.ca/en/the-surete-du-quebec/


Coverage area: MRC des Maskoutains

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 DU HAUT-RICHELIEU
88 de l'Église Street North, Lacolle, Montérégie, QC, J0J 1J0
450 246-3856 Fax: 450 246-1149
Website: www.sq.gouv.qc.ca/en/the-surete-du-quebec/


Coverage area: MRC Le Haut-Richelieu

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 DU HAUT-SAINT-LAURENT  
25 Saint-Paul Street, Ormstown, Montérégie, QC, J0S 1K0  
450 829-2887  Fax: 450 829-2854  
Website: www.sq.gouv.qc.ca/en/the-surete-du-quebec/  
Coverage area: MRC Le Haut-Saint-Laurent  
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 LES JARDINS-DE-NAPIERVILLE  
522 Saint-Jacques Street, Napierville, Montérégie, QC, J0J 1L0  
450 245-0666  Fax: 450 245-3705  
Website: www.sq.gouv.qc.ca/en/the-surete-du-quebec  
Coverage area: MRC Les Jardins-de-Napierville  
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 PIERRE-DE SAUREL  
1805 Saint-Louis Boulevard, Sorel-Tracy, Montérégie, QC, J3R 5A2  
450 473-7947  Fax: 450 743-9107  
Website: www.sq.gouv.qc.ca/en/the-surete-du-quebec/  
Coverage area: MRC Pierre-De Saurel  
Hours: administration: Monday to Friday 8h30 to 16h30, emergency: 24 hours, 7 days  
Financing: provincial  
Legal status: provincial government agency

UPTON - MUNICIPALITY  
810 Lanoie Street, Upton, Montérégie, QC, J0H 2E0  
450 549-5611  Fax: 450 549-5045  
Website: www.upton.ca  
Email: secretariat@upton.ca  
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30  
Financing: municipal  
Legal status: municipal agency
Provincial services

CENTRE LOCAL D’EMPLOI DU HAUT-SAINT-LAURENT
220 Châteauguay Street, Huntingdon, Montérégie, QC, J0S 1H0
450 264-5323     Fax: 450 264-3297
Website: www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi


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

Coverage area: MRC Le-Haut-Saint-Laurent

Hours: Monday, Tuesday, Thursday and Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: provincial government agency

COMMISSION DE LA SANTÉ ET DE LA SÉCURITÉ DU TRAVAIL DU QUÉBEC - LONGUEUIL
25 La Fayette Boulevard, Longueuil, Montérégie, QC, J4K 5B7
1 844 838-0808     Fax: 1 855 722-8081
Website: www.cnesst.gouv.qc.ca/en

Services: * Support for workers and employers in their efforts to eliminate hazards in their workplace. * Inspection of workplaces. * Promotion of occupational health and safety. * Compensation for workers who suffered an occupational injury. * Rehabilitation of workers who, because of an occupational injury, suffered a permanent impairment of physical or mental integrity.

Eligibility: employers and workers

Coverage area: Montérégie

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

Financing: membership fees, self-financing

Legal status: provincial government agency

COMMISSION DE LA SANTÉ ET DE LA SÉCURITÉ DU TRAVAIL DU QUÉBEC - VALLEYFIELD
9 Nicholson Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4M4
1 844 838-0808     Fax: 1 855 722-8081
Website: www.cnesst.gouv.qc.ca/en

Services: * Support for workers and employers in their efforts to eliminate hazards in their workplace. * Inspection of workplaces. * Promotion of occupational health and safety. * Compensation for workers who suffered an occupational injury. * Rehabilitation of workers who, because of an occupational injury, suffered a permanent impairment of physical or mental integrity.

Eligibility: employers and workers

Coverage area: Salaberry-de-Valleyfield

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, closed on public holidays

Financing: membership fees, self-financing

Legal status: provincial government agency
COMMISSION DE LA SANTÉ ET DE LA SÉCURITÉ DU TRAVAIL DU QUÉBEC - YAMASKA
2710 Bachand Street, Saint-Hyacinthe, Montérégie, QC, J2S 8B6
1 844 838-0808 Fax: 1 855 722-8081
Website: www.cnesst.gouv.qc.ca/en

Services: * Support for workers and employers in their efforts to eliminate hazards in their workplace. * Inspection of workplaces. * Promotion of occupational health and safety. * Compensation for workers who suffered an occupational injury. * Rehabilitation of workers who, because of an occupational injury, suffered a permanent impairment of physical or mental integrity.

Eligibility: employers and workers
Coverage area: Yamaska, Saint-Hyacinthe
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

COMMISSION DE PROTECTION DU TERRITOIRE AGRICOLE DU QUÉBEC
25 Lafayette Boulevard, 3rd Floor, Longueuil, Montérégie, QC, J4K 5C7
1 800 361-2090 Fax: 450 651-2258
Website: www.cptaq.gouv.qc.ca
Email: info@cptaq.gouv.qc.ca


Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: parapublic organization

COMMISSION DES NORMES DU TRAVAIL - MONTÉRÉGIE
25 La Fayette Boulevard, Longueuil, Montérégie, QC, J4K 5B7
1 844 838-0808
Website: www.cnesst.gouv.qc.ca/en

Services: * Information on labour standards and the obligations stipulated by the law and regulations. * Registration of complaints. * Mediation for employees or employers involved in a complaint of psychological harassment, wrongful dismissal or prohibited practice.

Eligibility: public, employers, employees
Coverage area: Montérégie
Hours: office: by appointment for investigation and mediation
Financing: provincial
Legal status: provincial government agency

COMMUNITY LEGAL CENTRE OF THE SOUTH SHORE
101 Roland-Therrien Boulevard, Suite 301, Longueuil, Montérégie, QC, J4H 4B9
450 928-7655 Fax: 450 928-7657
Website: ccjrs.com
Email: administration@ccjrs.com
Government services

Services: Legal aid services, free or at a low cost to eligible individuals, provided by family, matrimonial, youth protection, young offenders, criminal and penal, administrative, social, civil and immigration lawyers or notaries. * Representation before a first instance or appeal court, as plaintiff or defendant. * Assistance in certain cases expressly provided for in the Legal Aid Act. * Legal consultation. * Phone consultation, available 24/7, for detention or custody. * Legal information regarding rights and obligations of legal aid recipients. * Community involvement. * Complaints reception.

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

Coverage area: South Shore

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

Financing: provincial

Legal status: parapublic organization

CURATEUR PUBLIC - DIRECTION TERRITORIALE SUD ET BUREAU DE LONGUEUIL

201 Place Charles-Le Moyne, RC 02, Longueuil, Montérégie, QC, J4K 2T5

450 928-8800

Website: www.curateur.gouv.qc.ca/cura/en

Services: * Protection of rights and interests and administration of the estate of an incapacitated person for whom the court has appointed the Curateur Public to act as tutor or curator. * Information, assistance and support to families and close friends who are representing incapacitated individuals, administering the estate of an incapacitated person or a minor, or serving as a member of a tutorship council.

Eligibility: incapacitated individuals, incapacity may be declared due to a mental or degenerative illness, stroke, intellectual disability, head injury or weakened state as a result of old age that alters the mental faculties or physical ability to express their own will, represented by the Curateur public, under provisional administration, under tutorship or under private curatorship, private tutors and curators

Coverage area: Montérégie, Estrie, Centre-du-Québec

Hours: Monday, Tuesday, Thursday and Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: provincial government agency

LEGAL AID OFFICE - CHÂTEAUGUAY

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

450 691-4325     Fax: 450 699-0496

Website: ccjrs.com/bureaux/chateauguay

Email: chateauguay@ccjrs.com

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

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

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

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

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

Financing: provincial

Legal status: parapublic organization

LEGAL AID OFFICE - CIVIL LAW - LONGUEUIL

101 Roland-Therrien Boulevard, Suite 200, Longueuil, Montérégie, QC, J4H 4B9

450 928-7659     Fax: 450 928-7670

Website: ccjrs.com/bureaux/longueuil-civil

Email: longueuilcivil@ccjrs.com

LEGAL AID OFFICE - CIVIL LAW - LONGUEUIL

101 Roland-Therrien Boulevard, Suite 200, Longueuil, Montérégie, QC, J4H 4B9

450 928-7659     Fax: 450 928-7670

Website: ccjrs.com/bureaux/longueuil-civil

Email: longueuilcivil@ccjrs.com

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**Services:** Free or low cost legal services concerning familial or civil rights to financially eligible individuals. * Receives and processes legal aid requests.

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

**Coverage area:** Boucherville, Brossard, Candiac, Greenfield Park, La Prairie, Longueuil, Saint-Amable, Saint-Basile-le-Grand, Saint-Bruno-de-Montarville, Saint-Hubert, Saint-Lambert, Sainte-Julie-de-Verchères, Varennes, Verchères

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

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

**Financing:** provincial

**Legal status:** parapublic organization

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**LEGAL AID OFFICE - SALABERRY-DE-VALLEYFIELD**

151 Salaberry Street West, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2H8

450 370-3064  Fax: 450 370-3068

Website: ccjrs.com/bureaux/salaberry-de-valleyfield

Email: valleyfield@ccjrs.com

**Services:** Free or low cost legal services to eligible individuals. * Receives and processes legal aid request.

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

**Coverage area:** MRC Beauharnois-Salaberry, Vaudreuil-Dorion

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

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

**Financing:** provincial

**Legal status:** parapublic organization

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**REVENU QUÉBEC - LONGUEUIL**

825 Saint-Laurent Street West, Longueuil, Montérégie, QC, J4K 2V1

1 800 267-6299  TTY: 1 800 361-3795

Website: www.revenuquebec.ca/en

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

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 10h00 to 16h30, phone service: Monday to Friday 8h30 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

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**REVENU QUÉBEC - SAINT-JEAN-SUR-RICHELIEU**

855 Industriel Boulevard, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 7Y7

514 864-6299  Fax: 514 873-7502  TTY: 1 800 361-3795

Website: www.revenuquebec.ca

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

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 10h00 to 16h30, phone service: Monday to Friday 8h30 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency
Government services

REVENU QUÉBEC - SOREL-TRACY
101 du Roi Street, Sorel-Tracy, Montérégie, QC, J3P 4N1
1 800 267-6299     Fax: 514 873-7502     TTY: 514 873-4455 / 1 800 361-3795
Website: www.revenuquebec.ca
Services: * Administration of Québec’s tax system by collecting taxes. * Administration of programs and services related to income: tax credits, housing benefit, work bonus, maintenance allowances, provisional administration of unclaimed property, the enterprise registrar.
Coverage area: province of Québec
Hours: Monday to Friday 10h00 to 16h30
Financing: provincial
Legal status: provincial government agency

SERVICES QUÉBEC - ACTON VALE
1130 Daigneault Street, Acton Vale, Montérégie, QC, J0H 1A0
1 800 438-4765     Fax: 450 546-2747
Website: www.quebec.ca/en/government/services-quebec
Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)
Coverage area: Acton Vale
Hours: Monday and Thursday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

SERVICES QUÉBEC - BEAUHARNOIS
140 Saint-Laurent Street, Beauharnois, Montérégie, QC, J6N 1V9
1 877 644-4545      TTY: 1 800 361-9596
Website: www.quebec.ca/en/government/services-quebec
Services: * Information on government programs and services and accompaniment in administrative procedures. * Administration of oath. * Services related to Directeur de l'état civil, Régie du bâtiment, Registre foncier, child support, pension plans and public sector pension plans.
Coverage area: Beauharnois
Hours: Monday, Tuesday, Thursday and Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 9h00 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

SERVICES QUÉBEC - BELOEIL
515 Sir-Wilfrid-Laurier Boulevard, Suite 201, Beloeil, Montérégie, QC, J3G 6R7
1 877 856-1966     Fax: 450 467-9603
Website: www.quebec.ca/en/government/services-quebec
Services:

- Info-emploi counter: job bank that can be consulted on site.
- Job search assistance: redaction of resume and preparation to interview.
- Multiservices room: access to phone, fax, computers and printing machines.
- Workplace learning program.
- Training programs aiming professional skills development for enterprises and specific client group: students, women, youth, young mothers, older workers, disabled people, immigrants or visible minorities.
- Business assistance: advices and financial support in human resources management.
- Last-resort financial and social assistance for people with severe or temporary restrictions on employment or occupational disabilities.
- Last-resort financial and social assistance.
- Administration of oath.
- Information on government programs and services and accompaniment in administrative procedures.
- Services related to Directeur de l'état civil, Régie du bâtiment, Registre foncier, child support, pension plans and public sector pension plans.

Eligibility:

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

Coverage area:

- Beloeil

Hours:

- Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing:

- Provincial

Legal status:

- Provincial government agency

SERVICES QUÉBEC - BROSSARD

1 Place du Commerce, Suite 200, Brossard, Montérégie, QC, J4W 2Z7

450 672-1335     Fax: 450 672-4667

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

Services: Accompaniment services regarding job market integration process and last-resort financial assistance.

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

Coverage area: Brossard

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

Financing: Provincial

Legal status: Provincial government agency

SERVICES QUÉBEC - CHÂTEAUGUAY

180 d'Anjou Boulevard, Suite 250, Châteauguay, Montérégie, QC, J6K 5G6

450 691-6020     Fax: 450 699-9005

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

Services: Accompaniment services regarding job market integration process and last-resort financial assistance.

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

Coverage area: Châteauguay

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

Financing: Provincial

Legal status: Provincial government agency
Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Châteauguay

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: provincial government agency

SERVICES QUÉBEC - DIRECTION RÉGIONALE DE LA MONTÉRÉGIE
135 de Mortagne Boulevard, Suite H, Boucherville, Montérégie, QC, J4B 6G4
1 800 561-6781
Website: www.localisateur.servicesquebec.gouv.qc.ca/en


Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities), sponsored immigrants on or awaiting welfare and their sponsors

Coverage area: Montérégie

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: provincial government agency

SERVICES QUÉBEC - LONGUEUIL
2877 de Chambly Road, Suite 40, Longueuil, Montérégie, QC, J4L 1M8
450 677-5517     Fax: 450 677-5397
Website: www.localisateur.servicesquebec.gouv.qc.ca/en


Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Longueuil

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: provincial government agency
SERVICES QUÉBEC - MARIEVILLE
497 Sainte-Marie Street, Marieville, Montérégie, QC, J3M 1M4
1 888 872-0680   Fax: 450 460-3368
Website: www.quebec.ca/en/government/services-quebec


Eligibility:  job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Marieville

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: provincial government agency

SERVICES QUÉBEC - SAINT-CONSTANT
126 Saint-Pierre Street, Saint-Constant, Montérégie, QC, J5A 2P1
450 635-6221   Fax: 450 635-8018
Website: www.localisateur.servicesquebec.gouv.qc.ca/en


Eligibility:  job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Saint-Constant

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: provincial government agency

SERVICES QUÉBEC - SAINT-HYACINTHE
3100 Laframboise Boulevard, Suite 2620, Saint-Hyacinthe, Montérégie, QC, J2S 4Z4
1 800 465-0719   Fax: 450 778-6647    TTY: 1 800 361-9596
Website: www.quebec.ca/en/government/services-quebec

Government services

Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Saint-Hyacinthe

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 9h00 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: provincial government agency

SERVICES QUÉBEC - SAINT-JEAN-SUR-RICHELIEU
315 MacDonald Street, Suite 128, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 8J3
450 348-9294      Fax: 450 348-6514
Website: www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi/index_en.asp


Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Saint-Jean-sur-Richelieu

Hours: In person: Monday, Tuesday, Thursday, Friday 8h30 to 16h30, Wednesday 9h00 to 16h30, by phone: Monday to Friday 8h00 to 20h00

Financing: provincial

Legal status: provincial government agency

SERVICES QUÉBEC - SALABERRY-DE-VALLEYFIELD
63 Champlain Street, Suite 110, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1W4
450 370-3027      TTY: 450 370-6848
Website: www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi/index_en.asp


Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Montérégie

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: provincial government agency
SERVICES QUÉBEC - SORÉL-TRACY
375 Fiset Boulevard, Sorel-Tracy, Montérégie, QC, J3P 7Z4
450 742-5941  Fax: 450 746-1931
Website: www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi/index_en.asp
Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)
Coverage area: Sorel-Tracy
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

SERVICES QUÉBEC - VAUDREUIL-DORION
430 Harwood Boulevard, Suite 4, Vaudreuil-Dorion, Montérégie, QC, J7V 7H4
450 455-5666  Fax: 450 424-0772
Website: www.localisateur.servicesquebec.gouv.qc.ca/en
Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)
Coverage area: MRC Vaudreuil-Soulanges
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

SÛRETÉ DU QUÉBEC - POSTE MRC D'ACTON
1855 Landry Street, Acton Vale, Montérégie, QC, J0H 1A0
450 546-3663  Fax: 450 546-3663
Website: www.sq.gouv.qc.ca/en/the-surete-du-quebec/
Coverage area: MRC d'Acton
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 BEAUVANNOIS-SALABERRY
625 Hébert Street, Salaberry-de-Valleyfield, Montérégie, QC, J6S 0K9
450 370-4350  Fax: 450 370-4386
Website: www.sq.gouv.qc.ca/en/the-surete-du-quebec

**Coverage area:** MRC Beauharnois-Salaberry

**Hours:** administration: Monday to Friday 8h30 to 16h30, emergency: 24 hours / 7 days

**Financing:** provincial

**Legal status:** provincial government agency

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**SÛRETÉ DU QUÉBEC - POSTE MRC DE LA VALLÉE-DU-RICHELIEU**

4000 des Loisirs Street, Beloeil, Montérégie, QC, J3G 2C9

450 536-0032  Fax: 450 536-0052

Website: www.sq.gouv.qc.ca/en/the-surete-du-quebec/


**Coverage area:** MRC La Vallée-du-Richelieu

**Hours:** administration: Monday to Friday 8h30 to 16h30, emergency: 24 hours / 7 days

**Financing:** provincial

**Legal status:** provincial government agency

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**SÛRETÉ DU QUÉBEC - POSTE MRC DE ROUVILLE**

331 Chambly Road, Marieville, Montérégie, QC, J3M 1N9

450 460-4429  Fax: 450 460-3656

Website: www.sq.gouv.qc.ca/en/the-surete-du-quebec


**Coverage area:** MRC Rouville

**Hours:** administration: Monday to Friday 8h30 to 16h30, emergency: 24 hours / 7 days

**Financing:** provincial

**Legal status:** provincial government agency

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**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


**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

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**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


**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 DES MASKOUTAINS
925 Dessaules Street, Saint-Hyacinthe, Montérégie, QC, J2S 3C4
450 778-2811     Fax: 450 778-8640
Website: www.sq.gouv.qc.ca/en/the-surete-du-quebec/

Coverage area: MRC des Maskoutains
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 DU HAUT-RICHELIEU
88 de l’Église Street North, Lacolle, Montérégie, QC, J0J 1J0
450 246-3856     Fax: 450 246-1149
Website: www.sq.gouv.qc.ca/en/the-surete-du-quebec/

Coverage area: MRC Le Haut-Richelieu
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 DU HAUT-SAINT-LAURENT
25 Saint-Paul Street, Ormstown, Montérégie, QC, J0S 1K0
450 829-2887     Fax: 450 829-2854
Website: www.sq.gouv.qc.ca/en/the-surete-du-quebec/

Coverage area: MRC Le Haut-Saint-Laurent
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 LES JARDINS-DE-NAPIERVILLE
522 Saint-Jacques Street, Napierville, Montérégie, QC, J0J 1L0
450 245-0666     Fax: 450 245-3705
Website: www.sq.gouv.qc.ca/en/the-surete-du-quebec/

Coverage area: MRC Les Jardins-de-Napierville
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 PIERRE-DE SAUREL
1805 Saint-Louis Boulevard, Sorel-Tracy, Montérégie, QC, J3R 5A2
450 473-7947     Fax: 450 743-9107
Website: www.sq.gouv.qc.ca/en/the-surete-du-quebec/

Coverage area: MRC Pierre-De Saurel
Hours: administration: Monday to Friday 8h30 to 16h30, emergency: 24 hours, 7 days
Financing: provincial  
Legal status: provincial government agency

TRIBUNAL ADMINISTRATIF DU LOGEMENT - LONGUEUIL  
201 Charles-Le Moyne Place, Ground Floor, Longueuil, Montérégie, QC, J4K 2T5  
514 873-2245     Fax: 514 864-8077  
Website: www.tal.gouv.qc.ca/en  
Eligibility: tenants, landlords  
Coverage area: agglomeration of Longueuil  
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30  
Fees: variable  
Financing: provincial  
Legal status: provincial government agency

TRIBUNAL ADMINISTRATIF DU LOGEMENT - SAINT-HYACINTHE  
3225 Cusson Avenue, Suite 2540, Saint-Hyacinthe, Montérégie, QC, J2S 0H7  
1 800 683-2245     Fax: 1 877 907-8077  
Website: www.tal.gouv.qc.ca/en  
Services: Specialized tribunal that the authority regarding residential lease matters. * Information to citizens about their rights and obligations relating to their lease. * Reaching agreements between landlords and tenants. * Protection of the rights of tenants. * Assistance with filling court application forms. * Online calculation tool for rent fixation: www.tal.gouv.qc.ca/fr/calcul-pour-la-fixation-de-loyer/outil-de-calcul  
Eligibility: tenants, landlords  
Coverage area: Saint-Hyacinthe  
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30  
Fees: variable  
Financing: provincial  
Legal status: provincial government agency

TRIBUNAL ADMINISTRATIF DU LOGEMENT - SAINT-JEAN-SUR-RICHELIEU  
1 800 683-2245     Fax: 1 877 907-8077  
Website: www.tal.gouv.qc.ca/en  
Services: Specialized court that has the authority regarding residential lease matters. * Information to citizens about their rights and obligations relating to their lease. * Reaching agreements between landlords and tenants. * Protection of the rights of tenants. * Assistance with filling court application forms. * Online calculation tool for rent fixation: www.tal.gouv.qc.ca/fr/calcul-pour-la-fixation-de-loyer/outil-de-calcul  
Eligibility: tenants, landlords  
Coverage area: Saint-Jean-Sur-Richelieu  
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30  
Fees: variable  
Financing: provincial  
Legal status: provincial government agency

TRIBUNAL ADMINISTRATIF DU LOGEMENT - VALLEYFIELD  
151 Salaberry Street, Suite 1.20, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2H8  
1 800 683-2245     Fax: 1 877 907-8077  
Website: www.tal.gouv.qc.ca/en
Government services

**Services:** Specialized tribunal that the authority regarding residential lease matters. * Information to citizens about their rights and obligations relating to their lease. * Reaching agreements between landlords and tenants. * Protection of the rights of tenants. * Assistance with filling court application forms. * Online calculation tool for rent fixation: www.tal.gouv.qc.ca/fr/calcul-pour-la-fixation-de-loyer/outil-de-calcul

**Eligibility:** tenants, landlords

**Coverage area:** Salaberry-De-Valleyfield

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

**Fees:** variable

**Financing:** provincial

**Legal status:** provincial government agency
Health

DENTAL CARE

EMERGENCY

EYE CARE

FAMILY PLANNING

FUNERAL COOPERATIVES

HOME CARE

PALLIATIVE CARE

PATIENT SUPPORT ASSOCIATIONS

PUBLIC HEALTH
Dental care

CÉGEP ÉDOUARD-MONTPETIT - CLINIQUE D'HYGIÈNE DENTAIRE
945 Chemin de Chambly, Suite B-223, Longueuil, Montérégie, QC, J4H 3M6
450 679-2631 ext. 2523 option 4
Website: www.cegepmontpetit.ca/cegep/communaute/cliniques/hygiene-dentaire


Eligibility: general public
Coverage area: Province of Québec
Hours: Monday to Friday, during school year
Fees: preventive cares for 14 years and over: $50, for 13 years and under: $20, mouth guard: $35, other services: variable
Financing: self-financing, provincial
Legal status: parapublic organization

CÉGEP ÉDOUARD-MONTPETIT - CLINIQUE DE DENTUROLOGIE
945 de Chambly Road, Suite A-220, Longueuil, Montérégie, QC, J4H 3M6
450 679-2631 ext. 2511
Website: www.cegepmontpetit.ca/cegep/communaute/cliniques/denturologie
Email: clinique.denturologie@cegepmontpetit.ca

Services: Manufacturing, at low cost, of full and partial dental prosthesis by students, under the supervision of a dental teacher. * Patient must be available for 8 to 12 appointments of about 3 hours each, depending on the schedule of the student.
Coverage area: Province of Québec
Hours: Monday to Friday, during school year
Fees: variable
Financing: self-financing
Legal status: parapublic organization

KANONHKWA'TSHERI:IO HEALTH AND SOCIAL FACILITY
31 Hilltop Drive, Akwesasne, Montérégie, QC, H0M 1A0
613 575-2341
Website: www.akwesasne.ca/health
Email: info@akwesasne.ca


Eligibility: members of an aboriginal community
Coverage area: Akwesasne
Fees: none
Legal status: municipal agency
ORDRE DES DENTUROLOGISTES DU QUÉBEC
395 du Parc-Industriel Street, Longueuil, Montérégie, QC, J4H 3V7
1 800 567-2251    Fax: 450 646-7922
Website: www.odq.com/en
Email: info@odq.com
Eligibility: denturists, general public
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00, summer: Monday to Thursday 9h00 to 17h00, Friday 9h00 to 12h00
Financing: membership fees
Legal status: non-profit organization

Emergency

PREMIERS RÉPONDANTS DES MOISSONS
245 de la Beauce road, Office 101, Beauharnois, Montérégie, QC, J6N 2N5
450 429-7336
Services: Volunteer first responder service. * First aid.
Eligibility: people who are sick or hurt and waiting for an ambulance, volunteers
Coverage area: Beauharnois
Hours: 24 hours / 7 days
Fees: none
Financing: municipal, donations
Legal status: non-profit organization

Eye care

ACTION BÉNÉVOLE DE VARENNES
50 de la Fabrique Street, Varennes, Montérégie, QC, J3X 1R1
450 652-5256
Website: actionbenevolevarennes.org
Email: info@actionbenevolevarennes.org
Eligibility: people and families on a low income, people with loss of autonomy, isolated people, seniors
Coverage area: Varennes
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, Friday 9h00 to 12h00
Fees: variable
Financing: donations, grants
Legal status: non-profit organization

CÉGEP ÉDOUARD-MONTPETIT - CLINIQUE DE LENTILLES CORNÉENNES
945 Chemin de Chambly, Suite A-225-6, Longueuil, Montérégie, QC, J4H 3M6
450 679-2630 ext. 2561
Website: www.cegepmontpetit.ca/cegep/communaute/cliniques/lunetterie-clinique-de-lentilles
Services: * Eye exam carried out by a graduated optometrist. * Low cost purchase, adjustment and replacement of contact lenses and glasses. * Advice on the choice of lenses and glasses by students in the Techniques d’orthèses visuelles.
Eligibility: general public
Coverage area: Province of Québec
Health

**Hours:** during school year, by appointment
**Fees:** lenses et glasses: variable, eye exam for people 17 years and under and for people 65 years and over: covered by the RAMQ, for people 18 to 64 years old: starting at $95
**Financing:** self-financing, provincial
**Legal status:** parapublic organization

**CENTRE D’ACTION BÉNÉVOLE D’IBERVILLE ET DE LA RÉGION**
290 des Conseillers Avenue, Saint-Jean-sur-Richelieu, Montérégie, QC, J2X 1Z8
450 347-1172   Fax: 450 347-3572
**Website:** cabiberville.org
**Email:** info@cabiberville.org
**Eligibility:** people on a low income, seniors, people with a temporary or permanent loss of autonomy, people with a physical or intellectual disability, caregivers, volunteers, organizations, meals on wheels: reserved to the people 55 years and over, caregivers
**Coverage area:** Saint-Jean-sur-Richelieu: Iberville and Saint-Athanase neighbourhoods, Mont Saint-Grégoire
**Hours:** Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00
**Fees:** meals on wheels: $6, annual membership card: $5
**Financing:** Centraide of Greater Montréal, donations, provincial, grants
**Legal status:** non-profit organization

**CENTRE D’ACTION BÉNÉVOLE DU BAS RICHELIEU**
70 Élizabeth Street, Sorel-Tracy, Montérégie, QC, J3P 4G5
450 743-4310   Fax: 450 743-2046
**Website:** www.cab-basrichelieu.org
**Email:** direction@cab-basrichelieu.org
**Eligibility:** seniors, individuals and families on a low income, people with temporary or permanent loss of autonomy, organizations, people who have experienced mental health problems, volunteers, meals on wheels: reserved to the seniors aged 65 and over
**Coverage area:** MRC Pierre-De Saurel
**Hours:** Monday to Thursday 8h30 to 12h00 and 13h30 to 16h00, Friday 8h30 to 12h00, emergency food assistance: by appointment
**Fees:** variable
**Financing:** provincial, Centraide Richelieu-Yamaska, donations, self-financing
**Legal status:** non-profit organization

**INSTITUT NAZARETH ET LOUIS-BRAILLE**
1111 Saint-Charles Street West, Suite 200, Longueuil, Montérégie, QC, J4K 5G4
1 800 361-7063   Fax: 450 463-0243
**Website:** www.inlb.qc.ca
**Email:** info.inlb@ssss.gouv.qc.ca

Eligibility: people living with a visual impairment

Coverage area: Montréal Island, Montérégie, Laval

Hours: Monday to Friday 8h00 to 17h00, store: Monday to Thursday 9h00 to 17h00

Financing: provincial

Legal status: parapublic organization

KANONHKWA'TSHERI:IO HEALTH AND SOCIAL FACILITY

31 Hilltop Drive, Akwesasne, Montérégie, QC, H0M 1A0
613 575-2341

Website: www.akwesasne.ca/health

Email: info@akwesasne.ca


Eligibility: members of an aboriginal community

Coverage area: Akwesasne

Fees: none

Legal status: municipal agency

KATERI MEMORIAL HOSPITAL CENTRE

10 River Road, Kahnawake, Montérégie, QC, J0L 1B0
450 638-3930     Fax: 450 638-4634

Website: kmhc.ca


Eligibility: community of Kahnawake

Coverage area: Kahnawake

Hours: Monday to Thursday 9h00 to 20h00, Friday 9h00 to 17h30, Saturday 9h30 to 13h30, visiting hours: 7 days 12h00 to 21h00, walk-in clinic: every Saturday, blood tests: Monday to Friday 7h00 to 9h00

Financing: federal, provincial

Legal status: parapublic organization
MAISON TREMPLIN DE LONGUEUIL (LA)
267 Toulouse Street, Longueuil, Montérégie, QC, J4L 4X1
450 442-4019
Website: www.maisontremplin.com
Email: info@maisontremplin.com


**Eligibility:** services: all, activities: families and children 0 to 12 years old

**Coverage area:** Vieux-Longueuil

**Hours:** Monday to Thursday 8h30 to 16h00, Friday 8h30 to 12h00

**Fees:** membership: $7 per year per family with children, $5 per adult, activities: variable

**Financing:** Centraide of Greater Montréal, federal, provincial, self-financing, donations

**Legal status:** non-profit organization

MISSION NEW GENERATION
1423 Provencher Boulevard, Brossard, Montérégie, QC, J4W 1Z3
450 486-7667    Fax: 450 486-6283
Website: missionnouvellegeneration.org
Email: info@missionnouvellegeneration.org


**Coverage area:** Montérégie, Montréal Island

**Hours:** food assistance: Thursday 13h00 to 18h00, Tuesday 15h00 to 19h00

**Fees:** food assistance: $10 per year, $15 per food basket

**Financing:** donations

**Legal status:** non-profit organization

MOSAÏQUE (LA), CENTRE D’ACTION BÉNÉVOLE ET COMMUNAUTAIRE
1650 de l’Église Avenue, Longueuil, Montérégie, QC, J4P 2C8
450 465-1803    Fax: 450 465-5440
Website: www.lamosaique.org
Email: info@lamosaique.qc.ca


**Eligibility:** volunteers, people in need, community organizations and organizations in the health and social services network

**Coverage area:** agglomeration of Longueuil

**Hours:** administration: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30, thrift store: Tuesday to Saturday 10h00 to 17h00, shopping trips: twice a month

**Fees:** thrift store: variable low prices, other services: low cost or free

**Financing:** donations, grants, self-financing

**Legal status:** non-profit organization
SERVICE ALIMENTAIRE COMMUNAUTAIRE
50 Webb Street, Suite 15, Salaberry-de-Valleyfield, Montérégie, QC, J6T 6L5
450 377-5551  Fax: 450 377-5551
Website: www.lesac-valleyfield.org
Email: le.sacintervenant@oricom.ca
Eligibility: people on a low income
Coverage area: Salaberry-de-Valleyfield
Hours: Monday to Thursday 8h30 to 11h50 and 13h00 to 16h20, Friday 8h30 to 11h50 and 13h00 to 15h50
Fees: food assistance: free, cooked meals: $3 per meal or $20 for 7 meals
Financing: fundraising campaigns
Legal status: non-profit organization

Family planning

CÉGEP ÉDOUARD-MONTPETIT - CLINIQUE DE LA SANTÉ
945 de Chambly Road, Suite A-3, Longueuil, Montérégie, QC, J4H 3M6
450 679-2631 ext. 2636
Website: www.cegepmontpetit.ca/cegep/communaute/cliniques/clinique-de-la-sante
Services: Health care services provided by nurses and students under the supervision of a professor. * Clinical consultations by nursing students under the supervision of their professors: blood tests, vaccines covered by the RAMQ, ear cleaning. * Youth clinic: contraception, pregnancy tests, decision support service regarding the continuation or termination of a pregnancy, STBIs screening, vaccinations against HPV and hepatitis A and B. * Consultation with a nurse practitioner specialized in primary care: diagnosis and treatment of common illnesses, screening for chronic diseases, disease prevention.
Eligibility: health care by students: residents of the city of Longueuil, employees and students of the Cégep, consultation with a specialized nurse: employees or students of the Cégep, youth clinic: 12 to 24 year-old residents of the city of Longueuil, employees or students of the Cégep
Coverage area: Longueuil
Hours: Monday to Friday, during school year, youth clinic: Tuesday 9h00 to 16h00
Fees: none
Financing: provincial, foundations
Legal status: parapublic organization

CELLULE JEUNES ET FAMILLES DE BROME-MISSISQUOI
504 South Street, Cowansville, Montérégie, QC, J2K 2X8
450 260-1823
Website: infocellule.org/en/home
Email: coordo_cellule@infocellule.org
Eligibility: people in difficulty, youth, families, seniors, anyone interested by the addiction issue
Coverage area: MRC Brome-Missisquoi, ITMAV: Cowansville
Hours: Monday and Wednesday to Friday 9h00 to 16h00, office: Monday to Friday 9h00 to 16h00
Financing: donations
Legal status: non-profit organization
CENTRE D'INTERVENTION JEUNESSE DES MASKOUTAINS (LE)
120 de la Concorde Avenue North, Saint-Hyacinthe, Montérégie, QC, J2S 0M5
450 773-4909
Email: cijm@cgocable.ca
Coverage area: Saint-Hyacinthe, MRC Les Maskoutains
Fees: free
Legal status: non-profit organization

CLINIQUE DES JEUNES DU BASSIN DE CHAMBLY
650 Sénécal Street, Chambly, Montérégie, QC, J3L 1N9
450 658-2016     Fax: 450 358-2034
Website: santemontrenger.qc.ca/en/installations/clinique-des-jeunes-du-bassin-de-chambly
Eligibility: people 12 to 24 years old
Coverage area: Montérégie
Hours: Monday, Tuesday and Wednesday, variable hours
Financing: provincial
Legal status: parapublic organization

CLSC DES SEIGNEURIES DE SAINTE-JULIE
461 Saint-Joseph Boulevard, Suite 112, Sainte-Julie, Montérégie, QC, J3E 1W8
450 468-3670
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=908&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J3E1W8
Coverage area: CISSS de la Montérégie-Est area
Hours: Monday, Tuesday, Thursday and Friday 8h30 à 12h00 et 13h00 à 16h30, Wednesday 8h30 to 12h00, 13h00 to 20h30, tests centre: by appointment
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
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
CLSC SIMONNE-MONET-CHARTRAND
1303 Jacques-Cartier Boulevard East, Longueuil, Montérégie, QC, J4M 2Y8
450 463-2850
Website: sante.gouv.qc.ca/en/reperoires/ressources/ressource/?nofiche=1082&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=&ch_code=J4M2Y8
Coverage area: CISSS Montérégie-Est area
Hours: Monday to Friday 8h00 to 21h00, Saturday, Sunday and holidays 8h00 to 12h00 and 13h00 to 16h00, tests centre: Monday to Friday 7h00 to 9h30
Financing: provincial
Legal status: parapublic organization

COOPÉRATIVE DE SOLIDARITÉ DE SANTÉ DE LA MRC D’ACTON
755 de Roxton Street, Acton Vale, Montérégie, QC, J0H 1A0
450 546-3245 Fax: 450 546-4720
Website: coopsanteacton.ca
Email: info@coopsanteacton.ca
Eligibility: individuals without a family doctor or followed by a doctor from the Coopérative de santé de la MRC d’Acton
Coverage area: MRC Acton
Hours: Monday and Wednesday 8h00 to 20h30, Tuesday, Thursday and Friday 8h00 to 17h00
Fees: consultations: none, other services: variable with reduced rates for members, membership on a voluntary basis: $10 for the acquisition of a social share, $65 for the annual contribution
Financing: contributions
Legal status: cooperative

HORIZON SOLEIL - TABLE DE CONCERTATION DE PRÉVENTION DES TOXICOMANIES ET DE PROMOTION DE LA SANTÉ DE LA RÉGION D’ACTON
1049 A du Marché Street, Acton Vale, Montérégie, QC, J0H 1A0
450 366-0105
Email: hssoleil@live.ca
Eligibility: people 12 to 25, seniors
Coverage area: MRC d’Acton
Hours: family support: Monday to Friday 8h00 to 16h00, street work: Monday to Friday 13h00 to 21h00
Fees: free
Legal status: non-profit organization
MACADAM SUD
895 Sainte-Hélène Street, Longueuil, Montérégie, QC, J4K 3R7
450 677-9021    Fax: 450 677-4741
Website: macadamsud.org
Email: info@macadamsud.org


Eligibility: youth 12 to 35 years old marginalized or at risk of marginalization, Squat: youth 12 to 17 years old, Espace-jeunes: youth 15 to 35 years old, any person in distress

Coverage area: Longueuil, Brossard
Hours: services: variable, administration: Monday to Friday 9h00 to 17h00
Fees: none
Financing: federal, provincial, fundraising campaigns, foundations, municipal, Centraide of Greater Montréal
Legal status: non-profit organization

MILLE ET UNE RUES
285 Cartier Boulevard, Beloeil, Montérégie, QC, J3G 3R2
514 349-4749
Email: tmvr@live.ca


Eligibility: people in vulnerable situations, people aged 55 and over

Coverage area: MRC La Vallée-du-Richelieu and Saint-Bruno-De-Montarville, ITMAV: Beloeil, Mont St Hilaire, Otterburn Park and McMasterville
Hours: Monday to Saturday, variable schedule depending on the needs
Fees: none
Financing: municipal
Legal status: non-profit organization

OPTIONS: RESOURCE AND PREGNANCY CENTRE FOR YOUTH
25 D’Anjou Boulevard, Châteauguay, Montérégie, QC, J6J 2P7
450 699-4357
Website: www.centreoptions.org/indexen1
Email: options@jslmontreal.org


Eligibility: teens, young adults and families who struggle with an unexpected pregnancy
Capacity: ARK boutique: 25 people per week, pregnancy options support: 3 people per week, other services: as needed

Coverage area: Greater Montréal
Health

**TRAVAIL DE MILIEU CANDIAC ET SAINTE-CATHERINE**

125 Haendel Road, Candiac, Montérégie, QC, J5R 1R7

**438 404-5727**

**Email:** tmcandiacste4@gmail.com


**Eligibility:** youth from 12 to 25 years old, marginalised or in a vulnerable situation, people experiencing homelessness or at risk of homelessness

**Coverage area:** people aged 12 to 25: Candiac, Sainte-Catherine, people aged 18 and over who are experiencing homelessness or at risk of being homeless: Candiac, Delson, La Prairie, Sainte-Catherine, Saint-Constant, Saint-Mathieu, Saint-Philippe

**Hours:** Monday to Friday 9h00 to 23h00

**Fees:** none

**Financing:** grants

**Legal status:** non-profit organization

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**UNITÉ DE MÉDECINE FAMILIALE CHARLES LEMOYNE**

299 Sir Wilfrid Laurier Boulevard, Suite 201, Saint-Lambert, Montérégie, QC, J4R 2L1

**450 466-5630**

**Website:** santemonteregie.qc.ca/en/installations/gmf-u-charles-le-moyne


**Coverage area:** Montérégie

**Hours:** Monday to Thursday 8h00 to 20h00, Friday 8h00 to 19h00, Saturday and Sunday 9h00 to 13h30

**Financing:** provincial

**Legal status:** parapublic organization

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**Funeral cooperatives**

**CENTRE FUNÉRAIRE DE NAPIERVILLE**

435 Saint-Jacques Street, Napierville, Montérégie, QC, J0J 1L0

**450 245-3355**

**Website:** www.cfgrandmontreal.com/en

**Email:** napierville@cfgrandmontreal.com

**Services:** Funeral cooperative.

**Coverage area:** Montérégie

**Fees:** 10% discount on services for members

**Financing:** self-financing

**Legal status:** cooperative
**CENTRE FUNÉRAIRE DE SHERRINGTON**  
226 Saint-Patrice Street, Saint-Patrice-de-Sherrington, Montérégie, QC, J0L 2N0  
450 245-3355  
Website: www.cfgrandmontreal.com/en  
Email: napierville@cfgrandmontreal.com  
Services: Funeral cooperative.  
Coverage area: Montérégie  
Fees: 10% discount on services for members  
Financing: self-financing  
Legal status: cooperative

**RÉSIDENCE FUNÉRAIRE CURÉ-POIRIER**  
635 Curé-Poirier Boulevard West, Longueuil, Montérégie, QC, J4J 2H8  
1 877 677-2230  
Fax: 450 677-6221  
Website: www.cfgrandmontreal.com/en  
Email: accueil@cfgrandmontreal.com  
Services: Funeral cooperative.  
Coverage area: Province of Québec  
Fees: 10% discount on services for members  
Financing: self-financing  
Legal status: cooperative

**RÉSIDENCE FUNÉRAIRE SAINT-HUBERT**  
5000 Cousineau Boulevard, Longueuil, Montérégie, QC, J3Y 7G5  
450 766-0503  
Website: www.cfgrandmontreal.com/en  
Email: saint-hubert@cfgrandmontreal.com  
Services: Funeral cooperative.  
Coverage area: Montérégie  
Fees: 10% discount on services for members  
Financing: self-financing  
Legal status: cooperative

**Home care**

**KAHNAWAKE SHAKOTII'A' TAKEHNHAS COMMUNITY SERVICES**  
Confidential Address  
450 632-6880  
Fax: 450 632-5116  
Website: www.kscs.ca  
Food assistance * Meals on wheels. Mental health * Support and activities for people living with mental health problems or physical disabilities.  
Eligibility: Kahnawake residents  
Coverage area: Kahnawake  
Hours: Monday to Friday 8h30 to 16h30
Financing: grants
Legal status: non-profit organization

KATERI MEMORIAL HOSPITAL CENTRE
10 River Road, Kahnawake, Montérégie, QC, J0L 1B0
450 638-3930 Fax: 450 638-4634
Website: kmhc.ca
Eligibility: community of Kahnawake
Coverage area: Kahnawake
Hours: Monday to Thursday 9h00 to 20h00, Friday 9h00 to 17h30, Saturday 9h30 to 13h30, visiting hours: 7 days 12h00 to 21h00, walk-in clinic: every Saturday, blood tests: Monday to Friday 7h00 to 9h00
Financing: federal, provincial
Legal status: parapublic organization

NOVA HUDSON
465 Main Street, Suite 202, Hudson, Montérégie, QC, J0P 1H0
450 458-5727 Fax: 450 458-5456
Website: www.novahudson.com/wp/en/home
Email: admin@novahudson.com
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
Financing: donations, fundraising campaigns
Legal status: non-profit organization

Palliative care

ASSOCIATION QUÉBÉCOISE POUR LE DROIT DE MOURIR DANS LA DIGNITÉ
1490 de Chambly Road, Suite 102, Longueuil, Montérégie, QC, J4J 3X3
514 341-4017
Website: aqmd.org/en
Email: info@aqmd.org
Services: Advocacy for the right to an end of life in accordance with the values of dignity and liberty of people with respect to their personal wishes. * Information and documentation on advance medical directives (AMD), physician-assisted dying (PAD), etc. * Public awareness and education.
Eligibility: adults
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Financing: provincial, donations
Legal status: non-profit organization

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CENTRE D’ACTION BÉNÉVOLE DE FARNHAM
1810 Principale Street East, Farnham, Montérégie, QC, J2N 1N4
450 293-3265  Fax: 450 293-1010
Website: www.cabfarnham.com
Email: direction@cabfarnham.com


Eligibility: people living with a disability, seniors, families, community organizations
Coverage area: Ange-Gardien, Farnham, Sainte-Brigide-D‘Iberville, Sainte-Sabine
Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00
Fees: none
Financing: Centraide Richelieu-Yamaska, provincial
Legal status: non-profit organization

CENTRE D’HÉBERGEMENT DOCTEUR-AIMÉ-LEDUC
80 du Marché Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1P5
450 373-4818
Website: www.santemonteregie.qc.ca

Services: Public care centre for seniors and people with a loss of autonomy. * Housing, long term and palliative care. * Day centre offering therapeutic services in order to maintain non-resident's autonomy.

Eligibility: seniors and people with a loss of autonomy
Coverage area: Salaberry-De-Valleyfield
Financing: provincial
Legal status: parapublic organization

CENTRE D’HÉBERGEMENT DU COMTÉ DE HUNTINGDON
198 Châteauguay Street, Huntingdon, Montérégie, QC, J0S 1H0
450 829-2321  Fax: 450 264-4923
Website: www.santemonteregie.qc.ca/en/installations/centre-dhebergement-du-comte-de-huntingdon


Eligibility: seniors and people with a loss of autonomy
Coverage area: Huntingdon
Financing: provincial
Legal status: parapublic 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/reertoireressources/ressource/?n=1688&amp;ch_type%5B6%5D=1201&amp;bt_rechType=&amp;theme=clsc&amp;ch_choixReg=&amp;ch_rayon=0&amp;ch_code=J0P1X0

Coverage area: CISSS de la montérégie-Ouest area
Hours: Monday, Tuesday, Thursday, Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 8h30 to 12h00 and 13h00 to 20h30, tests centre: Monday to Friday 7h00 to 10h00
Financing: provincial
Legal status: parapublic organization

CLSC DES SEIGNEURIES DE BOUCHERVILLE
160 de Montarville Boulevard, Boucherville, Montérégie, QC, J4B 6S2
450 468-3530
Website: sante.gouv.qc.ca/en/reertoire-ressources/ressource/?nofiche=1676&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J4B6S2


Coverage area: CISSS de la Montérégie-Est area
Hours: Monday to Friday 8h30 to 16h30, tests centre: by appointment
Financing: provincial
Legal status: parapublic organization

CLSC SIMONNE-MONET-CHARTRAND
1303 Jacques-Cartier Boulevard East, Longueuil, Montérégie, QC, J4M 2Y8
450 463-2850
Website: sante.gouv.qc.ca/en/reertoire-ressources/ressource/?nofiche=1082&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J4M2Y8


Coverage area: CISSS Montérégie-Est area
Hours: Monday to Friday 8h00 to 21h00, Saturday, Sunday and holidays 8h00 to 12h00 and 13h00 to 16h00, tests centre: Monday to Friday 7h00 to 9h30
Financing: provincial
Legal status: parapublic organization

GROUPE LE TOURNANT
29 Diderot Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J2W 3C7
514 771-8572 Fax: 450 348-1410
Email: letournant@hotmail.ca


Eligibility: people living with a serious illness, people in palliative care, caregivers, volunteers
Coverage area: Carignan, Chambly, MRC Le Haut-Richelieu
Financing: grants
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


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

IAKHIHSOHTHA LODGE
95 Snye School Road, Akwesasne, Montérégie, QC, H0M 1A0
613 575-2507 Fax: 613 575-1267
Website: www.akwesasne.ca/health/iakhihsohtha-home
Email: iakhihsohtha@akwesasne.ca


Eligibility: Mohawk elders who have native status certificates and who require a minimum level of supervisory care

Capacity: long-term care: 20 beds, respite care: 8 beds, palliative care: 1 room

Coverage area: Akwesasne

Hours: 24 hours / 7 days
Fees: none

Financing: municipal

Legal status: municipal agency

MAISON DE SOINS PALLIATIFS SOURCE BLEUE
1130 de Montbrun Street, Boucherville, Montérégie, QC, J4B 8W6
450 641-3165 Fax: 450 641-0934
Website: www.maisonsourcebleue.ca
Email: info@maisonsourcebleue.ca


Eligibility: adult people at the final stage of life with cancer or with a terminal disease and a prognosis of less than 3 months, their families

Capacity: 16 people

Coverage area: Montérégie

Hours: 24 hours / 7 days

Fees: costs of medication and personal care products

Financing: provincial, fundraising campaigns, donations, foundations

Legal status: non-profit organization
MAISON VICTOR-GADBOIS (LA)
1000 Chabot Street, Saint-Mathieu-de-Beloeil, Montérégie, QC, J3G 0R8
450 467-1710  Fax: 450 467-5799
Website: maisonvictor-gadbois.com
Email: administration@maisonvictor-gadbois.com
Services: Specialized palliative care for patients with terminal cancer.
Eligibility: people 18 years and over
Capacity: 12 beds
Coverage area: Montérégie
Hours: 24 hours / 7 days
Fees: none
Financing: fundraising campaigns, donations
Legal status: non-profit organization

NATURAL CAREGIVERS OF THE HAUT SAINT-LAURENT (THE)
23A Sainte-Anne Street, Saint-Chrysostome, Montérégie, QC, J0S 1R0
450 826-1243
Website: www.aidantsnaturelshsl.com/en
Email: info@aidantsnaturelshsl.com
Eligibility: caregivers of a senior living at home
Coverage area: MRC Le Haut-Saint-Laurent
Hours: Monday to Friday 8h30 to 16h30
Fees: annual membership: $5
Financing: provincial, grants, donations
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: www.novahudson.com/wp/en/home
Email: admin@novahudson.com
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
Financing: donations, fundraising campaigns
Legal status: non-profit organization

SERVICE DE BÉNÉVOLAT DU CENTRE D'HÉBERGEMENT DOCTEUR-AIMÉ-LEDUC
80 du Marché Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1P5
450 373-4818 ext. 135 or 139
Website: www.santemonteregie.qc.ca/installations/chsld-docteur-aime-leduc
Email: vanessa.grimard.cissmo16@ssss.gouv.qc.ca
Eligibility: general public
Coverage area: Salaberry-de-Valleyfield
Hours: Monday to Sunday 9h00 to 19h00
Fees: none
Financing: provincial, municipal
Legal status: parapublic organization

UNITÉ DE MÉDECINE FAMILIALE CHARLES LEMOYNE
299 Sir Wilfrid Laurier Boulevard, Suite 201, Saint-Lambert, Montérégie, QC, J4R 2L1
450 466-5630
Website: santeenmontrelegire.qc.ca/en/installations/gmf-u-charles-le-moyne
Coverage area: Montérégie
Hours: Monday to Thursday 8h00 to 20h00, Friday 8h00 to 19h00, Saturday and Sunday 9h00 to 13h30
Financing: provincial
Legal status: parapublic 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
Eligibility: people of any age with a terminal illness, incurable, 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, fundraising campaigns
Legal status: non-profit organization

Patient support associations

AIDE ARTHRITE DU BAS-RICHELIEU
71 De Ramezay Street, Suite 151-B, Sorel-Tracy, Montérégie, QC, J3P 3Z1
450 989-0619
Email: arthrite@hotmail.com
Eligibility: people living with arthritis
Coverage area: MRC Pierre-De Saurel
Hours: September to May, Monday 9h00 to 12h00, Tuesday 13h30 to 15h00
Fees: $20 per year
Financing: donations
Legal status: non-profit organization

ALZHEIMER SOCIETY OF RIVE-SUD
1160 Nobert Boulevard, Longueuil, Montérégie, QC, J4K 2P1
450 442-3333     Fax: 450 442-9271
Website: alzheimer.ca/rivesud/en
Email: info@alzheimerrivesud.ca

Eligibility: people with Alzheimer's disease or another major neurocognitive disorder, caregivers

Capacity: Campanile: 22 rooms


Hours: Monday to Friday 8h30 to 17h00

Financing: fundraising campaigns, donations

Legal status: non-profit organization

ASSOCIATION DE FIBROMYALGIE DU BAS-RICHELIEU
71 de Ramezay Street, Suite 220, Sorel-Tracy, Montérégie, QC, J3P 3Z1
450 908-0910
Email: afbr@live.ca


Eligibility: people suffering from fibromyalgia or chronic pain

Coverage area: MRC Pierre-De Saurel

Financing: self-financing, donations

Legal status: non-profit organization

ASSOCIATION DE FIBROMYALGIE ET DU SYNDROME DE FATIGUE CHRONIQUE DE VAUDREUIL-SOULANGES
10 Saint-Louis Street, Vaudreuil-Dorion, Montérégie, QC, J7V 1C7
450 218-7722  Fax: 450 218-7722
Website: www.afsfc-vs.org/?lang=en
Email: info@afsfc-vs.org


Eligibility: people with fibromyalgia, chronic pain or chronic fatigue syndrome, their relatives

Coverage area: MRC Vaudreuil-Soulanges

Hours: variable

Fees: annual membership: $25

Financing: provincial, donations, membership fees

Legal status: non-profit organization

ASSOCIATION DE LA DÉFICIENCE INTELLECTUELLE DE LA RÉGION DE SOREL
1275 des Patriotes Road, Sorel-Tracy, Montérégie, QC, J3P 2N4
450 743-0664  Fax: 450 743-3208
Website: adirs.e-monsite.com
Email: adirs@videotron.ca


Eligibility: people with an intellectual disability or an autism spectrum disorder, their family

Coverage area: Contrecoeur, MRC Pierre-De Saurel

Hours: Monday to Friday 9h00 to 16h00

Fees: annual membership card: $10, activities: variable

Financing: federal, provincial, fundraising campaigns, self-financing, contributions, donations

Legal status: non-profit organization
ASSOCIATION DE LA FIBROMYALGIE - RÉGION MONTÉRÉGIE
570 Roland-Therrien Boulevard, Suite 205, Longueuil, Montérégie, QC, J4H 3V9
450 928-1261
Website: www.fibromyalgiemonteregie.ca
Email: info@fibromyalgiemonteregie.ca
Services: * Phone listening. * Support, information, conferences and workshops. * Adapted physical courses and activities. * Support (moderated by a community worker) and self-help groups (moderated by peers) at many service points. * Documentation centre.
Eligibility: people living with fibromyalgia, their close ones
Coverage area: Montérégie
Hours: Tuesday to Thursday 9h00 to 12h00 and 13h00 to 16h00
Fees: membership: $20 per year, classes, workshops et conferences: variable depending on the activity, support and self-help groups: free for members
Financing: self-financing, grants, provincial
Legal status: non-profit organization

ASSOCIATION DE LA SCLÉROSE EN PLAQUES SOREL-TRACY ET RÉGIONS
71 Ramezay Street, Suite 151-A, Sorel-Tracy, Montérégie, QC, J3P 3Z1
450 746-5536     Fax: 450 746-7409
Email: asp.soreltracy@gmail.com
Eligibility: people with multiple sclerosis and their relatives
Coverage area: MRC Pierre-De Saurel
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Financing: self-financing
Legal status: non-profit organization

ASSOCIATION DES JEUNES BÈGUES DU QUÉBEC
1494 de Chambly Road, Suite 901, Longueuil, Montérégie, QC, J4J 3X3
514 388-8455
Website: www.ajbq.qc.ca/fr/
Email: info@ajbq.qc.ca
Eligibility: children and young people 18 years old and under who stutter, their families and close ones
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00
Fees: annual membership: $30, fees for camps
Financing: self-financing, grants, donations
Legal status: non-profit organization

ASSOCIATION DES PARENTS DES ENFANTS HANDICAPÉS RICHELIEU-VAL-MASKA
16675 Desrochers Avenue, Saint-Hyacinthe, Montérégie, QC, J2T 3K3
450 261-8556
Email: directrice@apehrvm.org
Eligibility: families of people living with an intellectual disability, a physical disability or an autism spectrum disorder

Coverage area: Beloeil, McMasterville, Mont-Saint-Hilaire, MRC Acton, MRC les Maskoutains, MRC Rouville, Otterburn Park, Saint-Charles-sur-Richelieu, Saint-Denis-sur-Richelieu, Saint-Jean-Baptiste, Saint-Mathieu-de-Beloeil

Hours: Monday to Friday 9h00 to 16h00

Fees: free

Financing: provincial

Legal status: non-profit organization

ASSOCIATION DES PERSONNES APHASIQUES DU RICHELIEU-YAMASKA
1800 Dessaulles Street, door C-3115, Saint-Hyacinthe, Montérégie, QC, J2S 2T2
450 771-3333 ext. 2685
Website: www.aphasieapary.org
Email: info@aphasieapary.org


Eligibility: people with aphasia following a stroke, their relatives

Capacity: 15

Coverage area: Richelieu, Yamaska

Hours: Monday to Friday 8h30 to 15h30

Fees: annual membership: $20, outings: fees for meals

Financing: provincial, self-financing

Legal status: non-profit organization

ASSOCIATION DES STOMISÉS RICHELIEU-YAMASKA
Confidential Address
450 230-1795
Website: stomisesry.com
Email: jacques.inspiration@gmail.com

Services: Information and support for its members in their efforts to readapt physically, psychologically and socially. * Help for people living with a stoma. * Advocacy for the rights of people living with a stoma. * Support group for people newly living with a stoma. * Information sessions on the care of people living with a stoma. * Social activities. * Support and listening over the phone.

Eligibility: people living with a stoma (after an inflammatory intestinal disease, an intestinal or urinary cancer, or a trauma that required the installation of a stoma) and people who do not have a stoma but suffer from an inflammatory intestinal disease

Coverage area: Montérégie

Hours: dimanche au samedi 8h00 à 20h00

Legal status: non-profit organization

ASSOCIATION DES TRAUMATISÉS CRANIO-CÉRÉBRAUX DE LA MONTÉRÉGIE
308 Montsabré Street, Suite D-131, Beloeil, Montérégie, QC, J3G 2H5
450 446-1111     Fax: 450 446-6405
Website: www.atccmonteregie.qc.ca
Email: atcc@atccmonteregie.qc.ca


Eligibility: people 16 years old and over having sustained a medically recognized craniocerebral trauma (light, light complex, moderate or severe) and with a stable state of health, their close ones
ASSOCIATION DU SYNDROME DE TURNER DU QUÉBEC

Confidential Address
514 264-6362
Website: syndrometurnerquebec.com
Email: info@syndrometurnerquebec.com


Eligibility: people living with Turner's syndrome, their close ones and anyone interested in Turner’s syndrome

Coverage area: Province of Québec

Hours: by appointment

Fees: none

Financing: fundraising campaigns, donations, grants

Legal status: non-profit organization

ASSOCIATION INFERTILITÉ QUÉBEC

1538 Saint-Jean-Baptiste Boulevard, Mercier, Montérégie, QC, J6R 2L1
514 452-6775
Website: www.infertilite.ca
Email: president@infertilite.ca


Eligibility: infertile couples and individuals of all sexual orientations

Coverage area: Province of Québec

Fees: annual membership: $25.50

Financing: membership fees

Legal status: non-profit organization

ASSOCIATION PULMONAIRE DU QUÉBEC - APNÉE BELOEIL

Confidential Address
1 888 768-6669
Website: poumonquebec.ca
Email: info@poumonquebec.ca


Eligibility: people living with sleep apnea, spouses, caregivers, close ones

Capacity: 50

Coverage area: Beloeil

Fees: none

Financing: fundraising campaigns, self-financing, donations

Legal status: non-profit organization
ASSOCIATION SCLÉROSE EN PLAQUES RIVE-SUD

Confidential Address
450 926-5210
Website: asprs.qc.ca
Email: info@asprs.qc.ca

Services: * Listening, accompaniment, information, support and referral. * Assistance for members to access all the services available. * Advocacy for essential services. * Group outings, community lunches, information meetings and conferences. * Support and mutual aid activities. * Monthly brunch, body awakening, coffee meetings, fundraising activities, etc.

Eligibility: people with multiple sclerosis and their close ones
Coverage area: agglomération de Longueuil, MRC Roussillon, MRC Marguerite-D'Youville, MRC La Vallée-du-Richelieu
Hours: telephone reception: Monday to Thursday 9h00 to 16h00
Financing: provincial, self-financing
Legal status: non-profit organization

BARRIE MEMORIAL HOSPITAL

28 Gale Street, Ormstown, Montérégie, QC, J0S 1K0
450 829-2321  Fax: 450 829-3582
Website: santemonteregie.qc.ca/en/installations/hopital-barrie-memorial-barrie-memorial-hospital

Coverage area: Province of Québec
Hours: 24 hours / 7 days
Financing: provincial
Legal status: parapublic organization

CANADIAN CANCER SOCIETY - SAINT-HYACINTHE SERVICE CENTRE

5330 des Seigneurs Street East, Saint-Hyacinthe, Montérégie, QC, J2R 1Z8
833 562-8869
Website: www.cancer.ca/en
Email: pdesgagne@quebec.cancer.ca

Eligibility: people living with cancer, their relatives, general public
Coverage area: Saint-Hyacinthe
Hours: by appointment only
Financing: fundraising campaigns, donations
Legal status: non-profit organization

CANADIAN CANCER SOCIETY - SAINT-JEAN-SUR-RICHELIEU SERVICE CENTRE

920 du Séminaire Boulevard North, 3rd floor, Saint-Jean-sur-Richelieu, Montérégie, QC, J3A 1B7
450 359-5000 ext. 5157
Website: www.cancer.ca/en

Eligibility: people living with cancer, general public
Coverage area: Saint-Jean-Sur-Richelieu
Financing: fundraising campaigns, donations
Legal status: non-profit organization
CANADIAN CANCER SOCIETY - SOREL-TRACY SERVICE CENTRE
70 Élizabeth Street, Sorel-Tracy, Montérégie, QC, J3P 4G5
450 743-4310 ext. 209
Website: www.cancer.ca/en
Eligibility: people living with cancer, their relatives, general public
Coverage area: Sorel-Tracy
Financing: fundraising campaigns, donations
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE CONTRECOEUR - À PLEIN COEUR
4956 Legendre Street, Contrecoeur, Montérégie, QC, J0L 1C0
450 587-8227     Fax: 450 401-1151
Website: www.cabcontrecoeur.ca
Email: cab.contrecoeur@videotron.ca
Coverage area: Contrecoeur and Verchères
Hours: centre: Monday to Friday 8h00 to 16h00, family depot: Monday to Friday 13h00 to 16h00, kitchen: Monday to Thursday 8h00 to 16h00
Fees: free
Financing: provincial, donations
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DU BAS RICHELIEU
70 Élizabeth Street, Sorel-Tracy, Montérégie, QC, J3P 4G5
450 743-4310     Fax: 450 743-2046
Website: www.cab-basrichelieu.org
Email: direction@cab-basrichelieu.org
Eligibility: seniors, individuals and families on a low income, people with temporary or permanent loss of autonomy, organizations, people who have experienced mental health problems, volunteers, meals on wheels: seniors aged 65 and over
Coverage area: MRC Pierre-De Saurel
Hours: Monday to Thursday 8h30 to 12h00 and 13h30 to 16h00, Friday 8h30 to 12h00, emergency food assistance: by appointment
Fees: variable
Financing: provincial, Centraide Richelieu-Yamaska, donations, self-financing
Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE SAINT-BASILE-LE-GRAND
50 Robert Road, Saint-Basile-le-Grand, Montérégie, QC, J3N 1L7
450 461-2111     Fax: 450 461-1588
Email: centredebenevolat@bellnet.ca

Eligibility: adults and seniors, people on a low income
Coverage area: Saint-Basile-le-Grand
Hours: Monday to Thursday 8h00 to 16h00, Friday 8h00 to 12h00, thrift store: Wednesday 18h00 to 20h30, Friday and Saturday 9h00 to 12h00
Fees: free or low cost, depending on the service
Financing: donations, grant, self-financing
Legal status: non-profit organization

CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE - CHÂTEAUGUAY
250 Christ-Roi Road, Longueuil, Montérégie, QC, J3Y 3N7
450 692-3171 Fax: 450 692-9754
Website: www.santemonteregie.qc.ca/installations/centre-de-readaptation-en-deficience-physique-de-chateauguay


Eligibility: people living with a physical or sensory disability or having functional limitations related to posture or mobility
Coverage area: Montérégie
Financing: provincial
Legal status: parapublic 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


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 - LONGUEUIL
388 Lamarre Street, Longueuil, Montérégie, QC, J4J 1T2
450 928-4727
Website: www.santemonteregie.qc.ca/services-specialises-dadaptation-et-de-readaptation-en-deficience-
physique-dp-deficience-motrice-dm
Services: * Rehabilitation. * Evaluation and occupational and social integration, in childcare and school
environments for youth and in socio-professional environment for adults. * 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. * Physiotherapy and occupational therapy services. * Audiology and
speech therapy services.
Eligibility: people living with a physical or sensory disability
Coverage area: Montérégie
Financing: provincial
Legal status: parapublic organization

CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE - SAINT-HUBERT
5300 de Chambly Road, Longueuil, Montérégie, QC, J3Y 3N7
1 800 667-4369 Fax: 450 676-2043
Website: www.santemonteregie.qc.ca/services/deficience-physique-readaptation-physique
Services: * Physical rehabilitation. * Intensive functional rehabilitation unit. * Evaluation and occupational and
social integration, in childcare and school environments for youth and in socioprofessional environment for
adults. * 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. * Physiotherapy
and occupational therapy services. * Audiology and speech therapy services. * Hearing aids. * Posture and
mobility technical aids services.
Eligibility: people living with a physical or sensory disability or who live with functional limitations related to
posture or mobility
Coverage area: Montérégie
Financing: provincial
Legal status: parapublic organization

CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE - UNITÉ DE RÉADAPTATION
FONCTIONNELLE INTENSIVE DE SAINT-BRUNO
265, Seigneurial Boulevard West, Longueuil, Montérégie, QC, J4J 1T2
Website: santemonteregie.qc.ca/installations/centre-de-readaptation-en-deficience-physique-unite-de-
readaptation-fonctionnelle
Services: * Physical rehabilitation. * Intensive functional rehabilitation unit. * Evaluation and occupational and
social integration, in childcare and school environments for youth and in socio-professional environment for
adults. * 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. * Physiotherapy
and occupational therapy services. * Audiology and speech therapy services.
Eligibility: people living with a physical or sensory disability
Coverage area: Montérégie
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


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 DE RÉHABILITATION AVC

500 Saint-Laurent Street, La Prairie, Montérégie, QC, J5R 5X2
514 775-5347
Website: www.centrehabilitationavc.com
Email: accidentvasculaire@hotmail.com


Eligibility: people who have had a stroke, their caregivers

Coverage area: South Shore of Montréal
Hours: Wednesday 9h15 to 15h30
Fees: contribution: $20 per year, outing: $5
Financing: donations, membership fees, provincial
Legal status: non-profit organization

CEREBRAL PALSY ASSOCIATION OF QUÉBEC

Confidential Address
1 800 311-3770
Website: www.paralysiecerebrale.com
Email: info@paralysiecerebrale.com


Eligibility: people living with cerebral palsy

Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Fees: annual membership: $10
Financing: self-financing, fundraising campaigns, 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
Coverage area: CISSS de la Montérégie-Ouest area
Hours: Monday, Tuesday, Thursday, Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 8h30 to 12h00 and 13h00 to 20h30, tests centre: Monday to Friday 7h00 to 10h00
Financing: provincial
Legal status: parapublic organization

CLSC JARDIN DU QUÉBEC - NAPIERVILLE
509 Saint-Jacques Street, Napierville, Montérégie, QC, J0J 1L0
450 245-3336 Fax: 450 245-0278
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=42457&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J0J1L0
Coverage area: CISSS de la Montérégie-Ouest area
Hours: Monday, Wednesday and Friday 8h00 to 16h00, Tuesday and Thursday 8h00 to 20h00, Saturday and Sunday: closed but covered by the Saint-Rémi CLSC, tests centre: Tuesday and Thursday 6h30 to 9h00
Financing: provincial
Legal status: parapublic organization

COELIAQUE QUÉBEC
1235 Gay-Lussac Street, Boucherville, Montérégie, QC, J4B 7K1
514 529-8806
Website: www.coeliaque.quebec
Email: info@coeliaque.quebec
Eligibility: people living with a gluten-induced disease (celiac disease, dermatitis herpetiformis, gluten ataxia or non celiac gluten sensitivity), health professionals, nutritionists and companies interested by the topic
Coverage area: Canada
Hours: Monday to Friday 9h00 to 17h00
Fees: membership for the first year: $90, renewal: $60
Financing: membership fees, donations, fundraising campaigns
Legal status: non-profit organization
CONSEIL CANADIEN DES AVEUGLES DE LONGUEUIL
1255 Beauregard Street, Suite 2509, Longueuil, Montérégie, QC, J4K 2M3
450 442-2008
Website: ccalongueuil.org
Email: info@ccalongueuil.org
Eligibility: people living with a partial or total vision loss
Coverage area: agglomeration of Longueuil
Hours: weekly activities: variable, outings: one Saturday per month
Fees: annual contribution: $5, activities: variable
Financing: provincial, municipal, self-financing, contributions, donations
Legal status: non-profit organization

COOPÉRATIVE DE SOLIDARITÉ-SANTÉ DE CONTRECOEUR
4915 Marie-Victorin Road, Contrecoeur, Montérégie, QC, J0L 1C0
450 587-2667
Website: www.coopcontrecoeur.com
Email: info@coopcontrecoeur.com
Eligibility: youth clinic: 12 to 18 years old, other services: general public
Coverage area: South Shore
Hours: Monday and Wednesday 8h00 to 17h00, Tuesday and Thursday 8h00 to 20h00, Friday 8h00 to 16h00
Financing: self-financing
Legal status: non-profit organization

DIABÈTE BROME-MISSISQUOI
2 Adhémar Cusson Street, Office 3, Bedford, Montérégie, QC, J0J 1A0
450 248-2224
Website: diabetebmhr.org
Email: info@diabetebmhr.org
Eligibility: diabetic and prediabetic people
Coverage area: MRC Brome-Missisquoi, MRC Haut-Richelieu
Fees: yearly membership: $20, activities: variable
Financing: grants
Legal status: non-profit organization

DIABÈTE RIVE-SUD
150 Grant Street, Suite 111, Longueuil, Montérégie, QC, J4H 3H6
450 928-3422
Website: gpsdiabete.com
Email: diabeterivesud@videotron.ca
Services: Proximity organization for diabetic people. * Referral, support and meetings. * Communications through newsletter, bulletin, email, Facebook and on the website.
Eligibility: people living with diabetes or pre-diabetes, their close ones
Coverage area: South Shore
Hours: by appointment, conferences: variable
Fees: variable
Financing: fundraising campaigns
Legal status: non-profit organization
DIABÈTE SAINT-HYACINTHE

Confidential Address
450 773-4285
Email: beaureve2000@yahoo.ca


Eligibility: diabetic people

Coverage area: Saint-Hyacinthe

Hours: variable, make a phone call

Financing: self-financing

Legal status: non-profit organization

DIABÈTE SUROÎT

521 du Havre Boulevard, Suite 15, Salaberry-de-Valleyfield, Montérégie, QC, J6S 4Z5
450 371-6444 ext. 303     Fax: 450 371-5315
Website: diabetesuroit.com
Email: diabete.suroit@bellnet.ca

Services: * Documentation centre: brochure and information books. * Conferences given by health professionals: nutritionist, nurse, podiatrist, pharmacist, kinesiologist, etc. * Screening days. * Foot care assistance program: $20 off (maximum $60 per year) any foot care bill made by a podiatrist or a nurse upon presentation of the receipt. * Financial assistance for camp Carowanis suitable for diabetic children.

Eligibility: people with diabetes and their families

Coverage area: MRC Le Haut-Saint-Laurent, MRC Beauharnois-Salaberry, MRC Roussillon, MRC Vaudreuil-Soulanges

Hours: by appointment

Fees: free

Financing: donations

Legal status: non-profit organization

DIABÉTIQUES SOREL-TRACY (LES)

71 de Ramezay Street, Office 111, Sorel-Tracy, Montérégie, QC, J3P 3Z1
450 743-7461
Email: diabetest@videotron.ca


Eligibility: general population, in particular diabetic people and their closed ones

Coverage area: Sorel-Tracy

Hours: on appointment

Financing: grants

Legal status: non-profit organization

ÉMISSAIRE

1005 Curé-Poirier Boulevard West, Suite 101, Longueuil, Montérégie, QC, J4K 2E2
450 651-9229
Website: emissaire.ca
Email: sylvain.gauthier@emissaire.ca


Eligibility: people living with HIV and AIDS and their families, young people 16 to 29 years old attending Carrefour jeunesse-emploi (CJE) and adult education, people attending drug rehab therapy centres, female sex workers, women victims of sexual violence

Coverage area: Montérégie

Hours: Monday to Friday 9h00 to 17h00

Fees: none
**FONDATION ADAPTE-TOIT**
115 Saint-Charles Street West, Longueuil, Montérégie, QC, J4H 1C7
514 762-4442  
**Website:** fondationadapte/toit.org/en  
**Email:** info@fondationadapte/toit.org

**Services:** Support for people with spinal cord injuries. * Financial support: home adaptation and access to home care services. * Receiving donations of adaptive equipment and care products. * Adapte-Toit boutique: sale of products to benefit the foundation.

**Eligibility:** persons living with a spinal cord injury, financial support: persons 5 years of age and older living with a spinal cord injury not related to a congenital disease or abnormality, permanently using a manual or motorized wheelchair that has been granted by a recognized paying agent such as the SAAQ, RAMQ or other, and having the ability to live independently in their own home, with or without assistance services.

**Coverage area:** Canada

**Hours:** Monday to Friday 9h00 to 16h30

**Financing:** donations, fundraising campaigns

**Legal status:** non-profit organization

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**FONDATION DE LA PSYCHIATRIE DE LA RÉGION DE VALLEYFIELD**
150 St-Thomas Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 6C1
450 373-6258  
**Fax:** 450 373-4910  
**Email:** audrey-ann.rochefort-auger.cissmos16@ssss.gouv.qc.ca

**Services:** Raising funds to improve the quality of care and the living conditions of patients receiving psychiatric care. * Financial aid to different psychiatric clienteles. * Fundraising according to the specific needs.

**Eligibility:** people living with mental health problems

**Coverage area:** MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

**Hours:** variable

**Fees:** none

**Financing:** foundations, donations

**Legal status:** non-profit organization

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**FONDATION DES GOVERNEURS DE L'ESPOIR**
101 Saint-Jean-Baptiste Boulevard, Suite 215, Châteauguay, Montérégie, QC, J6J 3H9
438 838-8588

**Website:** fondationdesgouverneurs.org

**Email:** info@gouverneursdelespoir.org

**Services:** * Financial assistance in the form of gift cards. * Listening and follow-up. * Recreational activities. * Investments in pediatric cancer research.

**Eligibility:** youth aged 18 and under living with cancer, a rare or orphan disease, their family

**Coverage area:** Province of Québec

**Hours:** Monday to Thursday 9h00 to 16h00, Friday 9h00 to 12h00

**Financing:** donations, fundraising campaigns

**Legal status:** non-profit organization

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**FONDATION GISÈLE FAUBERT INC.**
25 Maple Boulevard, Châteauguay, Montérégie, QC, J6J 3P7
450 691-1761  
**Fax:** 450 691-3530

**Website:** fondationgiselefaubert.org

**Email:** info@fondationgiselefaubert.com

**Services:** Support for families who have a sick child. * Financial assistance. * Help with accommodation for the child outside their region. * Support for the purchase of a treatment device.
Eligibility: families on a low income with a sick child or children  
Coverage area: MRC Roussillon  
Hours: Monday to Friday 8h30 to 16h30  
Financing: fundraising campaigns, donations  
Legal status: non-profit organization

FONDATION JACQUES HAMELIN  
Confidential Address  
450 451-0038  
Email: jacquelinelapoint@hotmail.com  
Coverage area: Rigaud, Pointe-Fortune, Très-Saint-Rédempteur, Sainte-Marthe  
Fees: none  
Financing: donations  
Legal status: non-profit organization

FONDATION LE RENFORT  
315 MacDonald Street, Suite 105, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 8J3  
579 362-5262  
Website: lerenfort.com  
Email: info@lerenfort.com  
Eligibility: people with a diagnosis of an intellectual disability or an autism spectrum disorder, their family  
Coverage area: MRC Le Haut-Richelieu, MRC Les Jardins-de-Napierville, MRC Rouville, some towns of the MRC Brome-Missisquoi, Chambly, Carignan  
Hours: August to April: Monday to Friday 8h00 to 17h00, May to July: Monday to Thursday 8h00 to 17h00  
Financing: donations, fundraising campaigns  
Legal status: non-profit organization

HYPER-LUNE  
5675 Chambly Road, Suite 50, Longueuil, Montérégie, QC, J3Y 3R1  
450 678-8434  
Website: www.hyper-lune.org  
Email: hyperlune@videotron.ca  
Eligibility: parents, children, teenagers and adults living with an attention deficit disorder with or without hyperactivity (ADD/ADHD), with a diagnosis or in the process of obtaining one, their family and professionals  
Coverage area: Montérégie  
Hours: Monday to Thursday 9h00 to 16h30, variable on Sundays and some weeknights  
Fees: annual membership: $20 per parent, guardian or adult, $50 per professional, $15 per supporter, services: variable  
Financing: provincial, self-financing, donations  
Legal status: non-profit organization
INSTITUT NAZARETH ET LOUIS-BRAILLE
1111 Saint-Charles Street West, Suite 200, Longueuil, Montérégie, QC, J4K 5G4
1 800 361-7063 Fax: 450 463-0243
Website: www.inlb.qc.ca
Email: info.inlb@ssss.gouv.qc.ca
Eligibility: people living with a visual impairment
Coverage area: Montréal Island, Montérégie, Laval
Hours: Monday to Friday 8h00 to 17h00, store: Monday to Thursday 9h00 to 17h00
Financing: provincial
Legal status: parapublic organization

JEUNE CLUB DES GRANDS DE MONTRÉAL
Confidential Address
Services: * Social club on Facebook for young tall people.
Eligibility: women at least 5’10” and men at least 6’2” who are between 18 and 40 years old
Coverage area: Greater Montréal
Financing: self-financing
Legal status: non-profit organization

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
Eligibility: adults 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

KANONHKWA’TSHERI:IO HEALTH AND SOCIAL FACILITY
31 Hilltop Drive, Akwesasne, Montérégie, QC, H0M 1A0
613 575-2341
Website: www.akwesasne.ca/health
Email: info@akwesasne.ca

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**Health**


**Eligibility:** members of an aboriginal community

**Coverage area:** Akwesasne

**Fees:** none

**Legal status:** municipal agency

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**KATERI MEMORIAL HOSPITAL CENTRE**

10 River Road, Kahnawake, Montérégie, QC, J0L 1B0

450 638-3930     Fax: 450 638-4634

**Website:** kmhc.ca


**Eligibility:** community of Kahnawake

**Coverage area:** Kahnawake

**Hours:** Monday to Thursday 9h00 to 20h00, Friday 9h00 to 17h30, Saturday 9h30 to 13h30, visiting hours: 7 days 12h00 to 21h00, walk-in clinic: every Saturday, blood tests: Monday to Friday 7h00 to 9h00

**Financing:** federal, provincial

**Legal status:** parapublic organization

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**MAISON DE LA FAMILLE DE LA VALLÉE DU RICHELIEU (LA)**

91 Cartier Boulevard, Beloeil, Montérégie, QC, J3G 6R4

450 446-0852

**Website:** www.mfvr.ca

**Email:** reception@mfvr.ca


**Eligibility:** families, caregivers, seniors

**Coverage area:** Beloeil, McMasterville, Otterburn Park, Saint-Antoine-sur-Richelieu, Saint-Basile-le-Grand, Saint-Bruno-de-Montarville, Saint-Charles-sur-Richelieu, Saint-Denis-sur-Richelieu, Saint-Hilaire, Saint-Jean-Baptiste, Saint-Marc-sur-Richelieu, Saint-Mathieu-de-Beloeil

**Hours:** office: Monday to Friday 8h00 to 16h00, daycare: Monday to Friday 8h30 to 15h30, Saturday 8h30 to 12h00, seniors pavilion: Monday to Thursday 13h00 to 16h00

**Fees:** annual membership card: $20

**Financing:** donations, fundraising campaigns, grants

**Legal status:** non-profit organization

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MAISON DE SOINS PALLIATIFS SOURCE BLEUE
130 de Montbrun Street, Boucherville, Montérégie, QC, J4B 8W6
450 641-3165     Fax: 450 641-0934
Website: www.maisonsourcebleue.ca
Email: info@maisonsourcebleue.ca
Eligibility: adult people at the final stage of life with cancer or with a terminal disease and a prognosis of less than 3 months, their families
Capacity: 16 people
Coverage area: Montérégie
Hours: 24 hours / 7 days
Fees: costs of medication and personal care products
Financing: provincial, fundraising campaigns, donations, foundations
Legal status: non-profit organization

MAISON DES TOURNESOLS
1720 De Gaulle Street, Longueuil, Montérégie, QC, J4T 1M9
450 445-9290     Fax: 450 445-2815
Website: maisondestournesols.org
Email: info@maisondestournesols.org
Services: Day centre dedicated to seniors. * Seniors Program: weekly meetings, community meals, social and information activities, theme days. * Alzheimer's Respite Program: respite day offered from Monday to Friday to caregivers of people with cognitive disorders, including Alzheimer's disease. * Maison des Tournesols Mobile: individualized, punctual and adapted accompaniment service. * Volunteer Program: opportunities for involvement in the kitchen, reception, delivery and transportation or administrative support.
Eligibility: retirees and seniors
Capacity: 120
Coverage area: South Shore
Hours: Monday to Friday 8h30 to 16h00
Fees: membership: $20 per year, activities: variable, seniors program: community meal $10, transportation $6 (depending on availability)
Financing: provincial, foundations
Legal status: non-profit organization

MULTIPLE SCLEROSIS SOCIETY OF CANADA - MONTÉRÉGIE SECTION
1705 Victoria Avenue, Suite C-121, Saint-Lambert, Montérégie, QC, J4R 2T7
450 466-5209     Fax: 450 466-9268
Website: mssociety.ca
Email: info.monteregie@scleroseenplaques.ca
Eligibility: patients with multiple sclerosis and their relatives
Coverage area: Montérégie
Hours: Monday to Friday 9h00 to 17h00
Financing: fundraising campaigns, donations, 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: www.novahudson.com/wp/en/home
Email: admin@novahudson.com
**ORGANISME D'AIDE AUX TROUBLES DYS TUKÀ TULÀ SOS DYS**
227 Saint-Édouard Road, Saint-Jean-sur-Richelieu, Montérégie, QC, J2X 5T9
1 800 465-0122
Email: tukatula.sos.dys@gmail.com

**Services:** Support for people living with a specific learning disability. * Information, resources and referrals. * Accompaniment and moral, educational, medical and legal support by telephone and online. * Conferences and workshops. * Training in work and school environments.

**Eligibility:** children or adults living with a specific learning disability with or without medical diagnosis: dyslexia, dyscalculia, dysorthography, dysphasia, dysgraphy or dyspraxia, parents, families, professionals

**Coverage area:** Canada

**Financing:** grants, donations

**Legal status:** non-profit organization
Services: Services for caregivers. * Individual and group-based psychosocial support. * Daytime respite and housing respite, 1 to 14 days. * Coffee-meetings, workshops-discussions, creative workshops, night and at-home respite.  
Eligibility: any person who is a caregiver for a closed one suffering from a permanent or temporary incapacity due to a disability, an accident, an illness or old age  
Capacity: 4 rooms  
Coverage area: MRC Brome-Missisquoi and surroundings  
Hours: administration: Monday to Friday 8h30 to 16h30, respite: 24 hours / 7 days  
Fees: yearly contribution of $10, respite services: $15 for day, $7.50 for a half-day, $25 for housing respite (24 hours)  
Financing: provincial  
Legal status: non-profit organization

SAINT-BRUNO-DE-MONTARVILLE - CITY  
1585 Montarville Street, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 3T8  
450 653-2443  Fax: 450 441-8481  
Website: stbruno.ca  
Email: information@stbruno.ca  
* Financial assistance program for the purchase of washable and reusable sanitary products: stbruno.ca/ville/programmes/programme-aide-financiere-achat-produits-hygieniques-lavables-et-reutilisables  
Coverage area: Saint-Bruno-de-Montarville  
Hours: Monday to Thursday 8h15 to 12h00 and 13h00 to 16h30, Friday 8h15 to 12h30  
Financing: municipal  
Legal status: municipal agency

SCLÉRODERMIE QUÉBEC  
550 Chambly Road, Suite 040, Longueuil, Montérégie, QC, J4H 3L8  
1 844 990-6789  
Website: sclerodermie.ca/en  
Email: info@sclerodermie.ca  
Eligibility: people with scleroderma, their close ones, health professionals  
Capacity: 10 regional groups across Quebec  
Coverage area: Province of Québec  
Hours: administration: Monday to Friday 9h00 to 16h30, hotline: 11h00 to 19h00  
Financing: donations, fundraising campaigns, membership fees, self-financing  
Legal status: non-profit organization

SCLÉROSE EN PLAQUES SAINT-HYACINTHE-ACTON  
128 Brunette Street West, Saint-Hyacinthe, Montérégie, QC, J2T 2E9  
450 773-6285  
Website: www.scleroseenplaques.org  
Email: sepsha.me@gmail.com  
Coverage area: MRC les Maskoutains, MRC Acton  
Hours: Monday to Friday 9h00 to 17h00  
Financing: provincial, self-financing  
Legal status: Select Legal Status
**SE RECONSTRUIRE, CENTRE DE SANTÉ DU SEIN**
67 Sainte-Elizabeth Street, Longueuil, Montérégie, QC, J4H 1J3
438 527-7346
Website: www.centresereconstruire.ca
Email: info@centresereconstruire.ca


**Eligibility:** women and men living with breast cancer

**Coverage area:** Greater Montréal

**Financing:** grants

**Legal status:** non-profit organization

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**SENIORS RESPITE MONTÉRÉGIE**
83 Churchill Boulevard, Longueuil, Montérégie, QC, J4V 3L8
450 486-4722
Website: www.adultdaycare.ca
Email: info@seniorsrespitemonteregie.ca

**Services:** Respite for caregivers of seniors. * Day centre and at-home respite. * Group stimulation activities. * Physical, cognitive, sensory and sociocultural activities.

**Eligibility:** caregivers of seniors, day centre: people 50 years old and over, autonomous or with a loss of cognitive or physical autonomy related to Alzheimer's disease, Parkinson's disease, dementia or intellectual disability

**Capacity:** day centre: 20 people

**Coverage area:** agglomeration of Longueuil

**Hours:** office: Monday to Friday 9h30 to 16h30, day centre: Monday to Friday 9h30 to 16h00, at-home respite: 7 days

**Fees:** variable

**Financing:** donations, self-financing

**Legal status:** non-profit organization

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**SOCIÉTÉ ALZHEIMER DES MASKOUTAINS-VALLÉE DES PATRIOTES**
2084 Bernard Street, Saint-Hyacinthe, Montérégie, QC, J2T 1G5
450 768-6616     Fax: 450 768-3716
Website: www.alzheimermvp.com
Email: info@alzheimermvp.com


**Eligibility:** people living with Alzheimer's disease and their families

**Coverage area:** MRC La Vallée-du-Richelieu, La Présentation, Saint-Barnabé-Sud, Saint-Bernard-de-Michaudville, Saint-Damase, Saint-Dominique, Sainte-Hélène-de-Bagot, Sainte-Madeleine, Saint-Hugues, Saint-Hyacinthe, Saint-Jude, Saint-Liboire, Saint-Louis, Saint-Marcel-de-Richelieu, Saint-Pie, Saint-Simon, Saint-Valérien-de-Milton, Saint-Bruno-de-Montarville

**Hours:** Monday to Friday 8h30 to 16h00

**Fees:** free

**Financing:** donations

**Legal status:** non-profit organization
SOCIÉTÉ ALZHEIMER DES MASKOUTAINS-VALLÉE DES PATRIOTES - SERVICE POINT
MONT-SAINT-HILAIRE
95 Centre Civique Street, Mont-Saint-Hilaire, Montérégie, QC, J3H 4X4
450 281-1035
Website: www.alzheimermvp.com
Email: info@alzheimermvp.com
Eligibility: people living with Alzheimer's disease and their families
Hours: Monday to Friday 8h30 to 16h00
Fees: free
Financing: donations
Legal status: non-profit organization

SOCIÉTÉ ALZHEIMER DU HAUT-RICHELIEU
740 2nd Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J2X 3H5
514 990-8262     Fax: 450 347-7370
Website: alzheimer.ca/hautrichelieu
Email: info@sahr.ca
Eligibility: people living with an Alzheimer diagnosis and related disorders and their relatives, caregivers
Coverage area: MRC Le Haut-Richelieu, CLSC de la Vallée des Forts, CLSC du Richelieu, CLSC Jardin-du-Québec
Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00
Fees: membership card: $25 per year for free access to services and activities
Financing: donations, provincial, fundraising campaigns
Legal status: non-profit organization

SOCIÉTÉ ALZHEIMER GRANBY ET RÉGION
356 Principale Street, Suite 3, Granby, Montérégie, QC, J2G 2W6
450 777-3363     Fax: 450 777-8677
Website: www.alzheimergranby.ca/en-ca
Email: info@alzheimergranby.ca
Eligibility: people living with neurocognitive disorders and their caregivers
Coverage area: MRC La Haute-Yamaska, MRC Brome-Missisquoi
Hours: Monday, Tuesday, Thursday and Friday 9h00 to 12h00 and 13h00 to 16h00, Wednesday 9h00 to 12h00
Financing: donations, provincial
Legal status: non-profit organization
SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CONFÉRENCE ISOLÉE DE SAINT-CYPRIEN-DE-NAPIERVILLE

470 Saint-Jacques Street, Napierville, Montérégie, QC, J0J 1L0
450 245-3335
Email: info@ecofriperie.com


Eligibility: people on a low income
Coverage area: MRC Les Jardins-de-Napierville
Hours: Monday 10h00 to 16h00, Tuesday and Wednesday 10h00 to 17h00, Thursday 12h00 to 20h00, Friday 10h00 to 20h00, Saturday and Sunday 10h00 to 16h00

Financing: self-financing, donations
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CONFÉRENCE SAINT-LUC

55 des Échevins Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J2W 2N6
450 349-1553     Fax: 450 348-8630
Website: www.ssvp-st-luc.org
Email: ssvpluc@gmail.com


Eligibility: people in need
Coverage area: Saint-Jean-sur-Richelieu: Sainte-Marie-de-la-Visitation and Saint-Luc areas
Hours: Tuesday and Thursday 13h00 to 16h00, Wednesday 12h00 to 20h00, Saturday 9h00 to 12h00

Financing: donations
Legal status: non-profit organization

UNIVERSITÉ DE SHERBROOKE - CAMPUS DE LONGUEUIL - CLINIQUE D'ÉVALUATION ET D'INTERVENTION EN ENFANCE ET EN ADOLESCENCE

150 Place Charles-Le Moyne, Longueuil, Montérégie, QC, J4K 0A8
450 463-1835 ext. 61612
Website: www.usherbrooke.ca/psychologie/clinique-devaluation-et-dintervention-en-enfance-et-en-adolescence
Email: psychologie@usherbrooke.ca


Eligibility: children, adolescents, their families
Coverage area: Greater Montréal
Hours: September to April, by appointment
Fees: file opening: $10, services: variable
Financing: self-financing, foundations, provincial
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

Eligibility: people of any age with a terminal illness, incurable, 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, fundraising campaigns
Legal status: non-profit organization

Public Health

ADOMISSLLE (L') - MAISON DES JEUNES - SAINT-RÉMI
100 de la Gare Street, Saint-Rémi, Montérégie, QC, J0L 2L0
450 454-6657   Fax: 450 454-3618
Website: adomissile.com
Email: mdj@adomissile.com
Eligibility: youth 12 to 17 years old
Coverage area: Saint-Isidore, Saint-Michel, Saint-Rémi, Sainte-Clotilde
Hours: Monday to Thursday 16h00 to 21h00, Friday 16h00 to 22h30
Fees: annual membership: $5
Financing: provincial, municipal, self-financing
Legal status: non-profit organization

AMITIÉ MATERN'ELLE
90 Marie-Victorin Boulevard, Candiac, Montérégie, QC, J5R 1C1
450 659-7661 ext. 1387
Website: www.amitiematernelle.com
Email: amitiematernelle@gmail.com
Eligibility: pregnant women, families with infants
Coverage area: CLSC Kateri territory
Fees: none
Financing: provincial
Legal status: non-profit organization

BOUFFE ADDITIONNELLE (LA)
16 Prince Street, Suite 105, Huntingdon, Montérégie, QC, J0S 1H0
450 264-2241   Fax: 450 264-8215
Website: labouffeadditionnelle.com
Email: labouffeadditionnelle@bellnet.ca
Eligibility: people going through a difficult period
Coverage area: MRC Le Haut-Saint-Laurent, Saint-Louis-De-Gonzague, Saint-Stanislas-De-Kostka
Hours: Monday to Thursday 8h00 to 15h00, by appointment
Fees: food assistance: $2
Financing: Centraide Sud-Ouest du Québec, grants, provincial, donations
Legal status: non-profit organization
BOUFFE DU CARREFOUR (LA)
3780 Grande-Allée, Longueuil, Montérégie, QC, J4T 2V7
450 926-2386
Website: labouffeducarrefour.org
Email: info@labouffeducarrefour.org
Coverage area: Saint-Hubert and surroundings
Hours: Monday to Friday 8h30 to 16h00
Fees: variable according to the service
Financing: grants, self-financing
Legal status: non-profit organization

CÉGEP ÉDOUARD-MONTPETIT - CLINIQUE DE LA SANTÉ
945 de Chambly Road, Suite A-3, Longueuil, Montérégie, QC, J4H 3M6
450 679-2631 ext. 2636
Website: www.cegepmontpetit.ca/cegep/communaute/cliniques/clinique-de-la-sante
Services: Health care services provided by nurses and students under the supervision of a professor. * Clinical consultations by nursing students under the supervision of their professors: blood tests, vaccines covered by the RAMQ, ear cleaning. * Youth clinic: contraception, pregnancy tests, decision support service regarding the continuation or termination of a pregnancy, STBIs screening, vaccinations against HPV and hepatitis A and B. * Consultation with a nurse practitioner specialized in primary care: diagnosis and treatment of common illnesses, screening for chronic diseases, disease prevention.
Eligibility: health care by students: residents of the city of Longueuil, employees and students of the Cégep, consultation with a specialized nurse: employees or students of the Cégep, youth clinic: 12 to 24 year-old residents of the city of Longueuil, employees or students of the Cégep
Coverage area: Longueuil
Hours: Monday to Friday, during school year, youth clinic: Tuesday 9h00 to 16h00
Fees: none
Financing: provincial, foundations
Legal status: parapublic organization

CENTRE INTÉGRÉ DE SANTÉ ET DE SERVICES SOCIAUX DE LA MONTÉRÉGIE-CENTRE
3141 Taschereau Boulevard, Suite 220, Longueuil, Montérégie, QC, J4V 2H2
450 466-5000 Fax: 450 466-8887
Website: santemonteregie.qc.ca/en/center
Services: Planning, coordination and organization of social and health services. * Responsibility of the availability of care to the entire population, including the most vulnerable. * Management of simplified access to services. * Administration of partnerships with intermediate resources. * Handling of complaints regarding dissatisfaction or violation of rights of users.
Coverage area: Montérégie-Centre: Réseau local de service Champlain, Réseau local de service du Haut-Richelieu-Rouville
Financing: provincial
Legal status: parapublic organization

CENTRE INTÉGRÉ DE SANTÉ ET DE SERVICES SOCIAUX DE LA MONTÉRÉGIE-CENTRE - VACCINATION CONTRE LA GRIPPE
Confidential Address
1 844 822-2467
Website: https://santemonteregie.qc.ca/en/services/flu-vaccination/flu-vaccination-cisss-de-la-montergie-centre

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Services: Vaccination campaign against seasonal influenza. * Appointment system by Internet: portal3.clicsante.ca
Coverage area: local services networks of Haut-Richelieu-Rouville and Champlain
Hours: appointment booking: mid-October
Fees: free for people at risk: pregnant women in the 2nd and 3rd trimesters of their pregnancy, people 6 months and over who have a chronic disease, pregnant women with certain chronic illnesses, people 75 years and over, caregivers and people living under the same roof as these people or children under 6 months, health workers
Legal status: provincial government agency

CENTRE INTÉGRÉ DE SANTÉ ET DE SERVICES SOCIAUX DE LA MONTÉRÉGIE-EST
2750 Laframboise Boulevard, Saint-Hyacinthe, Montérégie, QC, J2S 4Y8
450 771-3333 ext. 3561     Fax: 450 771-3246
Website: santemonteregie.qc.ca/en/east
Services: Planning, coordination and organization of social and health services. * Responsibility of the availability of care to the entire population, including the most vulnerable. * Management of simplified access to services. * Administration of partnerships with intermediate resources. * Handling of complaints regarding dissatisfaction or violation of rights of users.
Coverage area: Montérégie-Est: CSSS Pierre-Boucher, CSSS Pierre-De-Saurel, CSSS Richelieu-Yamaska, Centre jeunesse de la Montérégie
Financing: provincial
Legal status: parapublic organization

CENTRE INTÉGRÉ DE SANTÉ ET DE SERVICES SOCIAUX DE LA MONTÉRÉGIE-EST - VACCINATION CONTRE LA GRIPPE
Confidential Address
1 833 737-6606
Website: santemonteregie.qc.ca/est/vaccination-contre-la-grippe
Coverage area: CISSS Montérégie-Est
Hours: registration starting from mid-October, variable for each point of service
Fees: free for people at risk: women pregnant for 13 weeks or more, people with certain chronic illnesses over 6 months old, residents of CHSLD residential centres or intermediate resources, pregnant women with certain chronic illnesses, people 75 years and over, caregivers and people living under the same roof as these people or children under 6 months, health workers
Legal status: provincial government agency

CENTRE INTÉGRÉ DE SANTÉ ET DE SERVICES SOCIAUX DE LA MONTÉRÉGIE-OUEST
200 Brisebois Boulevard, Châteauguay, Montérégie, QC, J6K 4W8
450 699-2425     Fax: 450 699-2551
Website: santemonteregie.qc.ca/en/west
Services: Planning, coordination and organization of social and health services. * Responsibility of the availability of care to the entire population, including the most vulnerable. * Management of simplified access to services. * Administration of partnerships with intermediate resources. * Handling of complaints regarding dissatisfaction or violation of rights of users.
Coverage area: Montérégie-Ouest: CSSS Jardins-Roussillon, Suroît, Haut-Saint-Laurent, Vaudreuil-Soulanges, CRDITED de la Montérégie-Est and SRSOR, Centre Montérégien de Réadaptation, Le Virage and Foster
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: parapublic organization
CENTRE INTÉGRÉ DE SANTÉ ET DE SERVICES SOCIAUX DE LA MONTRÉGIE-OUEST - FLU VACCINATION

Confidential Address
1 888 593-5116
Website: santemonteregie.qc.ca/services/vaccination-contre-la-grippe/vaccination-contre-la-grippe-influenza


Eligibility: people at risk: pregnant women 13 weeks or more or with certain chronic illnesses, people aged 75 and over, people with certain chronic illnesses over 6 months old, residents of CHSLDs or intermediate resources, children and teenagers undergoing prolonged treatment with acetylsalicylic acid, family caregivers and people living in the same household as these people, healthy people aged 6 to 23 months and 60 to 74 years, health workers

Coverage area: local service networks Vaudreuil-Soulanges, Haut-Saint-Laurent, Suroît and Jardins-Roussillon

Hours: starting November 1st 2021

Fees: free for people at risk

Legal status: provincial government agency

CENTRE PÉRINATAL LE BERCEAU

733 Laurier Street, Beloeil, Montérégie, QC, J3G 4J7
450 446-7760
Website: leberceau.org
Email: info@leberceau.org


Eligibility: pregnant women, future parents and parents with a child under one year old

Coverage area: South Shore

Hours: Monday to Friday 8h30 to 16h30, Saturday 9h00 to 16h00

Fees: annual membership card: 15$, activities and services: free or variable

Financing: provincial, foundations, donations, self-financing, grants, municipal

Legal status: non-profit organization

CLSC DE CHÂTEAUGUAY

95 de la Verdure Avenue, Châteauguay, Montérégie, QC, J6K 0E8
450 699-3333 Fax: 450 691-6202
Website: sante.gouv.qc.ca/en/reertoire-ressources/ressource/?nofiche=1232&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J6K0E8


Coverage area: CISSS de la Montérégie-Ouest area

Hours: Monday to Friday 6h30 to 20h00, Saturday and Sunday 8h00 to 12h00 and 13h30 to 16h00, test centre: Monday to Friday 6h30 to 9h00

Financing: provincial

Legal status: parapublic organization
CLSC DE LONGUEUIL-OUEST
201 Curé-Poirier Boulevard West, Longueuil, Montérégie, QC, J4J 2G4
450 651-9830
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1218&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J4J2G4
Coverage area: CISSS de la Montérégie-Est area
Hours: Monday to Friday 7h00 to 21h00, tests centre: by appointment
Financing: provincial
Legal status: parapublic 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
Coverage area: CISSS de la montérégie-Ouest area
Hours: Monday, Tuesday, Thursday, Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 8h30 to 12h00 and 13h00 to 20h30, tests centre: Monday to Friday 7h00 to 10h00
Financing: provincial
Legal status: parapublic organization

CLSC DE SAINT-RÉMI
2 Sainte-Famille Street, Saint-Rémi, Montérégie, QC, J0L 2L0
450 454-4671 Fax: 450 454-4538
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=30904&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J0L2L0
Coverage area: CISSS de la Montérégie-Ouest area
Hours: Monday and Wednesday 8h00 to 20h30, Tuesday, Thursday and Friday 8h00 to 16h00, Saturday 10h00 to 15h00, tests centre: Monday and Wednesday 6h30 to 9h00
Financing: provincial
Legal status: parapublic organization

CLSC DES PATRIOTES - SAINT-BRUNO SERVICE OFFICE
50 De la Rabastalière Road East, Suite 10, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 2A5
450 461-1012
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=511&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J3V2A5

Coverage area: CISSS de la Montérégie-Est area

Hours: Monday 8h30 to 16h30, Tuesday 8h30 to 20h00, Wednesday to Friday 8h30 to 16h30, test centre: by appointment

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE BOUCHERVILLE
160 de Montarville Boulevard, Boucherville, Montérégie, QC, J4B 6S2
450 468-3530

Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1676&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J4B6S2


Coverage area: CISSS de la Montérégie-Est area

Hours: Monday to Friday 8h30 to 16h30, tests centre: by appointment

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE SAINTE-JULIE
461 Saint-Joseph Boulevard, Suite 112, Sainte-Julie, Montérégie, QC, J3E 1W8
450 468-3670

Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=908&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J3E1W8


Coverage area: CISSS de la Montérégie-Est area

Hours: Monday, Tuesday, Thursday and Friday 8h30 à 12h00 et 13h00 à 16h30, Wednesday 8h30 to 12h00, 13h00 to 20h30, tests centre: by appointment

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


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
CLSC JARDIN DU QUÉBEC - NAPIERVILLE
509 Saint-Jacques Street, Napierville, Montérégie, QC, J0J 1L0
450 245-3336  Fax: 450 245-0278
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=42457&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J0J1L0
Coverage area: CISSS de la Montérégie-Ouest area
Hours: Monday, Wednesday and Friday 8h00 to 16h00, Tuesday and Thursday 8h00 to 20h00, Saturday and Sunday: closed but covered by the Saint-Rémi CLSC, tests centre: Tuesday and Thursday 6h30 to 9h00
Financing: provincial
Legal status: parapublic organization

CLSC KATERI
90 Marie-Victorin Boulevard, Candiac, Montérégie, QC, J5R 1C1
450 659-7661  Fax: 450 444-6260
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1235&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J5R1C1
Coverage area: CISSS de la Montérégie-Ouest area
Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 20h00, tests centre: Monday to Friday 6h30 to 9h00
Financing: provincial
Legal status: parapublic organization

CLSC SAINT-HUBERT
6800 Cousineau Boulevard, Longueuil, Montérégie, QC, J3Y 8Z4
450 443-7400
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1226&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J3Y8Z4
Coverage area: CISSS de la Montérégie-Centre area
Hours: Monday to Friday 7h45 to 20h00, Saturday 7h45 to 16h00, tests centre: Monday to Friday 6h30 to 17h00
Financing: provincial
Legal status: parapublic organization

CLSC SAMUEL-DE-CHAMPLAIN
5811 Taschereau Boulevard, Brossard, Montérégie, QC, J4Z 1A5
450 445-4452 ext. 612666
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1225&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J4Z1A5

Eligibility: refugee clinic: refugees who are sponsored by the government, an organization or a family, or referred by the Maison Internationale de la Rive-Sud

Coverage area: CISSS de la Montérégie-Centre area

Hours: Monday to Friday 7h45 to 20h00, tests centre: Monday to Friday 6h30 to 14H15

Financing: provincial

Legal status: parapublic organization

CLSC SIMONNE-MONET-CHARtrand
1303 Jacques-Cartier Boulevard East, Longueuil, Montérégie, QC, J4M 2Y8
450 463-2850
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?notiche=1082&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J4M2Y8


Coverage area: CISSS Montérégie-Est area

Hours: Monday to Friday 8h00 to 21h00, Saturday, Sunday and holidays 8h00 to 12h00 and 13h00 to 16h00, tests centre: Monday to Friday 7h00 to 9h30

Financing: provincial

Legal status: parapublic organization

CLUB SANTÉ SUD-OUEST
8 du Canal Road West, Salaberry-de-Valleyfield, Montérégie, QC, J6S 6L3
450 373-5449

Services: * Monthly conferences on the physical, mental, psychological and spiritual health of seniors.

Eligibility: people 50 years old and over

Coverage area: Salaberry-de-Valleyfield and surrounding areas

Hours: 3rd Wednesday of the month at 13h00, September to May

Financing: subventions

Legal status: non-profit organization

COELIAQUE QUÉBEC
1235 Gay-Lussac Street, Boucherville, Montérégie, QC, J4B 7K1
514 529-8806
Website: www.coeliaque.quebec
Email: info@coeliaque.quebec


Eligibility: people living with a gluten-induced disease (celiac disease, dermatitis herpetiformis, gluten ataxia or non celiac gluten sensitivity), health professionals, nutritionists and companies interested by the topic

Coverage area: Canada
**CORNE D’ABONDANCE - ENTRAIDE ALIMENTAIRE ET SOLIDARITÉ (LA)**

2391 de Bourgogne Avenue, Chambly, Montérégie, QC, J3L 2A5

450 447-3414

Website: cornedabondance.com

Email: info@cornedabondance.com


**Eligibility:** families, adults and seniors on a low income, children, teenagers

**Coverage area:** Carignan, Chambly, Marieville, Richelieu, Rougemont, Saint-Césaire, Saint-Mathias-Sur-Richelieu, Sainte-Angèle-De-Monnoir

**Hours:** Monday, Tuesday and Friday to Sunday 8h30 to 16h30, Wednesday and Thursday 18h30 to 21h30

**Fees:** $10 per year

**Financing:** Centraide of Greater Montréal, provincial, self-financing

**Legal status:** non-profit organization

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**DIABÈTE BROME-MISSISQUIO**

2 Adhémar Cusson Street, Office 3, Bedford, Montérégie, QC, J0J 1A0

450 248-2224

Website: diabetebmhr.org

Email: info@diabetebmhr.org


**Eligibility:** diabetic and prediabetic people

**Coverage area:** MRC Brome-Missisquoi, MRC Haut-Richelieu

**Fees:** yearly membership: $20, activities: variable

**Financing:** grants

**Legal status:** non-profit organization

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**DIABÉTIQUES SOREL-TRACY (LES)**

71 de Ramezay Street, Office 111, Sorel-Tracy, Montérégie, QC, J3P 3Z1

450 743-7461

Email: diabetest@videotron.ca


**Eligibility:** general population, in particular diabetic people and their closed ones

**Coverage area:** Sorel-Tracy

**Hours:** on appointment

**Financing:** grants

**Legal status:** non-profit organization

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**DIRECTION DE LA SANTÉ PUBLIQUE DE LA MONTÉRÉGIE**

1255 Beauregard Street, Longueuil, Montérégie, QC, J4K 2M3

450 928-6777

Website: extranet.santemonteregie.qc.ca/sante-publique/index.fr.html

Email: info.cisssmc16@ssss.gouv.qc.ca
Health

Services: Ongoing surveillance of public health. * Informs the population about general health state, high-priority health problems, vulnerable groups, main risk factors and efficient interventions. * Identification of potentially problematic situation. * Prevention and health promotion.

Coverage area: Montérégie
Hours: Monday to Friday 8h00 to 17h00
Financing: provincial
Legal status: parapublic organization

ÉMISSAIRE
1005 Curé-Poirier Boulevard West, Suite 101, Longueuil, Montérégie, QC, J4K 2E2
450 651-9229
Website: emissaire.ca
Email: sylvain.gauthier@emissaire.ca


Eligibility: people living with HIV and AIDS and their families, young people 16 to 29 years old attending Carrefour jeunesse-emploi (CJE) and adult education, people attending drug rehab therapy centres, female sex workers, women victims of sexual violence

Coverage area: Montérégie
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: self-financing, provincial, federal
Legal status: non-profit organization

KAHNAWAKE SHAKOTIIA'TAKEHNHAS COMMUNITY SERVICES
Confidential Address
450 632-6880     Fax: 450 632-5116
Website: www.kscs.ca


Eligibility: Kahnawake residents

Coverage area: Kahnawake
Hours: Monday to Friday 8h30 to 16h30
Financing: grants
Legal status: non-profit organization

KATERI MEMORIAL HOSPITAL CENTRE
10 River Road, Kahnawake, Montérégie, QC, J0L 1B0
450 638-3930     Fax: 450 638-4634
Website: kmhc.ca

Eligibility: community of Kahnawake
Coverage area: Kahnawake
Hours: Monday to Thursday 9h00 to 20h00, Friday 9h00 to 17h30, Saturday 9h30 to 13h30, visiting hours: 7 days 12h00 to 21h00, walk-in clinic: every Saturday, blood tests: Monday to Friday 7h00 to 9h00
Financing: federal, 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: lamagiedesmots.com
Email: comdelamagie@outlook.com


Eligibility: people 16 years and over
Hours: Monday to Friday day or evening, Saturday and Sunday on request
Fees: none
Financing: provincial
Legal status: non-profit organization

MAISON DE JEUNES DES QUATRE LIEUX
2002 Union Avenue, Saint-Césaire, Montérégie, QC, J0L 1T0
450 469-0110 Fax: 450 469-1221
Email: mdj4lieux@gmail.com


Eligibility: youth 11 to 17 years old
Coverage area: Ange-Gardien, Rougemont, Saint-Césaire, Saint-Paul-d'Abbotsford
Hours: variable
Fees: annual membership: $7
Financing: Centraide Richelieu-Yamaska, fundraising campaigns, donations, provincial, municipal
Legal status: non-profit organization

MAISON DE LA FAMILLE JOLI-COEUR (LA)
4865 Legendre Street, Contrecoeur, Montérégie, QC, J0L 1C0
450 587-2965 Fax: 450 587-8343
Website: www.maisondelafamillejolicoeur.ca
Email: mdfjolicoeur@videotron.ca


Eligibility: parents with children 0 to 5 years old
Coverage area: CLSC des Seigneuries
Hours: Monday to Friday 9h00 to 15h30, daycare: Monday to Friday 8h30 to 16h00
Fees: according to activities
Financing: fundraising campaigns, self-financing
Legal status: non-profit organization

MAISON DE LA FAMILLE JOLI-COEUR (LA)
4865 Legendre Street, Contrecoeur, Montérégie, QC, J0L 1C0
450 587-2965 Fax: 450 587-8343
Website: www.maisondelafamillejolicoeur.ca
Email: mdfjolicoeur@videotron.ca


Eligibility: parents with children 0 to 5 years old
Coverage area: CLSC des Seigneuries
Hours: Monday to Friday 9h00 to 15h30, daycare: Monday to Friday 8h30 to 16h00
Fees: according to activities
Financing: fundraising campaigns, self-financing
Legal status: non-profit organization

Health
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
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
450 451-9937
Email: mdjderigaud@bell.net
Eligibility: youth 11 to 18 years old
Capacity: 30
Coverage area: Rigaud and surroundings
Hours: Tuesday and Wednesday 15h00 to 20h00, Thursday 15h00 to 20h30, Friday 18h00 to 21h00, one Saturday per month 10h00 to 17h00, pedagogical days: 14h00 to 18h00, phone reception: Tuesday to Thursday 13h00 to 16h00
Fees: free
Financing: provincial, Centraide du Sud-Ouest, municipal, federal, foundations
Legal status: non-profit organization

MAISON DES JEUNES DE SAINT-BRUNO
1425 Goyer Street, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 3Z4
450 441-1989
Website: mdjstbruno.org
Email: maisondesjeunesst-bruno@videotron.ca
Eligibility: youth 11 to 17 years old
Coverage area: Saint-Bruno-de-Montarville
Hours: school year: Monday to Thursday 15h00 to 20h00, Friday 15h00 to 21h00, summer: Monday to Friday 13h00 to 21h00, collective suppers: Wednesday 17h00 to 19h00
Fees: free, variables fees for outings
Financing: donations, self-financing, grants
Legal status: non-profit organization

MAISON DES JEUNES LES CÈDRES
145 Valade Street, Les Cèdres, Montérégie, QC, J7T 1A1
450 452-0215
Email: mdjlescedres@gmail.com
Health


Eligibility: youth 12 to 17 years old

Coverage area: Les Cèdres

Hours: Tuesday, Wednesday and Thursday 18h00 to 21h00, Friday 18h00 to 22h00

Financing: provincial

Legal status: non-profit organization

MONTÉRÉGIE WEST COMMUNITY NETWORK - CHÂTEAUGUAY

255 D'Anjou Boulevard, Suite 203, Châteauguay, Montérégie, QC, J6J 2R4

450 691-1444

Website: www.mwcn.ca

Email: info@mwcn.ca


Eligibility: English-speaking community groups, citizens of all ages

Coverage area: MRC Les Jardins-de-Napierville, MRC Roussillon, MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

Hours: Monday to Thursday 8h30 to 16h30

Fees: membership: $10 per year

Financing: federal, provincial, donations

Legal status: non-profit organization

MONTÉRÉGIE WEST COMMUNITY NETWORK - HEMMINGFORD

476 Frontière Street, Hemmingford, Montérégie, QC, J0L 1H0

514 249-5539

Website: www.mwcn.ca

Email: info@mwcn.ca


Eligibility: English-speaking community groups, citizens of all ages

Coverage area: MRC Les Jardins-de-Napierville, MRC Roussillon, MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

Hours: Monday to Thursday 8h30 to 16h30

Fees: membership: $10 per year

Financing: federal, provincial, donations

Legal status: non-profit organization

MONTÉRÉGIE WEST COMMUNITY NETWORK - HUNTINGDON WELLNESS CENTRE

72 Dalhousie Street, Huntingdon, Montérégie, QC, J0S 1H0

450 264-3596

Website: mwcn.ca


Eligibility: English-speaking community groups, citizens of all ages

Coverage area: MRC Les Jardins-de-Napierville, MRC Roussillon, MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

Hours: Monday to Thursday 8h30 to 16h30
MONTÉRÉGIE WEST COMMUNITY NETWORK - VAUDREUIL-SOULANGES
117D Cardinal-Léger Boulevard, Pincourt, Montérégie, QC, J7W 7A8
514 425-0399
Website: www.mwcn.ca
Email: lorie@mwcn.ca


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

Coverage area: MRC Les Jardins-de-Napierville, MRC Roussillon, MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

Hours: Monday to Thursday 8h30 to 16h30

Options: RESOURCE AND PREGNANCY CENTRE FOR YOUTH
25 D'Anjou Boulevard, Châteauguay, Montérégie, QC, J6J 2P7
450 699-4357
Website: www.centreoptions.org/indexen1
Email: options@jslmontreal.org


Eligibility: teens, young adults and families who struggle with an unexpected pregnancy

Coverage area: Greater Montréal

Hours: Monday, Tuesday and Friday 10h00 to 14h00, appointments available outside these hours

Options: TABLÉE DES CHEFS (LA)
930 Curé-Poirier Boulevard East, Longueuil, Montérégie, QC, J4J 4X1
450 748-1638     Fax: 450 748-1680
Website: www.tableedeschefs.org/en
Email: info@tableedeschefs.org

930
Services: * Redistribution of food surplus from the hotel, restaurant and institution network (HRI) in order to feed people in need. * Sustainable food brokerage service. * Development of culinary education for teenagers through culinary training programs in high schools (les Brigades Culinaires) and youth centres (Cuisine ton avenir). * Culinary day camp for children. * Corporate culinary workshop. * Food chores in cooking schools: preparation of meals that are distributed in community organization.

Eligibility: people coping with food insecurity, culinary programs: youth 12 to 17 years old, culinary camp: youth 10 to 15 years old

Capacity: unlimited

Coverage area: Canada

Hours: Monday to Friday 8h30 to 16h30

Fees: free, various prices for cooking schools

Financing: donations, self-financing

Legal status: non-profit organization
Homelessness

ADVOCACY

DAY AND EVENING CENTRES

HEALTH CARE

HOUSING FOR PREGNANT WOMEN AND FAMILIES

MOBILE UNITS AND STREET WORK

SHELTERS

SUPPORTIVE HOUSING

TRANSITIONAL HOUSING

YOUTH SHELTERS
Advocacy

TABLE ITINÉRANCE RIVE-SUD
670 Saint-Jean Street, Longueuil, Montérégie, QC, J4H 2W8
438 504-5202
Website: www.tirs.ca
Email: oc@tirs.ca

Eligibility: community and institutional organizations working with homeless people
Capacity: 35 members organizations
Coverage area: agglomeration of Longueuil
Hours: Monday to Friday 9h00 to 16h00
Fees: regular member: variable between $90 and $110
Financing: provincial
Legal status: non-profit organization

Day and evening centres

ABRI DE LA RIVE-SUD
459 Sainte-Foy Boulevard, Longueuil, Montérégie, QC, J4J 1X9
450 646-7809 Fax: 450 646-4522
Website: abri-rive-sud.org
Email: intervenant@abri-rive-sud.org

Eligibility: homeless people 18 years old and over
Capacity: 30 places in single rooms
Coverage area: Montérégie
Hours: housing: 24 hours / 7 days, day services: Monday, Wednesday to Friday 9h00 to 12h00 and 13h00 to 16h00, Tuesday 13h00 to 16h00, POS boxes: at all times except for Tuesday morning
Fees: none
Financing: donations, provincial, federal
Legal status: non-profit organization

AIGUILLAGE (L’)
536 Chicoine Street, Vaudreuil-Dorion, Montérégie, QC, J7V 7E4
450 218-6418 Fax: 450 218-6419
Website: www.aiguillage.ca
Email: info@aiguillage.ca

Eligibility: emergency shelter: young adults 18 years old and over, other services: all ages
Capacity: 19 beds
Coverage area: MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges
Hours: administration: Monday to Friday 9h00 to 16h30, street work: Monday 10h00 to Friday 00h00, emergency shelter: 24 hours / 7 days
Fees: none
Financing: fundraising campaigns, donations, grants
Legal status: non-profit organization
ANTICHAMBRE 12-17 HÉBERGEMENT JEUNESSE DU SUROÎT (L’)
323 Larocque Road, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4C1
450 373-9887
Website: www.lantichambre12-17.ca
Email: hebergement@lantichambre12-17.ca
Eligibility: youth 12 to 17 years old
Capacity: 5 beds
Coverage area: MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges or others if necessary
Hours: 24 hours / 7 days
Fees: $10 per day, $70 per week
Financing: self-financing, foundations
Legal status: non-profit organization

ASSOCIATION DES INFIRMIÈRES ET INFIRMIERS EN SOINS PODOLOGIQUES DU QUÉBEC
2545 De Lorimier Street, Suite 295, Longueuil, Montérégie, QC, J4K 3P7
Website: www.aiispq.org
Email: info@aiispq.org
Services: Regrouping of nurses in podiatric care. * Promotion of the profession and maintenance of the quality of services.
Eligibility: podiatric care nurses, general public
Coverage area: Province of Québec
Hours: Monday to Thursday 7h00 to 17h00, Friday 7h00 to 12h00
Fees: annual membership: $175
Financing: membership fees
Legal status: non-profit organization

AUBERGE DU COEUR LE BALUCHON
2290 Saint-Joseph Avenue, Saint-Hyacinthe, Montérégie, QC, J2S 5L4
1 866 263-8794     Fax: 450 773-7145
Website: www.maisonlebaluchon.org
Email: info@maisonlebaluchon.org
Eligibility: short-term housing: youth experiencing difficulties aged 12 to 17 years old
Capacity: 9 places
Coverage area: MRC Acton, MRC La Haute-Yamaska, MRC La Vallée-du-Richelieu, MRC Les Maskoutains, MRC Pierre-De Saurel, MRC Rouville
Hours: 24 hours / 7 days
Fees: registration $50, $7 per day and $20 deposit
Financing: provincial, federal, Centraide Richelieu-Yamaska, foundations, donations, fundraising campaigns
Legal status: non-profit organization

CAFÉ DES DEUX PAINS DE VALLEYFIELD
107 Jacques-Cartier Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4R8
450 371-8909     Fax: 450 371-7556
Website: www.cafedesdeuxpains.org
Email: cddp@oricom.ca
Homelessness


Eligibility: individuals and families on a low income and isolated

Coverage area: Salaberry-De-Valleyfield

Hours: Monday to Friday 9h00 to 18h00

Financing: Centraide Sud-Ouest du Québec, provincial, self-financing, donations

Legal status: non-profit organization

CARREFOUR JEUNESSE D’IBERVILLE
375 Bessette Avenue, Saint-Jean-sur-Richelieu, Montérégie, QC, J2X 2N8
450 347-4419

Email: mdjiberville@hotmail.com


Eligibility: youth 12 to 17 years old

Coverage area: Iberville sector of Saint-Jean-sur-Richelieu

Hours: variable

Fees: none

Financing: grants, provincial, donations

Legal status: non-profit organization

CÉGEP ÉDOUARD-MONTPETIT
945 de Chambly Road, Longueuil, Montérégie, QC, J4H 3M6
450 679-2631     Fax: 450 679-5570

Website: www.cegepmontpetit.ca

Email: communications@cegepmontpetit.ca


Coverage area: Province of Québec

Financing: self-financing, provincial, foundations

Legal status: parapublic organization

CELLULE JEUNES ET FAMILLES DE BROME-MISSISQUOI
504 South Street, Cowansville, Montérégie, QC, J2K 2X8
450 260-1823

Website: infocellule.org/en/home

Email: coordo_cellule@infocellule.org


Eligibility: people in difficulty, youth, families, seniors, anyone interested by the addiction issue

Coverage area: MRC Brome-Missisquoi, ITMAV: Cowansville

Hours: Monday and Wednesday to Friday 9h00 to 16h00, office: Monday to Friday 9h00 to 16h00

Financing: donations

Legal status: non-profit organization
CENTRE D'INTERVENTION JEUNESSE DES MASKOUTAINS (LE)
120 de la Concorde Avenue North, Saint-Hyacinthe, Montérégie, QC, J2S 0M5
450 773-4909
Email: cijm@cgocable.ca
Coverage area: Saint-Hyacinthe, MRC Les Maskoutains
Fees: free
Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE ST-HYACINTHE (LE)
1015 Dessaulles Street, Saint-Hyacinthe, Montérégie, QC, J2S 2Y8
450 773-4966
Website: cbsh.ca
Email: infomad@cbsh.ca
Eligibility: seniors, people and families on a low income, people in a vulnerable situation, volunteers, organizations
Coverage area: MRC Les Maskoutains
Hours: Monday to Friday 8h30 to 16h30, emergency food assistance: by appointment
Fees: variable
Financing: Centraide Richelieu-Yamaska, provincial, donations
Legal status: non-profit organization

COEUR POUR LES AUTRES (UN)
836 Le Moyne Street West, Longueuil, Montérégie, QC, J4K 1G3
514 909-4523
Website: www.uncoeurpourlesautres.org/en
Email: andre@uncoeurpourlesautres.org
Eligibility: itinerant or homeless people, people in difficulty
Capacity: 250
Coverage area: Ville-Marie
Hours: food distribution: Wednesday 18h00 to 20h00 at Émilie-Gamelin Park, corner of De Maisonneuve Boulevard and Berri Street
Fees: none
Financing: donations
Legal status: non-profit organization
HALTE DU COIN (LA)
1599 Bourassa Street, Longueuil, Montérégie, QC, J4J 3A5
438 270-1633
Website: lahalteducoin.org
Email: info@lahalteducoin.org
Eligibility: people experiencing homelessness
Capacity: accommodation: 25 places, day centre: 52 places
Coverage area: Boucherville, Brossard, Longueuil, Saint-Lambert, Saint-Bruno-De-Montarville
Hours: 24 hours / 7 days
Fees: none
Financing: donations, grants
Legal status: non-profit organization

LE 2159
2159 de Chambly Road, Longueuil, Montérégie, QC, J4J 3Z1
450 396-6426
Website: www.le2159.com
Email: info@le2159.com
Services: * Mid and long-term housing. * Activities and workshops offered on a weekly basis on various topics. * Psychosocial intervention: individual meetings with a counsellor. * Accompaniment for a return to school, an internship, job or apartment search and for appointments. * Social reinsertion through internships.
Eligibility: youth 17 to 25 at risk of delinquency, homelessness, sexual exploitation or mental health issues
Capacity: 16 rooms
Coverage area: Montérégie
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: federal, provincial, foundations, fundraising campaigns
Legal status: non-profit organization

MACADAM SUD
895 Sainte-Hélène Street, Longueuil, Montérégie, QC, J4K 3R7
450 677-9021     Fax: 450 677-4741
Website: macadamsud.org
Email: info@macadamsud.org
Eligibility: youth 12 to 35 years old marginalized or at risk of marginalization, Squat: youth 12 to 17 years old, Espace-jeunes: youth 15 to 35 years old, any person in distress
Coverage area: Longueuil, Brossard
Hours: services: variable, administration: Monday to Friday 9h00 to 17h00
Fees: none
Financing: federal, provincial, fundraising campaigns, foundations, municipal, Centraide of Greater Montréal
Legal status: non-profit organization
MAISON DE LA JEUNESSE 12-17 DE VALLEYFIELD
42, Anderson Street, Salaberry-de-Valleyfield, Montérégie, QC, J6S 0L1
450 373-6788
Website: mdjvalleyfield.com
Email: direction@mdjvalleyfield.com
Eligibility: youth 12 to 17 years old
Coverage area: Salaberry-de-Valleyfield
Hours: reception and administration: Monday to Friday 9h00 to 16h00, regular intervention and animation schedule: Monday to Thursday 16h30 to 21h00, Friday 16h30 to 22h00, Saturday 14h00 to 21h00, summer intervention and animation schedule: Monday to Thursday 13h00 to 21h00, Friday 13h00 to 22h00, Saturday 13h00 to 18h00
Legal status: non-profit organization

PORTE DU PASSANT (LA)
80 Phipps Street, Sorel-Tracy, Montérégie, QC, J3P 4B7
450 743-4803     Fax: 450 855-4858
Website: laportedupassant.org
Email: laportedupassant@videotron.ca
Eligibility: general population, people experiencing homelessness, people living in financial insecurity or poverty, showers, residential support with accompaniment and rest stop: homeless people
Capacity: 50
Coverage area: MRC Pierre-De Saurel
Hours: services: Monday to Friday 8h00 to 15h00, administration: Monday to Friday 8h00 to 16h00
Fees: membership card to be a part of the membership advisory committee, but not required for access to services: $5, meals: variable
Financing: self-financing, contributions, donations
Legal status: non-profit organization

RÉSEAU D'HABITATIONS CHEZ SOI
3115 Saint-Hubert Montée, Longueuil, Montérégie, QC, J3Y 4J2
450 676-8940     Fax: 450 676-7696
Website: www.reseaudhabitationschezsoi.org
Email: rhcs@videotron.ca
Services: * Housing search assistance and follow-up within the living environment. * Promotion of social housing for people living with mental health problems or with unstable housing conditions.
Eligibility: adults with mental health problems, experiencing or at risk of homelessness
Coverage area: Longueuil, MRC Marguerite-D'Youville, Boucherville, Brossard, La Prairie, Saint-Bruno-de-Montarville, Saint-Lambert, Saint-Philippe
Hours: Monday to Friday 9h00 to 16h30
Financing: provincial, grants
Legal status: non-profit organization
TRAVAIL DE MILIEU CANDIAC ET SAINTE-CATHERINE
125 Haendel Road, Candiac, Montérégie, QC, J5R 1R7
438 404-5727
Email: tmcandiacste4@gmail.com
Eligibility: youth from 12 to 25 years old, marginalised or in a vulnerable situation, people experiencing homelessness or at risk of homelessness
Coverage area: people aged 12 to 25: Candiac, Sainte-Catherine, people aged 18 and over who are experiencing homelessness or at risk of being homeless: Candiac, Delson, La Prairie, Sainte-Catherine, Saint-Constant, Saint-Mathieu, Saint-Philippe
Hours: Monday to Friday 9h00 to 23h00
Fees: none
Financing: grants
Legal status: non-profit organization

Health care

HALTE DU COIN (LA)
1599 Bourassa Street, Longueuil, Montérégie, QC, J4J 3A5
438 270-1633
Website: lahalteeducoin.org
Email: info@lahalteeducoin.org
Eligibility: people experiencing homelessness
Capacity: accommodation: 25 places, day centre: 52 places
Coverage area: Boucherville, Brossard, Longueuil, Saint-Lambert, Saint-Bruno-De-Montarville
Hours: 24 hours / 7 days
Fees: none
Financing: donations, grants
Legal status: non-profit organization

POSA - SOURCE DES MONTS
620 Senécal Street, Chambly, Montérégie, QC, J3L 1N9
450 658-9898 Fax: 450 658-5368
Website: www.posasdm.com
Email: direction@posasdm.org
Eligibility: youth in difficulty 35 years and under, clinic: youth 12 to 24 years old, meals: underprivileged children from elementary and secondary schools of Chambly and Carignan, jobs: youth between 16 and 35 years old eligible with Emploi-Québec
Coverage area: Chambly, Carignan, MRC Le Haut-Richelieu, MRC Rouville
Hours: Monday to Friday 9h00 to 17h00, youth clinic: Monday to Friday 9h00 to 17h00 by appointment
Financing: provincial, donations, municipal
Legal status: non-profit organization
Housing for pregnant women and families

MAISON D'HÉBERGEMENT DÉPANNAGE DE VALLEYFIELD
79 du Zouave Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2W4
450 371-9617  Fax: 450 371-9630
Email: mhdv@cgocable.ca


Eligibility: men and women 18 years and over in difficulty and homeless, homeless families

Capacity: 18 units , 2 emergency units

Coverage area: MRC Beauharnois-Salaberry, MRC Vaudreuil-Soulanges, MRC Le Haut-Saint-Laurent

Hours: 24 hours / 7 days

Fees: 7 first days are free, then according to the monthly income

Financing: Centraide du Sud-Ouest, provincial, federal, self-financing

Legal status: non-profit organization

MAISON D'HÉBERGEMENT DÉPANNAGE DE VALLEYFIELD - HÉBERGEMENT DE TRANSITION
79 du Zouave Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2W4
450 371-9617  Fax: 450 371-9630
Email: mhdv@cgocable.ca

Services: * Transitional housing from 6 to 18 months.

Eligibility: men and women 18 years and over in difficulty and homeless, homeless families

Capacity: 8 units

Coverage area: MRC Beauharnois-Salaberry, MRC Vaudreuil-Soulanges, MRC Le Haut-Saint-Laurent

Hours: 24 hours / 7 days

Financing: Centraide du Sud-Ouest, provincial, federal, self-financing

Legal status: non-profit organization

Mobile units and street work

ABRI DE LA RIVE-SUD
459 Sainte-Foy Boulevard, Longueuil, Montérégie, QC, J4J 1X9
450 646-7809  Fax: 450 646-4522
Website: abri-rive-sud.org
Email: intervenant@abri-rive-sud.org


Eligibility: homeless people 18 years old and over

Capacity: 30 places in single rooms

Coverage area: Montérégie

Hours: housing: 24 hours / 7 days, day services: Monday, Wednesday to Friday 9h00 to 12h00 and 13h00 to 16h00, Tuesday 13h00 to 16h00, PO boxes: at all times except for Tuesday morning

Fees: none

Financing: donations, provincial, federal

Legal status: non-profit organization
AIGUILLAGE (L')
536 Chicoine Street, Vaudreuil-Dorion, Montérégie, QC, J7V 7E4
450 218-6418     Fax: 450 218-6419
Website: www.aiguillage.ca
Email: info@aiguillage.ca


Eligibility: emergency shelter: young adults 18 years old and over, other services: all ages
Capacity: 19 beds
Coverage area: MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges
Hours: administration: Monday to Friday 9h00 to 16h30, street work: Monday 10h00 to Friday 00h00, emergency shelter: 24 hours / 7 days

Financing: fundraising campaigns, donations, grants
Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DE DÉFENSE DES DROITS DES PERSONNES RETRAITÉES ET PRÉRETRAITÉES - VALLEYFIELD-SUROÎT - ITMAV
110 Mathias Street, Suite 101, Salaberry-de-Valleyfield, Montérégie, QC, J6T 3L6
450 631-4466
Website: www.aqdr.org/section/valleyfield-suroit
Email: aqdrvalleyfield@cgocable.ca

Services: Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Street work for people living in difficult situations: isolation, bereavement, mistreatment, homelessness, housing, food, transport, etc. * Referrals.

Eligibility: retired and pre-retired people aged 50 years old and over
Coverage area: MRC Beauharnois-Salaberry
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00

Financing: donations, self-financing, provincial
Legal status: non-profit organization

BARRIE MEMORIAL HOSPITAL
28 Gale Street, Ormstown, Montérégie, QC, J0S 1K0
450 829-2321     Fax: 450 829-3582
Website: santemonteregie.qc.ca/en/installations/hopital-barrrie-memorial-barrrie-memorial-hospital


Coverage area: Province of Québec
Hours: 24 hours / 7 days

Financing: provincial
Legal status: parapublic organization

CELLULE JEUNES ET FAMILLES DE BROME-MISSISQUOI
504 South Street, Cowansville, Montérégie, QC, J2K 2X8
450 260-1823
Website: infocellule.org/en/home
Email: coordo_cellule@infocellule.org
Homelessness


Eligibility: people in difficulty, youth, families, seniors, anyone interested by the addiction issue

Coverage area: MRC Brome-Missisquoi, ITMAV: Cowansville

Hours: Monday and Wednesday to Friday 9h00 to 16h00, office: Monday to Friday 9h00 to 16h00

Financing: donations

Legal status: non-profit organization

CENTRE D’INTERVENTION JEUNESSE DES MASKOUTAINS (LE)

120 de la Concorde Avenue North, Saint-Hyacinthe, Montérégie, QC, J2S 0M5
450 773-4909

Email: cijm@cgocable.ca


Coverage area: Saint-Hyacinthe, MRC Les Maskoutains

Fees: free

Legal status: non-profit organization

CENTRE HOSPITALIER HÔTEL-DIEU DE SOREL

400 de l’Hôtel-Dieu Avenue, Sorel-Tracy, Montérégie, QC, J3P 1N5
450 746-6000

Website: santemonteregie.qc.ca/en/node/3


Coverage area: Province of Québec

Hours: 24 hours / 7 days, tests centre: by appointment

Financing: provincial

Legal status: parapublic organization

CLINIQUE DES JEUNES DU BASSIN DE CHAMBLY

650 Sénécal Street, Chambly, Montérégie, QC, J3L 1N9
450 658-2016     Fax: 450 358-2034

Website: santemonteregie.qc.ca/en/installations/clinique-des-jeunes-du-bassin-de-chambly


Eligibility: people 12 to 24 years old

Coverage area: Montérégie

Hours: Monday, Tuesday and Wednesday, variable hours

Financing: provincial

Legal status: parapublic organization
**CLSC DE BEAUHARNOIS**
142 Saint-Laurent Street, Beauharnois, Montérégie, QC, J6N 1V9
450 429-6455
Website: https://sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=1633&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J6N1V9


**Coverage area:** CISSS de la Montérégie-Ouest area
**Financing:** provincial
**Legal status:** parapublic organization

**CLSC DE CHÂTEAUGUAY**
95 de la Verdure Avenue, Châteauguay, Montérégie, QC, J6K 0E8
450 699-3333 Fax: 450 691-6202
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1232&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J6K0E8


**Coverage area:** CISSS de la Montérégie-Ouest area
**Hours:** Monday to Friday 6h30 to 20h00, Saturday and Sunday 8h00 to 12h00 and 13h30 to 16h00, test centre: Monday to Friday 6h30 to 9h00
**Financing:** provincial
**Legal status:** parapublic organization

**CLSC DE HENRYVILLE**
125 de l'Église Street, Ange-Gardien, Montérégie, QC, J0E 1E0
450 299-2828
Website: https://sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=1064&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=4&ch_code=J0E1E0&page=2


**Coverage area:** CISSS de la Montérégie-Centre area
**Financing:** provincial
**Legal status:** parapublic organization

**CLSC DE LA MRC-D'ACTON**
1266 Lemay Street, Acton Vale, Montérégie, QC, J0H 1A0
450 546-2572
Website: https://sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=939&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=4&ch_code=J0H1A0

Coverage area: CISSS de la Montérégie-Est area
Financing: provincial
Legal status: parapublic organization

CLSC DE LA VALLÉE-DES-FORTS
978 du Séminaire Boulevard North, Saint-Jean-sur-Richelieu, Montérégie, QC, J3A 1E5
450 358-2572
Website: https://sante.gouv.qc.ca/repertoire-ressources/ressource/?noficte=57297&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=4&ch_code=J0E1E0&page=2


Coverage area: CISSS de la Montérégie-Centre area
Financing: provincial
Legal status: parapublic organization

CLSC DE LONGUEUIL-OUEST
201 Curé-Poirier Boulevard West, Longueuil, Montérégie, QC, J4J 2G4
450 651-9830
Website: https://sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1218&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J4J2G4


Coverage area: CISSS de la Montérégie-Est area
Hours: Monday to Friday 7h00 to 21h00, tests centre: by appointment
Financing: provincial
Legal status: parapublic organization

CLSC DE RIGAUD
59 Saint-Viateur Street, Rigaud, Montérégie, QC, J0P 1P0
450 451-6609
Website: https://sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=1267&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J0P1P0


Coverage area: CISSS de la Montérégie-Ouest area
Financing: provincial
Legal status: parapublic organization
CLSC DE SAINT-CÉSAIRE
1394 Notre-Dame Street, Saint-Césaire, Montérégie, QC, J0L 1T0
450 469-0269
Website: https://sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=1555&ch_type%5B5%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=4&ch_code=J0E1E0&page=1
Coverage area: CISSS de la Montérégie-Centre area
Financing: provincial
Legal status: parapublic organization

CLSC DE SAINT-CHRYSOSTOME
21 Rang Saint-Anne, Saint-Chrysostome, Montérégie, QC, J0S 1R0
450 829-2321
Website: https://sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=1565&ch_type%5B5%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J0S1R0
Coverage area: CISSS de la Montérégie-Ouest area
Financing: provincial
Legal status: parapublic 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%5B5%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J0P1X0
Coverage area: CISSS de la Montérégie-Ouest area
Hours: Monday, Tuesday, Thursday, Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 8h30 to 12h00 and 13h00 to 20h30, tests centre: Monday to Friday 7h00 to 10h00
Financing: provincial
Legal status: parapublic organization

CLSC DE SAINT-RÉMI
2 Sainte-Famille Street, Saint-Rémi, Montérégie, QC, J0L 2L0
450 454-4671     Fax: 450 454-4538
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=30904&ch_type%5B5%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J0L2L0
Coverage area: CISSS de la Montérégie-Ouest area
Homelessness

**Hours:** Monday and Wednesday 8h00 to 20h30, Tuesday, Thursday and Friday 8h00 to 16h00, Saturday 10h00 to 15h00, tests centre: Monday and Wednesday 6h30 to 9h00

**Financing:** provincial

**Legal status:** parapublic organization

**CLSC DE SALABERRY-DE-VALLEYFIELD**

71 Maden Street, Suite 200, Salaberry-de-Valleyfield, Montérégie, QC, J6S 3V4

450 371-0143

**Website:** https://sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=1229&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J6S3V4

https://www.clicsante.ca

**Coverage area:** CISSS de la Montérégie-Ouest area

**Financing:** provincial

**Legal status:** parapublic organization

**CLSC DES MASKOUTAINS**

1015 Gauthier Street, Saint-Hyacinthe, Montérégie, QC, J2S 8T2

450 778-2572

**Website:** https://sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=1238&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=4&ch_code=J2S8T2


**Coverage area:** CISSS de la Montérégie-Est area

**Financing:** provincial

**Legal status:** parapublic organization

**CLSC DES MASKOUTAINS - POINT DE SERVICE CENTRE-VILLE**

1225 des Cascades Street, 2nd floor, Saint-Hyacinthe, Montérégie, QC, J2S 3H2

450 778-2572

**Website:** https://sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=2029&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=4&ch_code=J2S8T2


**Coverage area:** CISSS de la Montérégie-Est area

**Financing:** provincial

**Legal status:** parapublic organization
CLSC DES MASKOUTAINS - POINT DE SERVICE SAINT-JUDE
938 du Centre Street, Saint-Jude, Montérégie, QC, J0H 1P0
450 768-1200
Website: https://sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=1349&ch_type=5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=4&ch_code=J2S8T2
Coverage area: CISSS de la Montérégie-Est area
Financing: provincial
Legal status: parapublic organization

CLSC DES PATRIOTES
300 Serge-Pepin Boulevard, Beloeil, Montérégie, QC, J3G 0B8
450 536-2572
Website: https://sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=549&ch_type=5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=4&ch_code=J3G0B8
Coverage area: CISSS de la Montérégie-Est area
Financing: provincial
Legal status: parapublic organization

CLSC DES PATRIOTES - SAINT-BRUNO SERVICE OFFICE
50 De la Rabastalière Road East, Suite 10, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 2A5
450 461-1012
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=511&ch_type=5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J3V2A5
Coverage area: CISSS de la Montérégie-Est area
Hours: Monday to Friday 8h30 to 16h30, test centre: by appointment
Financing: provincial
Legal status: parapublic organization

CLSC DES SEIGNEURIES DE BOUCHERVILLE
160 de Montarville Boulevard, Boucherville, Montérégie, QC, J4B 6S2
450 468-3530
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1676&ch_type=5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J4B6S2
Coverage area: CISSS de la Montérégie-Est area
Hours: Monday to Friday 8h30 to 16h30, tests centre: by appointment
Financing: provincial
Legal status: parapublic organization

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CLSC DES SEIGNEURIES DE CONTRECOEUR
4700 Marie-Victorin Road, Contrecoeur, Montérégie, QC, J0L 1C0
450 468-8413
Website: https://sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=49816&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=4&ch_code=J0L1C0
Services: Frontline services for routine health and social services. * Recovery of used syringes and needles.
Coverage area: CISSS de la Montérégie-Est area
Financing: provincial
Legal status: parapublic organization

CLSC DES SEIGNEURIES DE SAINT-AMABLE
555 Principale Street, Saint-Amable, Montérégie, QC, J0L 1N0
450 468-5250
Website: https://sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=1558&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=4&ch_code=J3G0B8
Coverage area: CISSS de la Montérégie-Est area
Financing: provincial
Legal status: parapublic organization

CLSC DES SEIGNEURIES DE SAINTE-JULIE
461 Saint-Joseph Boulevard, Suite 112, Sainte-Julie, Montérégie, QC, J3E 1W8
450 468-3670
Website: https://sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=908&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J3E1W8
Coverage area: CISSS de la Montérégie-Est area
Hours: Monday, Tuesday, Thursday and Friday 8h30 à 12h00 et 13h00 à 16h30, Wednesday 8h30 to 12h00, 13h00 to 20h30, tests centre: by appointment
Financing: provincial
Legal status: parapublic organization

CLSC DES SEIGNEURIES DE VARENNES
2220 René-Gaultier Boulevard, Varennes, Montérégie, QC, J3X 1E3
450 677-2917
Website: https://sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=1221&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=4&ch_code=J3X1E3
Coverage area: CISSS de la Montérégie area
Financing: provincial
Legal status: parapublic organization
CLSC DES SEIGNEURIES DE VERCHÈRES
90 Montée Calixa-Lavallée, Verchères, Montérégie, QC, J0L 2R0
450 448-3700
Website: https://sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=1306&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=4&ch_code=J0L2R0
Coverage area: CISSS de la Montérégie-Est area
Financing: provincial
Legal status: parapublic organization

CLSC DU RICHELIEU
300 de Marieville Road, Richelieu, Montérégie, QC, J3L 3V8
450 658-7561
Website: https://sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=1223&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=4&ch_code=J0E1E0&page=2
Coverage area: CISSS de la Montérégie-Centre area
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
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

CLSC GASTON-BÉLANGER
30 Ferland Street, Sorel-Tracy, Montérégie, QC, J3P 3C7
450 746-4545
Website: https://sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=28925&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=4&ch_code=J3P3C7
Coverage area: CISSS de la Montérégie-Est area  
Financing: provincial  
Legal status: parapublic organization

CLSC JARDIN DU QUÉBEC - NAPIERVILLE  
509 Saint-Jacques Street, Napierville, Montérégie, QC, J0J 1L0  
450 245-3336   Fax: 450 245-0278  
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=42457&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J0J1L0  

Coverage area: CISSS de la Montérégie-Ouest area  
Hours: Monday, Wednesday and Friday 8h00 to 16h00, Tuesday and Thursday 8h00 to 20h00, Saturday and Sunday: closed but covered by the Saint-Rémi CLSC, tests centre: Tuesday and Thursday 6h30 to 9h00  
Financing: provincial  
Legal status: parapublic organization

CLSC KATERI  
90 Marie-Victorin Boulevard, Candiac, Montérégie, QC, J5R 1C1  
450 659-7661   Fax: 450 444-6260  
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1235&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J5R1C1  

Coverage area: CISSS de la Montérégie-Ouest area  
Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 20h00, tests centre: Monday to Friday 6h30 to 9h00  
Financing: provincial  
Legal status: parapublic organization

CLSC SAINT-HUBERT  
6800 Cousineau Boulevard, Longueuil, Montérégie, QC, J3Y 8Z4  
450 443-7400  
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1226&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J3Y8Z4  

Coverage area: CISSS de la Montérégie-Centre area  
Hours: Monday to Friday 7h45 to 20h00, Saturday 7h45 to 16h00, tests centre: Monday to Friday 6h30 to 17h00  
Financing: provincial  
Legal status: parapublic organization
CLSC SAMUEL-DE-CHAMPLAIN
5811 Taschereau Boulevard, Brossard, Montérégie, QC, J4Z 1A5
450 445-4452 ext. 612666
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1225&ch_type%5B5%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J4Z1A5
Eligibility: refugee clinic: refugees who are sponsored by the government, an organization or a family, or referred by the Maison Internationale de la Rive-Sud
Coverage area: CISSS de la Montérégie-Centre area
Hours: Monday to Friday 7h45 to 20h00, tests centre: Monday to Friday 6h30 to 14H15
Financing: provincial
Legal status: parapublic organization

CLSC SIMONNE-MONET-CHARTRAND
1303 Jacques-Cartier Boulevard East, Longueuil, Montérégie, QC, J4M 2Y8
450 463-2850
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1082&ch_type%5B5%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J4M2Y8
Coverage area: CISSS Montérégie-Est area
Hours: Monday to Friday 8h00 to 21h00, Saturday, Sunday and holidays 8h00 to 12h00 and 13h00 to 16h00, tests centre: Monday to Friday 7h00 to 9h30
Financing: provincial
Legal status: parapublic organization

COEUR POUR LES AUTRES (UN)
836 Le Moyne Street West, Longueuil, Montérégie, QC, J4K 1G3
514 909-4523
Website: www.uncoeurpourlesautres.org/en
Email: andre@uncoeurpourlesautres.org
Eligibility: itinerant or homeless people, people in difficulty
Capacity: 250
Coverage area: Ville-Marie
Hours: food distribution: Wednesday 18h00 to 20h00 at Émilie-Gamelin Park, corner of De Maisonneuve Boulevard and Berri Street
Fees: none
Financing: donations
Legal status: non-profit organization
COMITÉ JEUNESSE LA PRESQU'ÎLE
375 Cardinal-Léger Boulevard, Pincourt, Montérégie, QC, J7W 9H6
514 425-1060
Website: cjlp.co/en/
Email: info@comitejeunesselapresquile.org


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

DU SUROÎT HOSPITAL
150 Saint-Thomas Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 6C1
450 371-9920     Fax: 450 377-1372
Website: santemonteregie.qc.ca/en/installations/hopital-du-suroit


Coverage area: Province of Québec
Hours: 24 hours / 7 days
Financing: provincial
Legal status: parapublic organization

ÉMISSAIRE
1005 Curé-Poirier Boulevard West, Suite 101, Longueuil, Montérégie, QC, J4K 2E2
450 651-9229
Website: emissaire.ca
Email: sylvain.gauthier@emissaire.ca


Eligibility: people living with HIV and AIDS and their families, young people 16 to 29 years old attending Carrefour jeunesse-emploi (CJE) and adult education, people attending drug rehab therapy centres, female sex workers, women victims of sexual violence

Coverage area: Montérégie
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: self-financing, provincial, federal
Legal status: non-profit organization

HONORÉ-MERCIER HOSPITAL
2750 Laframboise Boulevard, Saint-Hyacinthe, Montérégie, QC, J2S 4Y8
450 771-3333
Website: santemonteregie.qc.ca/en/installations/hopital-honore-mercier

Coverage area: Province of Québec
Hours: 24 hours / 7 days
Financing: provincial
Legal status: parapublic organization

HÔPITAL DU HAUT-RICHELIEU
920 du Séminaire Boulevard North, Saint-Jean-sur-Richelieu, Montérégie, QC, J3A 1B7
1 866 967-4825
Website: santemonteregie.qc.ca/en/installations/hopital-du-haut-richelieu


Coverage area: Province of Québec
Hours: 24 hours / 7 days
Financing: provincial
Legal status: parapublic organization

HORIZON SOLEIL - TABLE DE CONCERTATION DE PRÉVENTION DES TOXICOMANIES ET DE PROMOTION DE LA SANTÉ DE LA RÉGION D'ACTON
1049 A du Marché Street, Acton Vale, Montérégie, QC, J0H 1A0
450 366-0105
Email: hssoleil@live.ca


Eligibility: people 12 to 25, seniors
Coverage area: MRC d'Acton
Hours: family support: Monday to Friday 8h00 to 16h00, street work: Monday to Friday 13h00 to 21h00
Fees: free
Legal status: non-profit organization

HUNTINGDON CLSC
10 King Street, Suite 200, Huntingdon, Montérégie, QC, J0S 1H0
450 829-2321 ext. 1900
Website: https://sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=1123&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J0S1H0


Coverage area: CISSS de la Montérégie-Ouest area
Financing: provincial
Legal status: parapublic organization
MACADAM SUD
895 Sainte-Hélène Street, Longueuil, Montérégie, QC, J4K 3R7
450 677-9021    Fax: 450 677-4741
Website: macadamsud.org
Email: info@macadamsud.org


Eligibility: youth 12 to 35 years old marginalized or at risk of marginalization, Squat: youth 12 to 17 years old, Espace-jeunes: youth 15 to 35 years old, any person in distress

Coverage area: Longueuil, Brossard
Hours: services: variable, administration: Monday to Friday 9h00 to 17h00
Fees: none
Financing: federal, provincial, fundraising campaigns, foundations, municipal, Centraide of Greater Montréal
Legal status: non-profit organization

MAISON DES JEUNES CHÂTELOIS
180 Mercier Street, Châteauguay, Montérégie, QC, J6J 5X2
450 698-3343    Fax: 450 698-3344
Email: infomdjchateauguay@videotron.ca


Eligibility: youth 11 to 17 years old, street work: people of all ages

Coverage area: Châteauguay
Hours: school year: Tuesday to Thursday 15h00 to 17h00 and 18h00 to 20h30, Friday and Saturday 15h00 to 17h00 and 18h00 to 22h30, summer: Monday to Thursday 15h00 to 17h00 and 18h00 to 22h30, Friday and Saturday 15h00 to 17h00 and 18h00 to 23h00
Financing: provincial, self-financing, municipal
Legal status: non-profit organization

MAISON DES JEUNES DE VERCHÈRES
41 Calixa-Lavallée Street, Suite A, Verchères, Montérégie, QC, J0L 2R0
450 583-5201    Fax: 450 583-5201
Website: www.mdjvercheres.org
Email: mdjvercheres@videotron.ca


Eligibility: youth 12 to 17 years old

Coverage area: Calixa-Lavallée, Verchères
Hours: school year: Monday 10h00 to 17h00 (office only), Tuesday to Thursday 17h00 to 21h00, Friday 15h30 to 22h00, Saturday 14h00 to 22h00, summer: Tuesday to Saturday 14h00 to 22h00
Fees: none
Financing: provincial
Legal status: non-profit organization
MILLE ET UNE RUES
285 Cartier Boulevard, Beloeil, Montérégie, QC, J3G 3R2
514 349-4749
Email: tmvr@live.ca


Eligibility: people in vulnerable situations, people aged 55 and over
Coverage area: MRC La Vallée-du-Richelieu and Saint-Bruno-De-Montarville, ITMAV: Beloeil, Mont St Hilaire, Otterburn Park and McMasterville
Hours: Monday to Saturday, variable schedule depending on the needs
Fees: none
Financing: municipal
Legal status: non-profit organization

PACTE DE RUE
9 Sainte-Hélène Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1S5
450 370-2420 Fax: 450 373-9903
Website: www.pactederue.com
Email: info@pactederue.com


Eligibility: youth, adults
Coverage area: Valleyfield, Beauharnois, Huntingdon, Ormstown
Hours: Tuesday to Friday, 24 hours, weekend by appointment
Fees: none
Financing: provincial, Centraide Sud-Ouest
Legal status: non-profit organization

PORTE DU PASSANT (LA)
80 Phipps Street, Sorel-Tracy, Montérégie, QC, J3P 4B7
450 743-4803 Fax: 450 855-4858
Website: laportedupassant.org
Email: laportedupassant@videotron.ca


Eligibility: general population, people experiencing homelessness, people living in financial insecurity or poverty, showers, residential support with accompaniment and rest stop: homeless people
Capacity: 50
Coverage area: MRC Pierre-De Saurel
Hours: services: Monday to Friday 8h00 to 15h00, administration: Monday to Friday 8h00 to 16h00
Fees: membership card to be a part of the membership advisory committee, but not required for access to services: $5, meals: variable
Financing: self-financing, contributions, donations
Legal status: non-profit organization
**POSA - SOURCE DES MONTS**

620 Senécal Street, Chambly, Montérégie, QC, J3L 1N9  
450 658-9898     Fax: 450 658-5368  
Website: www.posasdm.com  
Email: direction@posasdm.org

**Services:**  
* Street work: listening, support, information and awareness.  
* Youth clinic in partnership with the CSSS.  
* Naloxone kits distribution.  
* Distribution of injection material.  
* J’ai faim à tous les jours: meals offered to underprivileged children.  
* POSART: creative workshops in oral and visual art.  
* Job opportunities in animation and communications.

**Eligibility:** youth in difficulty 35 years and under, clinic: youth 12 to 24 years old, meals: underprivileged children from elementary and secondary schools of Chambly and Carignan, jobs: youth between 16 and 35 years old eligible with Emploi-Québec

**Coverage area:** Chambly, Carignan, MRC Le Haut-Richelieu, MRC Rouville

**Hours:** Monday to Friday 9h00 to 17h00, youth clinic: Monday to Friday 9h00 to 17h00 by appointment

**Financing:** provincial, donations, municipal

**Legal status:** non-profit organization

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**S.O.S. PRÉDELFT**

121 Brodeur Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J2W 2C4  
450 655-0528  
Email: gilles.bessette@hotmail.com

**Services:** Prevention of delinquency, drug addiction and crime.  
* Information and awareness.  
* Distribution of a prevention game in Quebec youth centres.  
* Street work.  
* Punctual housing.

**Eligibility:** youth, especially those who are homeless or at risk of homelessness, youth centres

**Coverage area:** Montérégie, prevention game: Province of Québec

**Fees:** none

**Financing:** grants

**Legal status:** non-profit organization

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**TRAVAIL DE MILIEU CANDIAC ET SAINTE-CATHERINE**

125 Haendel Road, Candiac, Montérégie, QC, J5R 1R7  
438 404-5727  
Email: tmcandiacste4@gmail.com

**Services:** Street and outreach work.  
* Welcoming, listening, support, accompaniment and referral.  
* Preventative interventions: homelessness, addiction, themes concerning the youth.  
* Help in looking for housing.  
* Accompaniment in managing personal finances.  
* Condom distribution and needle exchange.

**Eligibility:** youth from 12 to 25 years old, marginalised or in a vulnerable situation, people experiencing homelessness or at risk of homelessness

**Coverage area:** people aged 12 to 25: Candiac, Sainte-Catherine, people aged 18 and over who are experiencing homelessness or at risk of being homeless: Candiac, Delson, La Prairie, Sainte-Catherine, Saint-Constant, Saint-Mathieu, Saint-Philippe

**Hours:** Monday to Friday 9h00 to 23h00

**Fees:** none

**Financing:** grants

**Legal status:** non-profit organization

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**UNITÉ DE MÉDECINE FAMILIALE CHARLES LEMOYNE**

299 Sir Wilfrid Laurier Boulevard, Suite 201, Saint-Lambert, Montérégie, QC, J4R 2L1  
450 466-5630  
Website: santemonteregie.qc.ca/en/installations/gmf-u-charles-le-moyne

**Services:** Medical services with and without appointment for registered patients.  
* Contraception and emergency oral contraception.  
* Recovery and distribution of injection equipment.  
* Pregnancy and childbirth follow-up.  
* Home visit for people with loss of autonomy.  
* Treatment of opiate addiction.  
* End of life care.  
* Nursing room.
Coverage area: Montérégie
Hours: Monday to Thursday 8h00 to 20h00, Friday 8h00 to 19h00, Saturday and Sunday 9h00 to 13h30
Financing: provincial
Legal status: parapublic organization

Shelters

ABRI DE LA RIVE-SUD
459 Sainte-Foy Boulevard, Longueuil, Montérégie, QC, J4J 1X9
450 646-7809 Fax: 450 646-4522
Website: abri-rive-sud.org
Email: interventant@abri-rive-sud.org
Eligibility: homeless people 18 years old and over
Capacity: 30 places in single rooms
Coverage area: Montérégie
Hours: housing: 24 hours / 7 days, day services: Monday, Wednesday to Friday 9h00 to 12h00 and 13h00 to 16h00, Tuesday 13h00 to 16h00, PO boxes: at all times except for Tuesday morning
Fees: none
Financing: donations, provincial, federal
Legal status: non-profit organization

AIGUILLAGE (L’)
536 Chicoine Street, Vaudreuil-Dorion, Montérégie, QC, J7V 7E4
450 218-6418 Fax: 450 218-6419
Website: www.aiguillage.ca
Email: info@aiguillage.ca
Eligibility: emergency shelter: young adults 18 years old and over, other services: all ages
Capacity: 19 beds
Coverage area: MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges
Hours: administration: Monday to Friday 9h00 to 16h30, street work: Monday 10h00 to Friday 00h00, emergency shelter: 24 hours / 7 days
Fees: none
Financing: fundraising campaigns, donations, grants
Legal status: non-profit organization

ANTICHAMBRE 12-17 HÉBERGEMENT JEUNESSE DU SUROÎT (L’)
323 Larocque Road, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4C1
450 373-9887
Website: www.lantichambre12-17.ca
Email: hebergement@lantichambre12-17.ca
Eligibility: youth 12 to 17 years old
Capacity: 5 beds
Coverage area: MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges or others if necessary
Hours: 24 hours / 7 days
Fees: $10 per day, $70 per week
Financing: self-financing, foundations
Legal status: non-profit organization

CENTRE DE SUPPORT MÉDICAL ET D’ASSISTANCE SOCIALE (CESUMAS)
212 de Gentilly Street West, Longueuil, Montérégie, QC, J4H 1Z6
514 652-4507
Website: www.cesumas.org
Email: infocesumaseducation2013@yahoo.ca
Eligibility: individuals and families on a low income, people, couples and single-parent families experiencing homelessness, people in a situation of vulnerability, recruitment: foreign workers on a temporary work visa or who do not have a visa yet, companies, community organizations
Capacity: 22 beds
Coverage area: agglomeration of Longueuil
Hours: Monday to Friday 8h00 to 16h00, food assistance: Wednesday 14h30 to 18h00
Fees: variable
Financing: donations, self-financing, grants
Legal status: non-profit organization

HALTE DU COIN (LA)
1599 Bourassa Street, Longueuil, Montérégie, QC, J4J 3A5
438 270-1633
Website: lahalteducoin.org
Email: info@lahalteducoin.org
Eligibility: people experiencing homelessness
Capacity: accommodation: 25 places, day centre: 52 places
Coverage area: Boucherville, Brossard, Longueuil, Saint-Lambert, Saint-Bruno-De-Montarville
Hours: 24 hours / 7 days
Fees: none
Financing: donations, grants
Legal status: non-profit organization

HÉBERGEMENT GRANDS-FROIDS - AVANT-TOÎT, MAISON D’HÉBERGEMENT (L’)
250 du Vice-Roi Street, La Prairie, Montérégie, QC, J5R 0T2
450 907-1333
Website: www.agsmlaprairie.org/avant-toit
Email: administration@agsmlaprairie.org
Services: Warming centre. * High tolerance housing.
Eligibility: people experiencing homelessness or residential instability
Coverage area: MRC Roussillon
Fees: none
Financing: municipal
Legal status: non-profit organization

MAISON D'HÉBERGEMENT DÉPANNAGE DE VALLEYFIELD
79 du Zouave Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2W4
450 371-9617 Fax: 450 371-9630
Email: mhdv@cgocable.ca
Eligibility: men and women 18 years and over in difficulty and homeless, homeless families
Capacity: 18 units, 2 emergency units
Coverage area: MRC Beauharnois-Salaberry, MRC Vaudreuil-Soulanges, MRC Le Haut-Saint-Laurent
Hours: 24 hours / 7 days
Fees: 7 first days are free, then according to the monthly income
Financing: Centraide du Sud-Ouest, provincial, federal, self-financing
Legal status: non-profit organization

MAISON LA SOURCE DU RICHELIEU
Confidential Address
450 743-2821 Fax: 450 742-4686
Website: www.maisonlasource.ca
Email: maisonlasource83@hotmail.com
Eligibility: women who are victims of domestic violence or in difficulty, their children
Capacity: 15 places
Coverage area: MRC Pierre-De Saurel, MRC Marguerite-D'Youville
Hours: 24 hours / 7 days
Fees: none
Financing: provincial, donations
Legal status: non-profit organization

PASSANT (LE) - MAISON D'HÉBERGEMENT POUR PERSONNES EN DIFFICULTÉ DE GRANBY
436 Horner Street, Granby, Montérégie, QC, J2G 3T5
450 375-4404 Fax: 450 375-6343
Website: lepassant.org
Email: lepassant@bellnet.ca
Eligibility: men in need 18 years and over
Capacity: 26 permanent beds and 2 overflow beds
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Fees: free for 7 days, then $17.50 per day
Financing: Centraide Richelieu-Yamaska, provincial, donations
Legal status: non-profit organization
Supportive housing

HABITATIONS DES TISSERANDES (LES)
90 West Street, Huntingdon, Montérégie, QC, J0S 1H0
450 957-8557
Email: hdthsl@hotmail.com

Services: Affordable housing for people and families in a difficult situation. * Community worker on-site.
Eligibility: people and families living in a difficult situation (domestic violence, mental and physical health, addiction, homelessness, etc.)
Capacity: 27 units (3½, 4½, 5½ and one 6½)
Coverage area: MRC Le Haut-Saint-Laurent
Hours: Tuesday to Thursday 8h30 to 16h00
Fees: 25% of income
Financing: grants
Legal status: non-profit organization

PETITE FERME DE L’AUBERGE (LA)
728 Bachand Road, Roxton, Montérégie, QC, J0H 1E0
450 548-2736     Fax: 450 548-2227
Website: lapetitefermedelauberge.org
Email: lapetiteferme2001@yahoo.ca

Eligibility: men 18 and over who are struggling or homeless with addiction or mental health issues
Capacity: housing: 9 places in farm accommodation, food aid: 30 individuals or families per week
Coverage area: Montérégie: social reintegration, Roxton Falls and surroundings: food assistance
Hours: 7 days 7h00 to 21h00
Fees: housing: depending on income
Financing: self-financing
Legal status: non-profit organization

Transitional housing

ANTICHAMBRE 12-17 HÉBERGEMENT JEUNESSE DU SUROÎT (L’) - TRANSITIONAL HOUSING
323 Larocque Road, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4C1
450 373-9887
Website: www.lantichambre12-17.ca
Email: hebergement@lantichambre12-17.ca

Services: * Short and medium-term housing for youth.
Eligibility: youth 12 to 17 years old
Capacity: 4 beds
Coverage area: MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges or others if necessary
Financing: self-financing
Legal status: non-profit organization
ANTRE-TEMPS LONGUEUIL (L') - TRANSITIONAL HOUSING
950 Roland-Therrien Boulevard, Longueuil, Montérégie, QC, J4J 5H3
450 651-0125     Fax: 450 651-0126
Website: antre-temps.org
Email: admin@antre-temps.org
Services: * shelter for a period up to six months for youth in difficulty, on a voluntary basis.
Eligibility: youth in difficulty 16 to 21 years old
Capacity: 14
Coverage area: priority to the South Shore
Hours: 24 hours / 7 days
Fees: housing: $8 per day
Financing: donations, self-financing, provincial, federal, Centraide of Greater Montréal, foundations
Legal status: non-profit organization

AUBERGE DU COEUR LE BALUCHON - TRANSITIONAL HOUSING
2290 Saint-Joseph Avenue, Saint-Hyacinthe, Montérégie, QC, J2S 5L4
1 866 263-8794     Fax: 450 773-7145
Website: www.maisonlebaluchon.org
Email: info@maisonlebaluchon.org
Services: * Bail-Bye: transitional apartments.
Eligibility: youth aged 16 to 23 years old experiencing difficulties
Capacity: 15 places
Coverage area: MRC Acton, MRC La Haute-Yamaska, MRC La Vallée-du-Richelieu, MRC Les Maskoutains, MRC Pierre-De Saurel, MRC Rouville
Fees: $250 or 25% of income per month and $100 deposit
Financing: provincial, federal, Centraide Richelieu-Yamaska, foundations, donations, fundraising campaigns
Legal status: non-profit organization

AUBERGE SOUS MON TOIT
317 Chapais Street, Granby, Montérégie, QC, J2G 7E7
450 378-4269
Website: www.aubergesousmontoit.org
Email: auberge@aubergesousmontoit.com
Eligibility: men 18 years old and over experiencing situational difficulties, homeless or offenders, in need of housing, supervision and social integration services
Capacity: 20 rooms
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Fees: $14.50 per day or as per service agreement
Financing: provincial, federal
Legal status: non-profit organization

ÉLAN DES JEUNES (L')
155 de Gaspé Street East, Châteauguay, Montérégie, QC, J6J 2N9
450 844-3835
Website: www.lelandesjeunes.com/en
Email: lelandesjeunes@gmail.com
Services: Housing for young adults choosing to be framed in their social reintegration process (maintenance of the school process, professional insertion, house hunting, etc.). * Accommodations and food. * Maximum duration of 3 months. * Post-accommodation service for people who had access to accommodation services.  
Eligibility: young adults 16 to 22 years old, homeless or at risk of homelessness, due to loss of housing or family problems, freely making a housing request  
Capacity: 6 beds
Hours: 24 hours / 7 days
Fees: $20 deposit on arrival, $6 per day
Financing: grants, self-financing
Legal status: non-profit organization

HÉBERGEMENT LA CASA BERNARD-HUBERT
1215 Sainte-Foy Boulevard, Longueuil, Montérégie, QC, J4K 1X4
450 442-4777  Fax: 450 442-1953
Website: www.lacasabernardhubert.org
Email: marleneharvey@lacasabernardhubert.org
Services: Short-term housing (up to 6 months) with room and board. * Assessment, guidance and referral. * Individualized intervention plan. * Psychosocial monitoring and support. * Workshops and group sessions.
Eligibility: men 18 years and over
Capacity: 20 beds in double rooms
Coverage area: South Shore of Montréal
Hours: 24 hours / 7 days
Fees: $10 per day including meals
Financing: Centraide of Greater Montréal, foundation, provincial, federal
Legal status: non-profit organization

HÉBERGEMENT LA CASA BERNARD-HUBERT - LE RELAIS
7160 Chambly Road, Longueuil, Montérégie, QC, J3Y 3R5
450 442-4777  Fax: 450 442-1953
Website: www.lacasabernardhubert.org
Email: lerelais@lacasabernardhubert.org
Services: Transitional apartments to experiment and maintain independent living. * Maximum stay of 30 days. * Intervention.
Eligibility: men 18 years and over, with or without children
Capacity: 41 places for 22 (3 1/2, 4 1/2 and 5 1/2 )
Coverage area: South Shore of Montréal
Hours: 24 hours / 7 days
Fees: according to the income, a PSL might be avalaible
Financing: Centraide of Greater Montréal, foundation, provincial, federal
Legal status: non-profit organization

HÉBERGEMENT MAISON DE LA PAIX - FOYER DE GROUPE MAISON DE LA PAIX
1617 Sainte-Hélène Street, Longueuil, Montérégie, QC, J4K 3S8
450 674-0059  Fax: 450 674-5511
Website: www.maisondelapaix.org
Email: info@maisondelapaix.org

Eligibility: youth 14 to 17 years old
Capacity: group home: 11 individual rooms
Coverage area: Montérégie
Hours: 24 hours / 7 days, information: Monday to Friday 8h00 to 16h30
Fees: PSOC clientele: $10 per day with meals, other residents: contact with Centre jeunesse de la Montérégie
Financing: fundraising campaigns, donations, provincial
Legal status: non-profit organization

HÉBERGEMENT MAISON DE LA PAIX - LA CHAUMIÈRE
Confidential Address
450 674-0059 Fax: 450 674-5511
Website: www.maisondelapaix.org
Email: info@maisondelapaix.org


Eligibility: young women 18 years and over homeless or in difficulty, with or without children
Capacity: 22 apartments
Coverage area: Montérégie
Hours: Monday to Friday 8h00 to 16h30
Fees: 3½: $450 per month, 4½: $550 per month, all included except meals
Financing: fundraising campaigns, donations, provincial
Legal status: non-profit organization

HÉBERGEMENT MAISON DE LA PAIX - LA CHAUMINE
Confidential Address
450 674-0059 Fax: 450 674-5511
Website: www.maisondelapaix.org
Email: info@maisondelapaix.org

Services: Supportive housing for young mothers in difficulty. * Furnished accommodations, including bedding and baby items. * Support, assistance and personalized accompaniment to promote the proper development of the child and parenting skills. * Intensive supervision and regular support in carrying out activities of daily living. * Optional weekly workshops to break isolation, promote social skills and establish a support network.

Eligibility: young mothers 16 to 25 with baby
Capacity: 3 units
Coverage area: Montérégie
Hours: Monday to Friday 8h00 to 16h30
Fees: contract with Centre Jeunesse de la Montérégie
Financing: fundraising campaigns, donations, provincial
Legal status: non-profit organization

HÉBERGEMENT MAISON DE LA PAIX - LE HALO
1638 Sainte-Hélène Street, Longueuil, Montérégie, QC, J4K 3S7
450 674-0059 Fax: 450 674-5511
Website: www.maisondelapaix.org
Email: info@maisondelapaix.org

Services: Transitional housing with community support. * Personalized psychosocial accompaniment for up to 2 years and including a program of workshops.

Eligibility: youth 14 to 17 years old in group homes
Capacity: 11 units
Coverage area: Montérégie
Hours: Monday to Friday 8h00 to 16h30
Financing: provincial, fundraising campaigns, donations
Legal status: non-profit organization

JEUNES MÈRES EN ACTION
330 Laurier Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 6L3
450 348-4330   Fax: 450 348-7966
Website: www.jeunesmeresenaction.org
Email: info@jeunesmeresenaction.org
Services: Services for young mothers on a low income. * Day centre: workshops with a free daycare service, listening and support, coffee-meetings, individual encounters, listening over the phone, recreational activities, group outings. * Transition housing for mothers planning to attend school.
Eligibility: young mothers on a low income
Coverage area: MRC Le Haut-Richelieu
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization

JEUNES MÈRES EN ACTION - MAISON DORIMÈNE-DESJARDINS
111 Towner Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 3S8
450 346-5422
Website: www.jeunesmeresenaction.org
Email: info@jeunesmeresenaction.org
Eligibility: young single mothers attending school with 50% of their child's custody or more
Capacity: 24 apartments
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Fees: 25% of income based on provincial notice of assessment
Financing: provincial
Legal status: non-profit organization

LE 2159
2159 de Chambly Road, Longueuil, Montérégie, QC, J4J 3Z1
450 396-6426
Website: www.le2159.com
Email: info@le2159.com
Services: * Mid and long-term housing. * Activities and workshops offered on a weekly basis on various topics. * Psychosocial intervention: individual meetings with a counsellor. * Accompaniment for a return to school, an internship, job or apartment search and for appointments. * Social reinsertion through internships.
Eligibility: youth 17 to 25 at risk of delinquency, homelessness, sexual exploitation or mental health issues
Capacity: 16 rooms
Coverage area: Montérégie
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: federal, provincial, foundations, fundraising campaigns
Legal status: non-profit organization
MAISON D'HÉBERGEMENT DÉPANNAGE DE VALLEYFIELD - HÉBERGEMENT DE TRANSITION
79 du Zouave Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2W4
450 371-9617  Fax: 450 371-9630
Email: mhdv@cgocable.ca
Services: * Transitional housing from 6 to 18 months.
Eligibility: men and women 18 years and over in difficulty and homeless, homeless families
Capacity: 8 units
Coverage area: MRC Beauharnois-Salaberry, MRC Vaudreuil-Soulanges, MRC Le Haut-Saint-Laurent
Hours: 24 hours / 7 days
Financing: Centraide du Sud-Ouest, provincial, federal, self-financing
Legal status: non-profit organization

MAISON OXYGÈNE HAUT-RICHELIEU
Confidential Address
450 529-0118
Website: maisonoxygenehautrichelieu.com
Email: info@maisonoxygenehautrichelieu.com
Eligibility: fathers experiencing personal, family or conjugal difficulties, homeless or at risk of becoming homeless, their children
Capacity: 4 rooms
Coverage area: MRC Le Haut-Richelieu
Fees: housing: 25% of net income, individual intervention: $0 to 25 per hour depending on the income
Financing: Centraide of Greater Montréal, donations, provincial, federal
Legal status: non-profit organization

Youth shelters

ANTICHA MBRE 12-17 HÉBERGEMENT JEUNESSE DU SUROÎT (L')
323 Larocque Road, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4C1
450 373-9887
Website: www.lantichambre12-17.ca
Email: hebergement@lantichambre12-17.ca
Eligibility: youth 12 to 17 years old
Capacity: 5 beds
Coverage area: MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges or others if necessary
Hours: 24 hours / 7 days
Fees: $10 per day, $70 per week
Financing: self-financing, foundations
Legal status: non-profit organization

ANTRE-TEMPS LONGUEUIL (L')
950 Roland-Therrien Boulevard, Longueuil, Montérégie, QC, J4J 5H3
450 651-0125  Fax: 450 651-0126
Website: antre-temps.org
Email: admin@antre-temps.org

Eligibility: youth in difficulty 16 to 21 years old, support group: parents with children 12 years old and over

Capacity: 14 places, support group: 5 to 10 parents

Coverage area: priority to the South Shore

Hours: 24 hours / 7 days

Fees: shelter: $8 per day, support group for parents: free

Financing: donations, self-financing, provincial, federal, Centraide of Greater Montréal, foundations

Legal status: non-profit organization

AUBERGE DU COEUR LE BALUCHON
2290 Saint-Joseph Avenue, Saint-Hyacinthe, Montérégie, QC, J2S 5L4
1 866 263-8794 Fax: 450 773-7145
Website: www.maisonlebaluchon.org
Email: info@maisonlebaluchon.org


Eligibility: short-term housing: youth experiencing difficulties aged 12 to 17 years old

Capacity: 9 places

Coverage area: MRC Acton, MRC La Haute-Yamaska, MRC La Vallée-du-Richelieu, MRC Les Maskoutains, MRC Pierre-De Saurel, MRC Rouville

Hours: 24 hours / 7 days

Fees: registration $50, $7 per day and $20 deposit

Financing: provincial, federal, Centraide Richelieu-Yamaska, foundations, donations, fundraising campaigns

Legal status: non-profit organization

ESPACE VIVANT LIVING ROOM
265 Hanson Street, Cowansville, Montérégie, QC, J2K 3E8
450 955-0622
Website: espacevivantlivingroom.org
Email: evlr@videotron.ca


Eligibility: youth in difficulty 12 to 17 years old

Capacity: 9 places including 1 place for emergency situations

Coverage area: Estrie, Montérégie

Hours: 24 hours / 7 days

Fees: $5 per day

Financing: grants, provincial, federal

Legal status: non-profit organization

S.O.S. PRÉDELT
121 Brodeur Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J2W 2C4
450 655-0528
Email: gilles.bessette@hotmail.com


Eligibility: youth, especially those who are homeless or at risk of homelessness, youth centres

Coverage area: Montérégie, prevention game: Province of Québec
Fees: none
Financing: 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

ACTION LOGEMENT PIERRE-DE-SAUREL
71 De Ramezay Street, Suite 227, Sorel-Tracy, Montérégie, QC, J3P 3Z1
450 881-1910  Fax: 450 746-7108
Email: actionlogement@gmail.com
Eligibility: tenants living in an apartment, cooperative or HLM, young households
Coverage area: MRC Pierre-De Saurel
Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: municipal, provincial, donations
Legal status: non-profit organization

ASSOCIATION COOPÉRATIVE D’ÉCONOMIE FAMILIALE MONTÉRÉGIE-EST - GRANBY
162 Saint-Charles-South Street, Granby, Montérégie, QC, J2G 7A4
450 375-1443
Website: www.acefmonteregie-est.com
Email: direction@acefme.org
Coverage area: MRC Acton, MRC Brome-Missisquoi, MRC Haute-Yamaska, MRC Les Maskoutains, MRC Rouville, MRC Pierre-De Saurel
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: Centraide Richelieu-Yamaska, provincial
Legal status: cooperative

ASSOCIATION COOPÉRATIVE D’ÉCONOMIE FAMILIALE MONTÉRÉGIE-EST - SOREL-TRACY
71 de Ramezay Street, Suite 309, Sorel-Tracy, Montérégie, QC, J3P 3Z1
450 908-0929
Website: www.acefmonteregie-est.com
Email: acefsoreltracy@acefme.org
Eligibility: consumers, tenants
Coverage area: MRC d'Acton, MRC Brome-Missisquoi, MRC Haute-Yamaska, MRC Les Maskoutains, MRC Rouville, MRC Pierre-De Saurel
Hours: Monday to Friday 8h30 to 16h00
Financing: Centraide Richelieu-Yamaska, provincial
Legal status: cooperative

ASSOCIATION D’INFORMATIONS EN LOGEMENTS ET IMMEUBLES ADAPTÉS
150 Grant Street, Suite 228, Longueuil, Montérégie, QC, J4H 3H6
450 646-4343
Website: www.ailia.info
Email: ailia150grant@gmail.com
Housing

Services: Regional reference regarding adapted housing and universal accessibility. * Assistance with accessible apartments search. * Assistance with procedures regarding programs for home adaptation or allowances for apartment adaptation. * Information resource for universal accessibility.

Eligibility: people of all ages living with a disability or any type of impairment

Coverage area: Montérégie

Hours: Monday to Thursday 9h30 to 17h00

Financing: provincial

Legal status: non-profit organization

ASSOCIATION DE COOPÉRATIVE D’ÉCONOMIE FAMILIALE DE MONTÉRÉGIE-EST - COWANSVILLE

109 William Street, Suite 111, Cowansville, Montérégie, QC, J2K 1K9
450 305-0440

Website: www.acefmonteregie-est.com
Email: acefcowansville@acefme.org


Coverage area: MRC Acton, MRC Brome-Missisquoi, MRC Haute-Yamaska, MRC Les Maskoutains, MRC Rouville, MRC Pierre-De Saurel

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: Centraide Richelieu-Yamaska, provincial

Legal status: non-profit organization

ASSOCIATION DES LOCATAIRES DE H.L.M DE SOREL-TRACY

264 Robidoux Street, Sorel-Tracy, Montérégie, QC, J3P 4S2
450 743-9207

Email: adlhlsms-t@hotmail.com


Eligibility: tenants of the Habitations à Loyer Modique (HLM) in the MRC Pierre-De Saurel

Coverage area: MRC Pierre-De Saurel

Hours: Monday to Friday 8h00 to 16h00

Fees: none

Financing: grants

Legal status: non-profit organization

BIENVILLE, ALLONS DE L’AVANT!

91 Quinn Street, Longueuil, Montérégie, QC, J4H 0A5
450 677-5608

Email: coordonnatrice.bienville@gmail.com


Eligibility: tenants of Bienville and Desaulniers low cost housings

Coverage area: Longueuil

Hours: reception: Monday to Thursday 8h00 to 16h00, variable according to activities

Financing: grants, self-financing

Legal status: non-profit organization
## COMITÉ LOGEMEN'MÈLE

1195 Saint-Antoine Street, Suite 306, Saint-Hyacinthe, Montérégie, QC, J2S 3K6  
**450 502-5643**  
**Website:** logemenmele.org  
**Email:** comiteogemenmele@gmail.com  
**Eligibility:** tenants and small owners  
**Coverage area:** MRC Les Maskoutains  
**Hours:** Monday to Thursday 9h00 to 16h00, Friday 9h00 to 12h00  
**Fees:** none  
**Financing:** grants  
**Legal status:** non-profit organization

## COMITÉ LOGEMENT BEAUHARNOIS

600 Ellice Street, Suite 105, Beauharnois, Montérégie, QC, J6N 3P7  
**450 429-3000**  
**Email:** clbeauharnois@gmail.com  
**Services:** * Advocacy for tenants. * Information, awareness, development and promotion of access to social housing. * Activities, workshops and training.  
**Eligibility:** tenants  
**Coverage area:** Beauharnois, Léry, Saint-Étienne-de-Beauharnois, Sainte-Martine  
**Hours:** Monday to Thursday 9h00 to 16h00  
**Fees:** none  
**Financing:** Centraide Sud-Ouest du Québec, provincial  
**Legal status:** non-profit organization

## COMITÉ LOGEMENT RIVE-SUD - BUREAU DE CHÂTEAUGUAY

311 McLeod Street, Châteauguay, Montérégie, QC, J6J 2H8  
**Fax:** 450 699-7014  
**Website:** www.comite-logement.org  
**Email:** info@comite-logement.org  
**Eligibility:** tenants  
**Coverage area:** South Shore of Montréal  
**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 17h00  
**Fees:** none  
**Financing:** Centraide of Greater Montréal, provincial  
**Legal status:** non-profit organization

## COMITÉ LOGEMENT RIVE-SUD - BUREAU DE LONGUEUIL

173 Sainte-Catherine Street, Longueuil, Montérégie, QC, J4H 2B4  
**1 866 399-3060**  
**Fax:** 450 699-7014  
**Website:** www.comite-logement.org  
**Email:** info@comite-logement.org  
**Eligibility:** tenants
**Coverage area:** South Shore of Montréal  
**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 17h00  
**Fees:** none  
**Financing:** Centraide of Greater Montréal, provincial  
**Legal status:** non-profit organization

**COMITÉ LOGEMENT VALLEYFIELD**  
107 Jacques-Cartier Street, Suite 10, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4R8  
450 377-3060  
**Website:** comitelogementvalleyfield.com  
**Email:** info@comitelogementvalleyfield.com  
**Coverage area:** MRC Beauharnois-Salaberry (except for Beauharnois)  
**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30 by appointment  
**Fees:** none  
**Financing:** Centraide of Greater Montréal, provincial  
**Legal status:** non-profit organization

**FÉDÉRATION RÉGIONALE DES OSBL D'HABITATION DE LA MONTÉRÉGIE ET DE L'ESTRIE**  
Confidential Address  
450 201-0786  
**Website:** frohme.rqoh.com  
**Email:** info@frohm.org  
**Services:** Grouping of housing NPOs from Montérégie. * Management support: finance, accounting, training, secretariaship, mediation, representation. * Promotion of interests of housing NPOs to local and regional authorities. * Group purchasing, insurance and other benefits.  
**Eligibility:** housing NPOs, general population  
**Coverage area:** Montérégie, Estrie  
**Hours:** by appointment only  
**Fees:** contribution: $12 per unit, $7 per room or temporary bed  
**Financing:** contributions  
**Legal status:** non-profit organization

**JUSTICE ALTERNATIVE ET MÉDIATION**  
181 Decelles Street, Granby, Montérégie, QC, J2G 7P6  
1 450 777-4208     Fax: 450 777-6904  
**Website:** www.jamed.org  
**Email:** info@jamed.org  
**Services:** Accompaniment and support to adolescents, citizens and organisations in the community, to resolve conflicts without resorting to the criminal justice system. * Coaching and supporting the adolescent offender through a process of reparation. * Mediation: intervention, training and accompaniment in conflict resolution, in the community and in schools. * Raising awareness about the mistreatment and intimidation of seniors. * Information and prevention workshops in schools. * Training and conferences in mediation.  
**Eligibility:** minor offenders 12 to 17 years old, people concerned with offences committed by youth, schools and other community organizations, population of Granby  
**Coverage area:** MRC Brome-Missisquoi, MRC La Haute-Yamaska, MRC Rouville  
**Hours:** Monday to Friday 9h00 to 17h00  
**Fees:** none  
**Financing:** grants  
**Legal status:** non-profit organization
MAISON LA VIREVOLTE
335 Le Moyne Street West, Longueuil, Montérégie, QC, J4H 1W4
450 651-1901     Fax: 450 651-9125
Website: www.maisonlavirevolte.com
Email: info@maisonlavirevolte.com
Eligibility: families living in the borough of Vieux-Longueuil, in particular those living in HLMs
Coverage area: Vieux-Longueuil
Hours: Monday to Friday 9h00 to 17h00
Fees: membership: $5 per family or $2 per person, other fees for specific activities
Financing: Centraide of Greater Montréal, federal, provincial
Legal status: non-profit organization

MAISONNETTE BERTHELET (LA)
1254 Blainville Street, Longueuil, Montérégie, QC, J4M 1H6
450 448-4418
Website: lamaisonnetteberthelet.org
Email: info@lamaisonnetteberthelet.org
Eligibility: people on a low income or immigrants
Capacity: 85 families
Coverage area: Gentilly neighbourhood
Hours: Tuesday to Friday 9h00 to 20h30, variable according to activities
Financing: provincial, federal, municipal
Legal status: non-profit organization

OFFICE D'HABITATION DE LA HAUTE-YAMASKA-ROUVILLE
100 Robinson Street South, Suite 127, Granby, Montérégie, QC, J2G 7L4
450 372-1300     Fax: 450 372-4145
Website: ohhyr.ca
Email: info@ohhyr.ca
Eligibility: individuals and families on a low and moderate income
Capacity: 574 units
Coverage area: MRC La Haute-Yamaska, MRC Rouville
Hours: Monday, Tuesday, Thursday and Friday 8h00 to 12h00 and 13h00 to 16h00, Wednesday 13h00 to 16h00
Financing: provincial, municipal
Legal status: municipal agency

OFFICE D'HABITATION DE LONGUEUIL
445 Labonté Street, Longueuil, Montérégie, QC, J4H 2P8
450 670-2733     Fax: 450 670-0084
Website: www.omhl.org
Email: omhl@omhl.org

Eligibility: individuals and families on a low and moderate income

Capacity: 3912 units

Coverage area: Longueuil agglomeration

Hours: Monday to Thursday 8h30 to 12h00 and 13h30 to 16h00, Friday 8h30 to 12h00

Financing: municipal, provincial

Legal status: non-profit organization

OFFICE D’HABITATION DU HAUT-SAINT-LAURENT
35 Hector Street, Ormstown, Montérégie, QC, J0S 1K0
450 829-2522
Website: www.ohhsl.com
Email: direction@ohhsl.com


Eligibility: individuals and families on a low and moderate income

Capacity: 179 units

Coverage area: MRC Le Haut-Saint-Laurent

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 15h00

Financing: provincial, municipal

Legal status: municipal agency

OFFICE MUNICIPAL D’HABITATION DE BEAUHARNOIS
186 Saint-Louis Road, Beauharnois, Montérégie, QC, J6N 2H9
450 429-5798 Fax: 450 429-5363
Website: ville.beauharnois.qc.ca/logement-social
Email: directeur@omhbeauharnois.com


Eligibility: seniors 60 years and over, individuals 60 years and under and families

Capacity: 172 units

Coverage area: Saint-Étienne-de-Beauharnois

Fees: 25% of income, including heating, except for subsidized units

Legal status: non-profit organization

OFFICE MUNICIPAL D’HABITATION DE CHÂTEAUGUAY
33 Saint-Joseph Boulevard, Châteauguay, Montérégie, QC, J6K 4P9
450 692-9652 Fax: 450 692-4387
Website: www.omhchateauguay.org
Email: omh@omhchateauguay.org

Services: Management and administration of housing and housing programs: Low-rent housing (HLM), Rent supplement program (PSL), Québec affordable housing program, Referral service, Accès Logis program.

Eligibility: individuals and families on a low or moderate income

Coverage area: Châteauguay

Hours: Monday, Tuesday and Thursday 9h00 to 12h00 and 13h00 to 16h00, Wednesday and Friday 13h00 to 16h00

Financing: grants

Legal status: non-profit organization
OFFICE MUNICIPAL D'HABITATION DE MARGUERITE D'YOUVILLE
609 Marie-Victorin Road, Verchères, Montérégie, QC, J0L 2R0
450 583-3563   Fax: 450 849-1122
Email: infoomh@margueritedyouville.ca
Services: Manage and administer housing and housing programs. * Low-rent housing (HLM). * Rent supplement program (PSL).
Eligibility: single individuals, seniors and families on a low or moderate income
Coverage area: MRC Marguerite-D'Youville
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: municipal
Legal status: municipal agency

OFFICE MUNICIPAL D'HABITATION DE MCMASTERVILLE
345 4th Avenue, Mcmasterville, Montérégie, QC, J3G 1R6
450 774-5188
Email: OMHmcmasterville@videotron.ca
Eligibility: people aged 50 and over on a low income
Capacity: 15 units
Coverage area: Mcmasterville
Financing: municipal
Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE SAINT-URBAIN-PREMIER
186 Saint-Louis Road, Beauharnois, Montérégie, QC, J6N 2H9
450 429-5798   Fax: 450 698-3356
Email: directeur@omhbeauharnois.com
Eligibility: individuals and families on a low and moderate income
Capacity: 10 units
Coverage area: Saint-Urbain-Premier
Financing: municipal
Legal status: municipal agency

OFFICE MUNICIPAL D'HABITATION DE SALABERRY-DE-VALLEYFIELD
80 Académie Street, Suite 1, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4X1
450 371-8660   Fax: 450 371-1426
Email: accueil@omhvalleyfield.ca
Eligibility: people and families on a low or moderate income
Capacity: 381 units
Coverage area: Salaberry-De-Valleyfield
Financing: municipal, provincial
Legal status: non-profit organization
OFFICE MUNICIPAL D'HABITATION DES MASKOUTAINS ET D'ACTON
1925 Pratte Avenue, Suite 100, Saint-Hyacinthe, Montérégie, QC, J2S 8R7
450 774-5188
Website: www.omhsthyacinthe.ca
Email: ohma@ohma.ca
Eligibility: individuals and families on a low and moderate income
Capacity: 843 units
Coverage area: MRC Acton, MRC les Maskoutains
Financing: provincial, municipal
Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DU BASSIN DE CHAMBLY
30 Lafontaine Street, Suite 211, Chambly, Montérégie, QC, J3L 3K1
450 658-0248     Fax: 450 658-9851
Email: direction@omhbdc.ca
Services: * Management and administration of housing and housing programs: Low-rent housing (HLM) and Rent supplement program (PSL).
Eligibility: individuals and families on a low and moderate income who are Canadian citizens or permanent residents and who have lived in the territory of the Communauté métropolitaine de Montréal for 12 months in the 24 months preceding their application
Coverage area: Province of Québec
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 9h00 to 12h00
Financing: municipal, provincial, federal
Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION PIERRE-DE SAUREL
264 Robidoux Street, Sorel-Tracy, Montérégie, QC, J3P 7Y2
450 743-0033     Fax: 450 743-0034
Email: info@ohpierredesaurel.com
Eligibility: individuals and families on a low and moderate income
Capacity: 510 units
Coverage area: MRC Pierre-De Saurel
Hours: Monday to Thursday 8h00 to 12h00 and 13h30 to 16h30, Friday 8h00 to 12h00
Financing: provincial, municipal
Legal status: municipal agency

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.
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

OFFICE RÉGIONAL D'HABITATION DE LA VALLÉE-DU-RICHELIEU
250 Radisson Street, Mont-Saint-Hilaire, Montérégie, QC, J3H 2Z4
450 464-3696
Website: www.mrcvr.ca/services/vie-communautaire/orhvr
Email: info@orhvr.ca
Eligibility: individuals and families on a low or moderate income
Coverage area: Beloeil, Otterburn Park, Mont-Saint-Hilaire, Saint-Basile-le-Grand and Saint-Jean-Baptiste
Hours: Monday to Thursday 9h00 to 11h30 and 13h30 to 16h00
Financing: municipal, provincial
Legal status: parapublic organization

TRIBUNAL ADMINISTRATIF DU LOGEMENT - LONGUEUIL
201 Charles-Le Moyne Place, Ground Floor, Longueuil, Montérégie, QC, J4K 2T5
514 873-2245    Fax: 514 864-8077
Website: www.tal.gouv.qc.ca/en
Eligibility: tenants, landlords
Coverage area: agglomeration of Longueuil
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: variable
Financing: provincial
Legal status: provincial government agency

TRIBUNAL ADMINISTRATIF DU LOGEMENT - SAINT-HYACINTHE
3225 Cusson Avenue, Suite 2540, Saint-Hyacinthe, Montérégie, QC, J2S 0H7
1 800 683-2245    Fax: 1 877 907-8077
Website: www.tal.gouv.qc.ca/en
Services: Specialized tribunal that the authority regarding residential lease matters. * Information to citizens about their rights and obligations relating to their lease. * Reaching agreements between landlords and tenants. * Protection of the rights of tenants. * Assistance with filling court application forms. * Online calculation tool for rent fixation: www.tal.gouv.qc.ca/fr/calcul-pour-la-fixation-de-loyer/outil-de-calc
Eligibility: tenants, landlords
Coverage area: Saint-Hyacinthe
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: variable
Financing: provincial
Legal status: provincial government agency

TRIBUNAL ADMINISTRATIF DU LOGEMENT - SAINT-JEAN-SUR-RICHELIEU
1 800 683-2245    Fax: 1 877 907-8077
Website: www.tal.gouv.qc.ca/en
Services: Specialized court that has the authority regarding residential lease matters. * Information to citizens about their rights and obligations relating to their lease. * Reaching agreements between landlords and tenants. * Protection of the rights of tenants. * Assistance with filling court application forms. * Online calculation tool for rent fixation: www.tal.gouv.qc.ca/fr/calcul-pour-la-fixation-de-loyer/outil-de-calcul
Eligibility: tenants, landlords
Coverage area: Saint-Jean-Sur-Richelieu
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: variable
Financing: provincial
Legal status: provincial government agency

TRIBUNAL ADMINISTRATIF DU LOGEMENT - VALLEYFIELD
151 Salaberry Street, Suite 1.20, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2H8
1 800 683-2245 Fax: 1 877 907-8077
Website: www.tal.gouv.qc.ca/en
Services: Specialized tribunal that the authority regarding residential lease matters. * Information to citizens about their rights and obligations relating to their lease. * Reaching agreements between landlords and tenants. * Protection of the rights of tenants. * Assistance with filling court application forms. * Online calculation tool for rent fixation: www.tal.gouv.qc.ca/fr/calcul-pour-la-fixation-de-loyer/outil-de-calcul
Eligibility: tenants, landlords
Coverage area: Salaberry-De-Valleyfield
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: variable
Financing: provincial
Legal status: provincial government agency

Emergency

ACTON VALE - CITY
1025 Boulay Street, Acton Vale, Montérégie, QC, J0H 1A0
450 546-2703 Fax: 450 546-4865
Website: www.ville.actonvale.qc.ca
Email: actonvale@ville.actonvale.qc.ca
Coverage area: Acton Vale
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, Summer schedule: Monday to Thursday 8h00 to 12h00 and 12h45 to 16h30, Friday 8h00 to 12h00
Financing: municipal
Legal status: municipal agency

ANGE-GARDIEN - MUNICIPALITY
249 Saint-Joseph Street, Ange-Gardien, Montérégie, QC, J0E 1E0
450 293-7575 Fax: 450 293-6635
Website: www.municipalite.ange-gardien.qc.ca
Email: info@municipalite.ange-gardien.qc.ca

Coverage area: Ange-Gardien

Hours: Monday to Friday 8h30 to 16h00, Friday 8h30 to 12h30

Financing: municipal

Legal status: municipal agency

ASSOCIATION DES POMPIERS AUXILIAIRES DE LA MONTÉRÉGIE

200 Josée Street, Rougemont, Montérégie, QC, J0L 1M0
450 469-3177 Fax: 450 469-9629
Website: apam.net
Email: info@apam.net

Services: Bringing a direct assistance to victims of disasters in emergency situations, and bringing support to the workers responding to the event, whether they be firefighters, police officers or paramedics.

Eligibility: victims of disasters, the workers responding to the event, whether they be firefighters, police officers or paramedics

Coverage area: MRC Rouville, cities of Chambly and Carignan

Financing: donations

Legal status: non-profit organization

BEAUHARNOIS - CITY

660 Ellice Street, Suite 100, Beauharnois, Montérégie, QC, J6N 1Y1
450 429-3546 Fax: 450 429-2478
Website: ville.beauharnois.qc.ca
Email: reception@ville.beauharnois.qc.ca


Coverage area: Beauharnois

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00

Financing: municipal

Legal status: municipal agency

BELOEIL - CITY

777 Laurier Street, Beloeil, Montérégie, QC, J3G 4S9
450 467-2835 ext. 0 Fax: 450 464-5445
Website: beloeil.ca
Email: reception@beloeil.ca

Coverage area: Beloeil
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h00, Friday 8h00 to 12h30
Financing: municipal
Legal status: municipal agency

BÉTHANIE - MUNICIPALITY
1321 de Béthanie Road, Béthanie, Montérégie, QC, J0H 1E1
450 548-2826
Website: municipalitedebethanie.ca
Email: bethanie@cooptel.qc.ca


Coverage area: Béthanie
Hours: office: Monday and Tuesday 8h30 to 12h00 and 13h00 to 17h00, Wednesday and Thursday 9h00 to 12h00 and 13h00 to 17h00
Financing: municipal
Legal status: municipal agency

BOUCHERVILLE - CITY
500 de la Rivière-aux-Pins Street, Boucherville, Montérégie, QC, J4B 2Z7
450 449-8100 Fax: 450 655-0086
Website: boucherville.ca/english
Email: information@boucherville.ca


Coverage area: Boucherville
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, summer: Monday to Thursday 8h30 to 12h00 and 13h15 to 16h30, Friday 8h30 to 12h00
Financing: municipal
Legal status: municipal agency

BROSSARD - CITY
2001 de Rome Boulevard, Brossard, Montérégie, QC, J4W 3K5
450 923-6311
Website: www.brossard.ca
Email: services@brossard.ca


Coverage area: Brossard
CARIGNAN - CITY
2555 Bellevue Road, Carignan, Montérégie, QC, J3L 6G8
450 658-1066 Fax: 450 658-2676
Website: www.carignan.quebec
Email: info@villedecarignan.org


Coverage area: Carignan
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00
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


Coverage area: Les Cèdres
Hours: Monday to Friday 9h00 to 16h30, summer: Monday to Thursday 9h00 to 16h30 and Friday 9h00 to 12h00
Financing: municipal
Legal status: municipal agency

CHAMBLY - CITY
56 Martel Street, Chambly, Montérégie, QC, J3L 1V3
450 658-8788 Fax: 450 447-4525
Website: www.ville.chambly.qc.ca
Email: information@ville.chambly.qc.ca


Coverage area: Chambly
Hours: Monday to Thursday 8h15 to 16h30, Friday 8h00 to 12h00
Financing: municipal
Legal status: municipal agency
CHÂTEAUGUAY - CITY
5 D'Youville Boulevard, Châteauguay, Montérégie, QC, J6J 2P8
450 698-3000
Website: ville.chateauguay.qc.ca/en
Email: info@ville.chateauguay.qc.ca
Coverage area: Châteauguay
Hours: Monday to Thursday 8h30 to 12h00 and 13h15 to 17h00, Friday 8h30 to 12h00
Financing: municipal
Legal status: municipal agency

CONTRECOEUR - CITY
5000 Marie-Victorin Road, Contrecoeur, Montérégie, QC, J0L 1C0
450 587-5901     Fax: 450 587-5855
Website: www.ville.contrecoeur.qc.ca
Email: cardinj@ville.contrecoeur.qc.ca
Coverage area: Contrecoeur
Hours: Monday to Thursday 8h15 to 12h00 and 13h00 to 16h45, Friday 8h15 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
Coverage area: Coteau-du-Lac
Hours: Monday to Thursday 8h00 to 12h00 and 12h45 to 16h30, Friday 8h00 to 12h00
Financing: municipal
Legal status: municipal agency

DELSON - CITY
50 Sainte-Thérèse Street, Delson, Montérégie, QC, J5B 2B2
450 632-1050     Fax: 450 632-1571
Website: www.ville.delson.qc.ca
Email: reception@ville.delson.qc.ca
Coverage area: Delson
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 13h00
Financing: municipal
Legal status: municipal agency
DIRECTION RÉGIONALE DE LA SÉCURITÉ CIVILE ET DE LA SÉCURITÉ INCENDIE -
MONTÉRÉGIE ET ESTRIE
165 Jacques-Cartier Street North, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 6S9
450 346-3200  Fax: 450 346-5856
Website: www.securitepublique.gouv.qc.ca
Email: securite.civile16@msp.gouv.qc.ca

Services: Support local and regional municipalities in the application of the Loi sur la sécurité civile and the Loi
sur la sécurité incendie. * Accompaniment of municipalities in the elaboration and application of intervention
plans. * Intervention in case of sinister. * Elaboration of local and regional security programs. * Sinister
simulation exercises. * Civil security emergency phone line.

Coverage area: Montérégie, Estrie
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: non-profit organization

DUNDEE - TOWNSHIP MUNICIPALITY
3296 Montée Smallman, Dundee, Montérégie, QC, J0S 1L0
450 264-4674  Fax: 450 264-8044
Website: www.cantondundee.ca/?lang=en
Email: info@cantondundee.ca

Services: Municipal service management. * Municipal counter: information on permits, grants and taxes,
payment of taxes. * Calendar of recycling and garbage collection and information on waste
management: 51cdd258-5958-44cf-a0b1-d7d182db707c.filesusr.com/ugd/d43ad5_730c707418024f4fa745535ad2f651a5.pdf
* Public safety: fire department, Sûreté du Québec * Animal licenses.

Coverage area: Dundee
Hours: Monday to Thursday 9h00 to 12h00 et 13h00 to 16h00
Financing: municipal
Legal status: municipal agency

HEMMINGFORD - TOWNSHIP
505 Frontière Street, Suite 3, Hemmingford, Montérégie, QC, J0L 1H0
450 247-2050  Fax: 450 247-3283
Website: www.hemmingford.ca/canton/en
Email: canton.township@hemmingford.ca

calendar: www.hemmingford.ca/canton/wp-content/uploads/2021/05/calendrier-2021-recto-page-0001-1-1.jpg

Coverage area: Hemmingford
Hours: Monday and Wednesday 9h00 to 12h00 and 13h00 to 16h00, Friday by appointment
Financing: municipal
Legal status: municipal agency

HEMMINGFORD - VILLAGE
505 Frontière Street, Suite 5, Hemmingford, Montérégie, QC, J0L 1H0
450 247-3310
Website: www.hemmingford.ca/village/en
Email: reception.village@hemmingford.ca

Fire department.

Coverage area: Hemmingford
Hours: Monday and Wednesday 9h00 to 12h00 and 13h00 to 16h00
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
Coverage area: Hudson
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 13h00
Financing: municipal
Legal status: municipal agency

HUNTINGDON - CITY
23 King Street, Huntingdon, Montérégie, QC, J0S 1H0
450 264-5389
Website: villehuntingdon.com
Email: dg@villehuntingdon.com
Coverage area: Huntingdon
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00
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
Coverage area: L'île-Cadieux
Hours: Tuesday and Thursday 9h00 to 16h30
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: ville@ile-perrot.qc.ca
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
LA PRAIRIE - CITY
170 Taschereau Boulevard, Suite 400, La Prairie, Montérégie, QC, J5R 5H6
450 444-6600 Fax: 450 444-6636
Website: www.ville.laprairie.qc.ca
Email: info@ville.laprairie.qc.ca
Coverage area: La Prairie
Hours: Monday to Thursday 8h15 to 16h30, Friday 8h15 to 13h00
Financing: municipal
Legal status: municipal agency

LACOLLE - CITY
1 de l'Église Street South, Lacolle, Montérégie, QC, J0J 1J0
450 246-3201 Fax: 450 246-4412
Website: www.lacolle.com
Email: admin@lacolle.com
Services: Municipal services management. * Information on permits, grants, tax payments, property assessment and information on recyclable and compostable material, garbage and bulky items collection. * Public security: fire department.
Coverage area: Lacolle
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00, Friday 9h00 to 12h00
Financing: municipal
Legal status: municipal agency

LÉRY - CITY
1 de l'Hôtel-de-Ville Street, Léry, Montérégie, QC, J6N 1E8
450 692-6861 Fax: 450 692-6881
Website: www.lery.ca
Email: info@lery.ca
Coverage area: Léry
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 17h00, Friday 8h30 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
Coverage area: Les Coteaux
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, summer: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h45, Friday 8h00 to 12h00
Financing: municipal
Legal status: municipal agency
LONGUEUIL - CITY
4250 de la Savane Road, Longueuil, Montérégie, QC, J3Y 9G4
311  Fax: 450 463-7400
Website: www.longueuil.quebec/en
Email: 311@longueuil.quebec
Coverage area: Longueuil
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, summer: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00
Financing: municipal
Legal status: municipal agency

MARIEVILLE - CITY
682 Saint-Charles Street, Marieville, Montérégie, QC, J3M 1P9
450 460-4444  Fax: 450 666-1766
Website: www.ville.marieville.qc.ca
Email: administration@ville.marieville.qc.ca
Coverage area: Marieville
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: municipal
Legal status: municipal agency

MASSUEVILLE - MUNICIPALITY
246 Bonsecours Street, Massueville, Montérégie, QC, J0G 1K0
450 788-2957  Fax: 450 788-2050
Website: www.massueville.net
Email: info@massueville.net
Coverage area: Massueville
Hours: Monday to Wednesday 9h00 to 12h00 and 13h00 to 16h00, Thursday 9h00 to 12h00 and 13h00 to 17h00
Financing: municipal
Legal status: non-profit organization

MCMASTERVILLE - MUNICIPALITY
255 Constable Boulevard, McMasterville, Montérégie, QC, J3G 6N9
450 467-3580  Fax: 450 467-2493
Website: www.mcmasterville.ca
Email: info@mcmasterville.ca
**Services:** Management of municipal services. * Municipal counter: information on permits, grants and taxes, payment of taxes. * Calendar of recyclable and garbage collections and information on waste management: www.mc masterville.ca/services-aux-citoyens/collectes * Automated alerts service for boil water advisories, watermain breakage, emergency work and emergency measures: www.mc masterville.ca/services-aux-citoyens/systeme-de-communication-et-dalerte-a-la-population * Fire department. * Animal licenses.

**Coverage area:** McMasterville
**Hours:** Monday to Thursday 8h30 to 16h30, Friday 8h30 to 13h00
**Financing:** municipal
**Legal status:** municipal agency

**MERCIER - CITY**
869 Saint-Jean-Baptiste Boulevard, 2nd floor, Mercier, Montérégie, QC, J6R 2L3
450 691-6090 Fax: 450 691-6529
Website: www.ville.mercier.qc.ca
Email: info@ville.mercier.qc.ca


**Coverage area:** Mercier
**Hours:** Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00, Centre d'avis aux citoyens phone service: 24 hours / 7 days
**Financing:** municipal
**Legal status:** municipal agency

**MONT-SAINT-GRÉGOIRE - MUNICIPALITÉ**
1 Frère-André Boulevard, Mont-Saint-Grégoire, Montérégie, QC, J0J 1K0
450 347-5376 Fax: 450 347-9200
Website: www.mmsg.ca
Email: direction@mmsg.ca


**Coverage area:** Mont-Saint-Grégoire
**Hours:** Monday to Thursday 8h30 to 12h00 and 13h00 to 16h45, Friday 8h30 to 12h00
**Financing:** municipal
**Legal status:** municipal agency

**MONT-SAINT-HILAIRE - CITY**
100 du Centre-Civique Street, Mont-Saint-Hilaire, Montérégie, QC, J3H 3M8
450 467-2854 ext. 0
Website: www.ville.mont-saint-hilaire.qc.ca
Email: information@villemsh.ca


**Coverage area:** Mont-Saint-Hilaire
**Hours:** Monday to Thursday 8h15 to 12h00 and 13h00 to 16h30, Friday 8h15 to 12h00
MRC D’ACTON
1037 Beaugrand Street, Acton Vale, Montérégie, QC, J0H 1A0
450 546-3256 Fax: 450 546-0525
Website: mrcacton.qc.ca
Email: info@mrcacton.qc.ca
Coverage area: MRC of Acton
Hours: Monday to Friday 8h30 to 16h30
Financing: municipal
Legal status: municipal agency

MRC DES MASKOUTAINS
805 du Palais Avenue, Saint-Hyacinthe, Montérégie, QC, J2S 5C6
450 774-3141 Fax: 450 774-7161
Website: www.mrcmaskoutains.qc.ca
Email: admin@mrcmaskoutains.qc.ca
Coverage area: MRC des Maskoutains
Hours: Monday to Friday 8h00 to 16h30, Friday 8h00 to 12h00
Legal status: municipal agency

NAPIERVILLE - MUNICIPALITÉ
260 de l’Église Street, Napierville, Montérégie, QC, J0J 1L0
450 245-7210 Fax: 450 245-7691
Website: napierville.ca
Email: municipalite@napierville.ca
Coverage area: Napierville
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 17h00, Friday 8h30 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
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 D'HABITATION DE LONGUEUIL
445 Labonté Street, Longueuil, Montérégie, QC, J4H 2P8
450 670-2733 Fax: 450 670-0084
Website: www.omhl.org
Email: omhl@omhl.org


Eligibility: individuals and families on a low and moderate income
Capacity: 3912 units
Coverage area: Longueuil agglomeration
Hours: Monday to Thursday 8h30 to 12h00 and 13h30 to 16h00, Friday 8h30 to 12h00
Financing: municipal, provincial
Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE CHÂTEAUGUAY
33 Saint-Joseph Boulevard, Châteauguay, Montérégie, QC, J6K 4P9
450 692-9652 Fax: 450 692-4387
Website: www.omhchateauguay.org
Email: omh@omhchateauguay.org

Services: Management and administration of housing and housing programs: Low-rent housing (HLM), Rent supplement program (PSL), Québec affordable housing program, Referral service, Accès Logis program.

Eligibility: individuals and families on a low or moderate income
Coverage area: Châteauguay
Hours: Monday, Tuesday and Thursday 9h00 to 12h00 and 13h00 to 16h00, Wednesday and Friday 13h00 to 16h00
Financing: grants
Legal status: non-profit organization

PINCOURT - CITY
919 Duhamel Road, Pincourt, Montérégie, QC, J7V 4G8
514 453-8981 Fax: 514 453-0934
Website: villepincourt.qc.ca/en/home
Email: information@villepincourt.qc.ca

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

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

RÉSEAU D'HABITATIONS CHEZ SOI  
3115 Saint-Hubert Montée, Longueuil, Montérégie, QC, J3Y 4J2  
450 676-8940    Fax: 450 676-7696  
Website: www.reseaudhabitationschezsoi.org  
Email: rhcs@videotron.ca  
Services: * Housing search assistance and follow-up within the living environment. * Promotion of social housing for people living with mental health problems or with unstable housing conditions.  
Eligibility: adults with mental health problems, experiencing or at risk of homelessness  
Coverage area: Longueuil, MRC Marguerite-D'Youville, Boucherville, Brossard, La Prairie, Saint-Bruno-de-Montarville, Saint-Lambert, Saint-Philippe  
Hours: Monday to Friday 9h00 to 16h30  
Financing: provincial, grants  
Legal status: non-profit organization

RICHELIEU - VILLE  
200 Richelieu Boulevard, Richelieu, Montérégie, QC, J3L 3R4  
450 658-1157    Fax: 450 658-5096  
Website: www.ville.richelieu.qc.ca  
Email: info@ville.richelieu.qc.ca  
Coverage area: Richelieu  
Hours: Monday to Thursday 8h00 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  
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, Rivières-Beaudette, Montérégie, QC, J0P 1R0  
450 269-2931  
Website: riviere-beaudette.com  
Email: administration@riviere-beaudette.com  
Coverage area: Rivières-Beaudette  
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00
Financing: municipal  
Legal status: municipal agency

**ROXTON POND - MUNICIPALITÉ**
901 Saint-Jean Street, Roxton Pond, Montérégie, QC, J0E 1Z0
450 372-6875     Fax: 450 372-1205
Website: www.roxtonpond.ca
Email: infomun@roxtonpond.ca

**Services:** Municipal services management. * Municipal taxes management and payment. * Dog license. *  
Environment department: septic systems, watercourses, spatial development, environmental emergencies. *  
**Coverage area:** Roxton Pond  
**Hours:** Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 16h00  
**Financing:** municipal  
**Legal status:** municipal agency

**SAINT-AMABLE - MUNICIPALITY**
575 Principale Street, Saint-Amable, Montérégie, QC, J0L 1N0
450 649-3555     Fax: 450 922-0728
Website: www.st-amable.qc.ca
Email: ville@st-amable.qc.ca

**Services:** Management of municipal services. * Payment of municipal taxes and property assessment. *  
**Coverage area:** Saint-Amable  
**Hours:** Monday to Friday 8h00 to 12h00 and 12h45 to 16h15, Friday 8h00 to 13h00, City Emergencies 27/7  
**Financing:** municipal  
**Legal status:** municipal agency

**SAINT-ANICET - MUNICIPALITY**
335 Jules-Léger Avenue, Saint-Anicet, Montérégie, QC, J0S 1M0
450 264-2555     Fax: 450 264-2395
Website: www.stanicet.com
Email: info@stanicet.com

**Services:** Municipal services management. * Construction and renovation licenses. * Fire safety department. *  
Taxation and property assessment.  
**Coverage area:** Saint-Anicet  
**Hours:** Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, Friday 9h00 to 12h00  
**Financing:** municipal  
**Legal status:** municipal agency

**SAINT-ANTOINE-SUR-RICHELIEU - MUNICIPALITY**
1060 du Moulin-Payet Street, Suite 1, Saint-Antoine-sur-Richelieu, Montérégie, QC, J0L 1R0
450 787-3497     Fax: 450 787-2852
Website: saint-antoine-sur-richelieu.ca
Email: municipalite@sasr.ca

Coverage area: Saint-Antoine-sur-Richelieu
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30
Financing: municipal
Legal status: municipal agency

SAINT-BARNABÉ-SUD - MUNICIPALITY
165 de Michaudville Road, Saint-Barnabé-Sud, Montérégie, QC, J0H 1G0
450 792-3030 Fax: 450 792-3759
Website: saintbarnabesud.ca
Email: munstbarnabesud@mrcmaskoutains.qc.ca

Coverage area: Saint-Barnabé-Sud
Hours: Monday to Wednesday 8h30 to 12h30 and 13h00 to 15h00, Thursday 8h30 to 12h30 and 13h00 to 17h00
Financing: municipal
Legal status: municipal agency

SAINT-BASILE-LE-GRAND - CITY
204 Principale Street, Saint-Basile-le-Grand, Montérégie, QC, J3N 1M1
450 461-8000
Website: www.ville.saint-basile-le-grand.qc.ca
Email: communications@villesblg.ca

Coverage area: Saint-Basile-le-Grand
Hours: Monday to Thursday 8h00 to 11h45 and 12h45 to 16h15, Friday 8h30 to 12h00
Financing: municipal
Legal status: municipal agency

SAINT-BERNARD-DE-LACOLLE - MUNICIPALITY
116 Rang Saint-Claude, Saint-Bernard-de-Lacolle, Montérégie, QC, J0J 1V0
450 246-3348 Fax: 450 246-4380
Website: www.municipalite-de-saint-bernard-de-lacolle.ca
Email: info@mun-sbdl.ca

Coverage area: Saint-Bernard-de-Lacolle
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Financing: municipal
Legal status: municipal agency
SAINT-BRUNO-DE-MONTARVILLE - CITY
1585 Montarville Street, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 3T8
450 653-2443     Fax: 450 441-8481
Website: stbruno.ca
Email: information@stbruno.ca
**Coverage area:** Saint-Bruno-de-Montarville
**Hours:** Monday to Thursday 8h15 to 12h00 and 13h00 to 16h30, Friday 8h15 to 12h30
**Financing:** municipal
**Legal status:** municipal agency

SAINT-CÉSAIRE - CITY
1111 Saint-Paul Avenue, Saint-Césaire, Montérégie, QC, J0L 1T0
450 469-3108     Fax: 450 469-5275
Website: www.villesaintcesaire.com
Email: administration@ville.saint-cesaire.qc.ca
**Coverage area:** Saint-Césaire
**Hours:** Monday to Wednesday 8h00 to 16h30, Thursday 8h00 to 17h00, Friday 8h00 to 12h30
**Financing:** municipal
**Legal status:** municipal agency

SAINT-CHARLES-SUR-RICHELIEU - MUNICIPALITY
405 des Patriotes Road, Saint-Charles-sur-Richelieu, Montérégie, QC, J0H 2G0
450 584-3484     Fax: 450 584-2965
Website: saint-charles-sur-richelieu.ca
Email: info@saint-charles-sur-richelieu.ca
**Coverage area:** Saint-Charles-sur-Richelieu
**Hours:** Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30
**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
**Coverage area:** Saint-Clet
SAINT-CONSTANT - CITY
147 Saint-Pierre Street, Saint-Constant, Montérégie, QC, J5A 2G9
450 638-2010  Fax: 450 638-5919
Website: saint-constant.ca
Email: communication@saint-constant.ca
Coverage area: Saint-Constant
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00
Financing: municipal
Legal status: municipal agency

SAINT-DAMASE - MUNICIPALITY
115 Saint-Étienne Street, Saint-Damase, Montérégie, QC, J0H 1J0
450 797-3341  Fax: 450 797-3543
Website: www.st-damase.qc.ca
Email: info@st-damase.qc.ca
Coverage area: Saint-Damase
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00
Financing: municipal
Legal status: municipal agency

SAINT-DAVID - MUNICIPALITY
16 Saint-Charles Street, Saint-David, Montérégie, QC, J0G 1L0
450 789-2288  Fax: 450 789-3023
Website: www.stdavid.qc.ca
Email: info@stdavid.qc.ca
Coverage area: Saint-David
Hours: Monday to Wednesday 8h30 to 16h30, Thursday 10h00 to 18h00
Financing: municipal
Legal status: municipal agency

SAINT-DENIS-SUR-RICHELIEU - MUNICIPALITÉ
599 chemin des Patriotes, Saint-Denis-sur-Richelieu, Montérégie, QC, J0H 1K0
450 787-2244  Fax: 450 787-2635
Website: www.stdensurrichelieu.com
Email: info@stdenissurrichelieu.com
Coverage area: Saint-Denis-Sur-Richelieu
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 16h00
SAINT-ÉDOUARD - MUNICIPALITY
405C Montée Lussier, Saint-Édouard, Montérégie, QC, J0L 1Y0
450 454-6333
Website: saintedouard.ca
Email: info@saintedouard.ca
Coverage area: Saint-Édouard
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h00, Friday 8h30 to 12h00
Financing: municipal
Legal status: municipal agency

SAINT-ÉTIENNE-DE-BEAUHARNOIS - MUNICIPALITY
489 Saint-Louis Road, Saint-Étienne-de-Beauharnois, Montérégie, QC, J0S 1S0
450 225-1000 Fax: 450 225-1011
Website: www.st-etiennedebeauharnois.qc.ca
Email: stetienne@videotron.ca
Coverage area: Saint-Étienne-de-Beauharnois
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h30
Financing: municipal
Legal status: municipal agency

SAINT-GEORGES-DE-CLARENCEVILLE - MUNICIPALITY
1350 Middle Road, Saint-Georges-de-Clarenceville, Montérégie, QC, J0J 1B0
450 294-2464
Website: www.clarenceville.qc.ca
Email: info@clarencceville.qc.ca
Coverage area: Saint-Georges-de-Clarenceville
Hours: Tuesday to Friday 8h00 to 12h00 and 13h00 to 16h00
Financing: municipal
Legal status: municipal agency

SAINT-GÉRARD-MAJELLA - MUNICIPALITY
444 Saint-Antoine Road, Saint-Gérard-Majella, Montérégie, QC, J0G 1X1
450 789-5777 Fax: 450 789-0065
Website: saintgerardmajella.ca
Email: direction@saintgerardmajella.ca
Coverage area: Saint-Gérard-Majella
Hours: Monday to Thursday 8h00 to 16h00
Financing: municipal
Legal status: municipal agency
SAINT-HYACINTHE - CITY
700 de l'Hôtel-de-Ville Avenue, Saint-Hyacinthe, Montérégie, QC, J2S 5B2
450 778-8300    Fax: 450 778-5817
Website: www.ville.st-hyacinthe.qc.ca
Email: communications@ville.st-hyacinthe.qc.ca
Coverage area: Saint-Hyacinthe
Hours: Monday to Thursday 8h30 to 17h00, Friday 8h30 to 13h00
Financing: municipal
Legal status: municipal agency

SAINT-ISIDORE - MUNICIPALITY
671 Saint-Régis Road, Saint-Isidore, Montérégie, QC, J0L 2A0
450 454-3919
Website: www.municipalite.saint-isidore.qc.ca
Coverage area: Saint-Isidore
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00
Financing: municipal
Legal status: municipal agency

SAINT-JACQUES-LE-MINEUR - MUNICIPALITÉ
91 Principale Street, Saint-Jacques-le-Mineur, Montérégie, QC, J0J 1Z0
450 347-5446
Website: www.saint-jacques-le-mineur.ca
Email: info@sjlm.ca
Coverage area: Saint-Jacques-le-Mineur
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, Friday 9h00 to 12h00
Financing: municipal
Legal status: municipal agency

SAINT-JEAN-BAPTISTE - MUNICIPALITY
3041 Principale Street, Saint-Jean-Baptiste, Montérégie, QC, J0L 2B0
450 467-3456    Fax: 450 467-8813
Website: www.msjb.qc.ca
Email: info@msjb.qc.ca
Coverage area: Saint-Jean-Baptiste
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h00, Friday 8h30 to 12h00
Financing: municipal
Legal status: municipal agency

SAINT-JUDE - MUNICIPALITY
940 du Centre Street, Saint-Jude, Montérégie, QC, J0H 1P0
450 792-3855    Fax: 450 792-3828
Website: www.saint-jude.ca
Email: munstjude@mrcmaskoutains.qc.ca

Coverage area: Saint-Jude
Hours: Monday to Friday 9h00 to 12h00 and 13h30 to 16h00
Financing: municipal
Legal status: municipal agency

SAINT-LAMBERT - CITY
600 Oak Avenue, Saint-Lambert, Montérégie, QC, J4P 2R6
450 672-4444
Website: www.saint-lambert.ca/en
Email: info.citoyens@saint-lambert.ca


Coverage area: Saint-Lambert
Hours: Monday to Wednesday 8h30 to 12h00 and 13h00 to 16h30, Thursday 8h30 to 19h30, Friday 8h30 to 12h00
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


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-LIBOIRE - MUNICIPALITÉ
21 Mauriac Place, Saint-Liboire, Montérégie, QC, J0H 1R0
450 793-2811     Fax: 450 793-4428
Website: www.municipalite.st-liboire.qc.ca
Email: reception@st-liboire.ca


Coverage area: Saint-Liboire
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h00
Financing: municipal
Legal status: municipal agency
SAINT-LOUIS-DE-GONZAGUE - MUNICIPALITY
140 Principale Street, Saint-Louis-de-Gonzague, Montérégie, QC, J0S 1T0
450 371-0523     Fax: 450 371-6229
Website: saint-louis-de-gonzague.com
Email: info@sldg.ca
Coverage area: Saint-Louis-de-Gonzague
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h45, Friday 8h00 to 12h00
Financing: municipal
Legal status: municipal agency

SAINT-MARC-SUR-RICHELIEU - MUNICIPALITÉ
102 de la Fabrique Street, Saint-Marc-sur-Richelieu, Montérégie, QC, J0L 2E0
450 584-2258     Fax: 450 584-2795
Website: smsr.quebec
Email: info@smsr.quebec
Coverage area: Saint-Marc-Sur-Richelieu
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: municipal
Legal status: municipal agency

SAINT-MARCEL DE RICHELIEU - MUNICIPALITY
117 Saint-Louis Street, Saint-Marcel-de-Richelieu, Montérégie, QC, J0H 1T0
450 794-2832     Fax: 450 794-1140
Website: saintmarcelderichelieu.ca
Email: munst-marcel@mrcmaskoutains.qc.ca
Coverage area: Saint-Marcel-de-Richelieu
Financing: municipal
Legal status: municipal agency

SAINT-MATHIAS-SUR-RICHELIEU - VILLE
300 des Patriotes Road, Saint-Mathias-sur-Richelieu, Montérégie, QC, J3L 6Z5
450 658-2841     Fax: 450 447-1416
Website: st-mathias.org
Email: info@st-mathias.org
Coverage area: Saint-Mathias-Sur-Richelieu
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h45, Friday 8h30 to 12h00, summer: closed on Friday
Financing: municipal
Legal status: municipal agency
SAINT-MICHEL - MUNICIPALITY
1700 Principale Street, Saint-Michel, Montérégie, QC, J0L 2J0
450 454-4502    Fax: 450 454-7508
Website: municipalite-saint-michel.ca
Email: info@mst-michel.ca
Coverage area: Saint-Michel
Hours: Monday to Thursday 8h00 to 12h00 and 12h30 to 16h30, Friday 8h00 to 13h00
Financing: municipal
Legal status: municipal agency

SAINT-NAZAIRE D’ACTON - MUNICIPALITY
750 des Loisirs Street, Saint-Nazaire-d’Acton, Montérégie, QC, J0H 1V0
819 392-2347    Fax: 819 392-2039
Website: stnazairedacton.ca
Email: municipalite@mun-nazaire.qc.ca
Coverage area: Saint-Nazaire-d’Acton
Hours: Monday, Wednesday and Thursday 9h00 to 12h00 and 13h00 to 16h00
Financing: municipal
Legal status: municipal agency

SAINT-PATRICE-DE-SHERWINGTON - MUNICIPALITÉ
300 Saint-Patrice Street, Saint-Patrice-de-Sherrington, Montérégie, QC, J0L 2N0
450 454-4959    Fax: 450 454-5677
Website: www.st-patrice-sherrington.com
Email: reception@sherr.ca
Coverage area: Saint-Patrice-de-Sherrington
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h30
Financing: municipal
Legal status: municipal agency

SAINT-PAUL-D’ABBOTSFORD - MUNICIPALITY
926 Principale Street East, Saint-Paul-d’Abbotsford, Montérégie, QC, J0E 1A0
450 379-5408    Fax: 450 379-9905
Website: www.saintpauldabbotsford.qc.ca
Email: info@saintpauldabbotsford.qc.ca
Coverage area: Saint-Paul-D’abbotsford
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00
Financing: municipal
Legal status: municipal agency
SAINT-PAUL-DE-L’ÎLE-AUX-NOIX - MUNICIPALITY
959 Principale Street, Saint-Paul-de-l’Île-aux-Noix, Montérégie, QC, J0J 1G0
450 291-3166 Fax: 450 291-5930
Website: www.ileauxnoix.com/eng
Email: info@ileauxnoix.qc.ca
Coverage area: Saint-Paul-de-l’Île-aux-Noix
Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00
Financing: municipal
Legal status: municipal agency

SAINT-PHILIPPE - CITY
175 Sanguinet Road, Suite 201, Saint-Philippe, Montérégie, QC, J0L 2K0
450 659-7701 Fax: 450 659-7702
Website: ville.saintphilippe.quebec
Email: info@ville.saintphilippe.quebec
Coverage area: Saint-Philippe
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00
Financing: municipal
Legal status: municipal agency

SAINT-PIE - VILLE
77 Saint-Pierre Street, Saint-Pie, Montérégie, QC, J0H 1W0
450 772-2488 Fax: 450 772-2233
Website: www.villest-pie.ca
Email: st-pie@villest-pie.ca
Hours: Monday to Thursday 8h30 to 12h30 and 13h00 to 16h30, Friday 8h00 to 13h00
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
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-RÉMI - CITY
105 de la Mairie Street, Saint-Rémi, Montérégie, QC, J0L 2L0
450 454-3993 ext. 0
Website: www.saint-remi.ca
Email: administration@ville.saint-remi.qc.ca

Coverage area: Saint-Rémi

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h30 to 13h00

Financing: municipal

Legal status: municipal agency

SAINT-SIMON - MUNICIPALITY

49 du Couvent Street, Saint-Simon, Montérégie, QC, J0H 1Y0

450 798-2276    Fax: 450 798-2498

Website: www.saint-simon.ca

Email: info@saint-simon.ca


Coverage area: Saint-Simon

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h00

Financing: municipal

Legal status: municipal agency

SAINT-STANISLAS-DE-KOSTKA - MUNICIPALITY

221 Centrale Street, Saint-Stanislas-de-Kostka, Montérégie, QC, J0S 1W0

450 373-8944    Fax: 450 373-8949

Website: st-stanislas-de-kostka.ca

Email: info@st-stanislas-de-kostka.ca


Coverage area: Saint-Stanislas-de-Kostka

Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, 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


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-URBAIN-PREMIER - MUNICIPALITY

204 Principale Street, Saint-Urbain-Premier, Montérégie, QC, J0S 1Y0

450 427-3987    Fax: 450 427-2056

Website: saint-urbain-premier.com

Email: sainturbainpremier@videotron.ca

**SAINT-VALÉRIEN-DE-MILTON - MUNICIPALITÉ**
960 Milton Road, Saint-Valérien-de-Milton, Montérégie, QC, J0H 2B0
450 549-2463 Fax: 450 549-2993
Website: www.st-valerien-de-milton.qc.ca
Email: administration.st-valerien@mrcmaskoutains.qc.ca


**Coverage area:** Saint-Valérien-de-Milton

**Hours:** Monday to Thursday 8h30 to 12h00 and 12h30 to 16h00, Friday 8h30 to 12h00

**Financing:** municipal

**Legal status:** municipal agency

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**SAINTE-ANGÈLE-DE-MONNOIR - MUNICIPALITY**
5 du Vide Road, Sainte-Angèle-de-Monnoir, Montérégie, QC, J0L 1P0
450 460-7838 Fax: 450 460-3853
Website: www.sainte-angele-de-monnoir.ca
Email: info@sainte-angele-de-monnoir.ca


**Coverage area:** Sainte-Angèle-de-Monnoir

**Hours:** Monday to Thursday 8h30 to 16h00, Friday 8h30 to 12h00

**Financing:** municipal

**Legal status:** municipal agency

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**SAINTE-ANNE-DE-SABREVOIS - MUNICIPALITY**
1218 Road 133, Sainte-Anne-de-Sabrevois, Montérégie, QC, J0J 2G0
450 347-0066 Fax: 450 347-4040
Website: sainte-anne-de-sabrevois.com
Email: info.sabrevois@videotron.ca


**Coverage area:** Sainte-Anne-de-Sabrevois

**Hours:** Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, Friday 9h00 to 12h00

**Financing:** municipal

**Legal status:** municipal agency

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**SAINTE-BARBE - MUNICIPALITY**
470 de l'Église Road, Sainte-Barbe, Montérégie, QC, J0S 1P0
450 371-2504 Fax: 450 371-2575
Website: www.ste-barbe.com
Email: info@ste-barbe.com
Coverage area: Sainte-Barbe
Financing: municipal
Legal status: municipal agency

SAINTE-BRIGIDE-D'IBERVILLE - MUNICIPALITY
555 Principale Street, Sainte-Brigide-d'Iberville, Montérégie, QC, J0J 1X0
450 293-7511     Fax: 450 293-1077
Website: www.sainte-brigide.qc.ca
Email: info@sainte-brigide.qc.ca
Coverage area: Sainte-Brigide-d'Iberville
Hours: Tuesday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: municipal
Legal status: municipal agency

SAINTE-CATHERINE - CITY
5465 Marie-Victorin Boulevard, Sainte-Catherine, Montérégie, QC, J5C 1M1
450 632-0590     Fax: 450 638-3298
Website: www.ville.sainte-catherine.qc.ca
Email: communications@vdsc.ca
Coverage area: Sainte-Catherine
Hours: Monday, Wednesday and Thursday 8h30 to 12h00 and 13h00 to 16h30, Tuesday 8h30 to 12h00 and 13h00 to 19h30, Friday 8h30 to 13h00
Financing: municipal
Legal status: municipal agency

SAINTE-CHRISTINE - MUNICIPALITY
646 1er rang, Sainte-Christine, Montérégie, QC, J0H 1H0
819 858-2828     Fax: 819 858-9191
Website: ste-christine.com
Email: directiongenerale@ste-christine.com
Coverage area: Sainte-Christine
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00
Financing: municipal
Legal status: municipal agency

SAINTE-CLOTILDE - MUNICIPALITY
2452 de l'Église Road, Sainte-Clotilde, Montérégie, QC, J0L 1W0
450 826-3129     Fax: 450 826-3217
Website: ste-clotilde.ca
Email: info@ste-clotilde.ca
Housing


**Coverage area:** Sainte-Clotilde

**Hours:** Monday to Thursday 8h00 to 12h00 and 12h30 to 16h30, Friday 8h00 to 12h00

**Financing:** municipal

**Legal status:** municipal agency

SAINTE-HÉLÈNE-DE-BAGOT - MUNICIPALITY

421 4th Avenue, Sainte-Hélène-de-Bagot, Montérégie, QC, J0H 1M0

450 791-2455     Fax: 450 791-2550

Website: www.saintehelenedebagot.com

Email: mun@saintehelenedebagot.com


**Coverage area:** Sainte-Hélène-de-Bagot

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

**Financing:** municipal

**Legal status:** municipal agency

SAINTE-JULIE - VILLE

1580 du Fer-à-Cheval Road, Sainte-Julie, Montérégie, QC, J3E 2M1

450 922-7111

Website: www.ville.sainte-julie.qc.ca

Email: clientele@ville.sainte-julie.qc.ca


**Coverage area:** Sainte-Julie

**Hours:** Monday to Thursday 8h00 to 19h00, Friday 8h00 to 16h00

**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


**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

SAINTE-MARTINE - MUNICIPALITY
3 des Copains Street, Sainte-Martine, Montérégie, QC, J0S 1V0
450 427-3050   Fax: 450 427-7331
Website: www.municipalite.sainte-martine.qc.ca
Email: info@municipalite.sainte-martine.qc.ca
Coverage area: Sainte-Martine
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h30
Financing: municipal
Legal status: municipal agency

SALABERRY-DE-VALLEYFIELD - CITY
61 Sainte-Cécile Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1L8
450 370-4300
Website: www.ville.valleyfield.qc.ca
Email: communications@ville.valleyfield.qc.ca
Coverage area: Salaberry-De-Valleyfield
Hours: Monday to Thursday 8h00 to 12h00 and 13h15 to 16h30, Friday 8h30 to 12h00
Financing: municipal
Legal status: municipal agency

SOREL-TRACY - CITY
71 Charlotte Street, Sorel-Tracy, Montérégie, QC, J3P 7K1
450 780-5600
Website: www.ville.sorel-tracy.qc.ca
Email: info@ville.sorel-tracy.qc.ca
Hours: Regular hours: Monday to Thursday 8h15 to 12h00 and 13h15 to 16h30, Friday 8h15 to 12h00 and 13h15 to 15h30, summer hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00
Financing: municipal
Legal status: municipal agency
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
Coverage area: Terrasse-Vaudreuil
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

UPTON - MUNICIPALITY
810 Lanoie Street, Upton, Montérégie, QC, J0H 2E0
450 549-5611    Fax: 450 549-5045
Website: www.upton.ca
Email: secretariat@upton.ca
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30
Financing: municipal
Legal status: municipal agency

VARENNES - CITY
175 Sainte-Anne Street, Varennes, Montérégie, QC, J3X 1T5
450 652-9888    Fax: 450 652-2655
Website: www.ville.varennes.qc.ca
Email: citoyens@ville.varennes.qc.ca
Coverage area: Varennes
Hours: Monday to Friday 8h00 to 12h00 and 13h15 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
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
VERCHÈRES - CITY
581 Marie-Victorin Road, Verchères, Montérégie, QC, J0L 2R0
450 583-3307    Fax: 450 583-3637
Website: www.ville.vercheres.qc.ca
Email: mairie@ville.vercheres.qc.ca
Coverage area: Verchères
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00
Financing: municipal
Legal status: municipal agency

WATERLOO - CITY
417 de la Cour Street, Waterloo, Montérégie, QC, J0E 2N0
450 539-2282    Fax: 450 539-3257
Website: www.ville.waterloo.qc.ca
Email: administration@ville.waterloo.qc.ca
Coverage area: Waterloo
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h30
Financing: municipal
Legal status: municipal agency

YAMASKA - MUNICIPALITY
100 Guilbault Street, Yamaska, Montérégie, QC, J0G 1X0
450 789-2489    Fax: 450 789-2970
Website: www.yamaska.ca
Email: info@yamaska.ca
Coverage area: Yamaska
Hours: Monday to Thursday 8h00 to 12h00 and 12h30 to 16h30, Friday 8h00 to 12h00
Financing: municipal
Legal status: municipal agency

Housing cooperatives and corporations

ACTION LOGEMENT PIERRE-DE-SAUREL
71 De Ramezay Street, Suite 227, Sorel-Tracy, Montérégie, QC, J3P 3Z1
450 881-1910    Fax: 450 746-7108
Email: actionlogement@gmail.com
Eligibility: tenants living in an apartment, cooperative or HLM, young households
Coverage area: MRC Pierre-De Saurel
Hours: Monday to Friday 9h00 to 16h00
Fees: none
ASSOCIATION COOPÉRATIVE D’ÉCONOMIE FAMILIALE MONTÉRÉGIE-EST - GRANBY
162 Saint-Charles-South Street, Granby, Montérégie, QC, J2G 7A4
450 375-1443
Website: www.acefmonteregie-est.com
Email: direction@acefme.org
Coverage area: MRC Acton, MRC Brome-Missisquoi, MRC Haute-Yamaska, MRC Les Maskoutains, MRC Rouville, MRC Pierre-De Saurel
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: Centraide Richelieu-Yamaska, provincial
Legal status: cooperative

ASSOCIATION COOPÉRATIVE D’ÉCONOMIE FAMILIALE MONTÉRÉGIE-EST - SOREL-TRACY
71 de Ramezay Street, Suite 309, Sorel-Tracy, Montérégie, QC, J3P 3Z1
450 908-0929
Website: www.acefmonteregie-est.com
Email: acefsoreltracy@acefme.org
Eligibility: consumers, tenants
Coverage area: MRC d'Acton, MRC Brome-Missisquoi, MRC Haute-Yamaska, MRC Les Maskoutains, MRC Rouville, MRC Pierre-De Saurel
Hours: Monday to Friday 8h30 to 16h00
Financing: Centraide Richelieu-Yamaska, provincial
Legal status: cooperative

ASSOCIATION D'INFORMATIONS EN LOGEMENTS ET IMMEUBLES ADAPTÉS
150 Grant Street, Suite 228, Longueuil, Montérégie, QC, J4H 3H6
450 646-4343
Website: www.ailia.info
Email: ailia150grant@gmail.com
Services: Regional reference regarding adapted housing and universal accessibility. * Assistance with accessible apartments search. * Assistance with procedures regarding programs for home adaptation or allowances for apartment adaptation. * Information resource for universal accessibility.
Eligibility: people of all ages living with a disability or any type of impairment
Coverage area: Montérégie
Hours: Monday to Thursday 9h30 to 17h00
Financing: provincial
Legal status: non-profit organization

ASSOCIATION DE COOPÉRATIVE D’ÉCONOMIE FAMILIALE DE MONTÉRÉGIE-EST - COWANSVILLE
109 William Street, Suite 111, Cowansville, Montérégie, QC, J2K 1K9
450 305-0440
Website: www.acefmonteregie-est.com
Email: acefcowansville@acefme.org

Coverage area: MRC Acton, MRC Brome-Missisquoi, MRC Haute-Yamaska, MRC Les Maskoutains, MRC Rouville, MRC Pierre-De Saurel

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: Centraide Richelieu-Yamaska, provincial

Legal status: non-profit organization

ASSOCIATION DES LOCATAIRES DE H.L.M DE SOREL-TRACY

264 Robidoux Street, Soeurl-Tracy, Montérégie, QC, J3P 4S2
450 743-9207
Email: adhlms-t@hotmail.com


Eligibility: tenants of the Habitations à Loyer Modique (HLM) in the MRC Pierre-De Saurel

Coverage area: MRC Pierre-De Saurel

Hours: Monday to Friday 8h00 to 16h00

Fees: none

Financing: grants

Legal status: non-profit organization

BIENVILLE, ALLONS DE L’AVANT!

91 Quinn Street, Longueuil, Montérégie, QC, J4H 0A5
450 677-5608
Email: coordonnatrice.bienne@gmail.com


Eligibility: tenants of Bienville and Desaulniers low cost housings

Coverage area: Longueuil

Hours: reception: Monday to Thursday 8h00 to 16h00, variable according to activities

Financing: grants, self-financing

Legal status: non-profit organization

COMITÉ LOGEMEN’MÊLE

1195 Saint-Antoine Street, Suite 306, Saint-Hyacinthe, Montérégie, QC, J2S 3K6
450 502-5643
Website: logemenmele.org
Email: comitelogemenmele@gmail.com

Services: Assistance to tenants.* Information about housing laws.* Meetings and accompaniment to adress a formal notice.* Preparation for an audience at the Régie du logement.* Accompagnement to the Régie du logement.* Tenant's rights and obligations workshop.* Coffee meetings.* Participation in rallying and mobilization activities.

Eligibility: tenants and small owners

Coverage area: MRC Les Maskoutains

Hours: Monday to Thursday 9h00 to 16h00, Friday 9h00 to 12h00

Fees: none

Financing: grants

Legal status: non-profit organization
COMITÉ LOGEMENT BEAUHARNOIS
600 Ellice Street, Suite 105, Beauharnois, Montérégie, QC, J6N 3P7
450 429-3000
Email: cbeauharnois@gmail.com
Services: * Advocacy for tenants. * Information, awareness, development and promotion of access to social housing. * Activities, workshops and training.
Eligibility: tenants
Coverage area: Beauharnois, Léry, Saint-Étienne-de-Beauharnois, Sainte-Martine
Hours: Monday to Thursday 9h00 to 16h00
Fees: none
Financing: Centraide Sud-Ouest du Québec, provincial
Legal status: non-profit organization

COMITÉ LOGEMENT RIVE-SUD - BUREAU DE CHÂTEAUGUAY
311 McLeod Street, Châteauguay, Montérégie, QC, J6J 2H8
Fax: 450 699-7014
Website: www.comite-logement.org
Email: info@comite-logement.org
Eligibility: tenants
Coverage area: South Shore of Montréal
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Fees: none
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

COMITÉ LOGEMENT RIVE-SUD - BUREAU DE LONGUEUIL
173 Sainte-Catherine Street, Longueuil, Montérégie, QC, J4H 2B4
1 866 399-3060 Fax: 450 699-7014
Website: www.comite-logement.org
Email: info@comite-logement.org
Eligibility: tenants
Coverage area: South Shore of Montréal
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Fees: none
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

COMITÉ LOGEMENT VALLEYFIELD
107 Jacques-Cartier Street, Suite 10, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4R8
450 377-3060
Website: comitelogementvalleyfield.com
Email: info@comitelogementvalleyfield.com
Coverage area: MRC Beauharnois-Salaberry (except for Beauharnois)
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30 by appointment
Fees: none
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

FÉDÉRATION DES COOPÉRATIVES D'HABITATION MONTÉRÉGIENNES
150 Grant Street, Suite 124, Longueuil, Montérégie, QC, J4H 3H6
1 888 651-5520 Fax: 450 651-5522
Website: cooperativehabitation.coop/monteregie
Email: info@fecham.coop
Eligibility: housing cooperatives, people searching for housing
Capacity: 100 cooperatives
Coverage area: Montérégie
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00
Financing: grants
Legal status: non-profit organization

FÉDÉRATION RÉGIONALE DES OSBL D'HABITATION DE LA MONTÉRÉGIE ET DE L'ESTRIE
Confidential Address
450 201-0786
Website: frohme.rqoh.com
Email: info@frohm.org
Services: Grouping of housing NPOs from Montérégie. * Management support: finance, accounting, training, secretaryship, mediation, representation. * Promotion of interests of housing NPOs to local and regional authorities. * Group purchasing, insurance and other benefits.
Eligibility: housing NPOs, general population
Coverage area: Montérégie, Estrie
Hours: by appointment only
Fees: contribution: $12 per unit, $7 per room or temporary bed
Financing: contributions
Legal status: non-profit organization

GROUPE DE RESSOURCES TECHNIQUES DU SUD-OUEST
11 de l'Église Street, Suite 141, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1J5
450 373-7067 Fax: 450 373-0212
Email: info@grtso.ca
Eligibility: non-profit organizations
Coverage area: MRC Vaudreuil-Soulanges
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00
Financing: provincial, self-financing
Legal status: non-profit organization

HABITATIONS SAINT-MAXIME
71 de Ramezay Street, Suite 212, Sorel-Tracy, Montérégie, QC, J3P 3Z1
450 742-0183 Fax: 450 746-7108
Email: grths.claude@videotron.ca
Eligibility: low and middle families income with three or more children
Capacity: 20 units
Coverage area: MRC Pierre-de-Saurel, priority to people living in Sorel-Tracy
**INSTITUT NAZARETH ET LOUIS-BRAILLE**

1111 Saint-Charles Street West, Suite 200, Longueuil, Montérégie, QC, J4K 5G4  
1 800 361-7063    Fax: 450 463-0243  
Website: www.inlb.qc.ca    Email: info.inlb@ssss.gouv.qc.ca  


**Eligibility:** people living with a visual impairment  
**Coverage area:** Montréal Island, Montérégie, Laval  
**Hours:** Monday to Friday 8h00 to 17h00, store: Monday to Thursday 9h00 to 17h00  
**Financing:** provincial  
**Legal status:** parapublic organization

**MAISON LA VIREVOLTE**

335 Le Moyne Street West, Longueuil, Montérégie, QC, J4H 1W4  
450 651-1901    Fax: 450 651-9125  
Website: www.maisonlavirevolte.com    Email: info@maisonlavirevolte.com  


**Eligibility:** families living in the borough of Vieux-Longueuil, in particular those living in HLMs  
**Coverage area:** Vieux-Longueuil  
**Hours:** Monday to Friday 9h00 to 17h00  
**Fees:** membership: $5 per family or $2 per person, other fees for specific activities  
**Financing:** Centraide of Greater Montréal, federal, provincial  
**Legal status:** non-profit organization

**MAISONNETTE BERTHELET (LA)**

1254 Blainville Street, Longueuil, Montérégie, QC, J4M 1H6  
450 448-4418  
Website: lamaisonnetteberthelet.org    Email: info@lamaisonnetteberthelet.org  

**Services:** * Support and referral. * Information on tenants' rights and advocacy of people living in HLM. * Cultural, sports and recreational activities for youth 5 to 17 years old. * Homework assistance. * Coffee-meetings and workshops for adults. * Distribution of food baskets.  

**Eligibility:** people on a low income or immigrants  
**Capacity:** 85 families  
**Coverage area:** Gentilly neighbourhood  
**Hours:** Tuesday to Friday 9h00 to 20h30, variable according to activities  
**Financing:** provincial, federal, municipal  
**Legal status:** non-profit organization
OFFICE D'HABITATION DE LA HAUTE-YAMASKA-ROUVILLE
100 Robinson Street South, Suite 127, Granby, Montérégie, QC, J2G 7L4
450 372-1300   Fax: 450 372-4145
Website: ohhyr.ca
Email: info@ohhyr.ca
Eligibility: individuals and families on a low and moderate income
Capacity: 574 units
Coverage area: MRC La Haute-Yamaska, MRC Rouville
Hours: Monday, Tuesday, Thursday and Friday 8h00 to 12h00 and 13h00 to 16h00, Wednesday 13h00 to 16h00
Financing: provincial, municipal
Legal status: municipal agency

OFFICE D'HABITATION DE LONGUEUIL
445 Labonté Street, Longueuil, Montérégie, QC, J4H 2P8
450 670-2733   Fax: 450 670-0084
Website: www.omhl.org
Email: omhl@omhl.org
Eligibility: individuals and families on a low and moderate income
Capacity: 3912 units
Coverage area: Longueuil agglomeration
Hours: Monday to Thursday 8h30 to 12h00 and 13h30 to 16h00, Friday 8h30 to 12h00
Financing: municipal, provincial
Legal status: non-profit organization

OFFICE D'HABITATION DU HAUT-SAINT-LAURENT
35 Hector Street, Ormstown, Montérégie, QC, J0S 1K0
450 829-2522
Website: www.ohhsl.com
Email: direction@ohhsl.com
Eligibility: individuals and families on a low and moderate income
Capacity: 179 units
Coverage area: MRC Le Haut-Saint-Laurent
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 15h00
Financing: provincial, municipal
Legal status: municipal agency

OFFICE MUNICIPAL D'HABITATION DE BEAUHARNOIS
186 Saint-Louis Road, Beauharnois, Montérégie, QC, J6N 2H9
450 429-5798   Fax: 450 429-5363
Website: ville.beauharnois.qc.ca/logement-social
Email: directeur@omhbeauharnois.com
Eligibility: seniors 60 years and over, individuals 60 years and under and families
Capacity: 172 units
Coverage area: Saint-Étienne-de-Beauharnois
Fees: 25% of income, including heating, except for subsidized units
Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE CHÂTEAUGUAY
33 Saint-Joseph Boulevard, Châteauguay, Montérégie, QC, J6K 4P9
450 692-9652 Fax: 450 692-4387
Website: www.omhchateauguay.org
Email: omh@omhchateauguay.org
Services: Management and administration of housing and housing programs: Low-rent housing (HLM), Rent supplement program (PSL), Québec affordable housing program, Referral service, Accès Logis program.
Eligibility: individuals and families on a low or moderate income
Coverage area: Châteauguay
Hours: Monday, Tuesday and Thursday 9h00 to 12h00 and 13h00 to 16h00, Wednesday and Friday 13h00 to 16h00
Financing: grants
Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE MARGUERITE D'YOUVILLE
609 Marie-Victorin Road, Verchères, Montérégie, QC, J0L 2R0
450 583-3563 Fax: 450 849-1122
Email: infoomh@margueritedyouville.ca
Services: Manage and administer housing and housing programs. * Low-rent housing (HLM). * Rent supplement program (PSL).
Eligibility: single individuals, seniors and families on a low or moderate income
Coverage area: MRC Marguerite-D'Youville
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: municipal
Legal status: municipal agency

OFFICE MUNICIPAL D'HABITATION DE MCMASTERVILLE
345 4th Avenue, Mcmasterville, Montérégie, QC, J3G 1R6
450 774-5188
Email: OMHmcmasterville@videotron.ca
Eligibility: people aged 50 and over on a low income
Capacity: 15 units
Coverage area: Mcmasterville
Financing: municipal
Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE SAINT-URBAIN-PREMIER
186 Saint-Louis Road, Beauharnois, Montérégie, QC, J6N 2H9
450 429-5798 Fax: 450 698-3356
Email: directeur@omhbeauharnois.com
Eligibility: individuals and families on a low and moderate income
Capacity: 10 units
Coverage area: Saint-Urbain-Premier
Financing: municipal
Legal status: municipal agency

OFFICE MUNICIPAL D'HABITATION DE SALABERRY-DE-VALLEYFIELD
80 Académie Street, Suite 1, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4X1
450 371-8660 Fax: 450 371-1426
Email: accueil@omhvalleyfield.ca


Eligibility: people and families on a low or moderate income
Capacity: 381 units
Coverage area: Salaberry-De-Valleyfield
Financing: municipal, provincial
Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DES MASKOUTAINS ET D'ACTON
1925 Pratte Avenue, Suite 100, Saint-Hyacinthe, Montérégie, QC, J2S 8R7
450 774-5188
Website: www.omhsthyacinthe.ca
Email: ohma@ohma.ca


Eligibility: individuals and families on a low and moderate income
Capacity: 843 units
Coverage area: MRC Acton, MRC les Maskoutains
Financing: provincial, municipal
Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DU BASSIN DE CHAMBLY
30 Lafontaine Street, Suite 211, Chambly, Montérégie, QC, J3L 3K1
450 658-0248 Fax: 450 658-9851
Email: direction@omhbdc.ca

Services: * Management and administration of housing and housing programs: Low-rent housing (HLM) and Rent supplement program (PSL).

Eligibility: individuals and families on a low and moderate income who are Canadian citizens or permanent residents and who have lived in the territory of the Communauté métropolitaine de Montréal for 12 months in the 24 months preceding their application
Coverage area: Province of Québec
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 9h00 to 12h00
Financing: municipal, provincial, federal
Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION HAUT-RICHELIEU
145 Latour Street, Suite 100, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 7T8
450 348-3831
Website: www.omhhr.com
Email: info@omhhr.com

Eligibility: housing: individuals, seniors and families on a low or moderate income who are Canadian citizens or permanent residents and who have lived in the territory of Saint-Jean-sur-Richelieu for 12 months in the 24 months preceding their application
Capacity: 726 units
Coverage area: Napierville, Hemmingford, Lacolle, Saint-Jean-sur-Richelieu, Mont-Saint-Grégoire, Saint-Alexandre
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h00
Financing: municipal, provincial, federal
Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION PIERRE-DE SAUREL
264 Robidoux Street, Sorel-Tracy, Montérégie, QC, J3P 7Y2
450 743-0033 Fax: 450 743-0034
Email: info@ohpierredesaurel.com
Eligibility: individuals and families on a low and moderate income
Capacity: 510 units
Coverage area: MRC Pierre-De Saurel
Hours: Monday to Thursday 8h00 to 12h00 and 13h30 to 16h30, Friday 8h00 to 12h00
Financing: provincial, municipal
Legal status: municipal agency

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.
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

OFFICE RÉGIONAL D'HABITATION?DE LA VALLÉE-DU-RICHELIEU
250 Radisson Street, Mont-Saint-Hilaire, Montérégie, QC, J3H 2Z4
450 464-3696 Website: www.mrcvr.ca/services/vie-communautaire/orhvr
Email: info@orhvr.ca
Eligibility: individuals and families on a low or moderate income
Coverage area: Beloeil, Otterburn Park, Mont-Saint-Hilaire, Saint-Basile-le-Grand and Saint-Jean-Baptiste
Hours: Monday to Thursday 9h00 to 11h30 and 13h30 to 16h00
Financing: municipal, provincial
Legal status: parapublic organization
SOCIÉTÉ LOCATIVE D'INVESTISSEMENT ET DE DÉVELOPPEMENT SOCIAL
311 McLeod Street, Châteauguay, Montérégie, QC, J6J 2H8
1 855 699-1392     Fax: 450 699-8297
Website: www.solides.info/registration
Email: admin@solides.ca
Services: Development of low-rent housing. * Acquisition, renovation and construction of housing. * Housing administration.
Eligibility: people on a low or moderate income
Capacity: 613 apartments
Coverage area: Châteauguay, Longueuil, Lachine, Verdun
Hours: Monday to Friday 9h00 to 17h00
Financing: self-financing, donations, grants
Legal status: non-profit organization

TRIBUNAL ADMINISTRATIF DU LOGEMENT - LONGUEUIL
201 Charles-Le Moyne Place, Ground Floor, Longueuil, Montérégie, QC, J4K 2T5
514 873-2245     Fax: 514 864-8077
Website: www.tal.gouv.qc.ca/en
Eligibility: tenants, landlords
Coverage area: agglomeration of Longueuil
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: variable
Financing: provincial
Legal status: provincial government agency

TRIBUNAL ADMINISTRATIF DU LOGEMENT - SAINT-HYACINTHE
3225 Cusson Avenue, Suite 2540, Saint-Hyacinthe, Montérégie, QC, J2S 0H7
1 800 683-2245     Fax: 1 877 907-8077
Website: www.tal.gouv.qc.ca/en
Services: Specialized tribunal that the authority regarding residential lease matters. * Information to citizens about their rights and obligations relating to their lease. * Reaching agreements between landlords and tenants. * Protection of the rights of tenants. * Assistance with filling court application forms. * Online calculation tool for rent fixation: www.tal.gouv.qc.ca/fr/calcul-pour-la-fixation-de-loyer/outil-de-calcul
Eligibility: tenants, landlords
Coverage area: Saint-Hyacinthe
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: variable
Financing: provincial
Legal status: provincial government agency

TRIBUNAL ADMINISTRATIF DU LOGEMENT - SAINT-JEAN-SUR-RICHELIEU
1 800 683-2245     Fax: 1 877 907-8077
Website: www.tal.gouv.qc.ca/en
Services: Specialized court that has the authority regarding residential lease matters. * Information to citizens about their rights and obligations relating to their lease. * Reaching agreements between landlords and tenants. * Protection of the rights of tenants. * Assistance with filling court application forms. * Online calculation tool for rent fixation: www.tal.gouv.qc.ca/fr/calcul-pour-la-fixation-de-loyer/outil-de-calcul
Eligibility: tenants, landlords
Housing

Coverage area: Saint-Jean-Sur-Richelieu
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: variable
Financing: provincial
Legal status: provincial government agency

TRIBUNAL ADMINISTRATIF DU LOGEMENT - VALLEYFIELD
151 Salaberry Street, Suite 1.20, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2H8
1 800 683-2245  Fax: 1 877 907-8077
Website: www.tal.gouv.qc.ca/en

Services: Specialized tribunal that the authority regarding residential lease matters. * Information to citizens about their rights and obligations relating to their lease. * Reaching agreements between landlords and tenants. * Protection of the rights of tenants. * Assistance with filling court application forms. * Online calculation tool for rent fixation: www.tal.gouv.qc.ca/fr/calcul-pour-la-fixation-de-loyer/outil-de-calcul

Eligibility: tenants, landlords
Coverage area: Salaberry-De-Valleyfield
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: variable
Financing: provincial
Legal status: provincial government agency

Housing search assistance

ABRI DE LA RIVE-SUD
459 Sainte-Foy Boulevard, Longueuil, Montérégie, QC, J4J 1X9
450 646-7809  Fax: 450 646-4522
Website: abri-rive-sud.org
Email: intervenant@abri-rive-sud.org


Eligibility: homeless people 18 years old and over
Capacity: 30 places in single rooms
Coverage area: Montérégie
Hours: housing: 24 hours / 7 days, day services: Monday, Wednesday to Friday 9h00 to 12h00 and 13h00 to 16h00, Tuesday 13h00 to 16h00, PO boxes: at all times except for Tuesday morning
Fees: none
Financing: donations, provincial, federal
Legal status: non-profit organization

AIGUILLAGE (L')
536 Chicoine Street, Vaudreuil-Dorion, Montérégie, QC, J7V 7E4
450 218-6418  Fax: 450 218-6419
Website: www.aiguillage.ca
Email: info@aiguillage.ca


Eligibility: emergency shelter: young adults 18 years old and over, other services: all ages
Capacity: 19 beds
Coverage area: MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges
ASSOCIATION D’INFORMATIONS EN LOGEMENTS ET IMMEUBLES ADAPTÉS
150 Grant Street, Suite 228, Longueuil, Montérégie, QC, J4H 3H6
450 646-4343
Website: www.ailia.info
Email: ailia150grant@gmail.com
Services: Regional reference regarding adapted housing and universal accessibility. * Assistance with accessible apartments search. * Assistance with procedures regarding programs for home adaptation or allowances for apartment adaptation. * Information resource for universal accessibility.
Eligibility: people of all ages living with a disability or any type of impairment
Coverage area: Montérégie
Hours: Monday to Thursday 9h30 to 17h00
Financing: provincial
Legal status: non-profit organization

CENTRE DE TRANSITION PERCEVAL INC.
148 George Street, Suite 203, Sorel-Tracy, Montérégie, QC, J3P 1C6
450 746-1860  Fax: 450 746-2970
Email: centre.perceval@videotron.ca
Eligibility: people aged 18 to 65 living with severe and persistent mental health and other severe psychosocial adjustment disorders
Coverage area: MRC Pierre-De Saurel
Hours: Monday to Friday 8h00 to 16h00
Fees: none
Financing: donations, provincial
Legal status: non-profit organization

COMITÉ LOGEMEN’MÊLE
1195 Saint-Antoine Street, Suite 306, Saint-Hyacinthe, Montérégie, QC, J2S 3K6
450 502-5643
Website: logemenmemele.org
Email: comitelogemenmemele@gmail.com
Services: Assistance to tenants.* Information about housing laws.* Meetings and accompaniment to adress a formal notice.* Preparation for an audience at the Régie du logement.* Accompaniment to the Régie du logement.* Tenant’s rights and obligations workshop.* Coffee meetings.* Participation in rallying and mobilization activities.
Eligibility: tenants and small owners
Coverage area: MRC Les Maskoutains
Hours: Monday to Thursday 9h00 to 16h00, Friday 9h00 to 12h00
Fees: none
Financing: grants
Legal status: non-profit organization
COOPÉRATIVE D'INITIATION À L'ENTREPRENEURIAT COLLECTIF - BROSSARD
5964 Auteuil Avenue, Brossard, Montérégie, QC, J4Z 1N2
450 550-3813
Website: www.cqcm.coop/microsites/coop-dinitiation-a-lentrepreneuriat-collectif
Email: ciec.supplement.terre@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: Brossard
Hours: summer
Fees: variable
Financing: provincial, self-financing
Legal status: cooperative

COOPÉRATIVE D'INITIATION À L'ENTREPRENEURIAT COLLECTIF - CHÂTEAUGUAY
105 Lauzon Street, Châteauguay, Montérégie, QC, J6J 3H6
450 699-8001
Website: www.cqcm.coop/microsites/coop-dinitiation-a-lentrepreneuriat-collectif
Email: coop@cjechateauguay.org
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: Châteauguay
Hours: summer
Fees: variable
Financing: provincial, self-financing
Legal status: cooperative

COOPÉRATIVE D'INITIATION À L'ENTREPRENEURIAT COLLECTIF - SAINT-RÉMI
2 Henderson Street, Suite 1, Huntingdon, Montérégie, QC, J0S 1H0
450 454-5814
Website: www.cqcm.coop
Email: cjs.saintremi1@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: MRC Les Jardins-de-Napierville
Hours: summer
Fees: variable
Financing: self-financing
Legal status: cooperative

COOPÉRATIVE D'INITIATION À L'ENTREPRENEURIAT COLLECTIF - SOREL-TRACY
37 du Roi Street, Suite 200, Sorel-Tracy, Montérégie, QC, J3P 4M6
450 743-1441 ext. 206
Website: coopjet.wixsite.com/coopjetst
Email: coopjet@hotmail.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: Sorel-Tracy
Hours: summer
Fees: variable
Financing: self-financing
Legal status: cooperative

COOPÉRATIVE DE SOLIDARITÉ EN ENTRETIEN MÉNAGER DU BAS-RICHELIEU
71 de l'Hôtel-Dieu Avenue, Sorel-Tracy, Montérégie, QC, J3P 4J9
450 743-9181     Fax: 450 743-3306
Website: www.cooptretien.com
Email: coopentretiensem@videotron.ca

Services: At-home assistance. * Subsidized light works: cleaning, dusting, laundry, ironing, meals preparation, grocery shopping and other errands. * Subsidized heavy works: window cleaning, floor cleaning and waxing, appliances, garage and basement cleaning. * Non-subsidized works: seasonal works, repairation or furniture mounting, pets care, daily assistance, logistic assistance, care and home surveillance, leaves pick-up, snow removal, gardening, assistance with packing for a house move, etc. * Help with daily life: hygiene, partial toilet and bath, incontinence care, help with getting up and going to bed, safe travel, accompaniment for medical appointments, at the pharmacy or at the bank. * Presence and monitoring: stimulation, help with medication, respite for caregivers.

Eligibility: people needing an occasional or continuous assistance, people 65 years and over or referred by the CLSC, people with a temporary or permanent physical disability, single-parent families

Coverage area: MRC Pierre-De Saurel, Contrecoeur

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Fees: fees according to the age and income, grants available for people 65 years and over or referred by the CLSC, non-subidized services: starting from $24 per hour

Financing: grants, self-financing

Legal status: non-profit organization

COOPÉRATIVE DE SOLIDARITÉ EN SERVICE D’AIDE À DOMICILE MOBIL’AIDE
55 5th Avenue, Saint-Jean-sur-Richelieu, Montérégie, QC, J2X 1T1
450 346-1011     Fax: 450 346-2655
Email: info@mobilaide.com


Eligibility: priority to seniors 65 years and over and people with a degenerative disease and a loss of autonomy

Coverage area: CLSC de la Vallée-des-Forts et du Richelieu

Hours: office: Monday to Friday 7h30 to 16h00

Fees: light handiwork: $27 per hour, heavy handiwork: $31 per hour, fees may be partly paid by the Régie de l’assurance maladie

Financing: provincial, self-financing, grants

Legal status: non-profit organization

COUP DE POUCE DES MOISSONS
196 Saint-Louis Road, Beauharnois, Montérégie, QC, J6N 2J1
1 888 429-4229     Fax: 450 429-6364
Website: cpmaide.ca
Email: direction@cpmaide.ca


Eligibility: seniors, people who are ill, living with a disability or with a loss of autonomy

Coverage area: MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Roussillon

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00

Fees: variable depending on income and age

Financing: provincial, self-financing

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

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**LE 2159**
2159 de Chambly Road, Longueuil, Montérégie, QC, J4J 3Z1
450 396-6426
Website: www.le2159.com
Email: info@le2159.com

**Services:** * Mid and long-term housing. * Activities and workshops offered on a weekly basis on various topics. * Psychosocial intervention: individual meetings with a counsellor. * Accompaniment for a return to school, an internship, job or apartment search and for appointments. * Social reinsertion through internships.

**Eligibility:** youth 17 to 25 at risk of delinquency, homelessness, sexual exploitation or mental health issues

**Capacity:** 16 rooms

**Coverage area:** Montérégie

**Hours:** Monday to Friday 8h30 to 16h30

**Fees:** none

**Financing:** federal, provincial, foundations, fundraising campaigns

**Legal status:** non-profit organization

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**LONGUEUIL - CITY**
4250 de la Savane Road, Longueuil, Montérégie, QC, J3Y 9G4
311  Fax: 450 463-7400
Website: www.longueuil.quebec/en
Email: 311@longueuil.quebec


**Coverage area:** Longueuil

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, summer: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00

**Financing:** municipal

**Legal status:** municipal agency

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**MACADAM SUD**
895 Sainte-Hélène Street, Longueuil, Montérégie, QC, J4K 3R7
450 677-9021  Fax: 450 677-4741
Website: macadamsud.org
Email: info@macadamsud.org

Eligibility: youth 12 to 35 years old marginalized or at risk of marginalization, Squat: youth 12 to 17 years old, Espace-jeunes: youth 15 to 35 years old, any person in distress

Coverage area: Longueuil, Brossard

Hours: services: variable, administration: Monday to Friday 9h00 to 17h00

Fees: none

Financing: federal, provincial, fundraising campaigns, foundations, municipal, Centraide of Greater Montréal

Legal status: non-profit organization

MAISON DE LA FAMILLE DES MASKOUTAINS
2130 Mailhot Avenue, Saint-Hyacinthe, Montérégie, QC, J2S 9E1
450 771-4010 Fax: 450 250-0272
Website: www.mfm.qc.ca
Email: accueil@mfm.qc.ca


Eligibility: families, seniors, caregivers, children, immigrants, refugees

Coverage area: MRC Les Maskoutains

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

Fees: membership card: $10 per year, drop-in respite: free, educational childcare services: $20 per 4-week session, including meals, Tablette et cie: free for members, $5 per 4-month session for non-members, community meals: variable

Financing: provincial, donations, grants, membership fees

Legal status: non-profit organization

MAISON DE LA JEUNESSE 12-17 DE VALLEYFIELD
42, Anderson Street, Salaberry-de-Valleyfield, Montérégie, QC, J6S 0L1
450 373-6788
Website: mdjvalleyfield.com
Email: direction@mdjvalleyfield.com


Eligibility: youth 12 to 17 years old

Coverage area: Salaberry-de-Valleyfield

Hours: reception and administration: Monday to Friday 9h00 to 16h00, regular intervention and animation schedule: Monday to Thursday 16h30 to 21h00, Friday 16h30 to 22h00, Saturday 14h00 to 21h00, summer intervention and animation schedule: Monday to Thursday 13h00 to 21h00, Friday 13h00 to 22h00, Saturday 13h00 to 18h00

Legal status: non-profit organization
MAISON INTERNATIONALE DE LA RIVE-SUD
2500 Lapinière Boulevard, Brossard, Montérégie, QC, J4Z 3V1
450 445-8777  Fax: 450 445-1222
Website: mirs.qc.ca
Email: info@mirs.qc.ca
Eligibility: immigrants and refugees
Coverage area: South Shore
Hours: Monday to Friday 9h00 to 17h00
Fees: variable costs for some services: certification of documents, translation, daycare
Financing: provincial, federal, self-financing
Legal status: non-profit organization

OFFICE D'HABITATION DE LONGUEUIL
445 Labonté Street, Longueuil, Montérégie, QC, J4H 2P8
450 670-2733  Fax: 450 670-0084
Website: www.omhl.org
Email: omhl@omhl.org
Eligibility: individuals and families on a low and moderate income
Capacity: 3912 units
Coverage area: Longueuil agglomeration
Hours: Monday to Thursday 8h30 to 12h00 and 13h30 to 16h00, Friday 8h30 to 12h00
Financing: municipal, provincial
Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE CHÂTEAUGUAY
33 Saint-Joseph Boulevard, Châteauguay, Montérégie, QC, J6K 4P9
450 692-9652  Fax: 450 692-4387
Website: www.omhchateauguay.org
Email: omh@omhchateauguay.org
Services: Management and administration of housing and housing programs: Low-rent housing (HLM), Rent supplement program (PSL), Québec affordable housing program, Referral service, Accès Logis program.
Eligibility: individuals and families on a low or moderate income
Coverage area: Châteauguay
Hours: Monday, Tuesday and Thursday 9h00 to 12h00 and 13h00 to 16h00, Wednesday and Friday 13h00 to 16h00
Financing: grants
Legal status: non-profit organization

PORTE DU PASSANT (LA)
80 Phipps Street, Sorel-Tracy, Montérégie, QC, J3P 4B7
450 743-4803  Fax: 450 855-4858
Website: laportedupassant.org
Email: laportedupassant@videotron.ca

**Eligibility:** general population, people experiencing homelessness, people living in financial insecurity or poverty, showers, residential support with accompaniment and rest stop: homeless people

**Capacity:** 50

**Coverage area:** MRC Pierre-De Saurel

**Hours:** services: Monday to Friday 8h00 to 15h00, administration: Monday to Friday 8h00 to 16h00

**Fees:** membership card to be a part of the membership advisory committee, but not required for access to services: $5, meals: variable

**Financing:** self-financing, contributions, donations

**Legal status:** non-profit organization

**Réseau d'Habitations Chez Soi**

3115 Saint-Hubert Montée, Longueuil, Montérégie, QC, J3Y 4J2

**Services:** * Housing search assistance and follow-up within the living environment. * Promotion of social housing for people living with mental health problems or with unstable housing conditions.

**Eligibility:** adults with mental health problems, experiencing or at risk of homelessness

**Coverage area:** Longueuil, MRC Marguerite-D’Youville, Boucherville, Brossard, La Prairie, Saint-Bruno-de-Montarville, Saint-Lambert, Saint-Philippe

**Hours:** Monday to Friday 9h00 to 16h30

**Financing:** provincial, grants

**Legal status:** non-profit organization

**Service d'Aide Domestique Jardins-Roussillon**

23 Montée des Bouleaux, Suite 100, Saint-Constant, Montérégie, QC, J5A 1B6


**Eligibility:** seniors, people with a loss of autonomy, disabled or sick

**Coverage area:** Candiac, Delson, La Prairie, Sainte-Catherine, Saint-Constant, Saint-Isidore, Saint-Mathieu, Saint-Philippe, MRC les Jardins-de-Napierville

**Hours:** Monday to Friday 8h30 to 16h30

**Fees:** housekeeping: variable according to income, respite: free with referral from the CLSC, personal assistance: $30 per hour

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

**Travail de Milieu Candiac et Sainte-Catherine**

125 Haendel Road, Candiac, Montérégie, QC, J5R 1R7

Eligibility: youth from 12 to 25 years old, marginalised or in a vulnerable situation, people experiencing homelessness or at risk of homelessness

Coverage area: people aged 12 to 25: Candiac, Sainte-Catherine, people aged 18 and over who are experiencing homelessness or at risk of being homeless: Candiac, Delson, La Prairie, Sainte-Catherine, Saint-Constant, Saint-Mathieu, Saint-Philippe

Hours: Monday to Friday 9h00 to 23h00

Fees: none

Financing: grants

Legal status: non-profit organization

Social housing and housing cooperatives

CO-OP D'HABITATION L'ESPERANCE DE VALLEYFIELD
192 Saint-Louis Street, apartment 5, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1N7
514 843-6929
Email: cooplesperance2@hotmail.com

Services: Housing cooperative.

Eligibility: people and families on a low income

Capacity: 18 units

Coverage area: Salaberry-de-Valleyfield

Financing: self-financing

Legal status: cooperative

CO-OP D'HABITATION LA CHAUMINE, VALLEYFIELD
75 Viau Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4Y1

Services: Housing cooperative. * 3 1/2, 4 1/2 and 5 1/2 apartments.

Eligibility: single people and families on a low or modest income

Capacity: 12 units

Coverage area: Salaberry-De-Valleyfield

Financing: self-financing

Legal status: cooperative

COMITÉ LOGEMENT RIVE-SUD - BUREAU DE CHÂTEAUGUAY
311 McLeod Street, Châteauguay, Montérégie, QC, J6J 2H8    Fax: 450 699-7014
Website: www.comite-logement.org
Email: info@comite-logement.org


Eligibility: tenants

Coverage area: South Shore of Montréal

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

Fees: none

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

COMITÉ LOGEMENT RIVE-SUD - BUREAU DE LONGUEUIL
173 Sainte-Catherine Street, Longueuil, Montérégie, QC, J4H 2B4
1 866 399-3060    Fax: 450 699-7014
Website: www.comite-logement.org
Email: info@comite-logement.org
Eligibility: tenants
Coverage area: South Shore of Montréal
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Fees: none
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

COOP D’HABITATION HORIZON DORE
270 Taillefer Street, suite 112, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2Z5
Services: Cooperative housing for seniors.
Eligibility: seniors
Coverage area: MRC Beauharnois-Salaberry
Financing: self-financing
Legal status: cooperative

COOP D’HABITATION LA PRINTANIÈRE
138 Lanctôt Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2Y9
Services: Housing cooperative.
Eligibility: people and families on a low or modest income
Capacity: 6 units 4 1/2, 4 units 5 1/2
Coverage area: Salaberry-de-Valleyfield
Financing: self-financing
Legal status: cooperative

COOPERATIVE D’HABITATION FLORALIES, VALLEYFIELD (LA)
386A Saint-Jean-Baptiste Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2B3
Email: coopfloralie@gmail.com
Services: Housing cooperative.
Eligibility: people and families on a low or modest income
Capacity: 28 units
Coverage area: Salaberry-de-Valleyfield
Financing: self-financing
Legal status: cooperative

COOPÉRATIVE DE SOLIDARITÉ EN HABITATION LA SEIGNEURIE DE BOUCHERVILLE
810 Jean-Deslauriers Street, Boucherville, Montérégie, QC, J4B 0L3
450 356-3100
Email: coopseigneurie@gmail.com
Eligibility: autonomous seniors 70 years and over with an income below $45,000 for a single person or $62,000 for a couple
Capacity: 80 apartments
Coverage area: Boucherville
Hours: administration: Monday to Friday 8h00 to 16h00
Fees: subsidized housing: 25% of income according to the provincial notice of assessment, 5 meals per week included
Financing: provincial, self-financing
Legal status: cooperative
Housing

FÉDÉRATION DES COOPÉRATIVES D’HABITATION MONTÉRÉGIENNES
150 Grant Street, Suite 124, Longueuil, Montérégie, QC, J4H 3H6
1 888 651-5520 Fax: 450 651-5522
Website: cooperativehabitation.coop/monteregie
Email: info@fecham.coop
Eligibility: housing cooperatives, people searching for housing
Capacity: 100 cooperatives
Coverage area: Montérégie
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00
Financing: grants
Legal status: non-profit organization

HABITATIONS LA GALILLARDE
90 Foucreault Street, Suite 100, Saint-Philippe, Montérégie, QC, J0L 2K0
450 907-0634
Email: la.gaillarde@videotron.ca
Services: Subsidized and non-subsidized housing. * 3½, 4½ and 5½ apartments. * Adapted units for people with reduced mobility. * Community hall.
Eligibility: autonomous seniors 65 years and over, single people and couples under 65 years, families
Capacity: seniors: 18 subsidized units, under 65 years old: 6 subsidized units
Coverage area: MRC Roussillon
Fees: subsidized units: 25% of income
Financing: provincial
Legal status: non-profit organization

HABITATIONS LA PETITE PRAIRIE (LES)
320 Conrad-Pelletier Street, Suite 100, La Prairie, Montérégie, QC, J5R 4B2
450 201-0786
Services: Subsidized housing for families and single people.
Eligibility: people and families on a low or medium income
Capacity: 16 apartments
Coverage area: La Prairie
Fees: 25% of income according to the provincial notice of assessment
Financing: grants
Legal status: non-profit organization

HABITATIONS LOGIS-CIEL
67 Pinsonneault Street, Saint-Constant, Montérégie, QC, J5A 2T4
450 201-0786
Services: Subsidized and non-subsidized housing for seniors, young families and people living alone. * 3½, 4½ and 5½ apartments. * Adapted housing for people with reduced mobility.
Eligibility: seniors 65 years and over, autonomous or with a slight loss of autonomy, young families and people living alone, on a low or modest income
Capacity: 26 apartments, 13 are subsidized
Coverage area: MRC Roussillon
Fees: subsidized housing: 25% of income according to the provincial notice of assessment
Financing: provincial
Legal status: non-profit organization
HABITATIONS SAINT-MAXIME
71 de Ramezay Street, Suite 212, Sorel-Tracy, Montérégie, QC, J3P 3Z1
450 742-0183  Fax: 450 746-7108
Email: grths.claude@videotron.ca
Eligibility: low and middle families income with three or more children
Capacity: 20 units
Coverage area: MRC Pierre-de-Saurel, priority to people living in Sorel-Tracy
Fees: 25% of income according to the provincial notice of assessment
Financing: provincial
Legal status: non-profit organization

HABITATIONS TRILOGIS SAINT-CONSTANT (LES)
30 Saint-Pierre Street, Saint-Constant, Montérégie, QC, J5A 1B8
450 638-8333
Email: trilogis@outlook.com
Services: Subsidized housing for seniors, young families and people living alone. * 3½ and 4½ apartments. * Adapted housing for people with reduced mobility.
Eligibility: seniors 65 years and over, autonomous or with a slight loss of autonomy, young families and people living alone, on a low or modest income
Capacity: 44 apartments
Coverage area: MRC Roussillon
Fees: 25% of income based on provincial notice of assessment
Financing: provincial
Legal status: non-profit organization

OFFICE D'HABITATION DE LA HAUTE-YAMASKA-ROUVILLE
100 Robinson Street South, Suite 127, Granby, Montérégie, QC, J2G 7L4
450 372-1300  Fax: 450 372-4145
Website: ohhyr.ca
Email: info@ohhyr.ca
Eligibility: individuals and families on a low and moderate income
Capacity: 574 units
Coverage area: MRC La Haute-Yamaska, MRC Rouville
Hours: Monday, Tuesday, Thursday and Friday 8h00 to 12h00 and 13h00 to 16h00, Wednesday 13h00 to 16h00
Financing: provincial, municipal
Legal status: municipal agency

OFFICE D'HABITATION DE LONGUEUIL
445 Labonté Street, Longueuil, Montérégie, QC, J4H 2P8
450 670-2733  Fax: 450 670-0084
Website: www.omhl.org
Email: omhl@omhl.org
Eligibility: individuals and families on a low and moderate income
Capacity: 3912 units
Coverage area: Longueuil agglomeration
Housing

Hours: Monday to Thursday 8h30 to 12h00 and 13h30 to 16h00, Friday 8h30 to 12h00
Financing: municipal, provincial
Legal status: non-profit organization

OFFICE D'HABITATION DU HAUT-SAINT-LAURENT
35 Hector Street, Oromstown, Montérégie, QC, J0S 1K0
450 829-2522
Website: www.ohhsl.com
Email: direction@ohhsl.com
Eligibility: individuals and families on a low and moderate income
Capacity: 179 units
Coverage area: MRC Le Haut-Saint-Laurent
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 15h00
Financing: provincial, municipal
Legal status: municipal agency

OFFICE MUNICIPAL D'HABITATION DE BEAUHARNOIS
186 Saint-Louis Road, Beauharnois, Montérégie, QC, J6N 2H9
450 429-5798 Fax: 450 429-5363
Website: ville.beauharnois.qc.ca/logement-social
Email: directeur@omhbeauharnois.com
Eligibility: seniors 60 years and over, individuals 60 years and under and families
Capacity: 172 units
Coverage area: Saint-Étienne-de-Beauharnois
Fees: 25% of income, including heating, except for subsidized units
Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE CHÂTEAUGUAY
33 Saint-Joseph Boulevard, Châteauguay, Montérégie, QC, J6K 4P9
450 692-9652 Fax: 450 692-4387
Website: www.omhchateauguay.org
Email: omh@omhchateauguay.org
Services: Management and administration of housing and housing programs: Low-rent housing (HLM), Rent supplement program (PSL), Québec affordable housing program, Referral service, Accès Logis program.
Eligibility: individuals and families on a low or moderate income
Coverage area: Châteauguay
Hours: Monday, Tuesday and Thursday 9h00 to 12h00 and 13h00 to 16h00, Wednesday and Friday 13h00 to 16h00
Financing: grants
Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE MARGUERITE D'YOUVILLE
609 Marie-Victorin Road, Verchères, Montérégie, QC, J0L 2R0
450 583-3563 Fax: 450 849-1122
Email: infoomh@margueritedyouville.ca
Services: Manage and administer housing and housing programs. * Low-rent housing (HLM). * Rent supplement program (PSL).
Eligibility: single individuals, seniors and families on a low or moderate income
Covered area: MRC Marguerite-D'Youville
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: municipal
Legal status: municipal agency

OFFICE MUNICIPAL D'HABITATION DE MCMASTERVILLE
345 4th Avenue, Mcmasterville, Montérégie, QC, J3G 1R6
450 774-5188
Email: OMHmcmasterville@videotron.ca
Eligibility: people aged 50 and over on a low income
Capacity: 15 units
Coverage area: Mcmasterville
Financing: municipal
Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE SAINT-URBAIN-PREMIER
186 Saint-Louis Road, Beauharnois, Montérégie, QC, J6N 2H9
450 429-5798   Fax: 450 698-3356
Email: directeur@omhbeauharnois.com
Eligibility: individuals and families on a low and moderate income
Capacity: 10 units
Coverage area: Saint-Urbain-Premier
Financing: municipal
Legal status: municipal agency

OFFICE MUNICIPAL D'HABITATION DE SALABERRY-DE-VALLEYFIELD
80 Académie Street, Suite 1, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4X1
450 371-8660   Fax: 450 371-1426
Email: accueil@omhvalleyfield.ca
Eligibility: people and families on a low or moderate income
Capacity: 381 units
Coverage area: Salaberry-De-Valleyfield
Financing: municipal, provincial
Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DES MASKOUTAINS ET D'ACTON
1925 Pratte Avenue, Suite 100, Saint-Hyacinthe, Montérégie, QC, J2S 8R7
450 774-5188
Website: www.omhsthyacinthe.ca
Email: ohma@ohma.ca
Eligibility: individuals and families on a low and moderate income
Capacity: 843 units
Coverage area: MRC Acton, MRC les Maskoutains
Financing: provincial, municipal
Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DU BASSIN DE CHAMBLY
30 Lafontaine Street, Suite 211, Chambly, Montérégie, QC, J3L 3K1
450 658-0248     Fax: 450 658-9851
Email: direction@omhbdcc.ca
Services: * Management and administration of housing and housing programs: Low-rent housing (HLM) and Rent supplement program (PSL).
Eligibility: individuals and families on a low and moderate income who are Canadian citizens or permanent residents and who have lived in the territory of the Communauté métropolitaine de Montréal for 12 months in the 24 months preceding their application
Coverage area: Province of Québec
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 9h00 to 12h00
Financing: municipal, provincial, federal
Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION HAUT-RICHELIEU
145 Latour Street, Suite 100, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 7T8
450 348-3831
Website: www.omhhr.com
Email: info@omhhr.com
Eligibility: housing: individuals, seniors and families on a low or moderate income who are Canadian citizens or permanent residents and who have lived in the territory of Saint-Jean-sur-Richelieu for 12 months in the 24 months preceding their application
Capacity: 726 units
Coverage area: Napierville, Hemmingford, Lacolle, Saint-Jean-sur-Richelieu, Mont-Saint-Grégoire, Saint-Alexandre
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h00
Financing: municipal, provincial, federal
Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION PIERRE-DE SAUREL
264 Robidoux Street, Sorel-Tracy, Montérégie, QC, J3P 7Y2
450 743-0033     Fax: 450 743-0034
Email: info@ophpierredesaurel.com
Eligibility: individuals and families on a low and moderate income
Capacity: 510 units
Coverage area: MRC Pierre-De Saurel
Hours: Monday to Thursday 8h00 to 12h00 and 13h30 to 16h30, Friday 8h00 to 12h00
Financing: provincial, municipal
Legal status: municipal agency

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
Housing

**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.

**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

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**OFFICE RÉGIONAL D'HABITATION?DE LA VALLÉE-DU-RICHELIEU**

250 Radisson Street, Mont-Saint-Hilaire, Montérégie, QC, J3H 2Z4

**Website:** www.mrcvr.ca/services/vie-communautaire/orhvr

**Email:** info@orhvr.ca

**Services:** Grouping of Offices municipaux d'habitation that manage and administer housing and housing programs. * Low-rent housing (HLM). * Rent supplement program (PSL). * Québec affordable housing program. * Accès Logis program. * Referral.

**Eligibility:** individuals and families on a low or moderate income

**Coverage area:** Beloeil, Otterburn Park, Mont-Saint-Hilaire, Saint-Basile-le-Grand and Saint-Jean-Baptiste

**Hours:** Monday to Thursday 9h00 to 11h30 and 13h30 to 16h00

**Financing:** municipal, provincial

**Legal status:** parapublic organization

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**PROGRAMME D'ACCESSIBILITÉ AU LOGEMENT RIVE SUD-OUEST**

39 de L'Olivier Street, Saint-Constant, Montérégie, QC, J5A 2H1

**Website:** www.mrcvr.ca/services/vie-communautaire/orhvr

**Email:** info@orhvr.ca

**Services:** Subsidized housing for autonomous people living with a physical disability. * 3 1/2, 4 1/2 et 5 1/2 apartments. * Accessible housing for people using wheelchairs.

**Eligibility:** autonomous people living with a physical disability

**Capacity:** 16 apartments

**Coverage area:** Montérégie

**Fees:** 25% of income

**Financing:** provincial

**Legal status:** non-profit organization

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**RESIDENCE GRANDILOISE (LA)**

498 Grandiloise Street, Salaberry-de-Valleyfield, Montérégie, QC, J6S 5T4

**Website:** www.mrcvr.ca/services/vie-communautaire/orhvr

**Email:** info@orhvr.ca

**Services:** Subsidized housing.

**Eligibility:** individuals and families on a low income

**Capacity:** 14 apartments

**Coverage area:** Salaberry-de-Valleyfield

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** 25% of income according to the provincial notice of assessment

**Financing:** provincial

**Legal status:** non-profit organization
Housing

SOCIÉTÉ LOCATIVE D'INVESTISSEMENT ET DE DÉVELOPPEMENT SOCIAL
311 McLeod Street, Châteauguay, Montérégie, QC, J6J 2H8
1 855 699-1392     Fax: 450 699-8297
Website: www.solides.info/registration
Email: admin@solides.ca

Services: Development of low-rent housing. * Acquisition, renovation and construction of housing. * Housing administration.
Eligibility: people on a low or moderate income
Capacity: 613 apartments
Coverage area: Châteauguay, Longueuil, Lachine, Verdun
Hours: Monday to Friday 9h00 to 17h00
Financing: self-financing, donations, grants
Legal status: non-profit organization
Immigration and cultural communities

FRENCH COURSES

IMMIGRATION AND SPONSORSHIP

INTERPRETATION AND TRANSLATION

MULTICULTURAL ORGANIZATIONS

PREVENTION AND FIGHT AGAINST RACISM

RECOGNITION OF PRIOR LEARNING AND DIPLOMAS

SETTLEMENT SERVICES FOR NEWCOMERS
French courses

ASSOCIATION DES FEMMES D'ICI ET D'AILLEURS

5400 Payer Boulevard, Suite 4, Longueuil, Montérégie, QC, J3Y 1J4
514 583-9664
Website: femmesdicietdailleurs.webs.com
Email: afia-st-hubert@hotmail.com


Eligibility: immigrant women of all origins and ages

Coverage area: agglomeration of Longueuil

Hours: variable depending on the activities, phoneline: 7 days 9h00 to 21h00

Fees: variable depending on the activities

Financing: self-financing, fundraising campaigns, donations

Legal status: non-profit organization

BROSSARD PUBLIC LIBRARY

7855 San-Francisco Avenue, Brossard, Montérégie, QC, J4X 2A4
450 923-6350 Fax: 450 923-7042
Website: bibliothèque.brossard.ca
Email: bibliothèque@brossard.ca


Coverage area: Brossard

Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00, summer: Monday to Friday 10h00 to 21h00, Saturday 12h00 to 17h00

Fees: residents: free, non-residents: $80

Financing: municipal

Legal status: municipal agency

CARREFOUR LE MOUTIER

219 Saint-Charles Street West, Longueuil, Montérégie, QC, J4H 1E1
450 679-7111 Fax: 450 679-5562
Website: carrefourmoutier.org
Email: info@carrefourmoutier.org


Eligibility: general public, immigrants, newcomers

Coverage area: Montérégie

Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: Centraide of Greater Montréal, provincial, donations
Legal status: non-profit organization

CARREFOUR MOUSSEAU
230 des Ormeaux Boulevard, Longueuil, Montérégie, QC, J4L 1J4
450 468-4926  Fax: 450 468-1485
Website: www.carrefourmousseau.org
Email: cmousseau1990@videotron.ca


Eligibility: families, children 3 months to 5 years old, youth 8 to 12 years old, vulnerable, low-income or isolated adults, seniors, language course: children with language or attention problems

Capacity: 300 people
Coverage area: Vieux-Longueuil borough
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00
Fees: annual membership: $5, activities: 2 to $8, daycare: free, respite care: $7 per day
Financing: grants, donations, self-financing
Legal status: non-profit organization

CENTRE DE FRANÇAIS L’INSULAIRE
19 Sainte-Cécile Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1L4
450 377-7606
Website: www.linsulaire.org
Email: info.cflinsulaire@cgocable.ca


Eligibility: people 16 years old and over
Capacity: 100 persons
Coverage area: MRC Beauharnois-Salaberry
Hours: Monday to Thursday 8h30 to 16h30
Fees: variable
Financing: provincial, Centraide Sud-Ouest, donations
Legal status: non-profit organization

CENTRE DE SERVICES SCOLAIRE DES GRANDES-SEIGNEURIES
50 Taschereau Boulevard, 2nd Floor, La Prairie, Montérégie, QC, J5R 4V3
514 380-8899
Website: www.cssdgs.gouv.qc.ca
Email: communications@csdgs.qc.ca


Coverage area: MRC Roussillon and MRC Les Jardins-de-Napierville (except Saint-Jacques-le-Mineur)
Hours: Place La Citière: Monday to Friday 8h15 to 12h00 and 13h00 to 16h15, Jacques-de-Lignery Administrative Centre: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00
Financing: self-financing, provincial
Legal status: parapublic organization

CENTRE DE SERVICES SCOLAIRE DES HAUTES-RIVIÈRES
210 Notre-Dame Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 6N3
450 359-6411 Fax: 450 359-1569
Website: www.csdhr.qc.ca
Email: seogén@csdhr.qc.ca
Coverage area: MRC Rouville, MRC Le Haut-Richelieu, Saint-Jacques-le-Mineur
Hours: administration: Monday to Friday 8h30 to 11h45 and 13h00 to 16h00
Financing: provincial
Legal status: parapublic organization

CENTRE DE SERVICES SCOLAIRE DES PATRIOTES
1740 Roberval Street, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 3R3
450 441-2919 Fax: 450 441-0838
Website: cssp.gouv.qc.ca
Email: info@csp.ca
Coverage area: Boucherville, MRC La Vallée-du-Richelieu, MRC Marguerite-D’Youville, Saint-Bruno-de-Montarville
Hours: office: Monday to Friday 8h15 to 12h00 and 13h00 to 16h15
Financing: self-financing, provincial
Legal status: parapublic organization

COLLÈGE DE VALLEYFIELD
169 Champlain Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1X6
1 877 373-9441 Fax: 450 373-7719
Website: www.colval.qc.ca
Email: communication@colval.qc.ca
Coverage area: Province of Québec
Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00
Financing: foundations, municipal, donations, fundraising campaigns
Legal status: parapublic organization
COMITÉ D’ENTRAIDE - UNITÉ PASTORALE SAINT-LAMBERT
311 Saint-Thomas Street, Saint-Lambert, Montérégie, QC, J4R 1Y2
450 671-5721 ext. 0
Website: upsaint-lambert.org
Email: entraide.saintlambert@gmail.com
Eligibility: people on a low income, immigrants
Coverage area: Saint-Lambert
Hours: Monday to Friday 10h00 to 12h00 and 14h00 to 16h00, French conversation workshop: Tuesday
Fees: none
Financing: 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, computer, conversation, equivalency test for high school degree, mentoring. * French as a second language learning: beginner classes.
Eligibility: literacy: adults aged 16 years and over, French learning: immigrants
Coverage area: Hudson, L’Île-Cadieux, L’Île-Perrot, Notre-Dame-de-l’Île-Perrot, Ouest-de-l’Île, Pincourt, Terrasse-Vaudreuil, Vaudreuil-Dorion, West Island
Hours: office: Monday to Wednesday 8h00 to 18h00, Thursday 8h00 to 18h00, courses: day and evening during the week
Fees: classes: free, literacy classes: $30 one-time registration fee
Financing: provincial
Legal status: non-profit organization

ÉDUC À TOUT
146 du Ruisseau-Barré Road, Marieville, Montérégie, QC, J3M 1P2
450 460-5433
Email: educatout146@outlook.com
Eligibility: people 10 to 70 years old
Coverage area: Carignan, Chambly, Marieville, Richelieu, Rougemont, Saint-Césaire, Saint-Hubert, Saint-Hyacinthe, Saint-Mathias-sur-Richelieu, Saint-Paul d’Abbotsford, Sainte-Angèle-de-Monnoir
Hours: Monday to Friday 9h00 to 16h00, by appointment in the evening
Fees: none
Financing: provincial
Legal status: non-profit organization

ÉDUC À TOUT - CHAMBLY
620 Sénécal Street, Chambly, Montérégie, QC, J3L 1N9
450 460-5433
Email: educatout146@outlook.com
Eligibility: people 10 to 70 years old
Coverage area: Carignan, Chambly, Marieville, Richelieu, Rougemont, Saint-Césaire, Saint-Hubert, Saint-Hyacinthe, Saint-Mathias-sur-Richelieu, Saint-Paul d'Abbotsford, Sainte-Angèle-de-Monnoir
Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: provincial
Legal status: non-profit organization

ÉDUC À TOUT - SAINT-CÉSAIRE
2002 de l'Union Avenue, Saint-Césaire, Montérégie, QC, J0L 1T0
450 460-5433
Email: educatout146@outlook.com
Eligibility: people 10 to 70 years old
Coverage area: Carignan, Chambly, Marieville, Richelieu, Rougemont, Saint-Césaire, Saint-Hubert, Saint-Hyacinthe, Saint-Mathias-sur-Richelieu, Saint-Paul d'Abbotsford, Sainte-Angèle-de-Monnoir
Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: provincial
Legal status: non-profit organization

HELLENIC SOCIAL SERVICES OF QUÉBEC - SOUTH SHORE
5220 Grande-Allée, Longueuil, Montérégie, QC, J3Y 1A1
450 443-8197
Website: hcgm.org
Email: info@hcgm.org
Eligibility: people of various origins, particularly Greek
Coverage area: South Shore
Hours: Monday and Tuesday 9h00 to 19h00, Wednesday 9h00 to 17h00, Sunday 8h00 to 16h00
Financing: donations, grants, 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: lamagiedesmots.com
Email: comdelamagie@outlook.com
Eligibility: people 16 years and over
Hours: Monday to Friday day or evening, Saturday and Sunday on request
Fees: none
MAISON DE LA FAMILLE DES MASKOUTAINS
2130 Mailhot Avenue, Saint-Hyacinthe, Montérégie, QC, J2S 9E1
450 771-4010   Fax: 450 250-0272
Website: www.mfm.qc.ca
Email: accueil@mfm.qc.ca


Eligibility: families, seniors, caregivers, children, immigrants, refugees

Coverage area: MRC Les Maskoutains

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

Fees: membership card: $10 per year, drop-in respite: free, educational childcare services: $20 per 4-week session, including meals, Tablette et cie: free for members, $5 per 4-month session for non-members, community meals: variable

Financing: provincial, donations, grants, membership fees

Legal status: non-profit organization

MAISON INTERNATIONALE DE LA RIVE-SUD
2500 Lapinière Boulevard, Brossard, Montérégie, QC, J4Z 3V1
450 445-8777   Fax: 450 445-1222
Website: mirs.qc.ca
Email: info@mirs.qc.ca


Eligibility: immigrants and refugees

Coverage area: South Shore

Hours: Monday to Friday 9h00 to 17h00

Fees: variable costs for some services: certification of documents, translation, daycare

Financing: provincial, federal, self-financing

Legal status: non-profit organization

MAISON INTERNATIONALE DE LA RIVE-SUD - CAFÉ DES AÎNÉS
2500 Lapinière Boulevard, Brossard, Montérégie, QC, J4Z 3V1
450 445-8777 ext. 235   Fax: 450 445-1222
Website: mirs.qc.ca
Email: jb.henry@mirs.qc.ca


Eligibility: senior immigrants

Capacity: 70

Coverage area: South Shore
Immigration and cultural communities

**Hours:** Monday to Friday 9h00 to 17h00  
**Fees:** membership card: $30, subscription to activities: variable  
**Financing:** self-financing, provincial, contributions  
**Legal status:** non-profit organization

**PORTE OUVERTE (LA)**
81 Frontenac Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 2Y4  
450 346-3283  
Email: laporteouverte.conseil@gmail.com

**Services:**  
* Literacy workshops with adults.  
* French writing courses.  
* French courses and support for immigrant settlement.  
* Centre du Livre Usagé: selection of books at a low price.

**Eligibility:** adults with low literacy skills and immigrants  
**Coverage area:** Saint-Jean-sur-Richelieu and surrounding areas  
**Hours:** Monday to Friday 9h00 to 15h00, Centre du Livre Usagé: Monday to Wednesday 10h00 to 18h00, Thursday 11h00 to 20h00  
**Fees:** none  
**Financing:** provincial, grants, self-financing  
**Legal status:** non-profit organization

**Immigration and sponsorship**

**CENTRE DE FRANÇAIS L'INSULAIRE**
19 Sainte-Cécile Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1L4  
450 377-7606  
Website: www.linsulaire.org  
Email: info.cflinsulaire@cgocable.ca

**Services:**  
* Literacy courses.  
* Francization courses.  
* French proficiency courses.  
* Citizenship exam preparation.  
* Assistance with filling out forms.  
* Assisted correction.

**Eligibility:** people 16 years old and over  
**Capacity:** 100 persons  
**Coverage area:** MRC Beauharnois-Salaberry  
**Hours:** Monday to Thursday 8h30 to 16h30  
**Fees:** variable  
**Financing:** provincial, Centraide Sud-Ouest, donations  
**Legal status:** non-profit organization

**SAINT-HYACINTHE TECHNOPOLE**
1000 Dessaulles Street, Saint-Hyacinthe, Montérégie, QC, J2S 8W1  
450 774-9000    Fax: 450 773-6767  
Website: st-hyacinthetechnopole.com/en  
Email: info@st-hyacinthetechnopole.com

**Services:** Integration and networking services to immigrant people.  
* Information and referral on public and community resources.  
* Transportation to job interviews.  
* Networking activities: business lunches, Emploi-Contact blitz interviews and visits to companies.  
* Social integration activities: welcoming day and cultural themed days.  
* Awareness, promotion of cultural diversity and training on interculturalism.  
* Guided tour of Saint-Hyacinthe.  
* International virtual meetings for immigrants.  
* Partnerships with businesses.

**Eligibility:** immigrant people who want to settle in Saint-Hyacinthe  
**Coverage area:** MRC des Maskoutains  
**Hours:** Monday to Friday 8h30 to 16h30  
**Fees:** none  
**Financing:** provincial, municipal  
**Legal status:** non-profit organization
Interpretation and translation

ARC ASSISTANCE AND REFERRAL CENTER
106 Churchill Boulevard, 2nd floor, Longueuil, Montérégie, QC, J4V 2L9
514 605-9500
Website: arc-hss.ca
Email: arcinformation2@gmail.com


Eligibility: english-speaking people
Coverage area: South Shore
Hours: office: Monday to Friday 8h30 to 16h30
Financing: foundations, provincial
Legal status: non-profit organization

CARREFOUR LE MOUTIER
219 Saint-Charles Street West, Longueuil, Montérégie, QC, J4H 1E1
450 679-7111     Fax: 450 679-5562
Website: carrefourmoutier.org
Email: info@carrefourmoutier.org


Eligibility: general public, immigrants, newcomers
Coverage area: Montérégie
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: Centraide of Greater Montréal, provincial, donations
Legal status: non-profit organization

HELLENIC SOCIAL SERVICES OF QUÉBEC - SOUTH SHORE
5220 Grande-Allée, Longueuil, Montérégie, QC, J3Y 1A1
450 443-8197
Website: hcgm.org
Email: info@hcgm.org


Eligibility: people of various origins, particularly Greek
Coverage area: South Shore
Hours: Monday and Tuesday 9h00 to 19h00, Wednesday 9h00 to 17h00, Sunday 8h00 to 16h00
Financing: donations, grants, provincial
Legal status: non-profit organization
MAISON DE LA FAMILLE DES MASKOUTAINS
2130 Mailhot Avenue, Saint-Hyacinthe, Montérégie, QC, J2S 9E1
450 771-4010 Fax: 450 250-0272
Website: www.mfm.qc.ca
Email: accueil@mfm.qc.ca


Eligibility: families, seniors, caregivers, children, immigrants, refugees

Coverage area: MRC Les Maskoutains

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

Fees: membership card: $10 per year, drop-in respite: free, educational childcare services: $20 per 4-week session, including meals, Tablette et cie: free for members, $5 per 4-month session for non-members, community meals: variable

Financing: provincial, donations, grants, membership fees

Legal status: non-profit organization

MAISON INTERNATIONALE DE LA RIVE-SUD
2500 Lapinière Boulevard, Brossard, Montérégie, QC, J4Z 3V1
450 445-8777 Fax: 450 445-1222
Website: mirs.qc.ca
Email: info@mirs.qc.ca


Eligibility: immigrants and refugees

Coverage area: South Shore

Hours: Monday to Friday 9h00 to 17h00

Fees: variable costs for some services: certification of documents, translation, daycare

Financing: provincial, federal, self-financing

Legal status: non-profit organization

SINO-QUÉBEC CENTRE OF SOUTH SHORE
7209 Taschereau Boulevard, Suite 108, Brossard, Montérégie, QC, J4Y 1A1
450 445-6666 Fax: 450 445-8188
Website: www.famillechinoise.qc.ca/fr
Email: direction@centresinoquebec.com


Eligibility: Chinese and Asian communities

Coverage area: Montérégie

Hours: Monday to Friday 9h00 to 17h00

Fees: francization program and gambling addiction prevention program: free
Financing: grants, self-financing
Legal status: non-profit organization

Multicultural organizations

ASSOCIATION DES FEMMES D’ICI ET D’AILLEURS
5400 Payer Boulevard, Suite 4, Longueuil, Montérégie, QC, J3Y 1J4
514 583-9664
Website: femmesdicietdailleurs.webs.com
Email: afia-st-hubert@hotmail.com
Eligibility: immigrant women of all origins and ages
Coverage area: agglomeration of Longueuil
Hours: variable depending on the activities, phoneline: 7 days 9h00 to 21h00
Fees: variable depending on the activities
Financing: self-financing, fundraising campaigns, donations
Legal status: non-profit organization

ASSOCIATION QUÉBEC-FRANCE (L’) - CHAMBLY - VALLÉE-DU-RICHELIEU
Confidential Address
450 906-1065
Website: www.quebecfrancecvr.org
Email: info@quebecfrance.qc.ca
Eligibility: francophiles, French language defenders
Coverage area: Province of Quebec
Fees: variable depending on the membership type
Financing: membership fees
Legal status: non-profit organization

ASSOCIATION QUÉBEC-FRANCE - MONTÉRÉGIE
Confidential Address
Website: www.quebecfrance-monteregie.org
Email: qfmonteregie@gmail.com
Eligibility: francophiles and French language defenders
Coverage area: Montérégie
Fees: variable according to the membership type
Financing: contributions, self-financing
Legal status: non-profit organization
BROSSARD PUBLIC LIBRARY
7855 San-Francisco Avenue, Brossard, Montérégie, QC, J4X 2A4
450 923-6350 Fax: 450 923-7042
Website: bibliotheque.brossard.ca
Email: bibliotheque@brossard.ca
Coverage area: Brossard
Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00, summer: Monday to Friday 10h00 to 21h00, Saturday 12h00 to 17h00
Fees: residents: free, non-residents: $80
Financing: municipal
Legal status: municipal agency

CENTRE DE SUPPORT MÉDICAL ET D'ASSISTANCE SOCIALE (CESUMAS)
212 de Gentilly Street West, Longueuil, Montérégie, QC, J4H 1Z6
514 652-4507
Website: www.cesumas.org
Email: infocesumaseducation2013@yahoo.ca
Eligibility: individuals and families on a low income, people, couples and single-parent families experiencing homelessness, people in a situation of vulnerability, recruitment: foreign workers on a temporary work visa or who do not have a visa yet, companies, community organizations
Capacity: 22 beds
Coverage area: agglomeration of Longueuil
Hours: Monday to Friday 8h00 to 16h00, food assistance: Wednesday 14h30 to 18h00
Fees: variable
Financing: donations, self-financing, grants
Legal status: non-profit organization

CHÂTEAUGUAY HORIZON COMMUNITY ASSOCIATION
317 Brault Street, Châteauguay, Montérégie, QC, J6J 4M9
Website: chateauguayhorizon.weebly.com
Email: chateauguayhorizon@gmail.com
Eligibility: Black community of Châteauguay
Coverage area: Châteauguay
Fees: membership: family $20, individual $15
Financing: self-financing
Legal status: non-profit organization

GRENIER AUX TROUVAILLES - PARTAGE SANS FAIM
2 de l'Église Street South, Lacolle, Montérégie, QC, J0J 1J0
450 246-4032     Fax: 450 246-4044
Website: grenierauxtrouvailles.org
Email: info@grenierauxtrouvailles.org


Eligibility: individuals and families on a low income, young people at risk of committing or who have committed acts of delinquency


Hours: Wednesday to Friday 12h00 to 17h00, Saturday 10h00 to 16h00
Fees: membership: $8 per year
Financing: donations, self-financing, fundraising campaigns
Legal status: non-profit organization

SAINT-HYACINTHE TECHNOPOLE
1000 Dessaulles Street, Saint-Hyacinthe, Montérégie, QC, J2S 8W1
450 774-9000     Fax: 450 773-6767
Website: st-hyacinthetechnopole.com/en
Email: info@st-hyacinthetechnopole.com


Eligibility: immigrant people who want to settle in Saint-Hyacinthe

Coverage area: MRC des Maskoutains
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: provincial, municipal
Legal status: non-profit organization

SOUTH SHORE BLACK COMMUNITY ASSOCIATION
725 Provencher Boulevard, Brossard, Montérégie, QC, J4W 1Y5
Email: ssbca.info@gmail.com


Eligibility: people of the black community, their spouses of another community

Coverage area: South Shore
Fees: annual membership: maximum of $20 per family
Financing: membership fees
Legal status: non-profit organization
VISION INTER-CULTURES
2255 Cartier Street, Suite 60, Longueuil, Montérégie, QC, J4K 4G1
450 646-6725  Fax: 450 646-6726
Website: visionintercultures.com
Email: icsi3.visionintercultures@gmail.com
Eligibility:  youth 5 to 17 years old, their families, immigrant families and persons
Coverage area:  Longueuil, Brossard, Saint-Lambert
Hours:  Monday to Friday 9h00 to 12h00 and 13h00 to 16h30
Fees:  free
Financing:  donations, federal, provincial
Legal status:  non-profit organization

Prevention and fight against racism

ARC ASSISTANCE AND REFERRAL CENTER
106 Churchill Boulevard, 2nd floor, Longueuil, Montérégie, QC, J4V 2L9
514 605-9500
Website:  arc-hss.ca
Email:  arcinformation2@gmail.com
Eligibility:  english-speaking people
Coverage area:  South Shore
Hours:  office: Monday to Friday 8h30 to 16h30
Financing:  foundations, provincial
Legal status:  non-profit organization

MONTÉRÉGIE EAST PARTNERSHIP FOR THE ENGLISH-SPEAKING COMMUNITY
551 Sir-Wilfrid-Laurier Boulevard, Suite 106, Beloeil, Montérégie, QC, J3G 4J1
450 281-3732
Website:  mepec-pemca.org
Email:  info@mepec-pemca.org
Services:  Organization dedicated to serving the interests and guiding the English-speaking community to the appropriate resources.
Eligibility:  English-speaking people
Capacity:  50 to 100 people
Coverage area:  Agglomeration of Longueuil, MRC Acton, MRC Pierre-De Saurel, MRC La Haute-Yamaska, MRC Marguerite-D'Youville, MRC Les Maskoutains, MRC La Vallée-du-Richelieu
Hours:  Monday to Friday 9h00 to 16h30
Fees:  none
Financing:  federal, provincial
Legal status:  non-profit organization
MONTÉRÉGIE WEST COMMUNITY NETWORK - CHÂTEAUGUAY

255 D'Anjou Boulevard, Suite 203, Châteauguay, Montérégie, QC, J6J 2R4
450 691-1444
Website: www.mwcn.ca
Email: info@mwcn.ca


Eligibility: English-speaking community groups, citizens of all ages
Coverage area: MRC Les Jardins-de-Napierville, MRC Roussillon, MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

Hours: Monday to Thursday 8h30 to 16h30
Fees: membership: $10 per year
Financing: federal, provincial, donations
Legal status: non-profit organization

MONTÉRÉGIE WEST COMMUNITY NETWORK - HEMMINGFORD

476 Frontière Street, Hemmingford, Montérégie, QC, J0L 1H0
514 249-5539
Website: www.mwcn.ca
Email: info@mwcn.ca


Eligibility: English-speaking community groups, citizens of all ages
Coverage area: MRC Les Jardins-de-Napierville, MRC Roussillon, MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

Fees: membership: $10 per year
Financing: federal, provincial, donations
Legal status: non-profit organization

MONTÉRÉGIE WEST COMMUNITY NETWORK - HUNTINGDON WELLNESS CENTRE

72 Dalhousie Street, Huntingdon, Montérégie, QC, J0S 1H0
450 264-3596
Website: mwcn.ca


Eligibility: English-speaking community groups, citizens of all ages
Coverage area: MRC Les Jardins-de-Napierville, MRC Roussillon, MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

Hours: Monday to Thursday 8h30 to 16h30
Fees: membership: $10 per year
Financing: federal, provincial, donations
Legal status: non-profit organization

MONTÉRÉGIE WEST COMMUNITY NETWORK - VAUDREUIL-SOULANGES

117D Cardinal-Léger Boulevard, Pincourt, Montérégie, QC, J7W 7A8
514 425-0399
Website: www.mwcn.ca
Email: lorie@mwcn.ca
Immigration and cultural communities


**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 Les Jardins-de-Napierville, MRC Roussillon, MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

**Hours:** Monday to Thursday 8h30 to 16h30

**Fees:** membership: $10 per year

**Financing:** federal, provincial, donations

**Legal status:** non-profit organization

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**NATIONAL ABORIGINAL CIRCLE AGAINST FAMILY VIOLENCE**

2 River Road, Kahnawake, Montérégie, QC, J0L 1B0

450 638-2968   Fax: 450 638-9415

**Website:** nacafv.ca

**Email:** lindsey@nacafv.ca


**Eligibility:** shelters and transition houses workers, shelters and transition houses who works with Indigenous communities

**Coverage area:** Canada

**Fees:** none

**Financing:** federal, grants, donations

**Legal status:** non-profit organization

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**QUÉBEC NATIVE WOMEN**

Confidential Address

1 800 363-0322   Fax: 450 632-9280

**Website:** faq-qnw.org/en

**Email:** info@faq-qnw.org


**Eligibility:** native women living on and off reserve, their families and communities

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h00 to 16h00

**Fees:** none

**Financing:** federal, provincial

**Legal status:** non-profit organization
Recognition of prior learning and diplomas

INTÉGRATION COMPÉTENCES
285 Cartier Boulevard, Beloeil, Montérégie, QC, J3G 3R2
450 464-4481 Fax: 450 464-8455
Website: www.integrationcompetences.ca
Email: info@integrationcompetences.ca


Eligibility: adults, immigrants, youth 16 to 35 years old
Coverage area: MRC La Vallée-du-Richelieu
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00
Fees: none
Financing: provincial, fundraising campaigns, donations
Legal status: non-profit organization

INTÉGRATION COMPÉTENCES - POINT DE SERVICE CHAMBLY
1179 Bourgogne Street, 2nd Floor, Chambly, Montérégie, QC, J3L 1X3
450 464-4481 Fax: 450 447-2037
Website: integrationcompetences.ca
Email: info@integrationcompetences.ca


Eligibility: adults, immigrants, youth 16 to 35 years old
Coverage area: MRC La Vallée-du-Richelieu
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00
Fees: none
Financing: provincial, fundraising campaigns, donations
Legal status: non-profit organization
SERVICE CANADA CENTRE - BROSSARD
2501 Lapinière Boulevard, ground floor, Brossard, Montérégie, QC, J4Z 3P1
1 800 622-6232      TTY: 1 800 926-9105
Website: www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2373
Coverage area: Brossard
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency

SERVICE CANADA CENTRE - CHÂTEAUGUAY
245 Saint-Jean-Baptiste Boulevard, Suite 101, Châteauguay, Montérégie, QC, J6K 3C3
1 800 622-6232      TTY: 1 800 926-9105
Website: www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2443
Coverage area: Châteauguay
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency

SERVICE CANADA CENTRE - LONGUEUIL
1195 Du Tremblay Road, Suite 100, Longueuil, Montérégie, QC, J4N 1R4
1 800 622-6232      TTY: 1 800 926-9105
Website: www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2871
Coverage area: Longueuil
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency
SERVICE CANADA CENTRE - SAINT-HYACINTHE
Galeries Saint-Hyacinthe, 3225 Cusson Avenue, Suite 2500, Saint-Hyacinthe, Montérégie, QC, J2S 0H7
1 800 622-6232      TTY: 1 800 926-9105
Website: www.servicecanada.gc.ca

Services: Service centre bringing together programs, services and benefits at the federal level. *
(CSJ) for youth and students. * Orientation on foreign credentials. * Receiving agents of passports. * Office of
parents of murdered or missing children.
Coverage area: Saint-Hyacinthe
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency

SERVICE CANADA CENTRE - SAINT-JEAN-SUR-RICHELIEU
1235 Douglas Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J2W 1C7
1 800 622-6232      TTY: 1 800 926-9105
Website: www.canada.ca

Services: Service centre bringing together programs, services and benefits at the federal level. *
Applications for Social Insurance Number. * Information on the labor market. * Job bank. * Record of
(CSJ) for youth and students. * Orientation on foreign credentials. * Receiving agents of passports. * Office of
parents of murdered or missing children.
Coverage area: Saint-Jean-sur-Richelieu and surrounding area
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency

SERVICE CANADA CENTRE - VALLEYFIELD
63 Champlain Street, Suite 100, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1W4
1 800 622-6232      TTY: 1 800 926-9105
Website: www.canada.ca

Services: Service centre bringing together programs, services and benefits at the federal level. *
parents of murdered or missing children.
Coverage area: Salaberry-De-Valleyfield
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government 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.servicecanada.gc.ca/tbsc-fesco/sc-dsp.jsp?lang=eng&rc=2251


**Coverage area:** Vaudreuil-Dorion
**Hours:** Monday to Friday 8h30 to 16h00
**Financing:** federal
**Legal status:** federal government agency

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**Settlement services for newcomers**

**ACCÈS-RÉGION**
343 Poliquin Boulevard, Sorel-Tracy, Montérégie, QC, J3P 7W1
450 730-0181  Fax: 450 730-0669
Website: www.orientheque.ca
Email: info@orientheque.ca

**Services:** Accompaniment with settling in the region. * Accompaniment of newcomers towards employment. * Information, referral, networking activities, etc. * Regionalization of immigration: exploratory visits, intercultural workshops, etc.

**Eligibility:** newcomers, immigrant people
**Coverage area:** MRC Pierre-De Saurel, Contrecœur, Calixa-Lavallée, Verchères
**Hours:** Monday, Tuesday and Thursday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h30
**Fees:** none
**Financing:** provincial, federal, donations
**Legal status:** non-profit organization

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**ALLIANCE CARRIÈRE TRAVAIL (ACT) - CENTRE DE SERVICES DE BROSSARD**
1 Place du Commerce, Suite 100, Brossard, Montérégie, QC, J4W 2Z7
450 462-2003  Fax: 450 462-3733
Website: alliancect.ca/en
Email: info@alliancect.ca

**Services:** Organization targeting socioprofessional development and autonomy to facilitate job market and school integration. * Services to individuals: job search, integration to Québec's job market, career orientation, full potential discovery, trainings, business pre-startup, project development, etc. * Services to businesses: coffee-meetings, luncheon conferences, employment evenings, bank of candidates, job posting and job fair.

**Eligibility:** people 16 years and over
**Coverage area:** Montérégie
**Hours:** Monday 8h30 to 20h00, Tuesday to Friday 8h30 to 16h30
**Fees:** none
**Financing:** provincial
**Legal status:** non-profit organization
ALLIANCE CARRIÈRE TRAVAIL (ACT) - CENTRE DE SERVICES DE CHÂTEAUGUAY
265 d’Anjou Boulevard, Suite 205, Châteauguay, Montérégie, QC, J6J 5J9
450 699-4545  Fax: 450 699-1175
Website: alliancect.ca/en
Email: info@alliancect.ca

Services: Organization targeting socioprofessional development and autonomy to facilitate job market and school integration. * Services to individuals: job search, integration to Québec's job market, career orientation, full potential discovery, trainings, business pre-startup, project development, etc. * Services to businesses: coffee-meetings, luncheon conferences, employment evenings, bank of candidates, job posting and job fair.

Eligibility: people 16 years and over
Coverage area: Montérégie
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00
Fees: none
Financing: provincial
Legal status: non-profit organization

ALLIANCE CARRIÈRE TRAVAIL (ACT) - CENTRE DE SERVICES DE SAINT-HUBERT
3258 Grande-Allée Boulevard, Longueuil, Montérégie, QC, J4T 2S5
450 876-1509
Website: alliancect.ca/en
Email: info@alliancect.ca

Services: Organization targeting socioprofessional development and autonomy to facilitate job market and school integration. * Services to individuals: job search, integration to Québec's job market, career orientation, full potential discovery, trainings, business pre-startup, project development, etc. * Services to businesses: coffee-meetings, luncheon conferences, employment evenings, bank of candidates, job posting and job fair.

Eligibility: people 16 years and over
Coverage area: Montérégie
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00
Fees: none
Financing: provincial
Legal status: non-profit organization

ASSOCIATION DES FEMMES D’ICI ET D’AILLEURS
5400 Payer Boulevard, Suite 4, Longueuil, Montérégie, QC, J3Y 1J4
514 583-9664
Website: femmesdicietdailleurs.webs.com
Email: afia-st-hubert@hotmail.com


Eligibility: immigrant women of all origins and ages
Coverage area: agglomeration of Longueuil
Hours: variable depending on the activities, phoneline: 7 days 9h00 to 21h00
Fees: variable depending on the activities
Financing: self-financing, fundraising campaigns, donations
Legal status: non-profit organization

BOUFFE POUR TOUS
911 Roland-Therrien Boulevard, Longueuil, Montérégie, QC, J4J 4L3
450 670-5449
Website: www.bouffepourtous.org
Email: abouffepourtous@gmail.com

Immigration and cultural communities

Eligibility: families and single individuals on a low income
Capacity: 100
Coverage area: Longueuil
Hours: distribution: Wednesday 16h00 to 18h30
Fees: annual membership: $10, basket: $13 contribution
Financing: self-financing, membership fees
Legal status: non-profit organization

BROSSARD PUBLIC LIBRARY
7855 San-Francisco Avenue, Brossard, Montérégie, QC, J4X 2A4
450 923-6350 Fax: 450 923-7042
Website: bibliotheque.brossard.ca
Email: bibliotheque@brossard.ca


Coverage area: Brossard
Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00, summer: Monday to Friday 10h00 to 21h00, Saturday 12h00 to 17h00
Fees: residents: free, non-residents: $80
Financing: municipal
Legal status: municipal agency

CARREFOUR LE MOUTIER
219 Saint-Charles Street West, Longueuil, Montérégie, QC, J4H 1E1
450 679-7111 Fax: 450 679-5562
Website: carrefourmoutier.org
Email: info@carrefourmoutier.org


Eligibility: general public, immigrants, newcomers
Coverage area: Montérégie
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: Centraide of Greater Montréal, provincial, donations
Legal status: non-profit organization

CARREFOUR MOUSSEAU
230 des Ormeaux Boulevard, Longueuil, Montérégie, QC, J4L 1J4
450 468-4926 Fax: 450 468-1485
Website: www.carrefourmousseau.org
Email: cmousseau1990@videotron.ca

Eligibility: families, children 3 months to 5 years old, youth 8 to 12 years old, vulnerable, low-income or isolated adults, seniors, language course: children with language or attention problems

Capacity: 300 people

Coverage area: Vieux-Longueuil borough

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00

Fees: annual membership: $5, activities: 2 to $8, daycare: free, respite care: $7 per day

Financing: grants, donations, self-financing

Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE FARNHAM
1810 Principale Street East, Farnham, Montérégie, QC, J2N 1N4
450 293-3265 Fax: 450 293-1010
Website: www.cabfarnham.com
Email: direction@cabfarnham.com


Eligibility: people living with a disability, seniors, families, community organizations

Coverage area: Ange-Gardien, Farnham, Sainte-Brigide-D'iberville, Sainte-Sabine

Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00

Fees: none

Financing: Centraide Richelieu-Yamaska, provincial

Legal status: non-profit organization

CENTRE D’ENTRAIDE BÉNÉVOLE DE SAINT-AMABLE - TAX CLINIC
297 Principale Street, Saint-Amable, Montérégie, QC, J0L 1N0
450 649-0604 ext. 31 Fax: 450 649-2301
Website: www.cebsa.org
Email: info@cebsa.org

Services: Year-round tax clinic by appointment.

Eligibility: immigrant people, people living with disabilities, seniors or any other people on a low income

Coverage area: Saint-Amable

Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 15h00, by appointment

Fees: voluntary contribution

Financing: provincial, self-financing

Legal status: non-profit organization
CENTRE DE BÉNÉVOLAT DE ST-HYACINTHE (LE)
1015 Dessaulles Street, Saint-Hyacinthe, Montérégie, QC, J2S 2Y8
450 773-4966
Website: cbsh.ca
Email: infomad@cbsh.ca

Services: Home support * Meals on wheels. * PAIR program: automated reassurance phone calls. * Info-Stop
Plus: list of medication and emergency contacts for people who are registered. * Friendly visits and calls. *
Accompaniment-transportation service for medical appointments. * Aid to families * Emergency food assistance.
mandatory school fees that are payable directly to the school. * Distribution of meals in elementary schools. *
Donation of winter clothes for children. * Donation of work clothes. * Donation of dresses and clothes. *
Christmas toy workshop. Aid to people in need * Help and support. * Soup kitchen l'Accueil Fraternel. *
Volunteering and community action * Welcoming, recruiting, training and orientation of volunteers. * Following
volunteers individually or in group. * Promoting volunteering in the sector. * Support to organizations.

Eligibility: seniors, people and families on a low income, people in a vulnerable situation, volunteers,
organizations

Coverage area: MRC Les Maskoutains
Hours: Monday to Friday 8h30 to 16h30, emergency food assistance: by appointment
Fees: variable
Financing: Centraide Richelieu-Yamaska, provincial, donations
Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE ST-HYACINTHE (LE) - TAX CLINIC
1015 Dessaulles Street, Saint-Hyacinthe, Montérégie, QC, J2S 2Y8
450 773-4966
Website: cbsh.ca
Email: m-e.morin@cbsh.ca

Services: * Year-long tax clinic. * Tax clinic for newcomers in collaboration with the Maison de la Famille des
Maskoutains.

Eligibility: vulnerable individuals, families and seniors with low and moderate income

Coverage area: MRC Les Maskoutains
Hours: Monday to Friday 8h30 to 16h30
Fees: voluntary contribution
Financing: Centraide Richelieu-Yamaska, donations, grants
Legal status: non-profit organization

CENTRE DE FRANÇAIS L’INSULAIRE
19 Sainte-Cécile Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1L4
450 377-7606
Website: www.linsulaire.org
Email: info.cflinsulaire@cgocable.ca


Eligibility: people 16 years old and over
Capacity: 100 persons

Coverage area: MRC Beauharnois-Salaberry
Hours: Monday to Thursday 8h30 to 16h30
Fees: variable
Financing: provincial, Centraide Sud-Ouest, donations
Legal status: non-profit organization
CENTRE DE SERVICES SCOLAIRE DES GRANDES-SEIGNEURIES
50 Taschereau Boulevard, 2nd Floor, La Prairie, Montérégie, QC, J5R 4V3
514 380-8899
Website: www.cssdgs.gouv.qc.ca
Email: communications@csdgs.qc.ca
Coverage area: MRC Roussillon and MRC Les Jardins-de-Napierville (except Saint-Jacques-le-Mineur)
Hours: Place La Citière: Monday to Friday 8h15 to 12h00 and 13h00 to 16h15, Jacques-de-Lignery Administrative Centre: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00
_financing: self-financing, provincial
Legal status: parapublic organization

CENTRE DE SERVICES SCOLAIRE DES HAUTES-RIVIÈRES
210 Notre-Dame Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 6N3
450 359-6411 Fax: 450 359-1569
Website: www.csdhr.qc.ca
Email: seogen@csdhr.qc.ca
Coverage area: MRC Rouville, MRC Le Haut-Richelieu, Saint-Jacques-le-Mineur
Hours: administration: Monday to Friday 8h30 to 11h45 and 13h00 to 16h00
Financing: provincial
Legal status: parapublic organization

CENTRE DE SERVICES SCOLAIRE DES PATRIOTES
1740 Roberval Street, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 3R3
450 441-2919 Fax: 450 441-0838
Website: cssp.gouv.qc.ca
Email: info@csp.ca
Coverage area: Boucherville, MRC La Vallée-du-Richelieu, MRC Marguerite-D'Youville, Saint-Bruno-de-Montarville
Hours: office: Monday to Friday 8h15 to 12h00 and 13h00 to 16h15
Financing: self-financing, provincial
Legal status: parapublic organization
CENTRE DE SUPPORT MÉDICAL ET D’ASSISTANCE SOCIALE (CESUMAS)
212 de Gentilly Street West, Longueuil, Montérégie, QC, J4H 1Z6
514 652-4507
Website: www.cesumas.org
Email: info@cesumas@education2013@yahoo.ca
Eligibility: individuals and families on a low income, people, couples and single-parent families experiencing homelessness, people in a situation of vulnerability, recruitment: foreign workers on a temporary work visa or who do not have a visa yet, companies, community organizations
Capacity: 22 beds
Coverage area: agglomeration of Longueuil
Hours: Monday to Friday 8h00 to 16h00, food assistance: Wednesday 14h30 to 18h00
Fees: variable
Financing: donations, self-financing, grants
Legal status: non-profit organization

COM’FEMME
6035 Adam Street, Brossard, Montérégie, QC, J4Z 1A9
450 676-7719
Website: www.comfemme.org
Email: cf.membres@outlook.com
Eligibility: women 18 years and over
Coverage area: Brossard, Longueuil, Saint-Lamert
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 17h00
Fees: annual membership: $12
Financing: provincial, self-financing
Legal status: non-profit organization

COMITÉ D’ENTRAIDE - UNITÉ PASTORALE SAINT-LAMBERT
311 Saint-Thomas Street, Saint-Lambert, Montérégie, QC, J4R 1Y2
450 671-5721 ext. 0
Website: upsaint-lambert.org
Email: entraide.saintlambert@gmail.com
Eligibility: people on a low income, immigrants
Coverage area: Saint-Lambert
Hours: Monday to Friday 10h00 to 12h00 and 14h00 to 16h00, French conversation workshop: Tuesday
Fees: none
Financing: donations
Legal status: non-profit organization
COMMUNITY LEGAL CENTRE OF THE SOUTH SHORE
101 Roland-Therrien Boulevard, Suite 301, Longueuil, Montérégie, QC, J4H 4B9
450 928-7655 Fax: 450 928-7657
Website: ccjrs.com
Email: administration@ccjrs.com

Services: Legal aid services, free or at a low cost to eligible individuals, provided by family, matrimonial, youth protection, young offenders, criminal and penal, administrative, social, civil and immigration lawyers or notaries.
* Representation before a first instance or appeal court, as plaintiff or defendant. * Assistance in certain cases expressly provided for in the Legal Aid Act. * Legal consultation. * Phone consultation, available 24/7, for detention or custody. * Legal information regarding rights and obligations of legal aid recipients. * Community involvement. * Complaints reception.

Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law

Coverage area: South Shore

Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website

Financing: provincial
Legal status: parapublic organization

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, computer, conversation, equivalency test for high school degree, mentoring. * French as a second language learning: beginner classes.

Eligibility: literacy: adults aged 16 years and over, French learning: immigrants

Coverage area: Hudson, L’Île-Cadieux, L’Île-Perrot, Notre-Dame-de-l’Île-Perrot, Ouest-de-l’Île, Pincourt, Terrasse-Vaudreuil, Vaudreuil-Dorion, West Island

Hours: office: Monday to Wednesday 8h00 to 18h00, Thursday 8h00 to 18h00, courses: day and evening during the week

Fees: classes: free, literacy classes: $30 one-time registration fee
Financing: provincial
Legal status: non-profit organization

CRESO CENTRE-CONSEIL EN EMPLOI
139 Victoria Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1A4
450 377-4889 Fax: 450 377-5199
Website: www.creso-emploi.ca
Email: information@creso-emploi.ca


Eligibility: adults, immigrants, reception and employment assistance for immigrant people: immigrants who have lived in Québec for less than 5 years

Capacity: 5
Coverage area: Salaberry-de-Valleyfield, Beauharnois and Huntingdon
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h15, workshops: Tuesday and Thursday morning
Immigration and cultural communities

Financing: provincial
Legal status: non-profit organization

DROIT À L'EMPLOI
49 Saint-Jacques Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 2J8
450 347-6101 Fax: 450 347-1198
Website: www.coffre.ca/accueil-droit-saint-jean
Email: st-jean@quartierdelemploi.ca
Eligibility: Vers l'emploi: general public, Déclic-45: people 45 years old and over, L'ANCRE: immigrants, Cibl'Emploi: people 55 years old and over
Coverage area: MRC Le Haut-Richelieu
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization

ÉDUC À TOUT
146 du Ruisseau-Barré Road, Marieville, Montérégie, QC, J3M 1P2
450 460-5433
Email: educatout146@outlook.com
Eligibility: people 10 to 70 years old
Coverage area: Carignan, Chambly, Marieville, Richelieu, Rougemont, Saint-Césaire, Saint-Hubert, Saint-Hyacinthe, Saint-Mathias-sur-Richelieu, Saint-Paul d'Abbotsford, Sainte-Angèle-de-Monnoir
Hours: Monday to Friday 9h00 to 16h00, by appointment in the evening
Fees: none
Financing: provincial
Legal status: non-profit organization

ÉDUC À TOUT - CHAMBLY
620 Sénécal Street, Chambly, Montérégie, QC, J3L 1N9
450 460-5433
Email: educatout146@outlook.com
Eligibility: people 10 to 70 years old
Coverage area: Carignan, Chambly, Marieville, Richelieu, Rougemont, Saint-Césaire, Saint-Hubert, Saint-Hyacinthe, Saint-Mathias-sur-Richelieu, Saint-Paul d'Abbotsford, Sainte-Angèle-de-Monnoir
Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: provincial
Legal status: non-profit organization

ÉDUC À TOUT - SAINT-CÉSAIRE
2002 de l'Union Avenue, Saint-Césaire, Montérégie, QC, J0L 1T0
450 460-5433
Email: educatout146@outlook.com
Immigration and cultural communities

Eligibility: people 10 to 70 years old
Coverage area: Carignan, Chambly, Marieville, Richelieu, Rougemont, Saint-Césaire, Saint-Hubert, Saint-Hyacinthe, Saint-Mathias-sur-Richelieu, Saint-Paul d'Abbotsford, Sainte-Angèle-de-Monnoir
Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: provincial
Legal status: non-profit organization

HELLENIC SOCIAL SERVICES OF QUÉBEC - SOUTH SHORE
5220 Grande-Allée, Longueuil, Montérégie, QC, J3Y 1A1
450 443-8197
Website: hcgm.org
Email: info@hcgm.org

Eligibility: people of various origins, particularly Greek
Coverage area: South Shore
Hours: Monday and Tuesday 9h00 to 19h00, Wednesday 9h00 to 17h00, Sunday 8h00 to 16h00
Financing: donations, grants, provincial
Legal status: non-profit organization

INTÉGRATION COMPÉTENCES
285 Cartier Boulevard, Beloeil, Montérégie, QC, J3G 3R2
450 464-4481 Fax: 450 464-8455
Website: www.integrationcompetences.ca
Email: info@integrationcompetences.ca

Eligibility: adults, immigrants, youth 16 to 35 years old
Coverage area: MRC La Vallée-du-Richelieu
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00
Fees: none
Financing: provincial, fundraising campaigns, donations
Legal status: non-profit organization
INTÉGRATION COMPÉTENCES - POINT DE SERVICE CHAMBLY
1179 Bourgogne Street, 2nd Floor, Chambly, Montérégie, QC, J3L 1X3
450 464-4481 Fax: 450 447-2037
Website: integrationcompetences.ca
Email: info@integrationcompetences.ca


Eligibility: adults, immigrants, youth 16 to 35 years old
Coverage area: MRC La Vallée-du-Richelieu
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00
Fees: none
Financing: provincial, fundraising campaigns, donations
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: lamagiedesmots.com
Email: comdelamagie@outlook.com


Eligibility: people 16 years and over
Hours: Monday to Friday day or evening, Saturday and Sunday on request
Fees: none
Financing: provincial
Legal status: non-profit organization

MAISON DE LA FAMILLE DES MASKOUTAINS
2130 Mailhot Avenue, Saint-Hyacinthe, Montérégie, QC, J2S 9E1
450 771-4010 Fax: 450 250-0272
Website: www.mfm.qc.ca
Email: accueil@mfm.qc.ca
Immigration and cultural communities


**Eligibility:** families, seniors, caregivers, children, immigrants, refugees

**Coverage area:** MRC Les Maskoutains

**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

**Fees:** membership card: $10 per year, drop-in respite: free, educational childcare services: $20 per 4-week session, including meals, Tablette et cie: free for members, $5 per 4-month session for non-members, community meals: variable

**Financing:** provincial, donations, grants, membership fees

**Legal status:** non-profit organization

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**MAISON INTERNATIONALE DE LA RIVE-SUD**

2500 Lapinière Boulevard, Brossard, Montérégie, QC, J4Z 3V1

**Website:** mirs.qc.ca

**Email:** info@mirs.qc.ca


**Eligibility:** immigrants and refugees

**Coverage area:** South Shore

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** variable costs for some services: certification of documents, translation, daycare

**Financing:** provincial, federal, self-financing

**Legal status:** non-profit organization

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**MAISON INTERNATIONALE DE LA RIVE-SUD - CAFÉ DES AÎNÉS**

2500 Lapinière Boulevard, Brossard, Montérégie, QC, J4Z 3V1

**Website:** mirs.qc.ca

**Email:** jb.henry@mirs.qc.ca


**Eligibility:** senior immigrants

**Capacity:** 70

**Coverage area:** South Shore

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** membership card: $30, subscription to activities: variable

**Financing:** self-financing, provincial, contributions

**Legal status:** non-profit organization
MOSAÏQUE (LA), CENTRE D’ACTION BÉNÉVOLE ET COMMUNAUTAIRE
1650 de l’Église Avenue, Longueuil, Montérégie, QC, J4P 2C8
450 465-1803 Fax: 450 465-5440
Website: www.lamosaique.org
Email: info@lamosaique.qc.ca


Eligibility: volunteers, people in need, community organizations and organizations in the health and social services network

Coverage area: agglomeration of Longueuil

Hours: administration: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30, thrift store: Tuesday to Saturday 10h00 to 17h00, shopping trips: twice a month

Fees: thrift store: variable low prices, other services: low cost or free

Financing: donations, grants, self-financing

Legal status: non-profit organization

PORTE OUVERTE (LA)
81 Frontenac Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 2Y4
450 346-3283
Email: laporteouverte.conseil@gmail.com


Eligibility: adults with low literacy skills and immigrants

Coverage area: Saint-Jean-sur-Richelieu and surrounding areas

Hours: Monday to Friday 9h00 to 15h00, Centre du Livre Usagé: Monday to Wednesday 10h00 to 18h00, Thursday 11h00 to 20h00

Fees: none

Financing: provincial, grants, self-financing

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


Eligibility: job seekers, immigrants, employers

Coverage area: MRC Vaudreuil-Soulanges

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: grants

Legal status: non-profit organization

SAINT-HYACINTHE TECHNOPOLE
1000 Dessaulles Street, Saint-Hyacinthe, Montérégie, QC, J2S 8W1
450 774-9000 Fax: 450 773-6767
Website: st-hyacinthetechnopole.com/en
Email: info@st-hyacinthetechnopole.com
Immigration and cultural communities


Eligibility: immigrant people who want to settle in Saint-Hyacinthe

Coverage area: MRC des Maskoutains

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial, municipal

Legal status: non-profit organization

SINO-QUÉBEC CENTRE OF SOUTH SHORE

7209 Taschereau Boulevard, Suite 108, Brossard, Montérégie, QC, J4Y 1A1

450 445-6666     Fax: 450 445-8188

Website: www.famillechinoise.qc.ca/fr

Email: direction@centresinoquebec.com


Eligibility: Chinese and Asian communities

Coverage area: Montérégie

Hours: Monday to Friday 9h00 to 17h00

Fees: francization program and gambling addiction prevention program: free

Financing: grants, self-financing

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - CHÂTEAUGUAY

42 Gilmour Street, Châteauguay, Montérégie, QC, J6J 1K6

450 691-1007     Fax: 450 692-5063

Email: ssvpchateauguay@hotmail.com


Eligibility: people on a low income

Coverage area: Châteauguay, Léry, Mercier

Hours: general store: Monday to Friday 9h30 to 15h30, Saturday 9h00 to 12h00, food aid on demand

Financing: donations, self-financing

Legal status: non-profit organization

VISION INTER-CULTURES

2255 Cartier Street, Suite 60, Longueuil, Montérégie, QC, J4K 4G1

450 646-6725     Fax: 450 646-6726

Website: visionintercultures.com

Email: icsi3.visionintercultures@gmail.com


Eligibility: youth 5 to 17 years old, their families, immigrant families and persons

Coverage area: Longueuil, Brossard, Saint-Lambert

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30

Fees: free

Financing: donations, federal, provincial

Legal status: non-profit organization
Indigenous Peoples

COMMUNITY SUPPORT

EMPLOYMENT

GOVERNMENT SERVICES

HEALTH AND SOCIAL SERVICES
Community Support

KAHNAWAKE SHAKOTIYA' TAKEHNAS COMMUNITY SERVICES
Confidential Address
450 632-6880    Fax: 450 632-5116
Website: www.kscs.ca


Eligibility: Kahnawake residents
Coverage area: Kahnawake
Hours: Monday to Friday 8h30 to 16h30
Financing: grants
Legal status: non-profit organization

NATIONAL ABORIGINAL CIRCLE AGAINST FAMILY VIOLENCE
2 River Road, Kahnawake, Montérégie, QC, J0L 1B0
450 638-2968    Fax: 450 638-9415
Website: nacafv.ca
Email: lindsey@nacafv.ca


Eligibility: shelters and transition houses workers, shelters and transition houses who works with Indigenous communities
Coverage area: Canada
Fees: none
Financing: federal, grants, donations
Legal status: non-profit organization

QUÉBEC NATIVE WOMEN
Confidential Address
1 800 363-0322    Fax: 450 632-9280
Website: faq-qnw.org/en
Email: info@faq-qnw.org


Eligibility: native women living on and off reserve, their families and communities
Coverage area: Province of Québec
Hours: Monday to Friday 8h00 to 16h00
Fees: none
Indigenous Peoples

Financing: federal, provincial
Legal status: non-profit organization

STEP-BY-STEP CHILD AND FAMILY CENTER
Confidential Address
450 632-7603  Fax: 450 632-3357
Website: www.stepxstep.ca
Email: info@stepxstep.ca


Eligibility: children 18 months to 6 years old, their families
Capacity: 180
Coverage area: Kahnawake
Hours: Monday to Friday 7h30 to 17h30
Fees: $8.70 per day
Financing: self-financing
Legal status: non-profit organization

Employment

ABRI DE LA RIVE-SUD
459 Sainte-Foy Boulevard, Longueuil, Montérégie, QC, J4J 1X9
450 646-7809  Fax: 450 646-4522
Website: abri-rive-sud.org
Email: intervenant@abri-rive-sud.org


Eligibility: homeless people 18 years old and over
Capacity: 30 places in single rooms
Coverage area: Montérégie
Hours: housing: 24 hours / 7 days, day services: Monday, Wednesday to Friday 9h00 to 12h00 and 13h00 to 16h00, Tuesday 13h00 to 16h00, PO boxes: at all times except for Tuesday morning
Fees: none
Financing: donations, provincial, federal
Legal status: non-profit organization

ANTICAMBRE 12-17 HÉBERGEMENT JEUNESSE DU SYROIT (L')
323 Larocque Road, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4C1
450 373-9887
Website: www.lantichambre12-17.ca
Email: hebergement@lantichambre12-17.ca


Eligibility: youth 12 to 17 years old
Capacity: 5 beds
Coverage area: MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges or others if necessary
Hours: 24 hours / 7 days
Fees: $10 per day, $70 per week
Indigenous Peoples

**Financing:** self-financing, foundations  
**Legal status:** non-profit organization

### AUBERGE SOUS MON TOIT

317 Chapais Street, Granby, Montérégie, QC, J2G 7E7  
450 378-4269  
**Website:** www.aubergesousmontoit.org  
**Email:** auberge@aubergesousmontoit.com  
**Eligibility:** men 18 years old and over experiencing situational difficulties, homeless or offenders, in need of housing, supervision and social integration services  
**Capacity:** 20 rooms  
**Coverage area:** Province of Québec  
**Hours:** 24 hours / 7 days  
**Fees:** $14.50 per day or as per service agreement  
**Financing:** provincial, federal  
**Legal status:** non-profit organization

### EMPLOYMENT AND TRAINING SERVICE CENTRE OF KAHNAWAKE

Confidential Address  
450 638-4280  
**Fax:** 450 638-3276  
**Website:** www.cdrhpnc-fnhrdcq.ca  
**Email:** Angie.marquis@kedc.biz  
**Services:** Development of employment for indigenous people. * Job search assistance. * Professional integration.  
**Eligibility:** Mohawks of Kahnawake  
**Coverage area:** Kahnawake  
**Fees:** none  
**Financing:** provincial  
**Legal status:** parapublic organization

### FIRST NATIONS HUMAN RESOURCES DEVELOPMENT COMMISSION OF QUEBEC

Confidential Address  
450 638-4171  
**Fax:** 450 638-4090  
**Website:** www.cdrhpnc-fnhrdcq.ca/?lang=en  
**Email:** info@cdrhpnc.qc.ca  
**Eligibility:** indigenous people  
**Coverage area:** Province of Québec  
**Hours:** office: Monday to Friday 8h30 to 16h30  
**Fees:** none  
**Financing:** provincial  
**Legal status:** parapublic organization
LE 2159
2159 de Chambly Road, Longueuil, Montérégie, QC, J4J 3Z1
450 396-6426
Website: www.le2159.com
Email: info@le2159.com
Services: * Mid and long-term housing. * Activities and workshops offered on a weekly basis on various topics. * Psychosocial intervention: individual meetings with a counsellor. * Accompaniment for a return to school, an internship, job or apartment search and for appointments. * Social reinsertion through internships.
Eligibility: youth 17 to 25 at risk of delinquency, homelessness, sexual exploitation or mental health issues
Capacity: 16 rooms
Coverage area: Montérégie
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: federal, provincial, foundations, fundraising campaigns
Legal status: non-profit organization

MAISON D’ACCUEIL LE JOINS-TOI
479 Principale Street, Granby, Montérégie, QC, J2G 2W9
450 378-9924 Fax: 450 378-9428
Email: maisonjoinstoi@videotron.ca
Eligibility: men with a criminal record from the provincial or federal correctional system
Capacity: 14 spots for federal inmates, 10 spots for provincial inmates
Coverage area: Canada
Hours: 24 hours / 7 days
Financing: provincial, federal
Legal status: non-profit organization

MAISON D’ACCUEIL LE JOINS-TOI - LONGUEUIL
6505 Maricourt Boulevard, Longueuil, Montérégie, QC, J3Y 1S8
450 445-8000
Email: maisonjoinstoi@videotron.ca
Eligibility: men with a criminal record from the provincial or federal correctional system
Capacity: 24 people
Coverage area: Canada
Hours: 24 hours / 7 days
Financing: provincial, federal
Legal status: non-profit organization

MAISON D’ACCUEIL LE JOINS-TOI - SAINT-HYACINTHE
5085 Laurier Boulevard Ouest, Saint-Hyacinthe, Montérégie, QC, J2S 3V4
450 771-5026
Email: maisonjoinstoi@videotron.ca
Eligibility: men with a criminal record from the provincial correctional system
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 16h00
MAISON D'ACCUEIL LE JOINS-TOI - SAINT-JEAN-SUR-RICHELIEU
232 Longueuil Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 6P4
450 358-2783
Email: maisonjoinstoi@videotron.ca
Eligibility: men with a criminal record from the provincial correctional system
Coverage area: Province of Québec
Hours: Monday to Friday 8h00 to 17h00
Financing: provincial, federal
Legal status: non-profit organization

OPEX BELOEIL - CHAMBLY
515 Sir-Wilfrid-Laurier Boulevard, Suite 201, Beloeil, Montérégie, QC, J3G 6R7
438 394-3777
Website: opexemploi.com
Email: info@opexemploi.com
Eligibility: adults with a criminal record
Coverage area: South Shore
Hours: by appointment only
Financing: provincial, grants
Legal status: non-profit organization

OPEX SAINT-AMABLE
297 Principale Street, Saint-Amable, Montérégie, QC, J0L 1N0
438 394-3777
Website: opexemploi.com
Email: info@opexemploi.com
Eligibility: adults with a criminal record
Coverage area: South Shore
Hours: by appointment only
Financing: provincial, grants
Legal status: non-profit organization

OPEX SAINT-JEAN-SUR-RICHELIEU - MARIEVILLE
106 Saint-Charles Street, Suite 8 and 10, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 2C1
450 741-3217 Fax: 450 741-3217
Website: opexemploi.com
Email: info@opexemploi.com
Eligibility: adults with a criminal record
Coverage area: MRC Le Haut-Richelieu, MRC Rouville
Hours: Monday to Thursday 8h30 to 16h00, Friday 8h30 to 12h00
Financing: provincial, grants
Legal status: non-profit organization

ORIENTHÈQUE (L') - CENTRE D'ORIENTATION ET SERVICES D'INTÉGRATION DE LA MAIN-D'OEUVRE
343 Poliquin Boulevard, Sorel-Tracy, Montérégie, QC, J3P 7W1
450 730-0181 Fax: 450 730-0669
Website: www.orientheque.ca
Email: info@orientheque.ca


Eligibility: people aged 18 and over, people with criminal records, women in non-traditional jobs, people with immigrant backgrounds, experienced workers aged 50 and over

Coverage area: MRC Pierre-De Saurel, Contrecoeur, Calixa-Lavallée, Verchères

Hours: Monday, Tuesday and Thursday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h30

Fees: none
Financing: provincial, federal, donations
Legal status: non-profit organization

P.S. JEUNESSE
99 Salaberry Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2H5
450 377-9155 Fax: 450 377-8037
Website: psjeunesse.org
Email: info@psjeunesse.org


Eligibility: adults
Capacity: no limits
Coverage area: MRC Roussillon, MRC Les Jardins-de-Napierville, MRC Le Haut-Saint-Laurent, MRC Beauparlant-Salaberry, MRC Vaudreuil-Soulanges

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

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

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Eligibility: adults, people with a criminal record, people without a high school diploma

Coverage area: MRC Vaudreuil-Soulanges

Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

SERVICE D'INTÉGRATION AU MARCHÉ DU TRAVAIL DE LA MONTÉRÉGIE

3209 Chambly Road, Longueuil, Montérégie, QC, J4L 1N3

450 679-7311     Fax: 450 679-7316

Website: www.imtm.ca

Email: info@imtm.ca


Eligibility: people 18 years and over out of the job market, people with a criminal record

Coverage area: Montérégie

Hours: Monday to Friday 8h30 to 12h30 and 13h00 to 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

Government services

CENTRE D’ACTION BÉNÉVOLE DE FARNHAM

1810 Principale Street East, Farnham, Montérégie, QC, J2N 1N4

450 293-3265     Fax: 450 293-1010

Website: www.cabfarnham.com

Email: direction@cabfarnham.com


Eligibility: people living with a disability, seniors, families, community organizations

Coverage area: Ange-Gardien, Farnham, Sainte-Brigide-D'iberville, Sainte-Sabine

Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00

Fees: none

Financing: Centraide Richelieu-Yamaska, provincial

Legal status: non-profit organization
CENTRE DE BÉNÉVOLAT DE ST-HYACINTHE (LE)
1015 Dessaulles Street, Saint-Hyacinthe, Montérégie, QC, J2S 2Y8
450 773-4966
Website: cbsh.ca
Email: infomad@cbsh.ca


Eligibility: seniors, people and families on a low income, people in a vulnerable situation, volunteers, organizations

Coverage area: MRC Les Maskoutains

Hours: Monday to Friday 8h30 to 16h30, emergency food assistance: by appointment

Fees: variable

Financing: Centraide Richelieu-Yamaska, provincial, donations

Legal status: non-profit organization

CENTRE LOCAL D'EMPLOI DU HAUT-SAINT-LAURENT
220 Châteauguay Street, Huntingdon, Montérégie, QC, J0S 1H0
450 264-5323 Fax: 450 264-3297
Website: www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi


Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: MRC Le-Haut-Saint-Laurent

Hours: Monday, Tuesday, Thursday and Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: provincial government agency

COMMISSION DE LA SANTÉ ET DE LA SÉCURITÉ DU TRAVAIL DU QUÉBEC - LONGUEUIL
25 La Fayette Boulevard, Longueuil, Montérégie, QC, J4K 5B7
1 844 838-0808 Fax: 1 855 722-8081
Website: www.cnesst.gouv.qc.ca/en

Services: * Support for workers and employers in their efforts to eliminate hazards in their workplace. * Inspection of workplaces. * Promotion of occupational health and safety. * Compensation for workers who suffered an occupational injury. * Rehabilitation of workers who, because of an occupational injury, suffered a permanent impairment of physical or mental integrity.

Eligibility: employers and workers

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 Coverage area: Montérégie
Hours: office: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: membership fees, self-financing
Legal status: provincial government agency

COMMISSION DE LA SANTÉ ET DE LA SÉCURITÉ DU TRAVAIL DU QUÉBEC - VALLEYFIELD
9 Nicholson Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4M4
1 844 838-0808   Fax: 1 855 722-8081
Website: www.cnesst.gouv.qc.ca/en
Services: * Support for workers and employers in their efforts to eliminate hazards in their workplace. * Inspection of workplaces. * Promotion of occupational health and safety. * Compensation for workers who suffered an occupational injury. * Rehabilitation of workers who, because of an occupational injury, suffered a permanent impairment of physical or mental integrity.
Eligibility: employers and workers
Coverage area: Salaberry-de-Valleyfield
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, closed on public holidays
Financing: membership fees, self-financing
Legal status: provincial government agency

COMMISSION DE LA SANTÉ ET DE LA SÉCURITÉ DU TRAVAIL DU QUÉBEC - YAMASKA
2710 Bachand Street, Saint-Hyacinthe, Montérégie, QC, J2S 8B6
1 844 838-0808   Fax: 1 855 722-8081
Website: www.cnesst.gouv.qc.ca/en
Services: * Support for workers and employers in their efforts to eliminate hazards in their workplace. * Inspection of workplaces. * Promotion of occupational health and safety. * Compensation for workers who suffered an occupational injury. * Rehabilitation of workers who, because of an occupational injury, suffered a permanent impairment of physical or mental integrity.
Eligibility: employers and workers
Coverage area: Yamaska, Saint-Hyacinthe
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

COMMISSION DES NORMES DU TRAVAIL - MONTÉRÉGIE
25 La Fayette Boulevard, Longueuil, Montérégie, QC, J4K 5B7
1 844 838-0808
Website: www.cnesst.gouv.qc.ca/en
Services: * Information on labour standards and the obligations stipulated by the law and regulations. * Registration of complaints. * Mediation for employees or employers involved in a complaint of psychological harassment, wrongful dismissal or prohibited practice.
Eligibility: public, employers, employees
Coverage area: Montérégie
Hours: office: by appointment for investigation and mediation
Financing: provincial
Legal status: provincial government agency

MOHAWK COUNCIL OF AKWESASNE
29 3rd Street, Akwesasne, Montérégie, QC, H0M 1A0
613 575-2250   Fax: 613 575-2181
Website: www.akwesasne.ca
Email: info@akwesasne.ca

**Eligibility:** Akwesasne Mohawks

**Coverage area:** Akwesasne

**Financing:** federal

**Legal status:** municipal agency

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**MOHAWK COUNCIL OF KAHNAWAKE**

1 Church Road, Kahnawake, Montérégie, QC, J0L 1B0

450 632-7500   Fax: 450 638-5958

Website: www.kahnawake.com

Email: communications@mck.ca


**Coverage area:** Kahnawake

**Hours:** Monday to Friday 8h30 to 16h00

**Financing:** federal

**Legal status:** municipal agency

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**MOSAÏQUE (LA), CENTRE D’ACTION BÉNÉVOLE ET COMMUNAUTAIRE**

1650 de l’Église Avenue, Longueuil, Montérégie, QC, J4P 2C8

450 465-1803   Fax: 450 465-5440

Website: www.lamosaique.org

Email: info@lamosaique.qc.ca


**Eligibility:** volunteers, people in need, community organizations and organizations in the health and social services network

**Coverage area:** agglomeration of Longueuil

**Hours:** administration: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30, thrift store: Tuesday to Saturday 10h00 to 17h00, shopping trips: twice a month

**Fees:** thrift store: variable low prices, other services: low cost or free

**Financing:** donations, grants, self-financing

**Legal status:** non-profit organization
REVENU QUÉBEC - LONGUEUIL
825 Saint-Laurent Street West, Longueuil, Montérégie, QC, J4K 2V1
1 800 267-6299  TTY: 1 800 361-3795
Website: www.revenuquebec.ca/en

Services: * Administration of Québec's tax system by collecting taxes. * Administration of programs and services related to income: tax credits, housing benefit, work bonus, maintenance allowances, provisional administration of unclaimed property, the Registraire des entreprises.

Coverage area: Province of Québec

Hours: Monday to Friday 10h00 to 16h30, phone service: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: provincial government agency

REVENU QUÉBEC - SAINT-JEAN-SUR-RICHELIEU
855 Industriel Boulevard, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 7Y7
514 864-6299  Fax: 514 873-7502  TTY: 1 800 361-3795
Website: www.revenuquebec.ca

Services: * Administration of Québec's tax system by collecting taxes. * Administration of programs and services related to income: tax credits, housing benefit, work bonus, maintenance allowances, provisional administration of unclaimed property, the Registraire des entreprises.

Coverage area: Province of Québec

Hours: Monday to Friday 10h00 to 16h30, phone service: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: provincial government agency

REVENU QUÉBEC - SOREL-TRACY
101 du Roi Street, Sorel-Tracy, Montérégie, QC, J3P 4N1
1 800 267-6299  Fax: 514 873-7502  TTY: 1 800 361-3795
Website: www.revenuquebec.ca

Services: * Administration of Québec's tax system by collecting taxes. * Administration of programs and services related to income: tax credits, housing benefit, work bonus, maintenance allowances, provisional administration of unclaimed property, the enterprise registrar.

Coverage area: Province of Québec

Hours: Monday to Friday 10h00 to 16h30

Financing: provincial

Legal status: provincial government agency

SERVICE CANADA CENTRE - BROSSARD
2501 Lapinière Boulevard, ground floor, Brossard, Montérégie, QC, J4Z 3P1
1 800 622-6232  TTY: 1 800 926-9105
Website: www.servicecanada.gc.ca/bpsc-fsco/sc-dsp.jsp?lang=eng&rc=2373


Coverage area: Brossard

Hours: Monday to Friday 8h30 to 16h00

Financing: federal

Legal status: federal government agency
SERVICE CANADA CENTRE - CHÂTEAUQUAY
245 Saint-Jean-Baptiste Boulevard, Suite 101, Châteauguay, Montérégie, QC, J6K 3C3
1 800 622-6232  TTY: 1 800 926-9105  
Website: www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2443
Coverage area: Châteauguay
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency

SERVICE CANADA CENTRE - LONGUEUIL
1195 Du Tremblay Road, Suite 100, Longueuil, Montérégie, QC, J4N 1R4
1 800 622-6232  TTY: 1 800 926-9105  
Website: www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2871
Coverage area: Longueuil
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency

SERVICE CANADA CENTRE - SAINT-HYACINTHE
Galeries Saint-Hyacinthe, 3225 Cusson Avenue, Suite 2500, Saint-Hyacinthe, Montérégie, QC, J2S 0H7
1 800 622-6232  TTY: 1 800 926-9105  
Website: www.servicecanada.gc.ca
Coverage area: Saint-Hyacinthe
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency
SERVICE CANADA CENTRE - SAINT-JEAN-SUR-RICHELIEU
1235 Douglas Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J2W 1C7
1 800 622-6232   TTY: 1 800 926-9105
Website: www.canada.ca
Coverage area: Saint-Jean-sur-Richelieu and surrounding area
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency

SERVICE CANADA CENTRE - VALLEYFIELD
63 Champlain Street, Suite 100, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1W4
1 800 622-6232   TTY: 1 800 926-9105
Website: www.canada.ca
Coverage area: Salaberry-De-Valleyfield
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government 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.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2251
Coverage area: Vaudreuil-Dorion
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency
SERVICES QUÉBEC - ACTON VALE
1130 Daigneault Street, Acton Vale, Montérégie, QC, J0H 1A0
1 800 438-4765 Fax: 450 546-2747
Website: www.quebec.ca/en/government/services-quebec


Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Acton Vale

Hours: Monday and Thursday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: provincial government agency

SERVICES QUÉBEC - BEAUHARNOIS
140 Saint-Laurent Street, Beauharnois, Montérégie, QC, J6N 1V9
1 877 644-4545 TTY: 1 800 361-9596
Website: www.quebec.ca/en

Services: * Information on government programs and services and accompaniment in administrative procedures. * Administration of oath. * Services related to Directeur de l'état civil, Régie du bâtiment, Registre foncier, child support, pension plans and public sector pension plans.

Coverage area: Beauharnois

Hours: Monday, Tuesday, Thursday and Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 9h00 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: provincial government agency

SERVICES QUÉBEC - BELOEIL
515 Sir-Wilfrid-Laurier Boulevard, Suite 201, Beloeil, Montérégie, QC, J3G 6R7
1 877 856-1966 Fax: 450 467-9603
Website: www.quebec.ca/en/government/services-quebec


Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)
SERVICES QUÉBEC - BROSSARD
1 Place du Commerce, Suite 200, Brossard, Montérégie, QC, J4W 2Z7
450 672-1335 Fax: 450 672-4667
Website: www.localisateur.servicesquebec.gouv.qc.ca/en


Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Brossard
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

SERVICES QUÉBEC - CHÂTEAUGUAY
180 d'Anjou Boulevard, Suite 250, Châteauguay, Montérégie, QC, J6K 5G6
450 691-6020 Fax: 450 699-9005
Website: www.localisateur.servicesquebec.gouv.qc.ca/en


Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Châteauguay
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

SERVICES QUÉBEC - DIRECTION RÉGIONALE DE LA MONTÉRÉGIE
135 de Mortagne Boulevard, Suite H, Boucherville, Montérégie, QC, J4B 6G4
1 800 561-6781
Website: www.localisateur.servicesquebec.gouv.qc.ca/en

Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities), sponsored immigrants on or awaiting welfare and their sponsors

Coverage area: Montérégie

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: provincial government agency
Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Marieville

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: provincial government agency

SERVICES QUÉBEC - SAINT-CONSTANT

126 Saint-Pierre Street, Saint-Constant, Montérégie, QC, J5A 2P1

450 635-6221     Fax: 450 635-8018

Website: www.localisateur.servicesquebec.gouv.qc.ca/en


Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Saint-Constant

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: provincial government agency

SERVICES QUÉBEC - SAINT-HYACINTHE

3100 Laframboise Boulevard, Suite 2620, Saint-Hyacinthe, Montérégie, QC, J2S 4Z4

1 800 465-0719     Fax: 450 778-6647     TTY: 1 800 361-9596

Website: www.quebec.ca/en/government/services-quebec


Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Saint-Hyacinthe

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 9h00 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: provincial government agency

Indigenous Peoples

Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)
SERVICES QUÉBEC - SAINT-JEAN-SUR-RICHELIEU
315 MacDonald Street, Suite 128, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 8J3
450 348-9294 Fax: 450 348-6514
Website: www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi/index_en.asp
Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)
Coverage area: Saint-Jean-sur-Richelieu
Hours: In person: Monday, Tuesday, Thursday, Friday 8h30 to 16h30, Wednesday 9h00 to 16h30, by phone: Monday to Friday 8h00 to 20h00
Financing: provincial
Legal status: provincial government agency

SERVICES QUÉBEC - SALABERRY-DE-VALLEYFIELD
63 Champlain Street, Suite 110, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1W4
450 370-3027 TTY: 450 370-6848
Website: www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi/index_en.asp
Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)
Coverage area: Montérégie
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

SERVICES QUÉBEC - SOREL-TRACY
375 Fiset Boulevard, Sorel-Tracy, Montérégie, QC, J3P 7Z4
450 742-5941 Fax: 450 746-1931
Website: www.mtess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi/index_en.asp
Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)
Coverage area: Sorel-Tracy
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency
SERVICES QUÉBEC - VAUDREUIL-DORION
430 Harwood Boulevard, Suite 4, Vaudreuil-Dorion, Montérégie, QC, J7V 7H4
450 455-5666 Fax: 450 424-0772
Website: www.localisateur.servicesquebec.gouv.qc.ca/en


Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: MRC Vaudreuil-Soulanges

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: provincial government agency

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - CHÂTEAUGUAY
42 Gilmour Street, Châteauguay, Montérégie, QC, J6J 1K6
450 691-1007 Fax: 450 692-5063
Email: ssvpchateauguay@hotmail.com


Eligibility: people on a low income

Coverage area: Châteauguay, Léry, Mercier

Hours: general store: Monday to Friday 9h30 to 15h30, Saturday 9h00 to 12h00, food aid on demand

Financing: donations, self-financing

Legal status: non-profit organization

Health and social services

KAHNNAWAKE SHAKOTII’TAKEHNHAS COMMUNITY SERVICES
Confidential Address
450 632-6880 Fax: 450 632-5116
Website: www.kscs.ca


Eligibility: Kahnawake residents

Coverage area: Kahnawake

Hours: Monday to Friday 8h30 to 16h30
**Financing:** grants

**Legal status:** non-profit organization

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**KANONHKWA’TSHERI:IO HEALTH AND SOCIAL FACILITY**

31 Hilltop Drive, Akwesasne, Montérégie, QC, H0M 1A0

613 575-2341

Website: www.akwesasne.ca/health

Email: info@akwesasne.ca


**Eligibility:** members of an aboriginal community

**Coverage area:** Akwesasne

**Fees:** none

**Legal status:** municipal agency

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**KATERI MEMORIAL HOSPITAL CENTRE**

10 River Road, Kahnawake, Montérégie, QC, J0L 1B0

450 638-3930     Fax: 450 638-4634

Website: kmhc.ca


**Eligibility:** community of Kahnawake

**Coverage area:** Kahnawake

**Hours:** Monday to Thursday 9h00 to 20h00, Friday 9h00 to 17h30, Saturday 9h30 to 13h30, visiting hours: 7 days 12h00 to 21h00, walk-in clinic: every Saturday, blood tests: Monday to Friday 7h00 to 9h00

**Financing:** federal, provincial

**Legal status:** parapublic organization
Justice and Advocacy

ADVOCACY GROUPS

CONSUMER PROTECTION AND COMPLAINTS

CORRECTIONAL SERVICES

COURTHOUSES AND TRIBUNALS

LEGAL ASSISTANCE AND INFORMATION

PROFESSIONAL ORDERS AND ASSOCIATIONS

SUPPORT FOR OFFENDERS
Advocacy groups

ACTION CONCERTATION VIEILLISSEMENT LONGUEUIL
201 Curé-Poirier Boulevard West, Longueuil, Montérégie, QC, J4J 2G4
450 651-9830 ext. 67447
Email: marie-lynnne.brodeur.cisssme16@ssss.gouv.qc.ca
Services: Round table for the Vieux-Longueuil intersectoral organizations for seniors.
Eligibility: public, parapublic, community and associative organizations for seniors of the Vieux-Longueuil borough
Coverage area: Vieux-Longueuil
Financing: provincial
Legal status: non-profit organization

ACTION LOGEMENT PIERRE-DE-SAUREL
71 De Ramezay Street, Suite 227, Sorel-Tracy, Montérégie, QC, J3P 3Z1
450 881-1910 Fax: 450 746-7108
Email: actionlogement@gmail.com
Eligibility: tenants living in an apartment, cooperative or HLM, young households
Coverage area: MRC Pierre-De Saurel
Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: municipal, provincial, donations
Legal status: non-profit organization

ACTION POUR UN ENVIRONNEMENT SAIN
1551 Montarville Street, Suite 101, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 3T8
450 482-0642
Website: missionapes.org
Email: info@missionapes.org
Eligibility: general public, schools, local producers
Coverage area: Montérégie, community gardens: Saint-Basile-le-Grand
Hours: store: Thursday and Friday 10h00 to 18h00, Saturday 10h00 to 17h00
Fees: variable
Financing: provincial, federal, self-financing
Legal status: non-profit organization

ALTERNATIVE-CENTREGENS
462 Sainte-Foy Boulevard, Longueuil, Montérégie, QC, J4J 1Y2
450 651-0651 Fax: 450 651-0678
Email: info@centregens.ca
Eligibility: adults with mental health problems past or present
Coverage area: Vieux-Longueuil, Saint-Hubert
Hours: Monday and Tuesday 9h00 to 20h00, Wednesday to Friday 9h00 to 16h00
Fees: annual membership: $6  
Financing: provincial, contributions  
Legal status: non-profit organization

ARC ASSISTANCE AND REFERRAL CENTER  
106 Churchill Boulevard, 2nd floor, Longueuil, Montérégie, QC, J4V 2L9  
514 605-9500  
Website: arc-hss.ca  
Email: arcinformation2@gmail.com  
Eligibility: english-speaking people  
Coverage area: South Shore  
Hours: office: Monday to Friday 8h30 to 16h30  
Financing: foundations, provincial  
Legal status: non-profit organization

ASSOCIATION COOPÉRATIVE D’ÉCONOMIE FAMILIALE DE LA RIVE-SUD  
2010 Chambly Road, Longueuil, Montérégie, QC, J4J 3Y2  
450 677-6394     Fax: 450 677-0101  
Website: www.acefrsm.com  
Email: acefrsm@consommateur.qc.ca  
Eligibility: general public, mainly low and middle income consumers, Desjardins Mutual Aid Fund loan: people experiencing financial difficulties, people facing occasional emergency expenses  
Coverage area: agglomeration of Longueuil, MRC La Vallée-du-Richelieu, MRC Le Haut-Richelieu, MRC Les Jardins-de-Napierville, MRC Marguerite-D’Youville, MRC Roussillon  
Hours: Monday to Thursday 9h30 to 12h00 and 13h00 to 16h30  
Fees: free  
Financing: provincial, Centraide of Greater Montréal, municipal, contributions, donations  
Legal status: cooperative

ASSOCIATION COOPÉRATIVE D’ÉCONOMIE FAMILIALE DE LA RIVE-SUD - POINT DE SERVICE DE VALLEYFIELD  
19 Sainte-Cécile Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1L4  
450 371-3470  
Website: www.acefrsm.com  
Email: acefrsv@acefrsm.com  
Eligibility: consumers on a low or medium income  
Coverage area: MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges  
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00  
Fees: none  
Financing: provincial, Centraide of Greater Montréal, municipal, membership fees, donations  
Legal status: non-profit organization
ASSOCIATION COOPÉRATIVE D’ÉCONOMIE FAMILIALE MONTÉRÉGIE-EST - GRANBY
162 Saint-Charles-South Street, Granby, Montérégie, QC, J2G 7A4
450 375-1443
Website: www.acefmonteregie-est.com
Email: direction@acefme.org
Coverage area: MRC Acton, MRC Brome-Missisquoi, MRC Haute-Yamaska, MRC Les Maskoutains, MRC Rouville, MRC Pierre-De Saurel
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: Centraide Richelieu-Yamaska, provincial
Legal status: cooperative

ASSOCIATION COOPÉRATIVE D’ÉCONOMIE FAMILIALE MONTÉRÉGIE-EST - SAINT-HYACINTHE
1195 Saint-Antoine Street, Suite 306, Saint-Hyacinthe, Montérégie, QC, J2S 3K6
450 252-0808
Website: acefmonteregie-est.com
Email: acefsainthyacinthe@gmail.com
Coverage area: MRC Acton, MRC Les Maskoutains
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: provincial
Legal status: cooperative

ASSOCIATION COOPÉRATIVE D’ÉCONOMIE FAMILIALE MONTÉRÉGIE-EST - SOREL-TRACY
71 de Ramezay Street, Suite 309, Sorel-Tracy, Montérégie, QC, J3P 3Z1
450 908-0929
Website: www.acefmonteregie-est.com
Email: acefsoreltracy@acefme.org
Eligibility: consumers, tenants
Coverage area: MRC d’Acton, MRC Brome-Missisquoi, MRC Haute-Yamaska, MRC Les Maskoutains, MRC Rouville, MRC Pierre-De Saurel
Hours: Monday to Friday 8h30 to 16h00
Financing: Centraide Richelieu-Yamaska, provincial
Legal status: cooperative

ASSOCIATION D’INFORMATIONS EN LOGEMENTS ET IMMEUBLES ADAPTÉS
150 Grant Street, Suite 228, Longueuil, Montérégie, QC, J4H 3H6
450 646-4343
Website: www.ailia.info
Email: ailia150grant@gmail.com
Services: Regional reference regarding adapted housing and universal accessibility. * Assistance with accessible apartments search. * Assistance with procedures regarding programs for home adaptation or allowances for apartment adaptation. * Information resource for universal accessibility.
Eligibility: people of all ages living with a disability or any type of impairment
Coverage area: Montérégie
Hours: Monday to Thursday 9h30 to 17h00
Financing: provincial
Legal status: non-profit organization

ASSOCIATION DE COOPÉRATIVE D’ÉCONOMIE FAMILIALE DE MONTÉRÉGIE-EST - COWANSVILLE
109 William Street, Suite 111, Cowansville, Montérégie, QC, J2K 1K9
450 305-0440
Website: www.acefmonteregie-est.com
Email: acefcowansville@acefme.org
Coverage area: MRC Acton, MRC Brome-Missisquoi, MRC Haute-Yamaska, MRC Les Maskoutains, MRC Rouville, MRC Pierre-De Saurel
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: Centraide Richelieu-Yamaska, provincial
Legal status: non-profit organization

ASSOCIATION DE LA DÉFICIENCE INTELLECTUELLE DE LA RÉGION DE SOREL
1275 des Patriotes Road, Sorel-Tracy, Montérégie, QC, J3P 2N4
450 743-0664   Fax: 450 743-3208
Website: adirs.e-monsite.com
Email: adirs@videotron.ca
Eligibility: people with an intellectual disability or an autism spectrum disorder, their family
Coverage area: Contrecoeur, MRC Pierre-De Saurel
Hours: Monday to Friday 9h00 to 16h00
Fees: annual membership card: $10, activities: variable
Financing: federal, provincial, fundraising campaigns, self-financing, contributions, donations
Legal status: non-profit organization

ASSOCIATION DE LA SCLÉROSE EN PLAQUES SOREL-TRACY ET RÉGIONS
71 Ramezay Street, Suite 151-A, Sorel-Tracy, Montérégie, QC, J3P 3Z1
450 746-5536   Fax: 450 746-7409
Email: asp.soreltracy@gmail.com
Eligibility: people with multiple sclerosis and their relatives
Coverage area: MRC Pierre-De Saurel
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Financing: self-financing
Legal status: non-profit organization

ASSOCIATION DES EMPLOYÉS RETRAITÉS DE LA VILLE DE SAINT-HYACINTHE
2290 du Couvent-de-Lorette Street, Saint-Hyacinthe, Montérégie, QC, J2T 4R3
Services: * Defense of rights and interests.
Eligibility: retired employees of the city of Saint-Hyacinthe
Coverage area: Saint-Hyacinthe
**Financing:** municipal, donations  
**Legal status:** non-profit organization

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**ASSOCIATION DES LOCATAIRES DE H.L.M DE SOREL-TRACY**  
264 Robidoux Street, Sorel-Tracy, Montérégie, QC, J3P 4S2  
450 743-9207  
Email: adlhlms-t@hotmail.com  
**Services:** Activities and advocacy for HLM tenants.  
* Recreational, educational and cultural activities: classes, outings, coffee-meetings, interventions.  
* Advocacy for rights and interests.  
* Consultation and representation.  
**Eligibility:** tenants of the Habitations à Loyer Modique (HLM) in the MRC Pierre-De Saurel  
**Coverage area:** MRC Pierre-De Saurel  
**Hours:** Monday to Friday 8h00 to 16h00  
**Fees:** none  
**Financing:** grants  
**Legal status:** non-profit organization

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**ASSOCIATION DES PARENTS DES ENFANTS HANDICAPÉS RICHELIEU-VAL-MASKA**  
16675 Desrochers Avenue, Saint-Hyacinthe, Montérégie, QC, J2T 3K3  
450 261-8556  
Email: directrice@apehrvm.org  
**Services:** Support and accompaniment for families living with a disability.  
* Individual and collective rights advocacy.  
* Support and accompaniment: announcement of diagnosis, intervention plan, form filling, etc.  
* Parents meetings.  
* Public awareness: conferences, kiosks and evening presentation.  
* Specialized library.  
* Adapted material loan.  
* Un moment pour toi! workshop: social and recreational activities for siblings of children with a disability.  
* Mentoring for teenagers and young adults with an autism spectrum disorder or a physical disability.  
* Parent'hèse newspaper: dissemination of information to parents and community organizations.  
**Eligibility:** families of people living with an intellectual disability, a physical disability or an autism spectrum disorder  
**Coverage area:** Beloeil, McMasterville, Mont-Saint-Hilaire, MRC Acton, MRC les Maskoutains, MRC Rouville, Otterburn Park, Saint-Charles-sur-Richelieu, Saint-Denis-sur-Richelieu, Saint-Jean-Baptiste, Saint-Mathieu-de-Beloeil  
**Hours:** Monday to Friday 9h00 to 16h00  
**Fees:** free  
**Financing:** provincial  
**Legal status:** non-profit organization

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**ASSOCIATION DES PERSONNES HANDICAPÉES DE LA RIVE-SUD OUEST**  
100 Sainte-Marie Street, La Prairie, Montérégie, QC, J5R 1E8  
450 659-6519  
Fax: 450 659-6510  
Website: www.aphrso.org  
Email: info@aphrso.org  
**Services:** Advocacy of rights and interests for people with functional limitations.  
* Listening, information, referral.  
* Counselling.  
* Assistance with procedures.  
**Eligibility:** people with functional limitations, their representatives  
**Coverage area:** MRC Roussillon  
**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30  
**Fees:** none  
**Financing:** Centraide of Greater Montréal, provincial  
**Legal status:** non-profit organization
ASSOCIATION DES PERSONNES HANDICAPÉES DE LA VALLÉE DU RICHELIEU
308 Montsabré Street, Suite D-209, Beloeil, Montérégie, QC, J3G 2H5
450 464-7445
Website: www.aphvr.org
Email: informations@aphvr.org

Services: * Advocacy and promotion of the rights of people with physical disabilities and with loss of autonomy: accessibility of public sites and facilities, adapted transportation, adapted housing, etc. * Individual listening, information and referral. * Adapted activities to preserve or develop physical or cognitive skills. * Recreational outings and sport activities to promote social bonding. * Online documentation and public awareness on the needs and realities of people living with a physical disability.

Eligibility: people with a physical disability, people with loss of autonomy, their families

Coverage area: MRC de La Vallée-du-Richelieu

Hours: Monday to Thursday 9h30 to 16h30

Fees: annual membership: $20

Financing: provincial, municipal, self-financing

Legal status: non-profit organization

ASSOCIATION DES PERSONNES HANDICAPÉES DE SOREL-TRACY
105 du Prince Street, Suite 42, Sorel-Tracy, Montérégie, QC, J3P 4J9
450 743-6655     Fax: 450 743-5920
Email: aphst@videotron.ca


Eligibility: persons 18 years of age and older living with a physical or sensory disability, any person concerned about the social integration of people with disabilities

Coverage area: MRC Pierre-De Saurel

Hours: Monday to Thursday 9h00 to 17h00

Fees: $10 per year

Financing: fundraising campaigns, membership fees, donations

Legal status: non-profit organization

ASSOCIATION DES RETRAITÉS ET RETRAITÉES DE L’ÉDUCATION ET DES AUTRES SERVICES PUBLICS DU QUÉBEC - SUROÎT
394 Dufferin Street, Suite 202-A, Salaberry-de-Valleyfield, Montérégie, QC, J6S 2A8
450 373-1009
Email: areq.suroit@gmail.com


Eligibility: retired people from public sectors, members

Coverage area: Suroît: MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

Fees: annual membership

Financing: self-financing

Legal status: non-profit organization

ASSOCIATION DES STOMISÉS RICHELIEU-YAMASKA
Confidential Address
450 230-1795
Website: stomisesry.com
Email: jacques.inspiration@gmail.com
Services: Information and support for its members in their efforts to readapt physically, psychologically and socially. * Help for people living with a stoma. * Advocacy for the rights of people living with a stoma. * Support group for people newly living with a stoma. * Information sessions on the care of people living with a stoma. * Social activities. * Support and listening over the phone.

Eligibility: people living with a stoma (after an inflammatory intestinal disease, an intestinal or urinary cancer, or a trauma that required the installation of a stoma) and people who do not have a stoma but suffer from an inflammatory intestinal disease

Coverage area: Montérégie
Hours: dimanche au samedi 8h00 à 20h00
Legal status: non-profit organization

ASSOCIATION DES USAGERS DU TRANSPORT ADAPTÉ DE LONGUEUIL
150 Grant Street, Suite 118, Longueuil, Montérégie, QC, J4H 3H6
450 646-2224
Website: www.autal.org
Email: info@autal.org

Services: * Information and telephone referral. * Support to paratransit users in the forwarding of their complaints to the Réseau de transport de Longueuil and follow-up with carriers. * Information sessions for members. * Promotion of the interests and defence of the rights of people using paratransit and public transit.

Eligibility: people with disabilities using the Réseau de transport de Longueuil's paratransit and public transit services

Coverage area: Longueuil agglomeration
Hours: Monday to Friday 8h30 to 16h30
Fees: aucun
Financing: provincial
Legal status: non-profit organization

ASSOCIATION FÉMININE D’ÉDUCATION ET D’ACTION SOCIALE - RICHELIEU-YAMASKA
650 Girouard Street East, Saint-Hyacinthe, Montérégie, QC, J2S 2Y2
450 796-5808 Fax: 450 773-7015
Website: www.afeas.qc.ca
Email: afeasry@cgocable.ca


Eligibility: women 16 years old and over

Coverage area: MRC Acton, MRC La Vallée-du-Richelieu and MRC Les Maskoutains
Fees: annual membership: $35
Financing: contributions, grants, provincial
Legal status: non-profit organization

ASSOCIATION INFERTILITÉ QUÉBEC
1538 Saint-Jean-Baptiste Boulevard, Mercier, Montérégie, QC, J6R 2L1
514 452-6775
Website: www.infertilite.ca
Email: president@infertilite.ca


Eligibility: infertile couples and individuals of all sexual orientations

Coverage area: Province of Québec
Fees: annual membership: $25.50
Financing: membership fees
Legal status: non-profit organization
ASSOCIATION LOCALE DES PERSONNES HANDICAPÉES DE CHAMBLY ET LA RÉGION - ALPHA

608 12th Avenue, Richelieu, Montérégie, QC, J3L 5J9
450 658-9869
Website: www.associationalpha.com
Email: associationalpha@hotmail.com

Services: * Raising awareness and advocating for the rights of people with an autism spectrum disorder or a physical or intellectual disability. * IPS Program: day program for adults with an intellectual disability or an autism spectrum disorder that aims to develop and maintain skills through various workshops and with specialists in music therapy, zootherapy and massotherapy. * Activities and workshops: drama, visual arts, cooking, dance, meetings, dance night and special outings. * Journée Déclic: weekly activity or outing. * Espace TSA: workshop for children and pre-adolescents with an autism spectrum disorder to develop their socialization skills. * Coin des amis: workshop for children and pre-adolescents with intellectual disabilities. * Summer day camp.

Eligibility: people with an intellectual disability, a physical disability or an autism spectrum disorder, their family, IPS program: people 21 years old and over with an intellectual disability or an ASD

Coverage area: Richelieu, Saint-Mathias-sur-Richelieu, Chambly, Carignan, Marieville, Sainte-Angèle-de-Monnoir, Rougemont, Saint-Césaire

Hours: IPS program and summer day camp: Monday to Friday from 8h30 to 15h30, journée Déclic: Saturday 9h30 to 15h30, day camp daycare: Monday to Friday 7h00 to 8h45 and 15h30 to 17h30, workshops: varied schedule, consult the online calendar

Fees: variable

Financing: provincial, Centraide Richelieu-Yamaska, federal

Legal status: non-profit organization

ASSOCIATION PAUSE

375 Bessette Avenue, Saint-Jean-sur-Richelieu, Montérégie, QC, J2X 2N8
450 347-2324
Website: www.associationpause.org
Email: info@associationpause.org


Eligibility: people with intellectual disabilities or autism spectrum disorders (ASD), associated or not with a physical disability, families of participants

Coverage area: MRC Le Haut-Richelieu

Hours: Monday to Friday 9h00 to 16h00

Fees: membership fee: $20

Financing: provincial, donations, grants, self-financing

Legal status: non-profit organization

ASSOCIATION POUR LA DÉFENSE DES DROITS SOCIAUX HUNTINGDON

163 Châteauguay Street, Huntingdon, Montérégie, QC, J0S 1H0
450 264-6888
Website: addshuntingdonhsl.weebly.com
Email: adds.huntingdon@hotmail.ca


Eligibility: people on a low income

Coverage area: MRC Le Haut-Saint-Laurent

Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00

Fees: none

Legal status: non-profit organization
ASSOCIATION POUR LES DROITS DES ACCIDENTÉS (L’)
Confidential Address
514 742-3873
Website: associationdroitsaccidentes.e-monsite.com
Email: association.droits.accidentes@gmail.com
Eligibility: persons who have been involved in a road accident, their relatives, caregivers, persons bereaved as a result of a road accident
Coverage area: Carignan, Chambly, MRC Rouville, MRC Le Haut-Richelieu
Hours: Monday to Friday 8h00 to 18h00
Fees: none
Financing: donations
Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DE DÉFENSE DES DROITS DES PERSONNES RETRAITÉES ET PRÉRETRAITÉES - MONTS ET RIVIÈRES DE LA VALLÉE-DU-RICHELIEU
1702 Bourgogne Avenue, Chambly, Montérégie, QC, J3L 1Z2
450 658-8543
Website: www.aqdr.org
Email: aqdrmontsetrivieres@gmail.com
Services: Advocacy for seniors to improve their living conditions on matters such as income, housing, home, care, transportation and health.
Eligibility: retired and pre-retired people 50 years old and over
Coverage area: MRC de Rouville, MRC de La Vallée-du-Richelieu
Hours: Monday to Friday 9h00 to 16h00
Fees: annual membership: $20
Financing: membership fees
Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DE DÉFENSE DES DROITS DES PERSONNES RETRAITÉES ET PRÉRETRAITÉES - VALLEYFIELD-SUROÎT - CAAPA
110 Mathias Street, Suite 101, Salaberry-de-Valleyfield, Montérégie, QC, J6T 3L6
450 807-2232
Website: www.aqdr.org
Email: caapainfo@caapavalleyfield.org
Services: Advocacy for seniors to improve their living conditions on matters such as income, housing, home care, transportation and health. * Assistance and support centre. * In-home service if needed.
Eligibility: people aged 50 and over, their relatives
Coverage area: MRC Roussillon, MRC Les Jardins-de-Napierville, MRC Vaudreuil-Soulanges, MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30
Fees: none
Financing: self-financing, provincial, federal
Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DE LA DYSPHASIE - RÉGION MONTÉRÉGIE
55 Saint-Pierre Street, Suite 205, Saint-Constant, Montérégie, QC, J5A 1B9
1 866 635-1961
Website: www.dysphasiemontregion.qc.ca
Email: info@dysphasiemontregion.qc.ca
Justice and Advocacy

**Services:** * Hotline and information research for members. * Support to research on primary language impairment. * Information and social reintegration activities. * Colloquium on dysphasia and its impacts. * Information tool production and advocacy.

**Eligibility:** people with dysphasia of all ages, parents of children with dysphasia, specialists or people interested in dysphasia

**Coverage area:** Montérégie

**Hours:** office: Monday to Thursday 8h00 to 16h00, Friday 9h00 to 13h00, activities: evenings and weekends

**Fees:** membership: $25 per year for individual, professional and supporter members, $50 for corporate members

**Financing:** provincial, self-financing, donations

**Legal status:** non-profit organization

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**ASSOCIATION QUÉBÉCOISE POUR LE DROIT DE MOURIR DANS LA DIGNITÉ**

1490 de Chambly Road, Suite 102, Longueuil, Montérégie, QC, J4J 3X3

514 341-4017

**Website:** aqdmd.org/en

**Email:** info@aqdmd.org

**Services:** Advocacy for the right to an end of life in accordance with the values of dignity and liberty of people with respect to their personal wishes. * Information and documentation on advance medical directives (AMD), physician-assisted dying (PAD), etc. * Public awareness and education.

**Eligibility:** adults

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 17h00

**Financing:** provincial, donations

**Legal status:** non-profit organization

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**ASSOCIATION SCLÉROSE EN PLAQUES RIVE-SUD**

Confidential Address

450 926-5210

**Website:** asprs.qc.ca

**Email:** info@asprs.qc.ca

**Services:** * Listening, accompaniment, information, support and referral. * Assistance for members to access all the services available. * Advocacy for essential services. * Group outings, community lunches, information meetings and conferences. * Support and mutual aid activities. * Monthly brunch, body awakening, coffee meetings, fundraising activities, etc.

**Eligibility:** people with multiple sclerosis and their close ones

**Coverage area:** agglomération de Longueuil, MRC Roussillon, MRC Marguerite-D'Youville, MRC La Vallée-du-Richelieu

**Hours:** telephone reception: Monday to Thursday 9h00 to 16h00

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

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**ASSOCIATION VIVRE ET VIEILLIR CHEZ SOI DU BAS RICHELIEU**

105 Prince Street, Suite 112, Sorel-Tracy, Montérégie, QC, J3P 4J9

450 743-1584

**Website:** vivreetvieillirchezsoi.ca

**Email:** gcmer8@hotmail.com


**Eligibility:** people aged 50 and over

**Coverage area:** MRC Pierre-De Saurel

**Hours:** Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, Friday 9h00 to 12h00
**Fees:** incapacity mandate: variable  
**Financing:** donations, provincial, self-financing  
**Legal status:** non-profit organization

**ASSOCIATION VOX QUÉBEC**  
Confidential Address  
514 238-1051  
**Website:** associationvoxquebec.ca  
**Email:** info@associationvoxquebec.ca  
**Services:** Consultation, representation and promotion of the interests of people living or having lived with a mental health issue. * Information and awareness-raising. * Training. * Promotion of recovery. * Support to mental health research.  
**Coverage area:** Province of Québec  
**Fees:** none  
**Financing:** provincial  
**Legal status:** non-profit organization

**AUBERGE DU COEUR LE BALUCHON**  
2290 Saint-Joseph Avenue, Saint-Hyacinthe, Montérégie, QC, J2S 5L4  
1 866 263-8794     Fax: 450 773-7145  
**Website:** www.maisonlebaluchon.org  
**Email:** info@maisonlebaluchon.org  
**Eligibility:** short-term housing: youth experiencing difficulties aged 12 to 17 years old  
**Capacity:** 9 places  
**Coverage area:** MRC Acton, MRC La Haute-Yamaska, MRC La Vallée-du-Richelieu, MRC Les Maskoutains, MRC Pierre-De Saurel, MRC Rouville  
**Hours:** 24 hours / 7 days  
**Fees:** registration $50, $7 per day and $20 deposit  
**Financing:** provincial, federal, Centraide Richelieu-Yamaska, foundations, donations, fundraising campaigns  
**Legal status:** non-profit organization

**AUTISME MONTÉRÉGIE**  
755 Sainte-Foy Boulevard, Suite 210, Longueuil, Montérégie, QC, J4J 1Z4  
1 888 424-1212     Fax: 450 646-4633  
**Website:** www.autismemonteregie.org  
**Email:** administration@autismemonteregie.org  
**Eligibility:** people living with an autism spectrum disorder (ASD), their family, their close ones  
**Coverage area:** Montérégie  
**Hours:** Monday to Friday 8h00 to 16h00, summer: variable  
**Fees:** annual membership, adult member living with ASD: $15, parent and extended family member: $20, support worker member: $40  
**Financing:** donations, fundraising events, grants, provincial  
**Legal status:** non-profit organization
BIENVILLE, ALLONS DE L’AVANT!
91 Quinn Street, Longueuil, Montérégie, QC, J4H 0A5
450 677-5608
Email: coordonnatrice.bienville@gmail.com
Eligibility: tenants of Bienville and Desaulniers low cost housings
Coverage area: Longueuil
Hours: reception: Monday to Thursday 8h00 to 16h00, variable according to activities
Financing: grants, self-financing
Legal status: non-profit organization

CENTRE D’AIDE ET DE LUTTE CONTRE LES AGRESSIONS À CARACTÈRE SEXUEL - LA VIGIE
Confidential Address
450 371-4222     Fax: 450 371-9590
Email: info@calacslavigie.org
Services: Support and prevention relative to sexual assaults. * Direct assistance: listening, information, referral, individual meetings and support groups. * Support to families and friends of women victim of sexual assault. * Education, prevention and training. * Advocacy, accompaniment in the legal procedures and actions to address the issue of sexual violence.
Eligibility: women victim of sexual assault, direct support: women and high school teenagers, prevention, awareness and advocacy: general public
Coverage area: MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges
Hours: Monday to Friday 8h00 to 16h00
Fees: none
Financing: provincial
Legal status: non-profit organization

CENTRE D’ASSISTANCE ET D’ACCOMPAGNEMENT AUX PLAINTES - MONTÉRÉGIE - POINT DE SERVICE DE LONGUEUIL
150 Grant Street, Longueuil, Montérégie, QC, J4H 3H6
1 800 263-0670     Fax: 450 928-3722
Website: www.caapmonteregie.ca
Email: caap@caapmonteregie.ca
Eligibility: unsatisfied users who consider that their rights have been infringed
Coverage area: Montérégie
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization
CENTRE D'ASSISTANCE ET D'ACCOMPAGNEMENT AUX PLAINTE - MONTÉRÈGIE - POINT DE SERVICE DE SAINT-HYACINTHE
1195 Saint-Antoine Street, Suite 108, Saint-Hyacinthe, Montérégie, QC, J2S 3K6
1 800 263-0670 Fax: 450 252-6621
Website: www.caapmonteregie.ca
Email: direction@caapmonteregie.ca

Eligibility: unsatisfied users who consider that their rights have been infringed
Coverage area: Montérégie
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization

CENTRE D'ASSISTANCE ET D'ACCOMPAGNEMENT AUX PLAINTE - MONTÉRÈGIE - POINT DE SERVICE DE SAINT-JEAN-SUR-RICHELIEU
125 Saint-Charles Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 2C4
1 800 263-0670 Fax: 450 347-2991
Website: caapmonteregie.ca/en
Email: caap@caapmonteregie.ca

Eligibility: unsatisfied users who consider that their rights have been infringed
Coverage area: Montérégie
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization

CENTRE DE FEMMES L'ÉCLAIRIE
1025 Centrale Street, Sainte-Catherine, Montérégie, QC, J5C 1A2
450 638-1131 Fax: 450 638-1132
Website: www.centredefemmesleclaircie.com
Email: info@eclaircie.org

Eligibility: women, children 5 years old and under
Capacity: 15
Coverage area: Candiac, Delson, La Prairie, Saint-Constant, Saint-Mathieu, Saint-Philippe, Sainte-Catherine
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: free or low cost for some activities
**Financing:** grants, self-financing, donations  
**Legal status:** non-profit organization

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**CENTRE DE FORMATION À L'AUTOGESTION DU HAUT RICHELIEU**

199-A Laurier Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 6Z8  
450 346-8357  Fax: 450 346-8357  
Email: cfa-hr@hotmail.ca

**Services:**  
* Information and referral.  
* Accompaniment and mutual aid.  
* Time and stress management and self-knowledge workshops.  
* Job search workshop.  
* Budget workshop.  
* Board of directors workshop.  
* Afternoon discussions.  
* Assistance with filling out forms.  
* Helping relationship.  
* Promotion of rights.  
* Material aid.  
* Low-cost meals.  
* Fight against poverty, social exclusion and homelessness.

**Eligibility:** people 35 years and under  
**Coverage area:** MRC Le Haut-Richelieu  
**Hours:** Monday to Thursday 10h00 to 16h00  
**Fees:** membership: $4 if possible  
**Financing:** provincial, donations  
**Legal status:** non-profit organization

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**CENTRE DE SOUTIEN EN SANTÉ MENTALE - MONTÉRÉGIE**

2046 Édouard Boulevard, Longueuil, Montérégie, QC, J4T 1Z7  
450 486-1609  Fax: 514 227-8314  
Website: www.cssm-m.com  
Email: ssm2510@videotron.ca

**Services:**  
* Support and accompaniment.  
* At-home intervention.  
* Psychotherapy, individual or group counselling, psychosocial follow-up.  
* Workshops: personal growth, voices hearers.  
* Activities: choir, gym, collective kitchens, Spanish courses, outings.  
* Assistance in the submission of a psychiatric assessment request.  
* Training, information centre and conferences.  
* PAAS Action: Emploi-Québec social reintegration program through activities (English, computers, arts and crafts, theater, physical activities).  
* Christmas baskets.

**Eligibility:** people with mental illnesses, their family and relatives  
**Coverage area:** Montérégie  
**Hours:** Monday to Friday 8h30 to 16h30  
**Fees:** members: $10 per year, variable contributions for outings and some activities  
**Financing:** provincial, municipal, fundraising campaigns, donations, grants  
**Legal status:** non-profit organization

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**CENTRE INTÉGRÉ DE SANTÉ ET DE SERVICES SOCIAUX DE LA MONTÉRÉGIE-CENTRE - COMMISSAIRE AUX PLAINTES ET À LA QUALITÉ DES SERVICES**

3120 Taschereau Boulevard, Longueuil, Montérégie, QC, J4V 2H1  
450 466-5434  Fax: 450 462-7979  
Website: www.santemonteregie.qc.ca/en/center/organisation/plaintes-et-amelioration-des-services  
Email: commissaire.cissmc16@ssss.gouv.qc.ca

**Services:**  
* Responsible of enforcing the users' rights.  
* Reception and analysis of complaints.  
* Handling of complaints and reportings within the context of anti-maltreatment policy of people in vulnerable situations.  
* Makes recommendations to the establishment and to the executive board about the improvement of the quality and security of the provided services.

**Coverage area:** CISSS Montérégie-Centre  
**Fees:** none  
**Financing:** provincial  
**Legal status:** parapublic organization
CENTRE INTÉGRÉ DE SANTÉ ET DE SERVICES SOCIAUX DE LA MONTÉRÉGIE-EST -
COMMISSAIRE AUX PLAINTES ET À LA QUALITÉ DES SERVICES
2750 Laframboise Boulevard, Saint-Hyacinthe, Montérégie, QC, J2S 4Y8
450 468-8447
Website: www.santemonteregie.qc.ca/est/organisation/plaintes-et-amelioration-des-services
Email: plaintes.cissmse16@ssss.gouv.qc.ca
Services: Responsible of enforcing the users' rights. * Reception and analysis of complaints. * Handling of complaints and reportings within the context of anti-maltreatment policy of people in vulnerable situations. * Makes recommendations to the establishment and to the executive board about the improvement of the quality and security of the provided services.
Coverage area: CISSS Montérégie-Est
Fees: none
Financing: provincial
Legal status: parapublic organization

CENTRE INTÉGRÉ DE SANTÉ ET DE SERVICES SOCIAUX DE LA MONTÉRÉGIE-OUEST -
COMMISSAIRE AUX PLAINTES ET À LA QUALITÉ DES SERVICES
200 Brisebois Boulevard, Châteauguay, Montérégie, QC, J6K 4W8
1 800 700-0621 ext. 2462 Fax: 450 699-2551
Website: www.santemonteregie.qc.ca/en/west/satisfaction-and-complaints
Email: insatisfactions-plaintes.cisssmo16@ssss.gouv.qc.ca
Services: Responsible of enforcing users' rights. * Reception and analysis of complaints. * Handling of complaints and reportings within the context of anti-maltreatment policy of people in vulnerable situations. * Makes recommendations to the establishment and to the executive board about the improvement of the quality and security of the provided services.
Coverage area: CISSS Montérégie-Ouest
Fees: none
Financing: provincial
Legal status: parapublic organization

CEREBRAL PALSY ASSOCIATION OF QUÉBEC
Confidential Address
1 800 311-3770
Website: www.paralysiecerebrale.com
Email: info@paralysiecerebrale.com
Eligibility: people living with cerebral palsy
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Fees: annual membership: $10
Financing: self-financing, fundraising campaigns, donations
Legal status: non-profit organization

CHÂTEAUGUAY SEXUAL ASSAULT CENTRE
Confidential Address
450 699-8258 Fax: 450 699-7295
Website: calacs-chateauguay.ca
Email: info@calacs-chateauguay.ca
Eligibility: women 12 years and over who have experienced sexual assault
Capacity: support groups: 6 to 8 women
Coverage area: Beauharnois, MRC Les Jardins-de-Napierville, MRC Roussillon
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Fees: none
Financing: provincial, donations
Legal status: non-profit organization

COLLECTIF D’ACTION POPULAIRE RICHELIEU-YAMASKA
1195 Saint-Antoine Street, Office 111, Saint-Hyacinthe, Montérégie, QC, J2S 3K6
450 774-2220
Website: capry.ca
Email: capry.qc@gmail.com
Services: * Advocacy for people on social assistance. * Individual help, on appointment.
Eligibility: people on social assistance
Coverage area: MRC Acton, MRC La Vallée-du-Richelieu, MRC Les Maskoutains
Hours: Monday to Thursday 9h00 to 16h30, Friday 9h00 to 13h00
Fees: none
Financing: provincial
Legal status: non-profit organization

COLLECTIF DE DÉFENSE DES DROITS DE LA MONTÉRÉGIE
1295 Chambly Road, Longueuil, Montérégie, QC, J4J 3X1
1 800 567-8080    Fax: 450 674-3019
Website: cddm.weebly.com
Email: collectif@videotron.ca
Services: * Advocacy for people who have or have had emotional problems. * Denunciation of psychiatric abuses. * Training, mobilization, public education.
Eligibility: people with or having experienced emotional problems
Coverage area: Montérégie
Hours: Monday to Friday 9h00 to 16h00
Fees: free
Financing: provincial
Legal status: non-profit organization

COLLECTIF DE DÉFENSE DES DROITS DE LA MONTÉRÉGIE - CHÂTEAUGUAY ET VALLEYFIELD
107 Jacques-Cartier Street, Suite 21, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4R8
1 866 377-2481    Fax: 450 747-3135
Website: cddm.weebly.com
Email: valleyfield@cddm.qc.ca
Eligibility: people living with or having lived with emotional issues
Coverage area: Châteauguay, Salaberry-de-Valleyfield
Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: provincial
Legal status: non-profit organization
COLLECTIF DE DÉFENSE DES DROITS DE LA MONTÉRÉGIE - SAINT-HYACINTHE
1195 Saint-Antoine Street, Suite 309, Saint-Hyacinthe, Montérégie, QC, J2S 3K6
1 877 771-1164     Fax: 450 771-8506
Website: cddm.weebly.com
Email: st-hyacinthe@cddm.qc.ca
Eligibility: people living with or having lived with emotional issues
Coverage area: Saint-Hyacinthe
Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: provincial
Legal status: non-profit organization

COLLECTIF DE DÉFENSE DES DROITS DE LA MONTÉRÉGIE - SAINT-JEAN-SUR-RICHELIEU
125 Jacques-Cartier Street, Suite 2, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 8C9
1 833 684-2504     Fax: 450 674-3019
Website: cddm.weebly.com
Email: st-jean@cddm.qc.ca
Eligibility: people living with or having lived with emotional issues
Coverage area: Saint-Jean-sur-Richelieu
Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: provincial
Legal status: non-profit organization

COLLECTIVE DE DÉFENSE DES DROITS DE LA MONTÉRÉGIE - SOREL-TRACY
71 de Ramesay Street, Suite 308 C, Sorel-Tracy, Montérégie, QC, J3P 3Z1
1 877 771-1164     Fax: 450 855-4995
Website: cddm.weebly.com
Email: conseillersorel@cddm.qc.ca
Eligibility: people living or having lived emotional issues.
Coverage area: Sorel-Tracy
Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: provincial
Legal status: non-profit organization

COMITÉ CHÔMAGE DU HAUT-RICHELIEU ET DU SUROÎT
198 Mercier Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 6G9
450 357-1162     Fax: 450 346-9781
Website: www.lecnc.com/haut-richelieu
Email: info@cchr.ca
Eligibility: people with or without job
Coverage area: MRC le Haut-Richelieu, MRC Rouville, MRC Roussillon and Suroît area
Hours: Monday to Thursday 8h00 to 16h00
Fees: free

1106
COMITÉ DE CONCERTATION ET DE VALORISATION DU BASSIN DE LA RIVIÈRE RICHELIEU
806 Richelieu Street, Beloeil, Montérégie, QC, J3G 4P6
450 446-8030
Website: covabar.qc.ca
Email: info@covabar.qc.ca
Services: * Development of an ecosystemic approach focused on discussion between various water users. * Awareness, information and education of all water users on the concept of integrated management per watershed and use conflicts related to water.
Eligibility: citizens, decision makers, organizations
Coverage area: watershed of the Richelieu river and the Saint-Laurent area
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Fees: $5
Financing: federal, provincial, municipal, contributions
Legal status: non-profit organization

COMITÉ DES USAGERS CONTINUÉ - INSTITUT NAZARETH ET LOUIS-BRAILLE
1111 Saint-Charles Street West, West Tower, 3rd floor, Longueuil, Montérégie, QC, J4K 5G4
1 800 361-7063 ext. 363  Fax: 450 463-0243
Website: www.santemonteregie.qc.ca/centre/organisation/comites-des-usagers/comite-des-usagers-continue-institut-nazareth-et-louis
Email: comite.usagers.inlb@ssss.gouv.qc.ca
Eligibility: users of the Nazareth and Louis-Braille institute
Coverage area: Montréal Island, Laval, Montérégie
Financing: provincial
Legal status: parapublic organization

COMITÉ DES USAGERS DE CHAMPLAIN - CHARLES-LE MOYNE
3120 Taschereau Boulevard, Suite AS-003A, Longueuil, Montérégie, QC, J3Y 3R6
450 466-5000 ext. 3040
Website: santemonteregie.qc.ca/centre/organisation/comites-des-usagers/comite-des-usagers-de-champlain-charles-le-moyne
Email: comite-usagers.hclm@rrsss16.gouv.qc.ca
Eligibility: users of the Champlain-Charles-Le Moyne local service network
Coverage area: CISSS de la Montérégie-Centre area
Hours: Monday to Friday 8h00 to 16h00
Financing: provincial
Legal status: parapublic organization

COMITÉ DES USAGERS DE JARDINS-ROUSSILLON
200 Brisebois Boulevard, Châteauguay, Montérégie, QC, J6K 4W8
450 699-2521
Website: comitedesusagers.ca
Email: comitedesusagersroussillon@gmail.com
Eligibility: users of the CSSS Jardins-Roussillon
Coverage area: CISSS de la Montérégie-Ouest area
Financing: provincial
Legal status: parapublic organization

COMITÉ DES USAGERS DES SERVICES DE RÉADAPTATION DU SUD-OUEST ET DU RENFORT
Confidential Address
450 348-6121 ext. 2407
Website: santemonteregie.qc.ca/ouest/organisation/comite-des-usagers
Email: comiteusagerssrsor@gmail.com
Eligibility: services de réadaptation du Sud-Ouest et du Renfort users
Coverage area: CISSS de la Montérégie-Ouest area
Financing: provincial
Legal status: parapublic organization

COMITÉ DES USAGERS DU CENTRE DE RÉADAPTATION EN DÉFICIENCE INTELLECTUELLE ET DU TROUBLE DU SPECTRE DE L'AUTISME - SERVICES EXTERNES - LONGUEUIL
255 Choquette Street, Beloeil, Montérégie, QC, J3G 4V6
450 446-7477 ext. 2400
Website: cuditsa.ca
Email: info@cuditsa.ca
Eligibility: centre de réadaptation en déficience intellectuelle et du trouble du spectre de l'autisme de Longueuil (CRDITEDME) users
Coverage area: CISSS de la Montérégie-Ouest area
Financing: provincial
Legal status: parapublic organization

COMITÉ DES USAGERS DU CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE
Confidential Address
1 888 815-6883
Website: santemonteregie.qc.ca/ouest/organisation/comite-des-usagers
Email: comiteusagers@bellnet.ca
Eligibility: users of the physical rehabilitation centres in Montérégie
Coverage area: Montérégie
Financing: provincial
Legal status: parapublic organization

COMITÉ DES USAGERS DU CENTRE DE RÉADAPTATION EN DÉPENDANCE LE VIRAGE
5110 Cousineau Boulevard, Longueuil, Montérégie, QC, J3Y 7G5
450 443-6373 ext. 3707
Website: santemonteregie.qc.ca/ouest/organisation/comite-des-usagers
Eligibility: users of the addiction rehabilitation centre le Virage
Coverage area: CISSS de la Montérégie-Ouest area
Financing: provincial
Legal status: parapublic organization
COMITÉ DES USAGERS DU HAUT-SAINT-LAURENT
Confidential Address
450 264-6082
Website: www.santemonteregie.qc.ca/ouest/organisation/comite-des-usagers
Eligibility: users of the CSSS Haut-Saint-Laurent
Coverage area: CISSS de la Montérégie-Ouest area
Financing: provincial
Legal status: parapublic organization

COMITÉ DES USAGERS DU RÉSEAU LOCAL DE SERVICES DU HAUT-RICHELIEU - ROUVILLE
978 du Séminaire Boulevard North, Saint-Jean-sur-Richelieu, Montérégie, QC, J3A 1E5
1 866 967-4825 ext. 8958
Website: comitedesusagers-hrr.com
Email: info@comitedesusagers-hrr.com
Eligibility: users of the Haut-Richelieu-Rouville local service network
Coverage area: CISSS de la Montérégie-Centre area
Financing: provincial
Legal status: parapublic organization

COMITÉ DES USAGERS DU SUROÎT
Confidential Address
450 373-4818 ext. 620
Website: cusecteursuroit.com
Email: comiteusagers.suroit@hotmail.ca
Eligibility: users of the Suroît local service network
Coverage area: CISSS de la Montérégie-Ouest area
Financing: provincial
Legal status: parapublic organization

COMITÉ DES USAGERS PIERRE-BOUCHER
1303 Jacques-Cartier Boulevard East, Suite 2020, Longueuil, Montérégie, QC, J4M 2A5
450 463-2850 ext. 72046
Website: cdupierreboucher.org
Email: comitedesusagers.cssspb16@ssss.gouv.qc.ca
Eligibility: users of the CSSS Pierre-Boucher
Coverage area: CISSS de la Montérégie-Est area
Hours: Tuesday to Friday 8h00 to 12h00 and 13h00 to 16h00
Financing: provincial
Legal status: parapublic organization

COMITÉ DES USAGERS PIERRE-DE SAUREL
400 de l'Hôtel-Dieu Avenue, Sorel-Tracy, Montérégie, QC, J3P 1N5
450 746-6000 ext. 6008
Website: www.santemonteregie.qc.ca/est/organisation/comite-des-usagers
Email: comite_usagers.pds.cisssm16@ssss.gouv.qc.ca
Justice and Advocacy

**Services:** Users committee. * Information on the rights and obligations of users. * Advocacy. * Assistance in the proceedings when making a complaint.

**Eligibility:** users of the CSSS Pierre-De Saurel

**Coverage area:** CISSS de la Montérégie-Est area

**Financing:** provincial

**Legal status:** parapublic organization

**COMITÉ DES USAGERS RICHELIEU-YAMASKA**
1800 Dessaulles Street, Suite A-1020, Saint-Hyacinthe, Montérégie, QC, J2S 2T2
450 771-3333 ext. 8209
Website: cury.qc.ca
Email: comite.usagers.cisssme16@ssss.gouv.qc.ca

**Services:** Users committee. * Information on the rights and obligations of users. * Advocacy. * Assistance in the proceedings when making a complaint.

**Eligibility:** users of the CSSS Richelieu-Yamaska

**Coverage area:** CISSS de la Montérégie-Est area

**Hours:** Monday to Wednesday 8h00 to 16h00

**Financing:** provincial

**Legal status:** parapublic organization

**COMITÉ LOGEMEN'MÈLE**
1195 Saint-Antoine Street, Suite 306, Saint-Hyacinthe, Montérégie, QC, J2S 3K6
450 502-5643
Website: logemenmele.org
Email: comitelogemenmele@gmail.com

**Services:** Assistance to tenants.* Information about housing laws.* Meetings and accompaniment to address a formal notice.* Preparation for an audience at the Régie du logement.* Accompaniment to the Régie du logement.* Tenant's rights and obligations workshop.* Coffee meetings.* Participation in rallying and mobilization activities.

**Eligibility:** tenants and small owners

**Coverage area:** MRC Les Maskoutains

**Hours:** Monday to Thursday 9h00 to 16h00, Friday 9h00 to 12h00

**Fees:** none

**Financing:** grants

**Legal status:** non-profit organization

**COMITÉ LOGEMENT BEAUHARNOIS**
600 Ellice Street, Suite 105, Beauharnois, Montérégie, QC, J6N 3P7
450 429-3000
Email: clbeauharnois@gmail.com

**Services:** * Advocacy for tenants. * Information, awareness, development and promotion of access to social housing. * Activities, workshops and training.

**Eligibility:** tenants

**Coverage area:** Beauharnois, Léry, Saint-Étienne-de-Beauharnois, Sainte-Martine

**Hours:** Monday to Thursday 9h00 to 16h00

**Fees:** none

**Financing:** Centraide Sud-Ouest du Québec, provincial

**Legal status:** non-profit organization

**COMITÉ LOGEMENT RIVE-SUD - BUREAU DE CHÂTEAUGUAY**
311 McLeod Street, Châteauguay, Montérégie, QC, J6J 2H8  Fax: 450 699-7014
Website: www.comite-logement.org
Email: info@comite-logement.org
Justice and Advocacy


Eligibility: tenants

Coverage area: South Shore of Montréal

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

Fees: none

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

COMITÉ LOGEMENT RIVE-SUD - BUREAU DE LONGUEUIL

173 Sainte-Catherine Street, Longueuil, Montérégie, QC, J4H 2B4

1 886 399-3060 Fax: 450 699-7014

Website: www.comite-logement.org

Email: info@comite-logement.org


Eligibility: tenants

Coverage area: South Shore of Montréal

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

Fees: none

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

COMITÉ LOGEMENT VALLEYFIELD

107 Jacques-Cartier Street, Suite 10, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4R8

450 377-3060

Website: comitelogementvalleyfield.com

Email: info@comitelogementvalleyfield.com


Coverage area: MRC Beauharnois-Salaberry (except for Beauharnois)

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30 by appointment

Fees: none

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

COMMISSION DE L’ÉQUITÉ SALARIALE - LONGUEUIL

25 La Fayette Boulevard, Longueuil, Montérégie, QC, J4K 5B7

1 844 838-0808 Fax: 514 864-6756

Website: www.cnesst.gouv.qc.ca/en

Email: equite.salariale@ces.gouv.qc.ca

Services: Support and assistance to employers who must achieve pay equity in their company and to employees wishing to obtain information or exercise their rights. * Front-line telephone service to answer general questions on the application of the Pay Equity Act. * Specialized assistance to understand more complex or technical aspects of the Act. * Conciliation services to promote the settlement of disagreements. * Investigations following complaints or different subjected by the parties or on its own initiative. * Software package to achieve pay equity: computer tool that allows employers to realize their pay equity exercise autonomously, available on the website. * Information lectures on Pay Equity Act and its application, available upon request for groups of employers, employees, or any other grouping wishing to obtain information on pay equity. * Tool development and training accessible free of charge in all regions of Québec. * Research activities.
Eligibility: employees, mostly women who occupy predominantly female job classes, accredited associations and employers
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

COMMISSION DE L’ÉQUITÉ SALARIALE - SAINT-JEAN-SUR-RICHELIEU
145 Saint-Joseph Boulevard, 3rd Floor, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 1W5
1 844 838-0808   Fax: 514 864-6756
Website: www.cnesst.gouv.qc.ca/en
Email: equite.salariale@ces.gouv.qc.ca

Services: Support and assistance to employers who must achieve pay equity in their company and to employees wishing to obtain information or exercise their rights. * Front-line telephone service to answer general questions on the application of the Pay Equity Act. * Specialized assistance to understand more complex or technical aspects of the Act. * Conciliation services to promote the settlement of disagreements. * Investigations following complaints or different subjected by the parties or on its own initiative. * Software package to achieve pay equity: computer tool that allows employers to realize their pay equity exercise autonomously, available on the website. * Information lectures on Pay Equity Act and its application, available upon request for groups of employers, employees, or any other grouping wishing to obtain information on pay equity. * Tool development and training accessible free of charge in all regions of Québec. * Research activities.

Eligibility: employees, mostly women who occupy predominantly female job classes, accredited associations and employers
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

COMMISSION DE L’ÉQUITÉ SALARIALE - VALLEYFIELD
9 Nicholson Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4M4
1 844 838-0808   Fax: 514 864-6756
Website: www.cnesst.gouv.qc.ca/en
Email: equite.salariale@ces.gouv.qc.ca

Services: Support and assistance to employers who must achieve pay equity in their company and to employees wishing to obtain information or exercise their rights. * Front-line telephone service to answer general questions on the application of the Pay Equity Act. * Specialized assistance to understand more complex or technical aspects of the Act. * Conciliation services to promote the settlement of disagreements. * Investigations following complaints or different subjected by the parties or on its own initiative. * Software package to achieve pay equity: computer tool that allows employers to realize their pay equity exercise autonomously, available on the website. * Information lectures on Pay Equity Act and its application, available upon request for groups of employers, employees, or any other grouping wishing to obtain information on pay equity. * Tool development and training accessible free of charge in all regions of Québec. * Research activities.

Eligibility: employees, mostly women who occupy predominantly female job classes, accredited associations and employers
Coverage area: province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

COMMISSION DE L’ÉQUITÉ SALARIALE - YAMASKA
2710 Bachand Street, Saint-Hyacinthe, Montérégie, QC, J2S 8B6
1 844 838-0808   Fax: 514 864-6756
Website: www.cnesst.gouv.qc.ca/en
Email: equite.salariale@ces.gouv.qc.ca
Services: Support and assistance to employers who must achieve pay equity in their company and to employees wishing to obtain information or exercise their rights. * Front-line telephone service to answer general questions on the application of the Pay Equity Act. * Specialized assistance to understand more complex or technical aspects of the Act. * Conciliation services to promote the settlement of disagreements. * Investigations following complaints or different subjected by the parties or on its own initiative. * Software package to achieve pay equity: computer tool that allows employers to realize their pay equity exercise autonomously, available on the website. * Information lectures on Pay Equity Act and its application, available upon request for groups of employers, employees, or any other grouping wishing to obtain information on pay equity. * Tool development and training accessible free of charge in all regions of Québec. * Research activities.

Eligibility: employees, mostly women who occupy predominantly female job classes, accredited associations and employers

Coverage area: province of Québec

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: provincial government agency
D’MAIN DE FEMMES
77 Saint-Charles Street, Salaberry-de-Valleyfield, Montérégie, QC, J6S 3Z9
450 371-1500
Website: www.dmaindefemmes.org
Email: information.dmf@gmail.com
Eligibility: women
Coverage area: MRC de Beauharnois-Salaberry
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30
Fees: membership: $5 per year, free activities
Financing: fundraising campaigns, grants
Legal status: non-profit organization

ÉTOILE (L’) - PÉDIATRIE SOCIALE EN COMMUNAUTÉ DU HAUT-RICHELIEU
212 Saint-Jacques Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 2K7
450 346-7288     Fax: 450 346-9007
Website: letoilehr.org
Email: info@letoilehr.ca
Eligibility: children living in vulnerable situations from 0 to 18 years old
Coverage area: Lacolle, Saint-Jean-sur-Richelieu: part of the Saint-Jean sector between Macdonald Street and Gouin Boulevard and between the Richelieu River and Grand Bernier North Road, part of the Iberville sector between 10th Avenue and Lareau Avenue and between Iberville Boulevard and the Richelieu River
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: grants, provincial, donations, fundraising campaigns
Legal status: non-profit organization

FADOQ - RÉGION RICHELIEU-YAMASKA
2775 Bourdages Avenue North, Saint-Hyacinthe, Montérégie, QC, J2S 5S3
450 774-8111     Fax: 450 774-6161
Website: fadoqry.ca
Email: info@fadoqry.ca
Eligibility: people 50 years and over
Coverage area: MRC Acton, MRC Brome-Missisquoi, MRC La Haute-Yamaska, MRC La Vallée-du-Richelieu, MRC les Maskoutains, MRC Pierre-De Saurel et MRC Rouville
Hours: Monday 13h00 to 16h30, Tuesday to Thursday 8h30 to 12h00 and 13h00 to 16h30. Friday 8h30 to 12h00
Fees: membership: 30$ per year or 50$ for 2 years
Financing: self-financing, contributions, grants
Legal status: non-profit organization
Justice and Advocacy

FADOQ - RÉGION RIVE-SUD-SUROÎT
900 Industriel Boulevard, Suite 250, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 8J4
1 800 828-3344 Fax: 450 347-6385
Website: www.fadoq.ca/en/rive-sud-suroit
Email: fadoq@fadoqrrss.org


Eligibility: people 50 years and over
Coverage area: South Shore, Suroît
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: self-financing, contributions, grants
Legal status: non-profit organization

FÉDÉRATION RÉGIONALE DES OSBL D'HABITATION DE LA MONTÉRÉGIE ET DE L'ESTRIE
Confidential Address
450 201-0786
Website: frohme.rqoh.com
Email: info@frohm.org

Services: Grouping of housing NPOs from Montérégie. * Management support: finance, accounting, training, secretaryship, mediation, representation. * Promotion of interests of housing NPOs to local and regional authorities. * Group purchasing, insurance and other benefits.

Eligibility: housing NPOs, general population
Coverage area: Montérégie, Estrie
Hours: by appointment only
Fees: contribution: $12 per unit, $7 per room or temporary bed
Financing: contributions
Legal status: non-profit organization

FEMMES REGROUPÉÉES EN OPTIONS NON TRADITIONNELLES
Confidential Address
514 944-2030
Website: www.front.qc.ca
Email: mdupuis60@outlook.com

Services: Advocacy in terms of integration, retention and development of women working or wishing to work in jobs not traditionally occupied by women. * Information and referrals regarding studies, job access, conditions to maintain employment and promotions. * Awareness, education and consultation.

Eligibility: women
Coverage area: Province of Québec
Hours: variable, on call
Financing: grants
Legal status: non-profit organization

GROUPEMENT DES ASSOCIATIONS DE PERSONNES HANDICAPÉES DE LA RIVE-SUD DE MONTRÉAL
1400 Édouard Boulevard, Suite 113, Longueuil, Montérégie, QC, J4T 3T2
450 923-1548
Website: www.gaphrsm.ca
Email: info@gaphrsm.ca

Services: Promotion and advocacy of rights and interests for people with disabilities. * Technical support for member associations. * Consultation regarding the various topics that concern people with disabilities. * Popular education.
Eligibility: people living with physical, sensory or intellectual disabilities or an ASD
Coverage area: Longueuil, Saint-Jean-sur-Richelieu, Châteauguay and surroundings
Hours: Monday to Friday 9h00 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization

INCLUSION: REGROUPEMENT D’AIDE AUX PERSONNES BÉNÉFICIAIRES DE LA SÉCURITÉ DU REVENU ET À FAIBLES REVENUS DU HAUT-RICHELIEU
198 Mercier Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 6G9
450 346-7369 Fax: 450 346-9781
Email: inclusion@videotron.ca
Eligibility: recipients of income security and people on a low income
Coverage area: MRC Le Haut-Richelieu, MRC Rouville, Chambly, Carignan
Hours: Monday to Friday 9h00 to 17h00
Fees: none
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
Eligibility: adults 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

MAISONNETTE BERTHELET (LA)
1254 Blainville Street, Longueuil, Montérégie, QC, J4M 1H6
450 448-4418
Website: lamaisonnetteberthelet.org
Email: info@lamaisonnetteberthelet.org
Eligibility: people on a low income or immigrants
Capacity: 85 families
Coverage area: Gentilly neighbourhood
Hours: Tuesday to Friday 9h00 to 20h30, variable according to activities
Financing: provincial, federal, municipal
Legal status: non-profit organization
MONT SAINT-HILAIRE NATURE CONSERVATION CENTRE
422 des Moulins Road, Beloeil, Montérégie, QC, J3G 4S6
450 467-1755 Fax: 450 467-8015
Website: centrenature.qc.ca
Email: info@centrenature.qc.ca
Coverage area: Mont Saint-Hilaire
Financing: provincial, municipal
Legal status: non-profit organization

MONTÉRÉGIE EAST PARTNERSHIP FOR THE ENGLISH-SPEAKING COMMUNITY
551 Sir-Wilfrid-Laurier Boulevard, Suite 106, Beloeil, Montérégie, QC, J3G 4J1
450 281-3732
Website: mepec-pemca.org
Email: info@mepec-pemca.org
Services: Organization dedicated to serving the interests and guiding the English-speaking community to the appropriate resources.
Eligibility: English-speaking people
Capacity: 50 to 100 people
Coverage area: Agglomeration of Longueuil, MRC Acton, MRC Pierre-De Saurel, MRC La Haute-Yamaska, MRC Marguerite-D’Youville, MRC Les Maskoutains, MRC La Vallée-du-Richelieu
Hours: Monday to Friday 9h00 to 16h30
Fees: none
Financing: federal, provincial
Legal status: non-profit organization

MONTÉRÉGIE WEST COMMUNITY NETWORK - CHÂTEAUGUAY
255 D’Anjou Boulevard, Suite 203, Châteauguay, Montérégie, QC, J6J 2R4
450 691-1444
Website: www.mwcn.ca
Email: info@mwcn.ca
Eligibility: English-speaking community groups, citizens of all ages
Coverage area: MRC Les Jardins-de-Napierville, MRC Roussillon, MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges
Hours: Monday to Thursday 8h30 to 16h30
Fees: membership: $10 per year
Financing: federal, provincial, donations
Legal status: non-profit organization

MONTÉRÉGIE WEST COMMUNITY NETWORK - HEMMINGFORD
476 Frontière Street, Hemmingford, Montérégie, QC, J0L 1H0
514 249-5539
Website: www.mwcn.ca
Email: info@mwcn.ca

Eligibility: English-speaking community groups, citizens of all ages

Coverage area: MRC Les Jardins-de-Napierville, MRC Roussillon, MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

Fees: membership: $10 per year

Financing: federal, provincial, donations

Legal status: non-profit organization

MONTÉRÉGIE WEST COMMUNITY NETWORK - HUNTINGDON WELLNESS CENTRE

72 Dalhousie Street, Huntingdon, Montérégie, QC, J0S 1H0
450 264-3596

Website: mwcn.ca


Eligibility: English-speaking community groups, citizens of all ages

Coverage area: MRC Les Jardins-de-Napierville, MRC Roussillon, MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

Hours: Monday to Thursday 8h30 to 16h30

Fees: membership: $10 per year

Financing: federal, provincial, donations

Legal status: non-profit organization

MONTÉRÉGIE WEST COMMUNITY NETWORK - VAUDREUIL-SOULANGES

117D Cardinal-Léger Boulevard, Pincourt, Montérégie, QC, J7W 7A8
514 425-0399

Website: www.mwcn.ca

Email: lorie@mwcn.ca


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 Les Jardins-de-Napierville, MRC Roussillon, MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

Hours: Monday to Thursday 8h30 to 16h30

Fees: membership: $10 per year

Financing: federal, provincial, donations

Legal status: non-profit organization

NATIONAL ABORIGINAL CIRCLE AGAINST FAMILY VIOLENCE

2 River Road, Kahnawake, Montérégie, QC, J0L 1B0
450 638-2968     Fax: 450 638-9415

Website: nacafv.ca

Email: lindsey@nacafv.ca

Eligibility: shelters and transition houses workers, shelters and transition houses who works with Indigenous communities

Coverage area: Canada

Fees: none

Financing: federal, grants, donations

Legal status: non-profit organization

NATURE-ACTION QUÉBEC
120 Ledoux Street, Beloeil, Montérégie, QC, J3G 0A4
1 800 214-1214 Fax: 450 536-0458
Website: nature-action.qc.ca
Email: info@nature-action.qc.ca


Eligibility: general public

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 16h00

Financing: self-financing, grants

Legal status: non-profit organization

ORGANISATION POPULAIRE DES DROITS SOCIAUX - SALABERRY-DE-VALLEYFIELD
11 de la Fabrique Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4G7
450 371-3559
Email: opdsv@cooptel.qc.ca


Eligibility: unemployed people

Coverage area: Salaberry-de-Valleyfield

Hours: Monday to Thursday 8h00 to 16h00

Financing: provincial, donations

Legal status: non-profit organization

ORGANISME D’AIDE AUX TROUBLES DYS TUKÀ TULÀ SOS DYS
227 Saint-Édouard Road, Saint-Jean-sur-Richelieu, Montérégie, QC, J2X 5T9
1 800 465-0122
Email: tukatula.sos.dys@gmail.com


Eligibility: children or adults living with a specific learning disability with or without medical diagnosis: dyslexia, dyscalculia, dysorthography, dysphasia, dysgraphy or dyspraxia, parents, families, professionals

Coverage area: Canada

Financing: grants, donations

Legal status: non-profit organization
PARRAINAGE CIVIQUE DES MRC D’ACTON ET DES MASKOUTAINS
1195 Saint-Antoine Street, Suite 206, Saint-Hyacinthe, Montérégie, QC, J2S 3K6
450 774-8758
Website: parrainagecivique.org
Email: parrainageciviqueam@gmail.com


Eligibility: people living with an intellectual disability, physical disability or autism spectrum disorder, volunteers

Coverage area: MRC Acton, MRC Les Maskoutains
Hours: Monday to Friday 8h30 to 16h30
Fees: membership card
Financing: Centraide Richelieu-Yamaska, grants, membership fees
Legal status: non-profit organization

POUR UN RÉSEAU ACTIF DANS NOS QUARTIERS
222 Alphonse-Desjardins Street, Suite 201, Salaberry-de-Valleyfield, Montérégie, QC, J6S 2N9
450 370-4387
Website: praq.weebly.com
Email: praqcoordo@cgocable.ca


Eligibility: citizens, organizations, schools
Capacity: variable depending on the project
Coverage area: Salaberry-de-Valleyfield and surroundings
Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: fundraising campaigns, grants
Legal status: non-profit organization

QUÉBEC NATIVE WOMEN
Confidential Address
1 800 363-0322   Fax: 450 632-9280
Website: faq-qnw.org/en
Email: info@faq-qnw.org


Eligibility: native women living on and off reserve, their families and communities
Coverage area: Province of Québec
Hours: Monday to Friday 8h00 to 16h00
Fees: none
Financing: federal, provincial
Legal status: non-profit organization
REGROUPEMENT DES USAGERS DU TRANSPORT ADAPTÉ DE CHÂTEAUGUAY

Confidential Address
450 201-1739
Website: rutac.org
Email: info@rutac.org


Eligibility: users of adapted transportation, people with limitations, seniors, caregivers, citizens

Coverage area: Beauharnois, Châteauguay, Léry, Mercier

Fees: none

Financing: provincial, grants, donations
Legal status: parapublic organization

REGROUPEMENT DES USAGERS DU TRANSPORT ADAPTÉ ET COLLECTIF DU HAUT-RICHELIEU

125 Jacques-Cartier Street North, Suite 10, Saint-Jean-Sur-Richelieu, Montérégie, QC, J3B 8C9
450 542-9635     Fax: 450 542-9962
Website: www.rutachr.com
Email: direction@rutachr.com

Services: * Representation and advocacy of rights. * Awareness, promotion and education. * Assistance with the admissibility process.

Eligibility: people with reduced mobility using paratransit

Coverage area: MRC Haut-Richelieu

Hours: Monday to Friday 9h00 to 15h00

Legal status: non-profit organization

REGROUPEMENT POUR LA SANTÉ DES AÎNÉS PIERRE-DE SAUREL

71 De Ramezay Street, Suite 109, Sorel-Tracy, Montérégie, QC, J3P 3Z1
450 855-3737
Website: rsaps.ca
Email: rsaps@videotron.ca


Eligibility: people 50 years old and over

Coverage area: MRC Pierre-De Saurel

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 15h30

Fees: membership card: $10, breakfast conferences: $5 per member, workshops: free or variables fees

Financing: contributions, provincial
Legal status: non-profit organization

RÉSEAU D'INFORMATION ET D'AIDE AUX PERSONNES ASSISTÉES SOCIALES

71 Principale Street, Châteauguay, Montérégie, QC, J6K 1G1
450 691-6682     Fax: 450 691-2034
Website: riapas.ca
Email: info@riapas.ca


Eligibility: people on social assistance, people living in poverty
Justice and Advocacy

Coverage area: MRC Roussillon and MRC Les Jardins-de-Napierville
Hours: Monday to Thursday 8h30 to 16h30
Financing: provincial
Legal status: non-profit organization

RESSOURCES-FEMMES DE LA RÉGION D’ACTON
1018 Daigneault Street, Acton Vale, Montérégie, QC, J0H 1A0
450 546-3366
Website: www.ressources-femmes.org
Email: coordonnatrice@ressources-femmes.org
Eligibility: women
Coverage area: MRC Acton
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: psychosocial support: free, educational activities: free or variable, membership: $10 per year or 7 hours of volunteering
Financing: provincial, contributions, fundraising campaigns, self-financing
Legal status: non-profit organization

SOCIÉTÉ ALZHEIMER GRANBY ET RÉGION
356 Principale Street, Suite 3, Granby, Montérégie, QC, J2G 2W6
450 777-3363 Fax: 450 777-8677
Website: www.alzheimergranby.ca/en-ca
Email: info@alzheimergranby.ca
Eligibility: people living with neurocognitive disorders and their caregivers
Coverage area: MRC La Haute-Yamaska, MRC Brome-Missisquoi
Hours: Monday, Tuesday, Thursday and Friday 9h00 to 12h00 and 13h00 to 16h00, Wednesday 9h00 to 12h00
Financing: donations, provincial
Legal status: non-profit organization

SOCIÉTÉ LUÇOISE DES PERSONNES HANDICAPÉES ACTIVES
Confidential Address
450 359-2000
Email: societe_lucoise@hotmail.com
Eligibility: people with physical, mild intellectual and sensory disabilities
Coverage area: MRC Le Haut Richelieu
Fees: $15
Legal status: non-profit organization
TABLE DE CONCERTATION DES GROUPES DE FEMMES DE LA MONTÉRÉGIE
95 Lorne Avenue, Saint-Lambert, Montérégie, QC, J4P 2G7
450 671-5095
Website: www.tcgfm.qc.ca
Email: info@tcgfm.qc.ca
Services: * Information circulation, sharing of expertise and class actions. * Advocacy of women's groups in the Montérégie.
Eligibility: organizations working with women or with a women component
Coverage area: Montérégie
Hours: variable
Financing: provincial, grants, donations
Legal status: non-profit organization

TABLE DE CONCERTATION SUR LA VIOLENCE CONJUGALE ET SEXUELLE FAITE AUX FEMMES ET AUX ENFANTS BEAUHARNOIS-SALABERRY
71 Maden Street, Suite 200, Salaberry-de-Valleyfield, Montérégie, QC, J6S 3V4
450 371-0143 ext. 113148   Fax: 450 371-2630
Website: www.santemonteregie.qc.ca/installations/clsc-de-salaberry-de-valleyfield
Email: andreane.gelineau.cisssmo16@ssss.gouv.qc.ca
Services: * Advocacy and promotion of victims of conjugal and sexual violence's rights. * Ensuring the follow-up of collaborations for psychosocial assistance and for the socio-legal accompaniment of victims.
Eligibility: people and organizations working in fields related to domestic and sexual violence, women and children who are victims of domestic and sexual violence
Coverage area: MRC Beauharnois-Salaberry
Hours: issue table: by appointment, CLSC de Salaberry-de-Valleyfield: Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 12h00 and 13h00 to 16h00
Financing: municipal, provincial
Legal status: parapublic organization

TABLE ITINÉRANCE RIVE-SUD
670 Saint-Jean Street, Longueuil, Montérégie, QC, J4H 2W8
438 504-5202
Website: www.tirs.ca
Email: oc@tirs.ca
Eligibility: community and institutional organizations working with homeless people
Capacity: 35 members organizations
Coverage area: agglomeration of Longueuil
Hours: Monday to Friday 9h00 to 16h00
Fees: regular member: variable between $90 and $110
Financing: provincial
Legal status: non-profit organization

TABLE RÉGIONALE DE CONCERTATION DES AÎNÉS DE LA MONTÉRÉGIE
2601 Bourgogne Avenue, Chambly, Montérégie, QC, J3L 2A9
450 447-5885
Website: trcam.ca
Email: info@trcam.ca
Eligibility: seniors' organizations
Coverage area: Montérégie
Hours: by appointment
TABLE RÉGIONALE DES ORGANISMES COMMUNAUTAIRES ET BÉNÉVOLES DE LA MONTÉRÉGIE

PO Box 262, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 6Z4
450 347-4110
Website: www.trocm.org
Email: trocm@videotron.ca


Eligibility: autonomous community organizations, volunteers

Capacity: 276 members
Coverage area: Montérégie

Hours: Monday to Friday 9h00 to 16h00
Fees: annual contribution: $60 to $200
Financing: provincial, contributions, self-financing

Legal status: non-profit organization

USERS COMMITTEE OF MONTÉRÉGIE YOUTH CENTRE

575 Adoncour Street, Granby, Montérégie, QC, J2G 2M6
450 679-5433     Fax: 450 679-3731
Website: cucjmonterie.ca/en
Email: comite-usagers.cj.cissmee16@ssss.gouv.qc.ca

Services: Users committee. * Information on the rights and obligations of users. * Advocacy and promotion of rights and interests. * Assistance in the proceedings when making a complaint.

Eligibility: users of the Montérégie youth centre
Coverage area: CISSS de la Montérégie-Est area
Hours: Monday to Friday 9h00 to 17h00
Financing: provincial

Legal status: parapublic organization

ZONE LOISIR MONTÉRÉGIE

418 Saint-Charles Avenue, Suite 319, Vaudreuil-Dorion, Montérégie, QC, J7V 2N1
450 771-0707
Website: zlm.qc.ca
Email: infozlm@zlm.qc.ca


Eligibility: organizations, cities, municipalities
Coverage area: Montérégie
Hours: Monday to Friday 7h30 to 16h30
Financing: provincial, self-financing

Legal status: non-profit organization
Consumer protection and complaints

ASSOCIATION COOPÉRATIVE D’ÉCONOMIE FAMILIALE DE LA RIVE-SUD
2010 Chambly Road, Longueuil, Montérégie, QC, J4J 3Y2
450 677-6394  Fax: 450 677-0101
Website: www.acefrsm.com
Email: acefrsm@consommateur.qc.ca


Eligibility: general public, mainly low and middle income consumers, Desjardins Mutual Aid Fund loan: people experiencing financial difficulties, people facing occasional emergency expenses

Coverage area: agglomeration of Longueuil, MRC La Vallée-du-Richelieu, MRC Le Haut-Richelieu, MRC Les Jardins-de-Napierville, MRC Marguerite-D'Youville, MRC Roussillon

Hours: Monday to Thursday 9h30 to 12h00 and 13h00 to 16h30

Fees: free

Financing: provincial, Centraide of Greater Montréal, municipal, contributions, donations

Legal status: cooperative

ASSOCIATION COOPÉRATIVE D’ÉCONOMIE FAMILIALE DE LA RIVE-SUD - POINT DE SERVICE DE VALLEYFIELD
19 Sainte-Cécile Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1L4
450 371-3470
Website: www.acefrsm.com
Email: acefrsv@acefrsm.com


Eligibility: consumers on a low or medium income

Coverage area: MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00

Fees: none

Financing: provincial, Centraide of Greater Montréal, municipal, membership fees, donations

Legal status: non-profit organization

ASSOCIATION COOPÉRATIVE D’ÉCONOMIE FAMILIALE MONTÉRÉGIE-EST - GRANBY
162 Saint-Charles-South Street, Granby, Montérégie, QC, J2G 7A4
450 375-1443
Website: www.acefmontregie-est.com
Email: direction@acefme.org


Coverage area: MRC Acton, MRC Brome-Missisquoi, MRC Haute-Yamaska, MRC Les Maskoutains, MRC Rouville, MRC Pierre-De Saurel

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: Centraide Richelieu-Yamaska, provincial

Legal status: cooperative
ASSOCIATION COOPÉRATIVE D'ÉCONOMIE FAMILIALE MONTÉRÉGIE-EST - SAINT-HYACINTHE
1195 Saint-Antoine Street, Suite 306, Saint-Hyacinthe, Montérégie, QC, J2S 3K6
450 252-0808
Website: acefmonterieg-est.com
Email: acefsainthyacinthe@gmail.com
Coverage area: MRC Acton, MRC Les Maskoutains
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: provincial
Legal status: cooperative

ASSOCIATION COOPÉRATIVE D'ÉCONOMIE FAMILIALE MONTÉRÉGIE-EST - SOREL-TRACY
71 de Ramezay Street, Suite 309, Sorel-Tracy, Montérégie, QC, J3P 3Z1
450 908-0929
Website: www.acefmonterieg-est.com
Email: acefsoreltracy@acefme.org
Eligibility: consumers, tenants
Coverage area: MRC d'Acton, MRC Brome-Missisquoi, MRC Haute-Yamaska, MRC Les Maskoutains, MRC Rouville, MRC Pierre-De Saurel
Hours: Monday to Friday 8h30 to 16h00
Financing: Centraide Richelieu-Yamaska, provincial
Legal status: cooperative

ASSOCIATION DE COOPÉRATIVE D'ÉCONOMIE FAMILIALE DE MONTÉRÉGIE-EST - COWANSVILLE
109 William Street, Suite 111, Cowansville, Montérégie, QC, J2K 1K9
450 305-0440
Website: www.acefmonterieg-est.com
Email: acefcowansville@acefme.org
Coverage area: MRC Acton, MRC Brome-Missisquoi, MRC Haute-Yamaska, MRC Les Maskoutains, MRC Rouville, MRC Pierre-De Saurel
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: Centraide Richelieu-Yamaska, provincial
Legal status: non-profit organization

CENTRE D'ASSISTANCE ET D'ACCOMPAGNEMENT AUX PLAINTES - MONTÉRÉGIE - POINT DE SERVICE DE LONGUEUIL
150 Grant Street, Longueuil, Montérégie, QC, J4H 3H6
1 800 263-0670     Fax: 450 928-3722
Website: www.caapmonterieg.ca
Email: caap@caapmonterieg.ca
**Services:** Information, support and accompaniment of users who want to file a complaint regarding the health and social services network's services. * Hospitals. * CHSLDs. * CISSSs and CIUSSSs. * Rehabilitation and social integration services. * Protection and rehabilitation services for youth in difficulty and their families. * CLSCs. * Intermediate resources: supervised apartments, rooming houses, specialized care homes, group homes. * Family-type resources: foster families, foster homes. * Community organizations. * Housing services for people with substance abuse or pathological gambling. * Private retirement residences. * Information and assistance with leases and services in private retirement residences. * Ambulance services. * Any other person, society or organization working with health care facilities.

**Eligibility:** unsatisfied users who consider that their rights have been infringed

**Coverage area:** Montérégie

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization
Justice and Advocacy

**Financing:** provincial  
**Legal status:** non-profit organization

**CENTRE INTÉGRÉ DE SANTÉ ET DE SERVICES SOCIAUX DE LA MONTÉRÉGIE-CENTRE - COMMISSAIRE AUX PLAINTE ET À LA QUALITÉ DES SERVICES**

3120 Taschereau Boulevard, Longueuil, Montérégie, QC, J4V 2H1  
450 466-5434  
**Website:** www.santemonteregie.qc.ca/en/center/organisation/plaintes-et-amelioration-des-services  
**Email:** commissaire.cisssmc16@ssss.gouv.qc.ca  

**Services:** Responsible of enforcing the users' rights.  
* Reception and analysis of complaints.  
* Handling of complaints and reportings within the context of anti-maltreatment policy of people in vulnerable situations.  
* Makes recommendations to the establishment and to the executive board about the improvement of the quality and security of the provided services.  

**Coverage area:** CISSS Montérégie-Centre  
**Fees:** none  
**Financing:** provincial  
**Legal status:** parapublic organization

**CENTRE INTÉGRÉ DE SANTÉ ET DE SERVICES SOCIAUX DE LA MONTÉRÉGIE-EST**

2750 Laframboise Boulevard, Saint-Hyacinthe, Montérégie, QC, J2S 4Y8  
450 771-3333 ext. 3561  
**Website:** santemonteregie.qc.ca/en/east  
**Email:** plaintes.cisssmme16@ssss.gouv.qc.ca  

**Services:** Planning, coordination and organization of social and health services.  
* Responsibility of the availability of care to the entire population, including the most vulnerable.  
* Management of simplified access to services.  
* Administration of partnerships with intermediate resources.  
* Handling of complaints regarding dissatisfaction or violation of rights of users.  

**Coverage area:** Montérégie-Est: CSSS Pierre-Boucher, CSSS Pierre-De-Saurel, CSSS Richelieu-Yamaska, Centre jeunesse de la Montérégie  
**Financing:** provincial  
**Legal status:** parapublic organization

**CENTRE INTÉGRÉ DE SANTÉ ET DE SERVICES SOCIAUX DE LA MONTÉRÉGIE-OUEST - COMMISSAIRE AUX PLAINTE ET À LA QUALITÉ DES SERVICES**

200 Brisebois Boulevard, Châteauguay, Montérégie, QC, J6K 4W8  
1 800 700-0621 ext. 2462  
**Website:** www.santemonteregie.qc.ca/en/west/satisfaction-and-complaints  
**Email:** insatisfactions-plaintes.cisssmo16@ssss.gouv.qc.ca
Justice and Advocacy

Services: Responsible of enforcing users' rights. * Reception and analysis of complaints. * Handling of complaints and reportings within the context of anti-maltreatment policy of people in vulnerable situations. * Makes recommendations to the establishment and to the executive board about the improvement of the quality and security of the provided services.

Coverage area: CISSS Montérégie-Ouest

Fees: none

Financing: provincial

Legal status: parapublic organization

COMITÉ DES USAGERS CONTINUÉ - INSTITUT NAZARETH ET LOUIS-BRAILLE
1111 Saint-Charles Street West, West Tower, 3rd floor, Longueuil, Montérégie, QC, J4K 5G4
1 800 361-7063 ext. 363 Fax: 450 463-0243
Website: www.santemonteregie.qc.ca/centre/organisation/comites-des-usagers/comite-des-usagers-continue-institut-nazareth-et-louis
Email: comite.usagers.inlb@ssss.gouv.qc.ca


Eligibility: users of the Nazareth and Louis-Braille institute

Coverage area: Montréal Island, Laval, Montérégie

Financing: provincial

Legal status: parapublic organization

COMITÉ DES USAGERS DE CHAMPLAIN - CHARLES-LE MOYNE
3120 Taschereau Boulevard, Suite AS-003A, Longueuil, Montérégie, QC, J3Y 3R6
450 466-5000 ext. 3040
Website: santemonteregie.qc.ca/centre/organisation/comites-des-usagers/comite-des-usagers-de-champlain-charles-le-moyne
Email: comite-usagers.hclm@rrsss16.gouv.qc.ca


Eligibility: users of the Champlain-Charles-Le Moyne local service network

Coverage area: CISSS de la Montérégie-Centre area

Hours: Monday to Friday 8h00 to 16h00

Financing: provincial

Legal status: parapublic organization

COMITÉ DES USAGERS DE JARDINS-ROUSSILLON
200 Brisebois Boulevard, Châteauguay, Montérégie, QC, J6K 4W8
450 699-2521
Website: comitedesusagers.ca
Email: comitedesusagersroussillon@gmail.com


Eligibility: users of the CSSS Jardins-Roussillon

Coverage area: CISSS de la Montérégie-Ouest area

Financing: provincial

Legal status: parapublic organization

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COMITÉ DES USAGERS DES SERVICES DE RÉADAPTATION DU SUD-OUEST ET DU RENFORT
Confidential Address
450 348-6121 ext. 2407
Website: santemonteregie.qc.ca/ouest/organisation/comite-des-usagers
Email: comiteusagerssrsor@gmail.com
Eligibility: services de réadaptation du Sud-Ouest et du Renfort users
Coverage area: CISSS de la Montérégie-Ouest area
Financing: provincial
Legal status: parapublic organization

COMITÉ DES USAGERS DU CENTRE DE RÉADAPTATION EN DÉFICIENCE INTELLECTUELLE ET DU TROUBLE DU SPECTRE DE L’AUTISME - SERVICES EXTERNES - LONGUEUIL
255 Choquette Street, Beloeil, Montérégie, QC, J3G 4V6
450 446-7477 ext. 2400
Website: cuditsa.ca
Email: info@cuditsa.ca
Eligibility: centre de réadaptation en déficience intellectuelle et du trouble du spectre de l'autisme de Longueuil (CRDITEDME) users
Coverage area: CISSS de la Montérégie-Ouest area
Financing: provincial
Legal status: parapublic organization

COMITÉ DES USAGERS DU CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE
Confidential Address
1 888 815-6883
Website: santemonteregie.qc.ca/ouest/organisation/comite-des-usagers
Email: comiteusagers@bellnet.ca
Eligibility: users of the physical rehabilitation centres in Montérégie
Coverage area: Montérégie
Financing: provincial
Legal status: parapublic organization

COMITÉ DES USAGERS DU CENTRE DE RÉADAPTATION EN DÉPENDANCE LE VIRAGE
5110 Cousineau Boulevard, Longueuil, Montérégie, QC, J3Y 7G5
450 443-6373 ext. 3707
Website: santemonteregie.qc.ca/ouest/organisation/comite-des-usagers
Eligibility: users of the addiction rehabilitation centre le Virage
Coverage area: CISSS de la Montérégie-Ouest area
Financing: provincial
Legal status: parapublic organization
COMITÉ DES USAGERS DU HAUT-SAINT-LAURENT
Confidential Address
450 264-6082
Website: www.santemonteregie.qc.ca/ouest/organisation/comite-des-usagers
Eligibility: users of the CSSS Haut-Saint-Laurent
Coverage area: CISSS de la Montérégie-Ouest area
Financing: provincial
Legal status: parapublic organization

COMITÉ DES USAGERS DU RÉSEAU LOCAL DE SERVICES DU HAUT-RICHELIEU - ROUVILLE
978 du Séminaire Boulevard North, Saint-Jean-sur-Richelieu, Montérégie, QC, J3A 1E5
1 866 967-4825 ext. 8958
Website: comitedesusagers-hrr.com
Email: info@comitedesusagers-hrr.com
Eligibility: users of the Haut-Richelieu-Rouville local service network
Coverage area: CISSS de la Montérégie-Centre area
Financing: provincial
Legal status: parapublic organization

COMITÉ DES USAGERS DU SUROÎT
Confidential Address
450 373-4818 ext. 620
Website: cusecteursuroit.com
Email: comiteusagers.suroit@hotmail.ca
Eligibility: users of the Suroît local service network
Coverage area: CISSS de la Montérégie-Ouest area
Financing: provincial
Legal status: parapublic organization

COMITÉ DES USAGERS PIERRE-BOUCHER
1303 Jacques-Cartier Boulevard East, Suite 2020, Longueuil, Montérégie, QC, J4M 2A5
450 463-2850 ext. 72046
Website: cdupierreboucher.org
Email: comitedesusagers.cssspb16@ssss.gouv.qc.ca
Eligibility: users of the CSSS Pierre-Boucher
Coverage area: CISSS de la Montérégie-Est area
Hours: Tuesday to Friday 8h00 to 12h00 and 13h00 to 16h00
Financing: provincial
Legal status: parapublic organization

COMITÉ DES USAGERS PIERRE-DE SAUREL
400 de l'Hôtel-Dieu Avenue, Sorel-Tracy, Montérégie, QC, J3P 1N5
450 746-6000 ext. 6008
Website: www.santemonteregie.qc.ca/est/organisation/comite-des-usagers
Email: comite_usagers.pds.cissme16@ssss.gouv.qc.ca
Justice and Advocacy

**Services:** Users committee. * Information on the rights and obligations of users. * Advocacy. * Assistance in the proceedings when making a complaint.

**Eligibility:** users of the CSSS Pierre-De Saurel

**Coverage area:** CISSS de la Montérégie-Est area

**Financing:** provincial

**Legal status:** parapublic organization

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COMITÉ DES USAGERS RICHELIEU-YAMASKA

1800 Dessaulles Street, Suite A-1020, Saint-Hyacinthe, Montérégie, QC, J2S 2T2

450 771-3333 ext. 8209

Website: cury.qc.ca

Email: comite.usagers.cissonme16@ssss.gouv.qc.ca

**Services:** Users committee. * Information on the rights and obligations of users. * Advocacy. * Assistance in the proceedings when making a complaint.

**Eligibility:** users of the CSSS Richelieu-Yamaska

**Coverage area:** CISSS de la Montérégie-Est area

**Hours:** Monday to Wednesday 8h00 to 16h00

**Financing:** provincial

**Legal status:** parapublic organization

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COMMUNITY LEGAL CENTRE OF THE SOUTH SHORE

101 Roland-Therrien Boulevard, Suite 301, Longueuil, Montérégie, QC, J4H 4B9

450 928-7655     Fax: 450 928-7657

Website: ccjrs.com

Email: administration@ccjrs.com

**Services:** Legal aid services, free or at a low cost to eligible individuals, provided by family, matrimonial, youth protection, young offenders, criminal and penal, administrative, social, civil and immigration lawyers or notaries. * Representation before a first instance or appeal court, as plaintiff or defendant. * Assistance in certain cases expressly provided for in the Legal Aid Act. * Legal consultation. * Phone consultation, available 24/7, for detention or custody. * Legal information regarding rights and obligations of legal aid recipients. * Community involvement. * Complaints reception.

**Eligibility:** person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law

**Coverage area:** South Shore

**Fees:** people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website

**Financing:** provincial

**Legal status:** parapublic organization

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LONGUEUIL - OMBUDSMAN

789 Roland-Therrien Boulevard, Longueuil, Montérégie, QC, J4H 4A6

450 463-7147     Fax: 450 463-7347

Website: www.longueuil.quebec/fr/protecteur

Email: protecteurducitoyen@longueuil.quebec

**Services:** Reception of complaints from people who believe they have been unfairly or improperly treated by a city official or representative. * Defense of rights to the municipal administration and its managers. * Intervention to ensure that municipal services are received and that people are treated fairly and equitably. * Request for intervention form: cms.longueuil.quebec/sites/default/files/medias/2020-11/Formulaire%20en%20ligne.pdf

**Eligibility:** citizens

**Coverage area:** Longueuil

**Hours:** Monday to Friday 8h30 to 12h00

**Fees:** none
Financing: municipal
Legal status: municipal agency

OFFICE D'HABITATION DE LA HAUTE-YAMASKA-ROUVILLE
100 Robinson Street South, Suite 127, Granby, Montérégie, QC, J2G 7L4
450 372-1300 Fax: 450 372-4145
Website: ohhyr.ca
Email: info@ohhyr.ca
Eligibility: individuals and families on a low and moderate income
Capacity: 574 units
Coverage area: MRC La Haute-Yamaska, MRC Rouville
Hours: Monday, Tuesday, Thursday and Friday 8h00 to 12h00 and 13h00 to 16h00, Wednesday 13h00 to 16h00
Financing: provincial, municipal
Legal status: municipal agency

OFFICE D'HABITATION DE LONGUEUIL
445 Labonté Street, Longueuil, Montérégie, QC, J4H 2P8
450 670-2733 Fax: 450 670-0084
Website: www.omhl.org
Email: omhl@omhl.org
Eligibility: individuals and families on a low and moderate income
Capacity: 3912 units
Coverage area: Longueuil agglomeration
Hours: Monday to Thursday 8h30 to 12h00 and 13h30 to 16h00, Friday 8h30 to 12h00
Financing: municipal, provincial
Legal status: non-profit organization

OFFICE D'HABITATION DU HAUT-SAINT-LAURENT
35 Hector Street, Ormstown, Montérégie, QC, J0S 1K0
450 829-2522
Website: www.ohhsl.com
Email: direction@ohhsl.com
Eligibility: individuals and families on a low and moderate income
Capacity: 179 units
Coverage area: MRC Le Haut-Saint-Laurent
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 15h00
Financing: provincial, municipal
Legal status: municipal agency
OFFICE MUNICIPAL D'HABITATION DE BEAUHARNOIS
186 Saint-Louis Road, Beauharnois, Montérégie, QC, J6N 2H9
450 429-5798 Fax: 450 429-5363
Website: ville.beauharnois.qc.ca/logement-social
Email: directeur@omhbeauharnois.com
Eligibility: seniors 60 years and over, individuals 60 years and under and families
Capacity: 172 units
Coverage area: Saint-Étienne-de-Beauharnois
Fees: 25% of income, including heating, except for subsidized units
Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE CHÂTEAUGUAY
33 Saint-Joseph Boulevard, Châteauguay, Montérégie, QC, J6K 4P9
450 692-9652 Fax: 450 692-4387
Website: www.omhchateauguay.org
Email: omh@omhchateauguay.org
Services: Management and administration of housing and housing programs: Low-rent housing (HLM), Rent supplement program (PSL), Québec affordable housing program, Referral service, Accès Logis program.
Eligibility: individuals and families on a low or moderate income
Coverage area: Châteauguay
Hours: Monday, Tuesday and Thursday 9h00 to 12h00 and 13h00 to 16h00, Wednesday and Friday 13h00 to 16h00
Financing: grants
Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE MARGUERITE D'YOUVILLE
609 Marie-Victorin Road, Verchères, Montérégie, QC, J0L 2R0
450 583-3563 Fax: 450 849-1122
Email: infoomh@margueritedyouville.ca
Services: Manage and administer housing and housing programs. * Low-rent housing (HLM). * Rent supplement program (PSL).
Eligibility: single individuals, seniors and families on a low or moderate income
Coverage area: MRC Marguerite-D'Youville
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: municipal
Legal status: municipal agency

OFFICE MUNICIPAL D'HABITATION DE MCMASTERVILLE
345 4th Avenue, Mcmasterville, Montérégie, QC, J3G 1R6
450 774-5188
Email: OMHmcmasterville@videotron.ca
Eligibility: people aged 50 and over on a low income
Capacity: 15 units
Coverage area: Mcmasterville
Financing: municipal
Legal status: non-profit organization
OFFICE MUNICIPAL D'HABITATION DE SAINT-URBAIN-PREMIER
186 Saint-Louis Road, Beauharnois, Montérégie, QC, J6N 2H9
450 429-5798  Fax: 450 698-3356
Email: directeur@omhbeauharnois.com


Eligibility: individuals and families on a low and moderate income
Capacity: 10 units
Coverage area: Saint-Urbain-Premier
Financing: municipal
Legal status: municipal agency

OFFICE MUNICIPAL D'HABITATION DE SALABERRY-DE-VALLEYFIELD
80 Académie Street, Suite 1, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4X1
450 371-8660  Fax: 450 371-1426
Email: accueil@omhvalleyfield.ca


Eligibility: people and families on a low or moderate income
Capacity: 381 units
Coverage area: Salaberry-De-Valleyfield
Financing: municipal, provincial
Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DES MASKOUTAINS ET D'ACTON
1925 Pratte Avenue, Suite 100, Saint-Hyacinthe, Montérégie, QC, J2S 8R7
450 774-5188
Website: www.omhsthyacinthe.ca
Email: ohma@ohma.ca


Eligibility: individuals and families on a low and moderate income
Capacity: 843 units
Coverage area: MRC Acton, MRC les Maskoutains
Financing: provincial, municipal
Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DU BASSIN DE CHAMBLY
30 Lafontaine Street, Suite 211, Chambly, Montérégie, QC, J3L 3K1
450 658-0248  Fax: 450 658-9851
Email: direction@omhbdc.ca

Services: * Management and administration of housing and housing programs: Low-rent housing (HLM) and Rent supplement program (PSL).

Eligibility: individuals and families on a low and moderate income who are Canadian citizens or permanent residents and who have lived in the territory of the Communauté métropolitaine de Montréal for 12 months in the 24 months preceding their application
Coverage area: Province of Québec
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 9h00 to 12h00
Financing: municipal, provincial, federal
Legal status: non-profit organization
OFFICE MUNICIPAL D'HABITATION PIERRE-DE SAUREL
264 Robidoux Street, Sorel-Tracy, Montérégie, QC, J3P 7Y2
450 743-0033  Fax: 450 743-0034
Email: info@ohpierredesaurel.com

Eligibility: individuals and families on a low and moderate income
Capacity: 510 units
Coverage area: MRC Pierre-De Saurel
Hours: Monday to Thursday 8h00 to 12h00 and 13h30 to 16h30, Friday 8h00 to 12h00
Financing: provincial, municipal
Legal status: municipal agency

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.
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

OFFICE RÉGIONAL D'HABITATION DE LA VALLÉE-DU-RICHELIEU
250 Radisson Street, Mont-Saint-Hilaire, Montérégie, QC, J3H 2Z4
450 464-3696
Website: www.mrcvr.ca/services/vie-communautaire/orhvr
Email: info@orhvr.ca

Eligibility: individuals and families on a low or moderate income
Coverage area: Beloeil, Otterburn Park, Mont-Saint-Hilaire, Saint-Basile-le-Grand and Saint-Jean-Baptiste
Hours: Monday to Thursday 9h00 to 11h30 and 13h30 to 16h00
Financing: municipal, provincial
Legal status: parapublic organization

ORDRE DES DENTUROLOGISTES DU QUÉBEC
395 du Parc-Industriel Street, Longueuil, Montérégie, QC, J4H 3V7
1 800 567-2251  Fax: 450 646-7922
Website: www.odq.com/en
Email: info@odq.com

Eligibility: denturists, general public
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00, summer: Monday to Thursday 9h00 to 17h00, Friday 9h00 to 12h00
Financing: membership fees
Legal status: non-profit organization

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ORDRE DES MÉDECINS VÉTÉRINAIRES DU QUÉBEC
800 Sainte-Anne Avenue, Suite 200, Saint-Hyacinthe, Montérégie, QC, J2S 5G7
1 800 267-1427     Fax: 450 774-7635
Website: www.omvq.qc.ca
Email: info@omvq.qc.ca
Eligibility: general public, veterinarians
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, summer: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00
Financing: membership fees
Legal status: non-profit organization

ORGANISME D'AUTORÉGLEMENTATION DU COURTAGE IMMOBILIER DU QUÉBEC (L')
4905 Lapinière Boulevard, Suite 2200, Brossard, Montérégie, QC, J4Z 0G2
1 800 440-7170     Fax: 450 676-7801
Website: www.oaciq.com/en
Email: info@oaciq.com
Services: Real estate brokerage authority seeking to protect and assist the public by ensuring the sound practices of brokers. * Information on real estate transactions, responsibilities and obligations of the housing and mortgage brokers. * Info OACIQ: information centre. * Online verification of a broker's file. * Public assistance: accompaniment in the formulation of a complaint, the denunciation of an deontological misconduct and the resolution of an issue happening within a transaction with a broker. * Office of the Syndic: reception and treatment of transmitted files by the assistance service in case of misconduct. * Compensation and liability insurance fund.
Coverage area: Province of Québec
Hours: administration: Monday to Friday 8h30 to 16h30, Info OACIQ: Monday, Tuesday and Thursday 9h00 to 16h30, Wednesday 10h00 to 16h30, Friday 9h00 to 16h00
Fees: none
Financing: provincial
Legal status: non-profit organization

SERVICE CANADA CENTRE - BROSSARD
2501 Lapinière Boulevard, ground floor, Brossard, Montérégie, QC, J4Z 3P1
1 800 622-6232      TTY: 1 800 926-9105
Website: www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2373
Coverage area: Brossard
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency

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Justine and Advocacy

SERVICE CANADA CENTRE - LONGUEUIL
1195 Du Tremblay Road, Suite 100, Longueuil, Montérégie, QC, J4N 1R4
1 800 622-6232   TTY: 1 800 926-9105
Website: www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2871


Coverage area: Longueuil
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency

SERVICE CANADA CENTRE - SAINT-HYACINTHE
Galeries Saint-Hyacinthe, 3225 Cusson Avenue, Suite 2500, Saint-Hyacinthe, Montérégie, QC, J2S 0H7
1 800 622-6232   TTY: 1 800 926-9105
Website: www.servicecanada.gc.ca


Coverage area: Saint-Hyacinthe
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency

SERVICE CANADA CENTRE - SAINT-JEAN-SUR-RICHELIEU
1235 Douglas Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J2W 1C7
1 800 622-6232   TTY: 1 800 926-9105
Website: www.canada.ca


Coverage area: Saint-Jean-sur-Richelieu and surrounding area
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency

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SERVICE CANADA CENTRE - VALLEYFIELD
63 Champlain Street, Suite 100, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1W4
1 800 622-6232  TTY: 1 800 926-9105
Website: www.canada.ca
Coverage area: Salaberry-De-Valleyfield
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government 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.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2251
Coverage area: Vaudreuil-Dorion
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency

TRIBUNAL ADMINISTRATIF DU LOGEMENT - LONGUEUIL
201 Charles-Le Moyne Place, Ground Floor, Longueuil, Montérégie, QC, J4K 2T5
514 873-2245  Fax: 514 864-8077
Website: www.tal.gouv.qc.ca/en
Eligibility: tenants, landlords
Coverage area: agglomeration of Longueuil
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: variable
Financing: provincial
Legal status: provincial government agency

TRIBUNAL ADMINISTRATIF DU LOGEMENT - SAINT-HYACINTHE
3225 Cusson Avenue, Suite 2540, Saint-Hyacinthe, Montérégie, QC, J2S 0H7
1 800 683-2245  Fax: 1 877 907-8077
Website: www.tal.gouv.qc.ca/en
Services: Specialized tribunal that the authority regarding residential lease matters. * Information to citizens about their rights and obligations relating to their lease. * Reaching agreements between landlords and tenants. * Protection of the rights of tenants. * Assistance with filling court application forms. * Online calculation tool for rent fixation: www.tal.gouv.qc.ca/fr/calcul-pour-la-fixation-de-loyer/outil-de-calc

Eligibility: tenants, landlords

Coverage area: Saint-Hyacinthe

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Fees: variable

Financing: provincial

Legal status: provincial government agency

TRIBUNAL ADMINISTRATIF DU LOGEMENT - SAINT-JEAN-SUR-RICHELIEU


1 800 683-2245 Fax: 1 877 907-8077

Website: www.tal.gouv.qc.ca/en

Services: Specialized court that has the authority regarding residential lease matters. * Information to citizens about their rights and obligations relating to their lease. * Reaching agreements between landlords and tenants. * Protection of the rights of tenants. * Assistance with filling court application forms. * Online calculation tool for rent fixation: www.tal.gouv.qc.ca/fr/calcul-pour-la-fixation-de-loyer/outil-de-calc

Eligibility: tenants, landlords

Coverage area: Saint-Jean-Sur-Richelieu

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Fees: variable

Financing: provincial

Legal status: provincial government agency

TRIBUNAL ADMINISTRATIF DU LOGEMENT - VALLEYFIELD

151 Salaberry Street, Suite 1.20, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2H8

1 800 683-2245 Fax: 1 877 907-8077

Website: www.tal.gouv.qc.ca/en

Services: Specialized tribunal that the authority regarding residential lease matters. * Information to citizens about their rights and obligations relating to their lease. * Reaching agreements between landlords and tenants. * Protection of the rights of tenants. * Assistance with filling court application forms. * Online calculation tool for rent fixation: www.tal.gouv.qc.ca/fr/calcul-pour-la-fixation-de-loyer/outil-de-calc

Eligibility: tenants, landlords

Coverage area: Salaberry-De-Valleyfield

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Fees: variable

Financing: provincial

Legal status: provincial government agency

USERS COMMITTEE OF MONTÉRÉGIE YOUTH CENTRE

575 Adoncour Street, Granby, Montérégie, QC, J2G 2M6

450 679-5433 Fax: 450 679-3731

Website: cucjmontenergie.ca/en

Email: comite-usagers.cj.cissmeme16@ssss.gouv.qc.ca

Services: Users committee. * Information on the rights and obligations of users. * Advocacy and promotion of rights and interests. * Assistance in the proceedings when making a complaint.

Eligibility: users of the Montérégie youth centre

Coverage area: CISSS de la Montérégie-Est area

Hours: Monday to Friday 9h00 to 17h00

Financing: provincial

Legal status: parapublic organization
Correctional services

CORRECTIONAL SERVICE CANADA - COWANSVILLE INSTITUTION
400 Fordyce Avenue, Cowansville, Montérégie, QC, J2K 3N7
450 263-3073     Fax: 450 263-0325
Website: www.csc-scc.gc.ca


Eligibility: men offenders sentenced for more than 2 years
Capacity: 599 inmates
 Coverage area: Province of Québec
Financing: federal
Legal status: federal government agency

CORRECTIONAL SERVICE CANADA - LONGUEUIL PAROLE OFFICE
550 Chambly Road, Suite 280, Longueuil, Montérégie, QC, J4H 3L8
450 928-4311     Fax: 450 928-4306
Website: www.csc-scc.gc.ca

Services: Office under the jurisdiction of The Parole Board of Canada (PBC). * Monitoring of offenders serving a part of their sentence under conditional release or restricted parole.

Eligibility: people serving a sentence in a federal detention facility
Coverage area: South Shore
Financing: federal
Legal status: federal government agency

DIRECTION DES SERVICES CORRECTIONNELS - MONTÉRÉGIE
400 Auber Street, Sorel-Tracy, Montérégie, QC, J3P 0S3
1 855 816-3942     Fax: 450 742-6160
Website: www.qcub.ca/securite-situations-urgence/services-correctionnels


Eligibility: offenders sentenced to less than 2 years, alleged offenders
Coverage area: Montérégie
Financing: provincial
Legal status: provincial government agency

SERVICES CORRECTIONNELS DU QUÉBEC - ÉTABLISSEMENT DE DÉTENTION DE SOREL-TRACY
400 Auber Street, Sorel-Tracy, Montérégie, QC, J3P 3R9
1 855 816-3942     Fax: 450 742-8844
Website: www.qcub.ca/securite-situations-urgence/services-correctionnels


Eligibility: men offenders sentenced to less than 2 years, alleged offenders
Capacity: 380
Coverage area: Province of Québec
Financing: provincial
Legal status: provincial government agency
SERVICES CORRECTIONNELS DU QUÉBEC - SERVICES DE PROBATION - LONGUEUIL
1085 Sainte-Foy Boulevard, Suite 100, Longueuil, Montérégie, QC, J4K 1W7
450 468-2777  Fax: 450 468-3987
Website: www.quebec.ca/securite-situations-urgence/services-correctionnels/suivi-personnes-contrevenantes-communaute

Eligibility: offenders under provincial jurisdiction, on probation in case of suspended sentence, conditional release, outing permission or community services
Coverage area: Montérégie
Financing: provincial
Legal status: provincial government agency

SERVICES CORRECTIONNELS DU QUÉBEC - SERVICES DE PROBATION - SAINT-JEAN-SUR-RICHELIEU
109 Saint-Charles Street, Suite RC-02, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 2C2
450 358-5600  Fax: 450 358-1661
Website: www.quebec.ca/securite-situations-urgence/services-correctionnels/suivi-personnes-contrevenantes-communaute

Eligibility: offenders under provincial jurisdiction, on probation in case of suspended sentence, conditional release, outing permission or community services
Coverage area: Montérégie
Financing: provincial
Legal status: provincial government agency

Courthouses and tribunals

BUREAU DES INFRACTIONS ET AMENDES - LONGUEUIL
1111 Jacques-Cartier Boulevard East, Suite RC-25, Longueuil, Montérégie, QC, J4M 2J6
1 877 263-6337  Fax: 450 928-8757
Website: www.amendes.qc.ca
Email: amendes@justice.gouv.qc.ca

Services: Administration of offenses under the majority of penal provincial laws and certain federal laws concerning road safety, working relations in the field of construction, food products and others. * Recovery of fines and unpaid legal fees. * Online payment services for court records and statements of offense.
Coverage area: judicial districts of Longueuil, Saint-Hyacinthe, Saint-Jean-sur-Richelieu, Salaberry-de-Valleyfield and Sorel-Tracy
Hours: Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 10h00 to 16h30, phone information: Monday, Tuesday, Thursday and Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

CANDIAC - MUNICIPAL COURT
100 Montcalm Boulevard North, 2nd Floor, Candiac, Montérégie, QC, J5R 3L8
450 444-6060
Website: candiac.ca/services/services-municipaux/cour-municipale
Email: cour@ville.candiac.qc.ca
Services: First-instance justice Court hearing lawsuits relative to municipal by-laws, infringements to the Code de la sécurité routière and some criminal infringements (drunk driving, thefts under $5000 and misdeeds). * Ticket payment or contestation. * Recovery of unpaid amounts. * Compensatory work.

Coverage area: Candiac and Sainte-Catherine

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 13h00

Financing: municipal

Legal status: municipal agency

CHÂTEAUGUAY - MUNICIPAL COURT

265 D’Anjou Boulevard, Suite 101, Châteauguay, Montérégie, QC, J6J 2R4

450 698-3246  Fax: 450 698-3259

Website: ville.chateauguay.qc.ca/en/municipal-court/about/

Email: cour.municipale@ville.chateauguay.qc.ca

Services: First-instance justice Court hearing lawsuits relative to municipal by-laws, infringements to the Code de la sécurité routière and some criminal infringements (drunk driving, thefts under $5000 and misdeeds). * Ticket payment or contestation. * Recovery of unpaid amounts. * Compensatory work.

Coverage area: Châteauguay, Léry, Beauharnois, Saint-Isidore

Hours: Monday to Thursday 9h00 to 12h00 and 13h15 to 17h00, Friday 8h30 to 12h00

Financing: municipal

Legal status: municipal agency

COMMISSION DE PROTECTION DU TERRITOIRE AGRICOLE DU QUÉBEC

25 Lafayette Boulevard, 3rd Floor, Longueuil, Montérégie, QC, J4K 5C7

1 800 361-2090  Fax: 450 651-2258

Website: www.cptaq.gouv.qc.ca

Email: info@cptaq.gouv.qc.ca


Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: parapublic organization

COURT OF QUÉBEC - CIVIL DIVISION - LONGUEUIL

1111 Jacques-Cartier Boulevard East, Longueuil, Montérégie, QC, J4M 2J6

450 646-4009

Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/longueuil-courthouse

Services: Court constituting the judicial system of Québec. * Hearing of cases where the amount in dispute is less than $85,000. * Hearing of some cases regarding municipal and school affairs. * Hearing of temporary and authorized confinement cases prior to or following psychiatric assessment. * Exclusive jurisdiction to hear appeals from decisions of certain administrative tribunals, such as the Tribunal administratif du logement. * Voluntary deposit.

Coverage area: South Shore of Montréal: Longueuil judicial district

Hours: Monday to Friday of 8h30 to 16h30

Financing: provincial

Legal status: provincial government agency
COURT OF QUÉBEC - CIVIL DIVISION - SAINT-JEAN-SUR-RICHELIEU
109 Saint-Charles Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 2C2
450 347-3716
Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/saint-jean-sur-richelieu-courthouse
Services: Court constituting the judicial system of Québec. * Hearing of cases where the amount in dispute is less than $85,000. * Hearing of some cases regarding municipal and school affairs. * Hearing of temporary and authorized confinement cases prior to or following psychiatric assessment. * Exclusive jurisdiction to hear appeals from decisions of certain administrative tribunals, such as the Tribunal administratif du logement. * Voluntary deposit.
Coverage area: Montérégie: Iberville judicial district
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

COURT OF QUÉBEC - CIVIL DIVISION - SALABERRY-DE-VALLEYFIELD
74 Académie Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 0B8
450 370-4006
Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/salaberry-de-valleyfield-courthouse
Services: Court constituting the judicial system of Québec. * Hearing of cases where the amount in dispute is less than $85,000. * Hearing of some cases regarding municipal and school affairs. * Hearing of temporary and authorized confinement cases prior to or following psychiatric assessment. * Exclusive jurisdiction to hear appeals from decisions of certain administrative tribunals, such as the Tribunal administratif du logement. * Voluntary deposit.
Coverage area: Beauharnois judicial district: MRC Beauharnois-Salaberry and MRC Vaudreuil-Soulanges
Hours: Monday to Friday 8h30 to 12h45 and 13h45 to 16h30
Financing: provincial
Legal status: provincial government agency

COURT OF QUÉBEC - CIVIL DIVISION - SOREL-TRACY
46 Charlotte Street, Sorel-Tracy, Montérégie, QC, J3P 6N5
450 742-2786
Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/sorel-tracy-courthouse
Services: Court constituting the judicial system of Québec. * Hearing of cases where the amount in dispute is less than $85,000. * Hearing of some cases regarding municipal and school affairs. * Hearing of temporary and authorized confinement cases prior to or following psychiatric assessment. * Exclusive jurisdiction to hear appeals from decisions of certain administrative tribunals, such as the Tribunal administratif du logement. * Voluntary deposit.
Coverage area: Richelieu judicial district: MRC Pierre-De Saurel and MRC Marguerite-D'Youville
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

COURT OF QUÉBEC - CRIMINAL AND PENAL DIVISION - LONGUEUIL
1111 Jacques-Cartier Boulevard East, Longueuil, Montérégie, QC, J4M 2J6
450 646-4011 Fax: 450 928-7486
Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/longueuil-courthouse
Services: Court constituting the judicial system of Québec. * Hearing of prosecutions under the Criminal Code, the Code of penal Procedure and all other regulatory offence statutes.
Coverage area: South Shore of Montréal: Longueuil judicial district
Hours: Monday to Friday of 8h30 to 16h30
Financing: provincial
Legal status: provincial government agency
COURT OF QUÉBEC - CRIMINAL AND PENAL DIVISION - SAINT-JEAN-SUR-RICHELIEU
109 Saint-Charles Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 2C2
450 347-3715     Fax: 450 347-9438
Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/saint-jean-sur-richelieu-courthouse
Services: Court constituting the judicial system of Québec. * Hearing of prosecutions under the Criminal Code, the Code of penal Procedure and all other regulatory offence statutes.
Coverage area: Montérégie: Iberville judicial district
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

COURT OF QUÉBEC - CRIMINAL AND PENAL DIVISION - SALABERRY-DE-VALLEYFIELD
74 Académie Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 0B8
450 370-4005     Fax: 450 370-3021
Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/salaberry-de-valleyfield-courthouse
Services: Court constituting the judicial system of Québec. * Hearing prosecutions under the Criminal Code, the Code of penal Procedure and all other regulatory offence statutes.
Coverage area: Beauharnois judicial district: MRC Beauharnois-Salaberry and MRC Vaudreuil-Soulanges
Hours: Monday to Friday 8h30 to 12h45 and 13h45 to 16h30
Financing: provincial
Legal status: provincial government agency

COURT OF QUÉBEC - CRIMINAL AND PENAL DIVISION - SOREL-TRACY
46 Charlotte Street, Sorel-Tracy, Montérégie, QC, J3P 6N5
450 743-1251     Fax: 450 742-6177
Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/sorel-tracy-courthouse
Services: Court constituting the judicial system of Québec. * Hearing prosecutions under the Criminal Code, the Code of penal Procedure and all other regulatory offence statutes.
Coverage area: Richelieu judicial district: MRC Pierre-De Saurel and MRC Marguerite-D'Youville
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

COURT OF QUÉBEC - SMALL CLAIMS DIVISION - LONGUEUIL
1111 Jacques-Cartier Boulevard East, Longueuil, Montérégie, QC, J4M 2J6
450 646-4067
Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/longueuil-courthouse
Email: pclongueuil@justice.gouv.qc.ca
Services: Court hearing cases in which the disputed amount of money is inferior to $15,000 and where people represent themselves, without a lawyer. * Free mediation service to parties wishing to resolve their dispute by an agreement before the hearing of their case by the judge.
Eligibility: any person or legal person if it employed at most 10 people during the 12 months prior to the claim
Coverage area: South Shore of Montréal: Longueuil judicial district
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: provincial government agency

COURT OF QUÉBEC - SMALL CLAIMS DIVISION - SAINT-JEAN-SUR-RICHELIEU
109 Saint-Charles Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 2C2
450 346-1653
Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/saint-jean-sur-richelieu-courthouse
Email: pcstjeansurrichelieu@justice.gouv.qc.ca
Services: Court hearing cases in which the disputed amount of money is inferior to $15,000 and where people represent themselves, without a lawyer. * Free mediation service to parties wishing to resolve their dispute by an agreement before the hearing of their case by the judge.

Eligibility: any person or legal person if it employed at most 10 people during the 12 months prior to the claim

Coverage area: Montérégie: Iberville judicial district

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: provincial government agency

COURT OF QUÉBEC - SMALL CLAIMS DIVISION - SALABERRY-DE-VALLEYFIELD

74 Académie Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 0B8
450 370-4004
Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/salaberry-de-valleyfield-courthouse

Services: Court hearing cases in which the disputed amount of money is inferior to $15,000 and where people represent themselves, without a lawyer. * Free mediation service to parties wishing to resolve their dispute by an agreement before the hearing of their case by the judge. * Other point of service: 265 Anjou Boulevard, Châteauguay and 280 Harwood Boulevard, Vaudreuil-Dorion.

Eligibility: any person or legal person if it employed at most 10 people during the 12 months prior to the claim

Coverage area: Beauharnois judicial district: MRC Beauharnois-Salaberry and MRC Vaudreuil-Soulanges

Hours: Monday to Friday 8h30 to 12h45 and 13h45 to 16h30, by appointment

Financing: provincial

Legal status: provincial government agency

COURT OF QUÉBEC - SMALL CLAIMS DIVISION - SOREL-TRACY

46 Charlotte Street, Sorel-Tracy, Montérégie, QC, J3P 6N5
450 742-2762 Fax: 450 746-7394
Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/sorel-tracy-courthouse
Email: pcsorel@justice.gouv.qc.ca

Services: Court hearing cases in which the disputed amount of money is inferior to $15,000 and where people represent themselves, without a lawyer. * Free mediation service to parties wishing to resolve their dispute by an agreement before the hearing of their case by the judge.

Eligibility: any person or legal person if it employed at most 10 people during the 12 months prior to the claim

Coverage area: Richelieu judicial district: MRC Pierre-De Saurel and MRC Marguerite-D'Youville

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, by appointment

Financing: provincial

Legal status: provincial government agency

COURT OF QUÉBEC - YOUTH DIVISION - LONGUEUIL

1111 Jacques-Cartier Boulevard East, Longueuil, Montérégie, QC, J4M 2J6
450 646-4004
Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/longueuil-courthouse

Services: Court constituting the judicial system of Québec. * Hearing of all cases involving a minor. * Hearing of cases of adoption.

Coverage area: South Shore of Montréal: Longueuil judicial district

Hours: Monday to Friday of 8h30 to 16h30

Financing: provincial

Legal status: provincial government agency

COURT OF QUÉBEC - YOUTH DIVISION - SAINT-JEAN-SUR-RICHELIEU

109 Saint-Charles Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 2C2
450 346-5743
Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/saint-jean-sur-richelieu-courthouse
Services: Court constituting the judicial system of Québec. * Hearing of all cases involving a minor. * Hearing of cases of adoption.
Coverage area: Montérégie: Iberville judicial district
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

COURT OF QUÉBEC - YOUTH DIVISION - SALABERRY-DE-VALLÉEYFIELD
74 Académie Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 0B8
450 370-4003
Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/salaberry-de-valleyfield-courthouse
Services: Court constituting the judicial system of Québec. * Hearing all cases involving a minor. * Hearing cases of adoption.
Coverage area: Beauharnois judicial district: MRC Beauharnois-Salaberry and MRC Vaudreuil-Soulanges
Hours: Monday to Friday 8h30 to 12h45 and 13h45 to 16h30
Financing: provincial
Legal status: provincial government agency

COURT OF QUÉBEC - YOUTH DIVISION - SOREL-TRACY
46 Charlotte Street, Sorel-Tracy, Montérégie, QC, J3P 6N5
450 743-1251
Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/sorel-tracy-courthouse
Services: Court constituting the judicial system of Québec. * Hearing all cases involving a minor. * Hearing cases of adoption.
Coverage area: Richelieu judicial district: MRC Pierre-De Saurel and MRC Marguerite-D'Youville
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

LA PRAIRIE - MUNICIPAL COURT
170 Taschereau Boulevard, Suite 400, La Prairie, Montérégie, QC, J5R 5H6
450 444-6626 Fax: 450 444-6636
Website: www.ville.laprairie.qc.ca
Email: cour@ville.laprairie.qc.ca
Services: First-instance justice court hearing lawsuits relative to municipal by-laws, infringements to the Code de la sécurité routière and some criminal infringements (drunk driving, thefts under $5000 and misdeeds). * Ticket payment or contestation. * Recovery of unpaid amounts. * Compensatory work.
Coverage area: La Prairie, Saint-Philippe, Saint-Mathieu
Hours: Monday to Thursday 8h15 to 16h30, Friday 8h15 to 13h00
Financing: municipal
Legal status: municipal agency

LONGUEUIL - MUNICIPAL COURT
4025 Taschereau Boulevard, Longueuil, Montérégie, QC, J4T 2G6
450 463-7006 Fax: 450 646-8897
Website: www.longueuil.quebec/fr/services/cour-municipale
Email: courmunicipale@longueuil.quebec
Services: First-instance justice court hearing lawsuits relative to municipal by-laws or infringements to the Code de la Sécurité routière, the Loi de l’impôt sur le tabac and the Loi sur le transport par taxi. * Ticket payment or contestation. * Recovery of unpaid amounts. * Compensatory work.
Coverage area: Longueuil agglomeration
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, summer: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00
LONGUEUIL COURTHOUSE
1111 Jacques-Cartier Boulevard East, Longueuil, Montérégie, QC, J4M 2J6
450 646-4010     Fax: 450 928-7982
Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/longueuil-courthouse
Services: Administration of court services of Longueuil.  * Support to various courts constituting the judicial system of Québec and some specialized courts.  * Judicial services: curatorships, tutorships, wills, civil wedding and partnership, divorce records, family mediation and alimony.
Coverage area: South Shore of Montréal: Longueuil judicial district
Hours: Monday to Friday of 8h30 to 16h30
Financing: provincial
Legal status: provincial government agency

MRC DE MARGUERITE-D'YOUILLE - COUR MUNICIPALE RÉGIONALE
609 Marie-Victorin Road, Verchères, Montérégie, QC, J0L 2R0
450 583-3435     Fax: 450 583-6575
Website: margueritedyouville.ca/services/services-aux-citoyens/cour-municipale-regionale
Email: cour@margueritedyouville.ca
Services: First-instance justice court hearing lawsuits relative to municipal by-laws, infringements to the Code de la Sécurité routière and some criminal infringements (drunk driving, thefts under $5000 and misdeeds).  * Ticket payment or contestation.  * Recovery of unpaid amounts.  * Compensatory work.
Coverage area: MRC Marguerite-D'Youville
Hours: Monday, Wednesday and Thursday 8h30 to 12h00 and 13h00 to 16h30, Tuesday 8h30 to 12h00 and 13h00 to 20h00, Friday 8h30 to 12h00
Financing: municipal
Legal status: municipal agency

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

SAINT-CONSTANT - MUNICIPAL COURT
66 du Maçon Street, Saint-Constant, Montérégie, QC, J5A 1T1
450 638-2010 ext. 7590
Website: saint-constant.ca/fr/affaires-juridiques-et-cour-municipale
Email: cour@saint-constant.ca
Services: First-instance justice court hearing lawsuits relative to municipal by-laws, infringements to the Code de la sécurité routière and some criminal infringements (drunk driving, thefts under $5000 and misdeeds).  * Ticket payment or contestation.  * Recovery of unpaid amounts.
Coverage area: Saint-Constant, Delson
Hours: Monday to Thursday 8h00 to 17h00, Friday 8h00 to 13h00
SAINT-HYACINTHE COURTHOUSE
1550 Dessaulles Street, Saint-Hyacinthe, Montérégie, QC, J2S 2S8
450 778-6585
Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/saint-hyacinthe-courthouse

Services: Administration of court services of Saint-Hyacinthe. * Support to various courts constituting the judicial system of Québec and some specialized courts. * Judicial services: adoption, curatorships, tutorships and wills, divorce and separation, psychiatric assessment and institutional custody, civil wedding and partnership, family mediation, support payments.

Coverage area: Saint-Hyacinthe judicial district

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

SAINT-JEAN-SUR-RICHELIEU COURTHOUSE
109 Saint-Charles Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 2C2
450 347-3716
Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/saint-jean-sur-richelieu-courthouse

Services: Administration or court services of Saint-Jean-sur-Richelieu. * Support to various courts constituting the judicial system of Québec and some specialized courts. * Judicial services: curatorships, tutorships and wills, civil wedding and partnership, divorce records, family mediation and alimony.

Coverage area: Montérégie: Iberville judicial district

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

SAINT-RÉMI - MUNICIPAL COURT
105 de la Mairie Street, Saint-Rémi, Montérégie, QC, J0L 2L0
450 454-3993 ext. 3960     Fax: 450 454-6898
Website: www.saint-remi.ca/services/services-au-citoyen/cour-municipale
Email: jgdurand@ville.saint-remi.qc.ca

Services: First-instance justice court hearing lawsuits relative to municipal by-laws, infringements to the Code de la sécurité routière and some criminal infringements (drunk driving, thefts under $5,000 and misdeeds). * Ticket payment or contestation. * Recovery of unpaid amounts. * Compensatory work.

Coverage area: MRC Les Jardins-de-Napierville

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h30 to 13h00

SALABERRY-DE-VALLEYFIELD COURTHOUSE
74 Académie Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 0B8
450 370-4006     Fax: 450 370-3022
Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/salaberry-de-valleyfield-courthouse

Services: Administration or court services of Salaberry-de-Valleyfield. * Support to various courts constituting the judicial system of Québec and some specialized courts. * Judicial services: curatorships, tutorships and wills, civil wedding and partnership, divorce records, family mediation and alimony.

Coverage area: Beauharnois judicial district: MRC Beauharnois-Salaberry and MRC Vaudreuil-Soulanges

Hours: Monday to Friday 8h30 to 12h45 and 13h45 to 16h30
SOREL-TRACY COURTHOUSE
46 Charlotte Street, Sorel-Tracy, Montérégie, QC, J3P 6N5
450 742-2786    Fax: 450 746-7394
Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/sorel-tracy-courthouse
Services: Administration or court services of Sorel-Tracy. * Support to various courts constituting the judicial system of Québec and some specialized courts. * Judicial services: curatorships, tutorships and wills, civil wedding and partnership, divorce records, family mediation and alimony.
Coverage area: Richelieu judicial district: MRC Pierre-De Saurel and MRC Marguerite-D'Youville
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

SUPERIOR COURT - LONGUEUIL
1111 Jacques-Cartier Boulevard East, Longueuil, Montérégie, QC, J4M 2J6
450 646-4009
Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/longueuil-courthouse
Services: Court constituting the judicial system of Québec. * Hearing of the cases where the amount in dispute is more than $85,000 and administrative, familial and bankruptcy litigations. * Hearing of jury trials in criminal cases and appeals in summary conviction.
Coverage area: South Shore of Montréal: Longueuil judicial district
Hours: Monday to Friday of 8h30 to 16h30
Financing: provincial
Legal status: provincial government agency

SUPERIOR COURT - SAINT-JEAN-SUR-RICHELIEU
109 Saint-Charles Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 2C2
450 347-3716
Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/saint-jean-sur-richelieu-courthouse
Services: Court constituting the judicial system of Québec. * Hearing of the cases where the amount in dispute is more than $70,000 and administrative, familial and bankruptcy litigations. * Hearing of jury trials in criminal cases and appeals in summary conviction.
Coverage area: Montérégie: Iberville judicial district
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

SUPERIOR COURT - SALABERRY-DE-VALLEYFIELD
74 Académie Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 0B8
450 370-4006
Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/salaberry-de-valleyfield-courthouse
Services: Court constituting the judicial system of Québec. * Hearing the cases where the amount in dispute is more than $70,000 and administrative, familial and bankruptcy litigations. * Hearing jury trial in criminal cases and appeals in summary conviction.
Coverage area: Beauharnois judicial district: MRC Beauharnois-Salaberry and MRC Vaudreuil-Soulanges
Hours: Monday to Friday of 8h30 to 12h45 and 13h45 to 16h30
Financing: provincial
Legal status: provincial government agency

SUPERIOR COURT - SOREL-TRACY
46 Charlotte Street, Sorel-Tracy, Montérégie, QC, J3P 6N5
450 742-2786    Fax: 450 746-7394
Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/sorel-tracy-courthouse
Services: Court constituting the judicial system of Québec. * Hearing the cases where the amount in dispute is more than $70,000 and administrative, familial and bankruptcy litigations. * Hearing jury trial in criminal cases and appeals in summary conviction.

Coverage area: Richelieu judicial district: MRC Pierre-De Saurel and MRC Marguerite-D'Youville

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: provincial government agency

Legal assistance and information

AINSI SOIT-ELLE - CENTRE DE FEMMES
1224 Notre-Dame Street, Chambly, Montérégie, QC, J3L 1K3
450 447-3576 Fax: 450 447-8242
Email: ainsisoitelle.org@hotmail.com


Eligibility: women

Coverage area: CLSC du Richelieu

Hours: Monday, Wednesday and Thursday 8h30 to 16h30, Tuesday 13h00 to 16h30

Fees: members: $10 each year

Financing: provincial, self-financing, donations, fundraising campaigns

Legal status: non-profit organization

ANTICHAIRME 12-17 HÉBERGEMENT JEUNESSE DU SUROÎT (L')
323 Larocque Road, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4C1
450 373-9887
Website: www.lantichambre12-17.ca
Email: hebergement@lantichambre12-17.ca


Eligibility: youth 12 to 17 years old

Capacity: 5 beds

Coverage area: MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges or others if necessary

Hours: 24 hours / 7 days

Fees: $10 per day, $70 per week

Financing: self-financing, foundations

Legal status: non-profit organization

ASSOCIATION DES MÉDIATEURS FAMILIAUX DU QUÉBEC
Confidential Address
514 990-4011
Website: www.mediationquebec.ca/en
Email: info@mediationquebec.ca


Eligibility: people going through a separation or divorce, people seeking a revised agreement, people who are incapacitated or in the process of being declared unfit
Coverage area: Province of Québec  
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00  
Financing: provincial  
Legal status: non-profit organization

ASSOCIATION POUR LA DÉFENSE DES DROITS SOCIAUX HUNTINGDON  
163 Châteauguay Street, Huntingdon, Montérégie, QC, J0S 1H0  
450 264-6888  
Website: addshuntingdonhsl.weebly.com  
Email: adds.huntingdon@hotmail.ca  
Eligibility: people on a low income  
Coverage area: MRC Le Haut-Saint-Laurent  
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00  
Fees: none  
Legal status: non-profit organization

ASSOCIATION POUR LES DROITS DES ACCIDENTÉS (L’)  
Confidential Address  
514 742-3873  
Website: associationdroitsaccidentes.e-monsite.com  
Email: association.droits.accidentes@gmail.com  
Eligibility: persons who have been involved in a road accident, their relatives, caregivers, persons bereaved as a result of a road accident  
Coverage area: Carignan, Chambly, MRC Rouville, MRC Le Haut-Richelieu  
Hours: Monday to Friday 8h00 to 18h00  
Fees: none  
Financing: donations  
Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DE DÉFENSE DES DROITS DES PERSONNES RETRAITÉES ET PRÉRETRAITÉES - MONTS ET RIVIÈRES DE LA VALLÉE-DU-RICHELIEU  
1702 Bourgogne Avenue, Chambly, Montérégie, QC, J3L 1Z2  
450 658-8543  
Website: www.aqdr.org  
Email: aqdrmontsetrivieres@gmail.com  
Services: Advocacy for seniors to improve their living conditions on matters such as income, housing, home, care, transportation and health.  
Eligibility: retired and pre-retired people 50 years old and over  
Coverage area: MRC de Rouville, MRC de La Vallée-du-Richelieu  
Hours: Monday to Friday 9h00 to 16h00  
Fees: annual membership: $20  
Financing: membership fees  
Legal status: non-profit organization
Justice and Advocacy

ASSOCIATION QUÉBÉCOISE DE DÉFENSE DES DROITS DES PERSONNES RETRAITÉES ET PRERETRAITÉES - VALLEYFIELD-SUROÎT - CAAPA

110 Mathias Street, Suite 101, Salaberry-de-Valleyfield, Montérégie, QC, J6T 3L6
450 807-2232
Website: www.aqdr.org
Email: caapainfo@caapavalleyfield.org

Services: Advocacy for seniors to improve their living conditions on matters such as income, housing, home care, transportation and health. * Assistance and support centre. * In-home service if needed.

Eligibility: people aged 50 and over, their relatives

Coverage area: MRC Roussillon, MRC Les Jardins-de-Napierville, MRC Vaudreuil-Soulanges, MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30

Fees: none

Financing: self-financing, provincial, federal

Legal status: non-profit organization

ASSOCIATION VIVRE ET VIEILLIR CHEZ SOI DU BAS RICHELIEU

105 Prince Street, Suite 112, Sorel-Tracy, Montérégie, QC, J3P 4J9
450 743-1584
Website: vivreetvieillirchezsoi.ca
Email: gcmer8@hotmail.com


Eligibility: people aged 50 and over

Coverage area: MRC Pierre-De Saurel

Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, Friday 9h00 to 12h00

Fees: incapacity mandate: variable

Financing: donations, provincial, self-financing

Legal status: non-profit organization

BARREAU DE LONGUEUIL - REFERRAL SERVICE

Confidential Address
450 468-2609   Fax: 450 468-1895
Website: www.referencebarreaulongueuil.ca/en
Email: info@barreaudelongueuil.qc.ca

Services: * Referral to lawyers.

Eligibility: people searching for a lawyer


Hours: Monday to Thursday 8h30 to 12h30 and 13h00 to 16h30, Friday 8h30 to 13h30

Fees: fixed fee: $50 for 30 minutes, then regular lawyer's rate

Financing: contributions

Legal status: non-profit organization

BUREAU DES INFRACTIONS ET AMENDES - LONGUEUIL

1111 Jacques-Cartier Boulevard East, Suite RC-25, Longueuil, Montérégie, QC, J4M 2J6
1 877 263-6337   Fax: 450 928-8757
Website: www.amendes.qc.ca
Email: amendes@justice.gouv.qc.ca

1153
Services: Administration of offenses under the majority of penal provincial laws and certain federal laws concerning road safety, working relations in the field of construction, food products and others. * Recovery of fines and unpaid legal fees. * Online payment services for court records and statements of offense.

Coverage area: judicial districts of Longueuil, Saint-Hyacinthe, Saint-Jean-sur-Richelieu, Salaberry-de-Valleyfield and Sorel-Tracy

Hours: Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 10h00 to 16h30, phone information: Monday, Tuesday, Thursday and Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: provincial government agency

CANDIAC - MUNICIPAL COURT
100 Montcalm Boulevard North, 2nd Floor, Candiac, Montérégie, QC, J5R 3L8
450 444-6060

Website: candiac.ca/services/services-municipaux/cour-municipal
Email: cour@ville.candiac.qc.ca

Services: First-instance justice Court hearing lawsuits relative to municipal by-laws, infringements to the Code de la sécurité routière and some criminal infringements (drunk driving, thefts under $5000 and misdeeds). * Ticket payment or contestation. * Recovery of unpaid amounts. * Compensatory work.

Coverage area: Candiac and Sainte-Catherine

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 13h00

Financing: municipal

Legal status: municipal agency

CENTRE D’ENTRAIDE BÉNÉVOLE DE SAINT-AMABLE
297 Principale Street, Saint-Amable, Montérégie, QC, J0L 1N0
450 649-0604 Fax: 450 649-2301

Website: www.cebsa.org
Email: info@cebsa.org


Eligibility: people on a low income, seniors, people living with disabilities or ill people

Coverage area: Saint-Amable

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 15h00, thrift shop: Tuesday to Thursday 13h00 to 16h00, food assistance: Friday 10h30, community meals: 2nd and last Wednesday of every month 11h30, meals on wheels: Tuesday and Thursday mornings

Fees: food assistance: $15, community meals: $7, meals on wheels: $5

Financing: provincial, self-financing

Legal status: non-profit organization

CENTRE DE JUSTICE DE PROXIMITÉ DE LA MONTÉRÉGIE
6300 Auteuil Avenue, Suite 503, Brossard, Montérégie, QC, J4Z 3P2
579 723-3700

Website: www.justicedeproximite.qc.ca/centres/monteregie
Email: monteregie@cjpqc.ca

Services: * Legal information clinic: explanation of laws, information on various recourses and legal procedures, orientation within the justice system. * Referral to community services and alternative ways to resolve conflicts. * Legal information tolls, information sessions on legal matters. * Does not represent citizens in Court. * Does not provide legal advice.

Eligibility: citizens searching for legal information

Hours: service by phone: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30, in-person service: Monday to Thursday, by appointment

Fees: free

Financing: provincial

Legal status: non-profit organization

CHAMBLY - CITY
56 Martel Street, Chambly, Montérégie, QC, J3L 1V3
450 658-8788    Fax: 450 447-4525
Website: www.ville.chambly.qc.ca
Email: information@ville.chambly.qc.ca


Coverage area: Chambly
Hours: Monday to Thursday 8h15 to 16h30, Friday 8h00 to 12h00

Financing: municipal

Legal status: municipal agency

CHÂTEAUGUAY - MUNICIPAL COURT
265 D’Anjou Boulevard, Suite 101, Châteauguay, Montérégie, QC, J6J 2R4
450 698-3246    Fax: 450 698-3259
Website: ville.chateauguay.qc.ca/en/municipal-court/about/
Email: cour.municipale@ville.chateauguay.qc.ca

Services: First-instance justice Court hearing lawsuits relative to municipal by-laws, infringements to the Code de la sécurité routière and some criminal infringements (drunk driving, thefts under $5000 and misdeeds). * Ticket payment or contestation. * Recovery of unpaid amounts. * Compensatory work.

Coverage area: Châteauguay, Léry, Beauharnois, Saint-Isidore
Hours: Monday to Thursday 9h00 to 12h00 and 13h15 to 17h00, Friday 8h30 to 12h00

Financing: municipal

Legal status: municipal agency

COLLECTIF D’ACTION POPULAIRE RICHELIEU-YAMASKA
1195 Saint-Antoine Street, Office 111, Saint-Hyacinthe, Montérégie, QC, J2S 3K6
450 774-2220
Website: capry.ca
Email: capry.qc@gmail.com

Services: * Advocacy for people on social assistance. * Individual help, on appointment.

Eligibility: people on social assistance

Coverage area: MRC Acton, MRC La Vallée-du-Richelieu, MRC Les Maskoutains

Hours: Monday to Thursday 9h00 to 16h30, Friday 9h00 to 13h00

Fees: none

Financing: provincial

Legal status: non-profit organization
COMMISSION DE L’ÉQUITÉ SALARIALE - LONGUEUIL
25 La Fayette Boulevard, Longueuil, Montérégie, QC, J4K 5B7
1 844 838-0808 Fax: 514 864-6756
Website: www.cnesst.gouv.qc.ca/en
Email: equite.salariale@ces.gouv.qc.ca

Services: Support and assistance to employers who must achieve pay equity in their company and to employees wishing to obtain information or exercise their rights. * Front-line telephone service to answer general questions on the application of the Pay Equity Act. * Specialized assistance to understand more complex or technical aspects of the Act. * Conciliation services to promote the settlement of disagreements. * Investigations following complaints or different subjected by the parties or on its own initiative. * Software package to achieve pay equity: computer tool that allows employers to realize their pay equity exercise autonomously, available on the website. * Information lectures on Pay Equity Act and its application, available upon request for groups of employers, employees, or any other grouping wishing to obtain information on pay equity. * Tool development and training accessible free of charge in all regions of Québec. * Research activities.

Eligibility: employees, mostly women who occupy predominantly female job classes, accredited associations and employers

Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

COMMISSION DE L’ÉQUITÉ SALARIALE - SAINT-JEAN-SUR-RICHELIEU
145 Saint-Joseph Boulevard, 3rd Floor, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 1W5
1 844 838-0808 Fax: 514 864-6756
Website: www.cnesst.gouv.qc.ca/en
Email: equite.salariale@ces.gouv.qc.ca

Services: Support and assistance to employers who must achieve pay equity in their company and to employees wishing to obtain information or exercise their rights. * Front-line telephone service to answer general questions on the application of the Pay Equity Act. * Specialized assistance to understand more complex or technical aspects of the Act. * Conciliation services to promote the settlement of disagreements. * Investigations following complaints or different subjected by the parties or on its own initiative. * Software package to achieve pay equity: computer tool that allows employers to realize their pay equity exercise autonomously, available on the website. * Information lectures on Pay Equity Act and its application, available upon request for groups of employers, employees, or any other grouping wishing to obtain information on pay equity. * Tool development and training accessible free of charge in all regions of Québec. * Research activities.

Eligibility: employees, mostly women who occupy predominantly female job classes, accredited associations and employers

Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

COMMISSION DE L’ÉQUITÉ SALARIALE - VALLEYFIELD
9 Nicholson Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4M4
1 844 838-0808 Fax: 514 864-6756
Website: www.cnesst.gouv.qc.ca/en
Email: equite.salariale@ces.gouv.qc.ca
Services: Support and assistance to employers who must achieve pay equity in their company and to employees wishing to obtain information or exercise their rights. * Front-line telephone service to answer general questions on the application of the Pay Equity Act. * Specialized assistance to understand more complex or technical aspects of the Act. * Conciliation services to promote the settlement of disagreements. * Investigations following complaints or different subjected by the parties or on its own initiative. * Software package to achieve pay equity: computer tool that allows employers to realize their pay equity exercise autonomously, available on the website. * Information lectures on Pay Equity Act and its application, available upon request for groups of employers, employees, or any other grouping wishing to obtain information on pay equity. * Tool development and training accessible free of charge in all regions of Québec. * Research activities.

Eligibility: employees, mostly women who occupy predominantly female job classes, accredited associations and employers

Coverage area: province of Québec

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: provincial government agency

COMMISSION DE L’ÉQUITÉ SALARIALE - YAMASKA
2710 Bachand Street, Saint-Hyacinthe, Montérégie, QC, J2S 8B6
1 844 838-0808 Fax: 514 864-6756
Website: www.cnesst.gouv.qc.ca/en
Email: equite.salariale@ces.gouv.qc.ca

Services: Support and assistance to employers who must achieve pay equity in their company and to employees wishing to obtain information or exercise their rights. * Front-line telephone service to answer general questions on the application of the Pay Equity Act. * Specialized assistance to understand more complex or technical aspects of the Act. * Conciliation services to promote the settlement of disagreements. * Investigations following complaints or different subjected by the parties or on its own initiative. * Software package to achieve pay equity: computer tool that allows employers to realize their pay equity exercise autonomously, available on the website. * Information lectures on Pay Equity Act and its application, available upon request for groups of employers, employees, or any other grouping wishing to obtain information on pay equity. * Tool development and training accessible free of charge in all regions of Québec. * Research activities.

Eligibility: employees, mostly women who occupy predominantly female job classes, accredited associations and employers

Coverage area: province of Québec

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: provincial government agency

COMMISSION DES NORMES DU TRAVAIL - MONTÉRÉGIE
25 La Fayette Boulevard, Longueuil, Montérégie, QC, J4K 5B7
1 844 838-0808
Website: www.cnesst.gouv.qc.ca/en

Services: * Information on labour standards and the obligations stipulated by the law and regulations. * Registration of complaints. * Mediation for employees or employers involved in a complaint of psychological harassment, wrongful dismissal or prohibited practice.

Eligibility: public, employers, employees

Coverage area: Montérégie

Hours: office: by appointment for investigation and mediation

Financing: provincial

Legal status: provincial government agency
COMMUNITY LEGAL CENTRE OF THE SOUTH SHORE
101 Roland-Therrien Boulevard, Suite 301, Longueuil, Montérégie, QC, J4H 4B9
450 928-7655  Fax: 450 928-7657
Website: ccjrs.com
Email: administration@ccjrs.com
Services: Legal aid services, free or at a low cost to eligible individuals, provided by family, matrimonial, youth protection, young offenders, criminal and penal, administrative, social, civil and immigration lawyers or notaries. * Representation before a first instance or appeal court, as plaintiff or defendant. * Assistance in certain cases expressly provided for in the Legal Aid Act. * Legal consultation. * Phone consultation, available 24/7, for detention or custody. * Legal information regarding rights and obligations of legal aid recipients. * Community involvement. * Complaints reception.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law
Coverage area: South Shore
Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website
Financing: provincial
Legal status: parapublic organization

CORPORATION DE DÉVELOPPEMENT COMMUNAUTAIRE DE LA MRC DE LA VALLÉE-DU-RICHELIEU
308 Montsabré Street, Suite D-206, Beloeil, Montérégie, QC, J3G 2H5
450 281-1301
Website: www.cdcvr.org
Email: info@cdcvr.org
Eligibility: community organizations, general population
Coverage area: MRC de la Vallée-du-Richelieu
Hours: Monday to Friday 8h30 to 17h00
Financing: provincial
Legal status: non-profit organization

COURT OF QUÉBEC - YOUTH DIVISION - LONGUEUIL
1111 Jacques-Cartier Boulevard East, Longueuil, Montérégie, QC, J4M 2J6
450 646-4004
Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/longueuil-courthouse
Services: Court constituting the judicial system of Québec. * Hearing of all cases involving a minor. * Hearing of cases of adoption.
Coverage area: South Shore of Montréal: Longueuil judicial district
Hours: Monday to Friday of 8h30 to 16h30
Financing: provincial
Legal status: provincial government agency

COURT OF QUÉBEC - YOUTH DIVISION - SAINT-JEAN-SUR-RICHELIEU
109 Saint-Charles Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 2C2
450 346-5743
Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/saint-jean-sur-richelieu-courthouse
Services: Court constituting the judicial system of Québec. * Hearing of all cases involving a minor. * Hearing of cases of adoption.

Coverage area: Montérégie: Iberville judicial district

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: provincial government agency

COURT OF QUÉBEC - YOUTH DIVISION - SALABERRY-DE-VALLÉEYFIELD
74 Académie Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 0B8
450 370-4003

Website: www.justice.gouv.qc.ca/en/find-a-courthouse/salaberry-de-valleyfield-courthouse

Services: Court constituting the judicial system of Québec. * Hearing all cases involving a minor. * Hearing cases of adoption.

Coverage area: Beauharnois judicial district: MRC Beauharnois-Salaberry and MRC Vaudreuil-Soulanges

Hours: Monday to Friday of 8h30 to 12h45 and 13h45 to 16h30

Financing: provincial

Legal status: provincial government agency

COURT OF QUÉBEC - YOUTH DIVISION - SOREL-TRACY
46 Charlotte Street, Sorel-Tracy, Montérégie, QC, J3P 6N5
450 743-1251

Website: www.justice.gouv.qc.ca/en/find-a-courthouse/sorel-tracy-courthouse

Services: Court constituting the judicial system of Québec. * Hearing all cases involving a minor. * Hearing cases of adoption.

Coverage area: Richelieu judicial district: MRC Pierre-De Saurel and MRC Marguerite-D’Youville

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: provincial government agency

CURATEUR PUBLIC - DIRECTION TERRITORIALE SUD ET BUREAU DE LONGUEUIL
201 Place Charles-Le Moyne, RC 02, Longueuil, Montérégie, QC, J4K 2T5
450 928-8800

Website: www.curateur.gouv.qc.ca/cura/en

Services: * Protection of rights and interests and administration of the estate of an incapacitated person for whom the court has appointed the Curateur Public to act as tutor or curator. * Information, assistance and support to families and close friends who are representing incapacitated individuals, administering the estate of an incapacitated person or a minor, or serving as a member of a tutorship council.

Eligibility: incapacitated individuals, incapacity may be declared due to a mental or degenerative illness, stroke, intellectual disability, head injury or weakened state as a result of old age that alters the mental faculties or physical ability to express their own will, represented by the Curateur public, under provisional administration, under tutorship or under private curatorship, private tutors and curators

Coverage area: Montérégie, Estrie, Centre-du-Québec

Hours: Monday, Tuesday, Thursday and Friday 8h30 to 12h00 and 13h00 to 16h00, Wednesday 10h00 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: provincial government agency

ÉQUIJUSTICE RICHELIEU-YAMASKA
600 Casavant Boulevard West, Suite 102, Saint-Hyacinthe, Montérégie, QC, J2S 7S3
450 773-8940 Fax: 450 773-9561
Website: equijustice.ca
Email: richelieuyamaska@equijustice.ca

Eligibility: teenagers, organizations, mediation: citizens


Hours: Monday to Thursday: 8h30 to 17h00, Friday 8h30 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

ÉQUIJUSTICE RIVE-SUD
620 Sainte-Foy Boulevard, Longueuil, Montérégie, QC, J4J 1Y9

450 647-9024     Fax: 450 647-9027
Website: equijustice.ca/en/members/rive-sud
Email: rivesud@equijustice.ca

Services: Accompaniment and support of people concerned by the reparation process with the application of measures stipulated by the law. * Community mediation that offers the possibility of an active participation in the process. * Training and support in conflict management in school and community environments.

Eligibility: young offenders from 12 to 18 years old, adults with a criminal record, victims of criminal acts, citizens, communities

Coverage area: Montérégie

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

Financing: provincial

Legal status: non-profit organization

FADOQ - RÉGION RICHELIEU-YAMASKA
2775 Bourdages Avenue North, Saint-Hyacinthe, Montérégie, QC, J2S 5S3

450 774-8111     Fax: 450 774-6161
Website: fadoqry.ca
Email: info@fadoqry.ca


Eligibility: people 50 years and over

Coverage area: MRC Acton, MRC Brome-Missisquoi, MRC La Haute-Yamaska, MRC La Vallée-du-Richelieu, MRC les Maskoutains, MRC Pierre-De Saurel et MRC Rouville

Hours: Monday 13h00 to 16h30, Tuesday to Thursday 8h30 to 12h00 and 13h00 to 16h30. Friday 8h30 to 12h00

Fees: membership: 30$ per year or 50$ for 2 years

Financing: self-financing, contributions, grants

Legal status: non-profit organization

HABITATIONS SAINT-MAXIME
71 de Ramezay Street, Suite 212, Sorel-Tracy, Montérégie, QC, J3P 3Z1

450 742-0183     Fax: 450 746-7108
Email: grths.claude@videotron.ca
Justice and Advocacy

Eligibility: low and middle families income with three or more children
Capacity: 20 units
Coverage area: MRC Pierre-de-Saurel, priority to people living in Sorel-Tracy
Fees: 25% of income according to the provincial notice of assessment
Financing: provincial
Legal status: non-profit organization

INCLUSION: REGROUPEMENT D'AIDE AUX PERSONNES BÉNÉFICIAIRES DE LA SÉCURITÉ DU REVENU ET À FAIBLES REVENUS DU HAUT-RICHELIEU
198 Mercier Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 6G9
450 346-7369    Fax: 450 346-9781
Email: inclusion@videotron.ca
Eligibility: recipients of income security and people on a low income
Coverage area: MRC Le Haut-Richelieu, MRC Rouville, Chambly, Carignan
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: provincial
Legal status: non-profit organization

INFORM'ELLE
3757 Mackay Street, Longueuil, Montérégie, QC, J4T 2P6
1 877 443-8221    Fax: 450 443-2992
Website: www.informelle.osbl.ca
Email: droitpourelle@informelle.osbl.ca
Eligibility: women, families and organizations
Coverage area: Greater Montréal
Hours: Monday to Friday 8h30 to 16h30
Fees: hotline: free, legal information session: $5, self-divorce: $200 per person or $300 per couple, mediation: 5 free hours for couples with children, additional meetings or no children: $110
Financing: self-financing, provincial
Legal status: non-profit organization

JUSTICE ALTERNATIVE DU HAUT-RICHELIEU
870 du Curé-Saint-Georges Street, Suite 200, Saint-Jean-sur-Richelieu, Montérégie, QC, J2X 2Z8
450 347-1799    Fax: 450 347-3445
Website: www.jahr.ca
Email: direction@jahr.ca
Eligibility: youth 12 to 17 years old
Coverage area: MRC Le Haut-Richelieu, Napierville, Saint-Bernard-de-Lacolle, Saint-Cyprien-de-Napierville, Saint-Jacques-le-Mineur
Hours: Monday to Friday 8h00 to 16h00
Financing: provincial
Legal status: non-profit organization
JUSTICE ALTERNATIVE ET MÉDIATION
181 Decelles Street, Granby, Montérégie, QC, J2G 7P6
1 450 777-4208 Fax: 450 777-6904
Website: www.jamed.org
Email: info@jamed.org

Services: Accompaniment and support to adolescents, citizens and organisations in the community, to resolve conflicts without resorting to the criminal justice system. * Coaching and supporting the adolescent offender through a process of reparation. * Mediation: intervention, training and accompaniment in conflict resolution, in the community and in schools. * Raising awareness about the mistreatment and intimidation of seniors. * Information and prevention workshops in schools. * Training and conferences in mediation.

Eligibility: minor offenders 12 to 17 years old, people concerned with offences committed by youth, schools and other community organizations, population of Granby

Coverage area: MRC Brome-Missisquoi, MRC La Haute-Yamaska, MRC Rouville

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: grants

Legal status: non-profit organization

JUSTICE ALTERNATIVE PIERRE DE SAUREL
105 du Prince Street, Suite 209, Sorel-Tracy, Montérégie, QC, J3P 4J9
450 746-0954 Fax: 450 746-0081
Email: japds@videotron.ca


Eligibility: citizens undergoing a conflict, young offenders 12 to 17 years old, schools, adults eligible for the General alternative measures program (GAMP) for adults

Coverage area: MRC Pierre-De Saurel

Hours: Monday to Friday 8h00 to 16h00, Saturday 8h30 to 16h30

Fees: citizen mediation: free, accompaniment for schools: variable

Financing: grants

Legal status: non-profit organization

KAHNAWAKE - ALTERNATIVE DISPUTE RESOLUTION
Confidential Address
450 638-9052 Fax: 450 638-5930
Website: www.kahnawakeadr.com
Email: info@kahnawakeadr.com


Eligibility: Kahnawake community members, people who have caused conflict, people who have been affected by conflict, families, organizations and business owners, courts

Coverage area: Kahnawake

Fees: none

Financing: provincial, federal

Legal status: municipal agency

LA PRAIRIE - MUNICIPAL COURT
170 Taschereau Boulevard, Suite 400, La Prairie, Montérégie, QC, J5R 5H6
450 444-6626 Fax: 450 444-6636
Website: www.ville.laprairie.qc.ca
Email: cour@ville.laprairie.qc.ca
Services: First-instance justice court hearing lawsuits relative to municipal by-laws, infringements to the Code de la sécurité routière and some criminal infringements (drunk driving, thefts under $5000 and misdeeds). * Ticket payment or contestation. * Recovery of unpaid amounts. * Compensatory work.

Coverage area: La Prairie, Saint-Philippe, Saint-Mathieu

Hours: Monday to Thursday 8h15 to 16h30, Friday 8h15 to 13h00

Financing: municipal

Legal status: municipal agency

LEGAL AID OFFICE - CHÂTEAUGUAY
147 Saint-Jean-Baptiste Boulevard, Châteauguay, Montérégie, QC, J6K 3B1
450 691-4325    Fax: 450 699-0496
Website: ccjrs.com/bureaux/chateauguay
Email: chateauguay@ccjrs.com

Services: Free or low cost legal services to financially eligible individuals. * Receive and process legal aid requests.

Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible and with a legal need that is covered by the Law

Coverage area: Châteauguay, Saint-Constant, Delson, Kahnawake

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website

Financing: provincial

Legal status: parapublic organization

LEGAL AID OFFICE - CIVIL LAW - LONGUEUIL
101 Roland-Therrien Boulevard, Suite 200, Longueuil, Montérégie, QC, J4H 4B9
450 928-7659    Fax: 450 928-7670
Website: ccjrs.com/bureaux/longueuil-civil
Email: longueuilcivil@ccjrs.com

Services: Free or low cost legal services concerning familial or civil rights to financially eligible individuals. * Receives and processes legal aid requests.

Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible and with a legal need that is covered by the Law

Coverage area: Boucherville, Brossard, Candiac, Greenfield Park, La Prairie, Longueuil, Saint-Amable, Saint-Basile-le-Grand, Saint-Bruno-de-Montarville, Saint-Hubert, Saint-Lambert, Sainte-Julie-de-Verchères, Varennes, Verchères

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website

Financing: provincial

Legal status: parapublic organization

LEGAL AID OFFICE - CRIMINAL AND YOUTH LAW - LONGUEUIL
1732 Marie-Victorin Boulevard, Longueuil, Montérégie, QC, J4G 1A5
450 928-7666    Fax: 450 928-7671
Website: ccjrs.com/bureaux/longueuil-criminel-et-jeunesse
Email: longueuilcrim-jeun@ccjrs.com

Services: Free or low cost legal services concerning youth or criminal rights to financially eligible individuals. * Receive and process legal aid requests.

Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible and with a legal need that is covered by the Law

Coverage area: agglomeration of Longueuil

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website

Financing: provincial

Legal status: parapublic organization

LEGAL AID OFFICE - SAINT-HYACINTHE
431 Saint-Anne Street, Saint-Hyacinthe, Montérégie, QC, J2S 5G3
450 778-6623  Fax: 450 778-6622
Website: www.ccjrs.com/bureaux/saint-hyacinthe
Email: sthyacinthe@ccjrs.com

Services: Free or low cost legal services for people who are financially eligible. * Receives and processes demands for legal aid.

Eligibility: recipients of last-resort financial assistance or any other person who is eligible regardless of their income, property or liquid assets

Coverage area: Saint-Hyacinthe

Hours: by appointment, Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Fees: people may be accepted for free legal aid or for a contribution of $100 to $800, depending on their financial situation, see the website for the scale

Financing: provincial

Legal status: parapublic organization

LEGAL AID OFFICE - SALABERRY-DE-VALLEYFIELD
151 Salaberry Street West, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2H8
450 370-3064  Fax: 450 370-3068
Website: ccjrs.com/bureaux/salaberry-de-valleyfield
Email: valleyfield@ccjrs.com

Services: Free or low cost legal services to eligible individuals. * Receives and processes legal aid request.

Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law

Coverage area: MRC Beauharnois-Salaberry, Vaudreuil-Dorion

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website

Financing: provincial

Legal status: parapublic organization

LONGUEUIL - MUNICIPAL COURT
4025 Taschereau Boulevard, Longueuil, Montérégie, QC, J4T 2G6
450 463-7006  Fax: 450 646-8897
Website: www.longueuil.quebec/fr/services/cour-municipale
Email: courmunicipale@longueuil.quebec

Services: First-instance justice court hearing lawsuits relative to municipal by-laws or infringements to the Code de la Sécurité routière, the Loi de l’impôt sur le tabac and the Loi sur le transport par taxi. * Ticket payment or contestation. * Recovery of unpaid amounts. * Compensatory work.

Coverage area: Longueuil agglomeration

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, summer: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00

Financing: municipal

Legal status: municipal agency
MAISON DES JEUNES DE SAINTE-JULIE
1581 du Fer-à-Cheval Road, Sainte-Julie, Montérégie, QC, J3E 1G5
450 649-3031
Website: www.mdjsaintejulie.com
Email: info@mdj-stejulie.ca
Eligibility: youth 9 to 17 years old
Coverage area: Sainte-Julie
Hours: Tuesday to Thursday 16h30 to 21h00, Friday 16h30 to 22h00, Saturday 14h00 to 22h00, summer schedule: Monday and Tuesday 14h00 to 20h00, Wednesday to Saturday 14h00 to 22h00
Fees: none
Financing: provincial, municipal, federal
Legal status: non-profit organization

MAISON HINA
Confidential Address
450 346-1645     Fax: 450 346-8161
Email: maison.hina@qc.aira.com
Eligibility: women victims of domestic violence, with or without children
Capacity: 14 people
Coverage area: MRC Le Haut-Richelieu, MRC Rouville
Hours: 24 hours / 7 days
Fees: none
Financing: provincial, fundraising campaigns
Legal status: non-profit organization

MAISON SIMONNE-MONET-CHARTRAND (LA)
Confidential Address
450 658-9780     Fax: 450 658-4752
Website: maisonsmc.org/en
Email: info@maisonsmc.org
Eligibility: women victims of domestic violence, their children
Capacity: 16 beds
Coverage area: Montérégie
Hours: 24 hours / 7 days
Fees: none
Financing: provincial, donations
Legal status: non-profit organization

MASSUEVILLE - MUNICIPALITY
246 Bonsecours Street, Massueville, Montérégie, QC, J0G 1K0
450 788-2957     Fax: 450 788-2050
Website: www.massueville.net
Email: info@massueville.net

Coverage area: Massueville
Hours: Monday to Wednesday 9h00 to 12h00 and 13h00 to 16h00, Thursday 9h00 to 12h00 and 13h00 to 17h00
Financing: municipal
Legal status: non-profit organization

MONT-SAINT-HILAIRE - CITY
100 du Centre-Civique Street, Mont-Saint-Hilaire, Montérégie, QC, J3H 3M8
450 467-2854 ext. 0
Website: www.ville.mont-saint-hilaire.qc.ca
Email: information@villemsh.ca


Coverage area: Mont-Saint-Hilaire
Hours: Monday to Thursday 8h15 to 12h00 and 13h00 to 16h30, Friday 8h15 to 12h00
Financing: municipal
Legal status: municipal agency

MRC DE MARGUERITE-D’YOUVILLE - COUR MUNICIPALE RÉGIONALE
609 Marie-Victorin Road, Verchères, Montérégie, QC, J0L 2R0
450 583-3435 Fax: 450 583-6575
Website: margueritedyouville.ca/services/services-aux-citoyens/cour-municipale-regionale
Email: cour@margueritedyouville.ca

Services: First-instance justice court hearing lawsuits relative to municipal by-laws, infringements to the Code de la Sécurité routière and some criminal infringements (drunk driving, thefts under $5000 and misdeeds). * Ticket payment or contestation. * Recovery of unpaid amounts. * Compensatory work.

Coverage area: MRC Marguerite-D’Youville
Hours: Monday, Wednesday and Thursday 8h30 to 12h00 and 13h00 to 16h30, Tuesday 8h30 to 12h00 and 13h00 to 20h00, Friday 8h30 to 12h00
Financing: municipal
Legal status: municipal agency

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
OPTIONS: RESOURCE AND PREGNANCY CENTRE FOR YOUTH
25 D'Anjou Boulevard, Châteauguay, Montérégie, QC, J6J 2P7
450 699-4357
Website: www.centreoptions.org/indexen1
Email: options@jslmontreal.org


Eligibility: teens, young adults and families who struggle with an unexpected pregnancy
Capacity: ARK boutique: 25 people per week, pregnancy options support: 3 people per week, other services: as needed
Coverage area: Greater Montréal
Hours: Monday, Tuesday and Friday 10h00 to 14h00, appointments available outside these hours
Fees: none
Financing: donations
Legal status: non-profit organization

ORGANISATION POPULAIRE DES DROITS SOCIAUX - SALABERRY-DE-VALLEYFIELD
11 de la Fabrique Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4G7
450 371-3559
Email: opdsv@cooptel.qc.ca


Eligibility: unemployed people
Coverage area: Salaberry-de-Valleyfield
Hours: Monday to Thursday 8h00 to 16h00
Financing: provincial, donations
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


Eligibility: adults, people with a criminal record, people without a high school diploma
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
**PARENFANT MONTÉRÉGIE (LE)**

302 Albert Street, Cowansville, Montérégie, QC, J2K 2W7  
**450 263-5000**  
**Fax:** 450 263-2441  
**Website:** www.leparenfant.org  
**Email:** directrice.parenfant@outlook.com  

**Services:** Supervision of access rights for separated parents. * Supervised visits. * Supervised custody exchanges.  
**Eligibility:** parents  
**Coverage area:** Cowansville, Farnham, Granby  
**Fees:** opening of the file: $10 per parent, supervised visits: $7 per visit for each parent, supervised exchanges: $2.50 per exchange for each parent  
**Financing:** Centraide Richelieu-Yamaska  
**Legal status:** non-profit organization

**PHARE - SAINT-HYACINTHE ET RÉGIONS (LE)**

620 Robert Avenue, Saint-Hyacinthe, Montérégie, QC, J2S 4L8  
**450 773-7202**  
**Fax:** 450 773-5117  
**Website:** www.lephare-apamm.ca  
**Email:** reception@lephare-apamm.ca  

**Eligibility:** family and friends of people living with mental health challenges, community workers, training and awareness raising: organisations, schools, companies  
**Coverage area:** MRC d’Acton, MRC Les Maskoutains, MRC La Vallée-du-Richelieu (Carignan and Chambly excluded), Saint-Bruno-de-Montarville  
**Hours:** office: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, open until 20h30 on Wednesday  
**Fees:** none  
**Financing:** grants, donations  
**Legal status:** non-profit organization

**RÉSEAU D’INFORMATION ET D’AIDE AUX PERSONNES ASSISTÉES SOCIALES**

71 Principale Street, Châteauguay, Montérégie, QC, J6K 1G1  
**450 691-6682**  
**Fax:** 450 691-2034  
**Website:** riapas.ca  
**Email:** info@riapas.ca  

**Eligibility:** people on social assistance, people living in poverty  
**Coverage area:** MRC Roussillon and MRC Les Jardins-de-Napierville  
**Hours:** Monday to Thursday 8h30 to 16h30  
**Financing:** provincial  
**Legal status:** non-profit organization

**SAINT-CHARLES-SUR-RICHELIEU - MUNICIPALITY**

405 des Patriotes Road, Saint-Charles-sur-Richelieu, Montérégie, QC, J0H 2G0  
**450 584-3484**  
**Fax:** 450 584-2965  
**Website:** saint-charles-sur-richeilieu.ca  
**Email:** info@saint-charles-sur-richeilieu.ca  

Coverage area: Saint-Charles-sur-Richelieu
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30
Financing: municipal
Legal status: municipal agency

SAINT-CONSTANT - MUNICIPAL COURT
66 du Maçon Street, Saint-Constant, Montérégie, QC, J5A 1T1
450 638-2010 ext. 7590
Website: saint-constant.ca/fr/affaires-juridiques-et-cour-municipale
Email: cour@saint-constant.ca
Services: First-instance justice court hearing lawsuits relative to municipal by-laws, infringements to the Code de la sécurité routière and some criminal infringements (drunk driving, thefts under $5000 and misdeeds). * Ticket payment or contestation. * Recovery of unpaid amounts.
Coverage area: Saint-Constant, Delson
Hours: Monday to Thursday 8h00 to 17h00, Friday 8h00 to 13h00
Financing: municipal
Legal status: municipal agency

SAINT-DENIS-SUR-RICHELIEU - MUNICIPALITÉ
599 chemin des Patriotes, Saint-Denis-sur-Richelieu, Montérégie, QC, J0H 1K0
450 787-2244     Fax: 450 787-2635
Website: www.stdensurrichelieu.com
Email: info@stdensurrichelieu.com
Coverage area: Saint-Denis-Sur-Richelieu
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 16h00
Financing: municipal
Legal status: municipal agency

SAINT-ÉTIENNE-DE-BEAUHARNOIS - MUNICIPALITY
489 Saint-Louis Road, Saint-Étienne-de-Beauharnois, Montérégie, QC, J0S 1S0
450 225-1000     Fax: 450 225-1011
Website: www.st-etiennedebeauharnois.qc.ca
Email: stetienne@videotron.ca
Coverage area: Saint-Étienne-de-Beauharnois
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h30
Financing: municipal
Legal status: municipal agency

SAINT-MARC-SUR-RICHELIEU - MUNICIPALITÉ
102 de la Fabrique Street, Saint-Marc-sur-Richelieu, Montérégie, QC, J0L 2E0
450 584-2258     Fax: 450 584-2795
Website: smsr.quebec
Email: info@smsr.quebec
Coverage area: Saint-Marc-Sur-Richelieu
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: municipal
Legal status: municipal agency

SAINT-PIE - VILLE
77 Saint-Pierre Street, Saint-Pie, Montérégie, QC, J0H 1W0
450 772-2488 Fax: 450 772-2233
Website: www.villest-pie.ca
Email: st-pie@villest-pie.ca
Hours: Monday to Thursday 8h30 to 12h30 and 13h00 to 16h30, Friday 8h00 to 13h00
Financing: municipal
Legal status: municipal agency

SAINT-RÉMI - MUNICIPAL COURT
105 de la Mairie Street, Saint-Rémi, Montérégie, QC, J0L 2L0
450 454-3993 ext. 3960 Fax: 450 454-6898
Website: www.saint-remi.ca/services/services-au-citoyen/cour-municipale
Email: jgdurand@ville.saint-remi.qc.ca
Services: First-instance justice court hearing lawsuits relative to municipal by-laws, infringements to the Code de la sécurité routière and some criminal infringements (drunk driving, thefts under $5,000 and misdeeds). * Ticket payment or contestation. * Recovery of unpaid amounts. * Compensatory work.
Coverage area: MRC Les Jardins-de-Napierville
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h30 to 13h00
Financing: municipal
Legal status: municipal agency

SAINT-SIMON - MUNICIPALITY
49 du Couvent Street, Saint-Simon, Montérégie, QC, J0H 1Y0
450 798-2276 Fax: 450 798-2498
Website: www.saint-simon.ca
Email: info@saint-simon.ca
Coverage area: Saint-Simon
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h00
Financing: municipal
Legal status: municipal agency

TRIBUNAL ADMINISTRATIF DU LOGEMENT - LONGUEUIL
201 Charles-Le Moyne Place, Ground Floor, Longueuil, Montérégie, QC, J4K 2T5
514 873-2245 Fax: 514 864-8077
Website: www.tal.gouv.qc.ca/en
Eligibility: tenants, landlords
Coverage area: agglomeration of Longueuil
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: variable
Financing: provincial
Legal status: provincial government agency

TRIBUNAL ADMINISTRATIF DU LOGEMENT - SAINT-HYACINTHE
3225 Cusson Avenue, Suite 2540, Saint-Hyacinthe, Montérégie, QC, J2S 0H7
1 800 683-2245 Fax: 1 877 907-8077
Website: www.tal.gouv.qc.ca/en
Services: Specialized tribunal that the authority regarding residential lease matters. * Information to citizens about their rights and obligations relating to their lease. * Reaching agreements between landlords and tenants. * Protection of the rights of tenants. * Assistance with filling court application forms. * Online calculation tool for rent fixation: www.tal.gouv.qc.ca/fr/calcul-pour-la-fixation-de-loyer/outil-de-calcul
Eligibility: tenants, landlords
Coverage area: Saint-Hyacinthe
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: variable
Financing: provincial
Legal status: provincial government agency

TRIBUNAL ADMINISTRATIF DU LOGEMENT - SAINT-JEAN-SUR-RICHELIEU
1 800 683-2245 Fax: 1 877 907-8077
Website: www.tal.gouv.qc.ca/en
Services: Specialized court that has the authority regarding residential lease matters. * Information to citizens about their rights and obligations relating to their lease. * Reaching agreements between landlords and tenants. * Protection of the rights of tenants. * Assistance with filling court application forms. * Online calculation tool for rent fixation: www.tal.gouv.qc.ca/fr/calcul-pour-la-fixation-de-loyer/outil-de-calcul
Eligibility: tenants, landlords
Coverage area: Saint-Jean-Sur-Richelieu
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: variable
Financing: provincial
Legal status: provincial government agency

TRIBUNAL ADMINISTRATIF DU LOGEMENT - VALLEYFIELD
151 Salaberry Street, Suite 1.20, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2H8
1 800 683-2245 Fax: 1 877 907-8077
Website: www.tal.gouv.qc.ca/en
Services: Specialized tribunal that the authority regarding residential lease matters. * Information to citizens about their rights and obligations relating to their lease. * Reaching agreements between landlords and tenants. * Protection of the rights of tenants. * Assistance with filling court application forms. * Online calculation tool for rent fixation: www.tal.gouv.qc.ca/fr/calcul-pour-la-fixation-de-loyer/outil-de-calcul
Eligibility: tenants, landlords
Coverage area: Salaberry-De-Valleyfield
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: variable
Financing: provincial
Legal status: provincial government agency
Université de Sherbrooke - Clinique de Médiation

150 Charles Le-Moyne Place, Longueuil, Montérégie, QC, J4K 0A8
450 463-1835 ext. 65515
Website: www.usherbrooke.ca/clinique-mediation
Email: clinique.mediation@usherbrooke.ca
Services: Mediation services offered by graduate students of the alternative dispute resolution program.
Eligibility: general public, companies, organizations
Coverage area: Greater Montréal
Fees: free
Financing: self-financing, provincial
Legal status: parapublic organization

Waterloo - City

417 de la Cour Street, Waterloo, Montérégie, QC, J0E 2N0
450 539-2282       Fax: 450 539-3257
Website: www.ville.waterloo.qc.ca
Email: administration@ville.waterloo.qc.ca
Coverage area: Waterloo
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h30
Financing: municipal
Legal status: municipal agency

Professional orders and associations

Association des Gens d'Affaires de Boucherville (L')

Confidential Address
450 655-9551
Website: www.agab.net
Email: info@agab.net
Services: Grouping of stakeholders. * Member's growth stimulation and accompaniment.
Eligibility: professionals, business entrepreneurs and managers in the retail, manufacturing or industrial fields and of public or parapublic institutions
Coverage area: Boucherville
Fees: annual membership: starting at $125
Financing: contributions, municipal
Legal status: non-profit organization

Association des Infirmières et Infirmiers en Soins Podologiques du Québec

2545 De Lorimier Street, Suite 295, Longueuil, Montérégie, QC, J4K 3P7
Website: www.aiispq.org
Email: info@aiispq.org
Services: Regrouping of nurses in podiatric care. * Promotion of the profession and maintenance of the quality of services.
Eligibility: podiatric care nurses, general public
Coverage area: Province of Québec
Hours: Monday to Thursday 7h00 to 17h00, Friday 7h00 to 12h00
Fees: annual membership: $175
Financing: membership fees
Legal status: non-profit organization
BARREAU DE LONGUEUIL
1111 Jacques-Cartier Boulevard East, Longueuil, Montérégie, QC, J4M 2J6
450 468-2609   Fax: 450 468-1895
Website: www.barreaudelongueuil.qc.ca
Email: info@barreaudelongueuil.qc.ca
Services: Professional association. * Referral service for the population.
Eligibility: lawyers who are members of the district, general public
Coverage area: agglomeration of Longueuil
Hours: Monday to Thursday 8h30 to 12h30 and 13h00 to 16h30, Friday 8h30 to 13h30
Fees: none
Financing: membership fees
Legal status: non-profit organization

CORPORATION INTERNATIONALE DES THÉRAPEUTES EN RELATION D’AIDE DU CANADA (LA)
182 Saint-Charles Street West, Longueuil, Montérégie, QC, J4H 1C9
1 877 932-2195
Website: citrac.ca
Email: info@citrac.ca
Eligibility: therapists, general public
Coverage area: Canada
Hours: administration: Monday to Thursday 9h00 to 16h00
Financing: membership fees
Legal status: non-profit organization

FIERTÉ AGRICOLE
Confidential Address
450 768-6995
Website: www.fierteagricole.org
Email: info@fierteagricole.org
Eligibility: people from LGBT communities
Coverage area: Province of Québec
Financing: donations, provincial, contributions
Legal status: non-profit organization

LOISIR ET SPORT MONTÉRÉGIE
2050 Girouard Street West, Saint-Hyacinthe, Montérégie, QC, J2S 3A6
450 773-9802   Fax: 450 773-4881
Website: www.loisir.qc.ca
Email: lsm@loisir.qc.ca
Eligibility: recreation stakeholders, municipalities, non-profit organizations, schools
Coverage area: Montérégie
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00
Fees: variable, free for members, see the website
Financing: grants, self-financing, contributions
Legal status: non-profit organization
ORDRE DES DENTUROLOGISTES DU QUÉBEC
395 du Parc-Industriel Street, Longueuil, Montérégie, QC, J4H 3V7
1 800 567-2251 Fax: 450 646-7922
Website: www.odq.com/en
Email: info@odq.com
Eligibility: denturists, general public
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00, summer: Monday to Thursday 9h00 to 17h00, Friday 9h00 to 12h00
Financing: membership fees
Legal status: non-profit organization

ORDRE DES MÉDECINS VÉTÉRINAIRES DU QUÉBEC
800 Sainte-Anne Avenue, Suite 200, Saint-Hyacinthe, Montérégie, QC, J2S 5G7
1 800 267-1427 Fax: 450 774-7635
Website: www.omvq.qc.ca
Email: info@omvq.qc.ca
Eligibility: general public, veterinarians
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, summer: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00
Financing: membership fees
Legal status: non-profit organization

REGROUPEMENT DES CENTRES DE LA PETITE ENFANCE DE LA MONTÉRÉGIE
1854 Marie Boulevard, Longueuil, Montérégie, QC, J4T 2A9
450 672-8826 Fax: 450 672-9648
Website: www.rcpem.com/accueil
Email: cpmonteregie@rcpem.com
Coverage area: Montérégie
Hours: Monday to Friday 8h30 to 16h30
Financing: contributions, self-financing
Legal status: non-profit organization

UNION DES PRODUCTEURS AGRICOLES
555 Roland-Therrien Boulevard, Suite 100, Longueuil, Montérégie, QC, J4H 3Y9
450 679-0530 Fax: 450 679-4943
Website: www.upa.qc.ca/en
Email: info@upa.qc.ca
Eligibility: farm and forestry producers
Capacity: 42,000 members
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Financing: membership fees
Legal status: non-profit organization
Support for offenders

AUBERGE SOUS MON TOIT
317 Chapais Street, Granby, Montérégie, QC, J2G 7E7
450 378-4269
Website: www.aubergesousmontoit.org
Email: auberge@aubergesousmontoit.com

Services: Community residential centre. Accommodation services * Housing and meals * Helping relationship.
* Free laundry service * Sociocultural activities * Supervision of community and compensatory work.
* Budgetary assistance * Support for employment integration. Post-housing services * Follow-up and assistance.
* Meals at a low cost * Free laundry service * Access to a telephone * Computer access for job search.
* Sociocultural activities.

Eligibility: men 18 years old and over experiencing situational difficulties, homeless or offenders, in need of housing, supervision and social integration services

Capacity: 20 rooms
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Fees: $14.50 per day or as per service agreement
Financing: provincial, federal
Legal status: non-profit organization

CANDIAC - MUNICIPAL COURT
100 Montcalm Boulevard North, 2nd Floor, Candiac, Montérégie, QC, J5R 3L8
450 444-6060
Website: candiac.ca/services/services-municipaux/cour-municipale
Email: cour@ville.candiac.qc.ca

Services: First-instance justice Court hearing lawsuits relative to municipal by-laws, infringements to the Code de la sécurité routière and some criminal infringements (drunk driving, thefts under $5000 and misdeeds).
* Ticket payment or contestation * Recovery of unpaid amounts. * Compensatory work.

Coverage area: Candiac and Sainte-Catherine
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 13h00
Financing: municipal
Legal status: municipal agency

CENTRE D'ENTRAIDE MASKOUTAIN - GRANBY
231 Saint-Charles Street South, Local A, Granby, Montérégie, QC, J2G 3W5
450 330-3317
Website: www.centredentraidemaskoutain.org
Email: centre.dentraide.maskoutain@gmail.com


Eligibility: people on a low income
Coverage area: Estrie, Montérégie, at-home pick-up of furniture: Granby and surroundings
Hours: store: Monday to Friday 10h00 to 17h00, Saturday 10h00 to 16h00, food counter: Friday 13h00
Fees: food basket: 12$, thrift store: variable
Financing: donations, self-financing
Legal status: non-profit organization
CENTRE DE BÉNÉVOLAT DE LA RIVE-SUD - COMPENSATORY WORK PROGRAM
18 Montcalm Street, Longueuil, Montérégie, QC, J4J 2K6
1 866 679-8770     Fax: 450 679-8396
Website: www.benevolatrivesud.qc.ca
Email: ptcmontteregie@benevolatrivesud.qc.ca
Services: * Program offering opportunities to perform compensatory work for a community organization.
Eligibility: adults
Coverage area: Montérégie: from Valleyfield to Sorel-Tracy
Hours: Monday to Friday 9h00 to 16h00
Financing: provincial
Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE LA RIVE-SUD - LONGUEUIL SITE
16 Montcalm Street, Longueuil, Montérégie, QC, J4J 2K6
450 677-5281     Fax: 450 677-8067
Website: www.benevolatrivesud.qc.ca
Email: longueuil@benevolatrivesud.qc.ca
Eligibility: adults and seniors with a loss of autonomy, living alone or in convalescence
Coverage area: Longueuil, ITMAV: Vieux-Longueuil
Hours: Monday to Friday 8h30 to 16h30
Fees: meals on wheels: $6 per meal
Financing: provincial, Centraide of Greater Montréal
Legal status: non-profit organization

CHÂTEAUGUAY - MUNICIPAL COURT
265 D'Anjou Boulevard, Suite 101, Châteauguay, Montérégie, QC, J6J 2R4
450 698-3246     Fax: 450 698-3259
Website: ville.chateauguay.qc.ca/en/municipal-court/about/
Email: cour.municipale@ville.chateauguay.qc.ca
Services: First-instance justice Court hearing lawsuits relative to municipal by-laws, infringements to the Code de la sécurité routière and some criminal infringements (drunk driving, thefts under $5000 and misdeeds). * Ticket payment or contestation. * Recovery of unpaid amounts. * Compensatory work.
Coverage area: Châteauguay, Léry, Beauharnois, Saint-Isidore
Hours: Monday to Thursday 9h00 to 12h00 and 13h15 to 17h00, Friday 8h30 to 12h00
Financing: municipal
Legal status: municipal agency

COMMUNITY LEGAL CENTRE OF THE SOUTH SHORE
101 Roland-Therrien Boulevard, Suite 301, Longueuil, Montérégie, QC, J4H 4B9
450 928-7655     Fax: 450 928-7657
Website: ccjrs.com
Email: administration@ccjrs.com
Services: Legal aid services, free or at a low cost to eligible individuals, provided by family, matrimonial, youth protection, young offenders, criminal and penal, administrative, social, civil and immigration lawyers or notaries. * Representation before a first instance or appeal court, as plaintiff or defendant. * Assistance in certain cases expressly provided for in the Legal Aid Act. * Legal consultation. * Phone consultation, available 24/7, for detention or custody. * Legal information regarding rights and obligations of legal aid recipients. * Community involvement. * Complaints reception.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law

Coverage area: South Shore

Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website

Financing: provincial

Legal status: parapublic organization

**DIRECTION DES SERVICES CORRECTIONNELS - MONTÉRÉGIE**

400 Auber Street, Sorel-Tracy, Montérégie, QC, J3P 0S3

1 855 816-3942 Fax: 450 742-6160

Website: www.quebec.ca/securite-situations-urgence/services-correctionnels


Eligibility: offenders sentenced to less than 2 years, alleged offenders

Coverage area: Montérégie

Financing: provincial

Legal status: provincial government agency

**LA PRAIRIE - MUNICIPAL COURT**

170 Taschereau Boulevard, Suite 400, La Prairie, Montérégie, QC, J5R 5H6

450 444-6626 Fax: 450 444-6636

Website: www.ville.laprairie.qc.ca

Email: cour@ville.laprairie.qc.ca

Services: First-instance justice court hearing lawsuits relative to municipal by-laws, infringements to the Code de la sécurité routière and some criminal infringements (drunk driving, thefts under $5000 and misdeeds). * Ticket payment or contestation. * Recovery of unpaid amounts. * Compensatory work.

Coverage area: La Prairie, Saint-Philippe, Saint-Mathieu

Hours: Monday to Thursday 8h15 to 16h30, Friday 8h15 to 13h00

Financing: municipal

Legal status: municipal agency

**LEGAL AID OFFICE - CHÂTEAUGUAY**

147 Saint-Jean-Baptiste Boulevard, Châteauguay, Montérégie, QC, J6K 3B1

450 691-4325 Fax: 450 699-0496

Website: ccjrs.com/bureaux/chateauguay

Email: chateauguay@ccjrs.com

Services: Free or low cost legal services to financially eligible individuals. * Receive and process legal aid requests.

Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible and with a legal need that is covered by the Law

Coverage area: Châteauguay, Saint-Constant, Delson, Kahnawake

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website

Financing: provincial

Legal status: parapublic organization

**LEGAL AID OFFICE - CRIMINAL AND YOUTH LAW - LONGUEUIL**

1732 Marie-Victorin Boulevard, Longueuil, Montérégie, QC, J4G 1A5

450 928-7666 Fax: 450 928-7671

Website: ccjrs.com/bureaux/longueuil-criminel-et-jeunesse

Email: longueuilcrim-jeun@ccjrs.com
**Services:** Free or low cost legal services concerning youth or criminal rights to financially eligible individuals. * Receive and process legal aid requests.

**Eligibility:** person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible and with a legal need that is covered by the Law

**Coverage area:** agglomeration of Longueuil

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

**Fees:** people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see website for scale

**Financing:** provincial

**Legal status:** parapublic organization

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**LEGAL AID OFFICE - SAINT-HYACINTHE**

431 Saint-Anne Street, Saint-Hyacinthe, Montérégie, QC, J2S 5G3

450 778-6623 Fax: 450 778-6622

Website: www.ccjrs.com/bureaux/saint-hyacinthe

Email: sthyacinthe@ccjrs.com

**Services:** Free or low cost legal services for people who are financially eligible. * Receives and processes demands for legal aid.

**Eligibility:** recipients of last-resort financial assistance or any other person who is eligible regardless of their income, property or liquid assets

**Coverage area:** Saint-Hyacinthe

**Hours:** by appointment, Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

**Fees:** people may be accepted for free legal aid or for a contribution of $100 to $800, depending on their financial situation, see the website for scale

**Financing:** provincial

**Legal status:** parapublic organization

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**LEGAL AID OFFICE - SALABERRY-DE-VALLEYFIELD**

151 Salaberry Street West, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2H8

450 370-3064 Fax: 450 370-3068

Website: ccjrs.com/bureaux/salaberry-de-valleyfield

Email: valleyfield@ccjrs.com

**Services:** Free or low cost legal services to eligible individuals. * Receives and processes legal aid request.

**Eligibility:** person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law

**Coverage area:** MRC Beauharnois-Salaberry, Vaudreuil-Dorion

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

**Fees:** people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website

**Financing:** provincial

**Legal status:** parapublic organization

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**LONGUEUIL - MUNICIPAL COURT**

4025 Taschereau Boulevard, Longueuil, Montérégie, QC, J4T 2G6

450 463-7006 Fax: 450 646-8897

Website: www.longueuil.quebec/fr/services/cour-municipale

Email: couromunicipale@longueuil.quebec

**Services:** First-instance justice court hearing lawsuits relative to municipal by-laws or infringements to the Code de la Sécurité routière, the Loi de l’impôt sur le tabac and the Loi sur le transport par taxi. * Ticket payment or contestation. * Recovery of unpaid amounts. * Compensatory work.

**Coverage area:** Longueuil agglomeration

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, summer: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00
MAISON D'ACCUEIL LE JOINS-TOI
479 Principale Street, Granby, Montérégie, QC, J2G 2W9
450 378-9924    Fax: 450 378-9428
Email: maisonjoinstoi@videotron.ca


Eligibility: men with a criminal record from the provincial or federal correctional system

Capacity: 14 spots for federal inmates, 10 spots for provincial inmates

Coverage area: Canada

Hours: 24 hours / 7 days

Financing: provincial, federal

Legal status: municipal agency

MAISON D'ACCUEIL LE JOINS-TOI - LONGUEUIL
6505 Maricourt Boulevard, Longueuil, Montérégie, QC, J3Y 1S8
450 445-8000

Email: maisonjoinstoi@videotron.ca


Eligibility: men with a criminal record from the provincial or federal correctional system

Capacity: 24 people

Coverage area: Canada

Hours: 24 hours / 7 days

Financing: provincial, federal

Legal status: non-profit organization

MAISON D'ACCUEIL LE JOINS-TOI - SAINT-HYACINTHE
5085 Laurier Boulevard Ouest, Saint-Hyacinthe, Montérégie, QC, J2S 3V4
450 771-5026

Email: maisonjoinstoi@videotron.ca


Eligibility: men with a criminal record from the provincial correctional system

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 16h00

Financing: provincial, federal

Legal status: non-profit organization

MAISON D'ACCUEIL LE JOINS-TOI - SAINT-JEAN-SUR-RICHELIEU
232 Longueuil Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 6P4
450 358-2783

Email: maisonjoinstoi@videotron.ca


Eligibility: men with a criminal record from the provincial correctional system

Coverage area: Province of Québec
**MRC DE MARQUERITE-D'YOUVILLE - COUR MUNICIPALE RÉGIONALE**

609 Marie-Victorin Road, Verchères, Montérégie, QC, J0L 2R0

**450 583-3435 Fax: 450 583-6575**

**Website:** margueritedyouville.ca/services/services-aux-citoyens/cour-municipale-regionale

**Email:** cour@margueritedyouville.ca

**Services:** First-instance justice court hearing lawsuits relative to municipal by-laws, infringements to the Code de la Sécurité routière and some criminal infringements (drunk driving, thefts under $5000 and misdeeds). * Ticket payment or contestation. * Recovery of unpaid amounts. * Compensatory work.

**Coverage area:** MRC Marguerite-D'Youville

**Hours:** Monday, Wednesday and Thursday 8h30 to 12h00 and 13h00 to 16h30, Tuesday 8h30 to 12h00 and 13h00 to 20h00, Friday 8h30 to 12h00

**Financing:** municipal

**Legal status:** municipal agency

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**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:** cmrvcvs@mrsv.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

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**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, search techniques, resume writing, interview preparation. * Assistance with returning to school. * Career counselling: 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 young women. * Focus sur l'emploi: professional reintegration program for people without a high school diploma. * Travail en liberté: employability program for people with a criminal record.

**Eligibility:** adults, people with a criminal record, people without a high school diploma

**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
SAINT-RÉMI - MUNICIPAL COURT
105 de la Mairie Street, Saint-Rémi, Montérégie, QC, J0L 2L0
450 454-3993 ext. 3960     Fax: 450 454-6898
Website: www.saint-remi.ca/services/services-au-citoyen/cour-municipale
Email: jgdurand@ville.saint-remi.qc.ca
Services: First-instance justice court hearing lawsuits relative to municipal by-laws, infringements to the Code de la sécurité routière and some criminal infringements (drunk driving, thefts under $5,000 and misdeeds).  * Ticket payment or contestation.  * Recovery of unpaid amounts.  * Compensatory work.
Coverage area: MRC Les Jardins-de-Napierville
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h30 to 13h00
Financing: municipal
Legal status: municipal agency

SERVICES CORRECTIONNELS DU QUÉBEC - SERVICES DE PROBATION - LONGUEUIL
1085 Sainte-Foy Boulevard, Suite 100, Longueuil, Montérégie, QC, J4K 1W7
450 468-2777     Fax: 450 468-3987
Website: www.quebec.ca/securite-situations-urgence/services-correctionnels/suivi-personnes-contrevenantes-communaute
Eligibility: offenders under provincial jurisdiction, on probation in case of suspended sentence, conditional release, outing permission or community services
Coverage area: Montérégie
Financing: provincial
Legal status: provincial government agency

SERVICES CORRECTIONNELS DU QUÉBEC - SERVICES DE PROBATION - SAINT-JEAN-SUR-RICHELIEU
109 Saint-Charles Street, Suite RC-02, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 2C2
450 358-5600     Fax: 450 358-1661
Website: www.quebec.ca/securite-situations-urgence/services-correctionnels/suivi-personnes-contrevenantes-communaute
Eligibility: offenders under provincial jurisdiction, on probation in case of suspended sentence, conditional release, outing permission or community services
Coverage area: Montérégie
Financing: provincial
Legal status: provincial government agency
Mental Health and addictions

ADDICTION PREVENTION

ADDICTION TREATMENT

COMMUNITY SUPPORT IN MENTAL HEALTH

CRISIS CENTRES AND SUICIDE PREVENTION

HELPLINES

MENTAL HEALTH ADVOCACY GROUPS

MENTAL HEALTH HOUSING

PSYCHIATRIC SERVICES

SELF-HELP GROUPS FOR ADDICTION ISSUES

SELF-HELP GROUPS FOR MENTAL HEALTH ISSUES
Addiction prevention

ABRI DE LA RIVE-SUD
459 Sainte-Foy Boulevard, Longueuil, Montérégie, QC, J4J 1X9
450 646-7809  Fax: 450 646-4522
Website: abri-rive-sud.org
Email: intervenant@abri-rive-sud.org

Eligibility: homeless people 18 years old and over
Capacity: 30 places in single rooms
Coverage area: Montérégie
Hours: housing: 24 hours / 7 days, day services: Monday, Wednesday to Friday 9h00 to 12h00 and 13h00 to 16h00, Tuesday 13h00 to 16h00, PO boxes: at all times except for Tuesday morning
Fees: none
Financing: donations, provincial, federal
Legal status: non-profit organization

ACTIONS DÉPENDANCES
580 Seminary Boulevard North, Suite 5, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 7E3
450 346-6472
Website: actionsdependances.org
Email: info@actionsdependances.org

Eligibility: youth, adults and counsellors
Coverage area: CLSC Richelieu, CLSC Vallée-des-Forts, CLSC Jardins-du-Québec
Hours: Monday to Friday 8h00 to 16h00
Financing: provincial, grants, donations
Legal status: non-profit organization

ADOMISSILE (L') - MAISON DES JEUNES - SAINT-RÉMI
100 de la Gare Street, Saint-Rémi, Montérégie, QC, J0L 2L0
450 454-6657  Fax: 450 454-3618
Website: adomissile.com
Email: mdj@adomissile.com

Eligibility: youth 12 to 17 years old
Coverage area: Saint-Isidore, Saint-Michel, Saint-Rémi, Sainte-Clotilde
Hours: Monday to Thursday 16h00 to 21h00, Friday 16h00 to 22h30
Fees: annual membership: $5
Financing: provincial, municipal, self-financing
Legal status: non-profit organization

BARRIE MEMORIAL HOSPITAL
28 Gale Street, Ormstown, Montérégie, QC, J0S 1K0
450 829-2321  Fax: 450 829-3582
Website: santemonteregie.qc.ca/en/installations/hopital-barrie-memorial-barrie-memorial-hospital
Mental Health and addictions


**Coverage area:** Province of Québec

**Hours:** 24 hours / 7 days

**Financing:** provincial

**Legal status:** parapublic organization

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**CELLULE JEUNES ET FAMILLES DE BROME-MISSISQUOI**

504 South Street, Cowansville, Montérégie, QC, J2K 2X8

450 260-1823

**Website:** infocellule.org/en/home

**Email:** coordo_cellule@infocellule.org


**Eligibility:** people in difficulty, youth, families, seniors, anyone interested by the addiction issue

**Coverage area:** MRC Brome-Missisquoi, ITMAV: Cowansville

**Hours:** Monday and Wednesday to Friday 9h00 to 16h00, office: Monday to Friday 9h00 to 16h00

**Financing:** donations

**Legal status:** non-profit organization

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**CENTRE D'INTERVENTION JEUNESSE DES MASKOUTAINS (LE)**

120 de la Concorde Avenue North, Saint-Hyacinthe, Montérégie, QC, J2S 0M5

450 773-4909

**Email:** cijm@cgocable.ca

**Services:** * Street work. * Coin de rue: day centre. * La Maisonnée: emergency homeless shelter. * Information and referral. * Exchange and distribution of syringes and equipment for people who use drugs by injection or inhalation. * Distribution of condoms, Naloxone and fentanyl test strips.

**Coverage area:** Saint-Hyacinthe, MRC Les Maskoutains

**Fees:** free

**Legal status:** non-profit organization

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**CENTRE HOSPITALIER HÔTEL-DIEU DE SOREL**

400 de l'Hôtel-Dieu Avenue, Sorel-Tracy, Montérégie, QC, J3P 1N5

450 746-6000

**Website:** santemonteregie.qc.ca/en/node/3


**Coverage area:** Province of Québec

**Hours:** 24 hours / 7 days, tests centre: by appointment

**Financing:** provincial

**Legal status:** parapublic organization

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**CLINIQUE DES JEUNES DU BASSIN DE CHAMBLY**

650 Sénécal Street, Chambly, Montérégie, QC, J3L 1N9

450 658-2016    **Fax:** 450 358-2034

**Website:** santemonteregie.qc.ca/en/installations/clinique-des-jeunes-du-bassin-de-chambly

Eligibility: people 12 to 24 years old

Coverage area: Montérégie

Hours: Monday, Tuesday and Wednesday, variable hours

Financing: provincial

Legal status: parapublic organization

CLSC DE BEAUHARNOIS
142 Saint-Laurent Street, Beauharnois, Montérégie, QC, J6N 1V9
450 429-6455
Website: https://sante.gouv.qc.ca/repertoire-ressources/ressource/?nolifiche=1633&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J6N1V9


Coverage area: CISSS de la Montérégie-Ouest area

Financing: provincial

Legal status: parapublic organization

CLSC DE CHÂTEAUGUAY
95 de la Verdure Avenue, Châteauguay, Montérégie, QC, J6K 0E8
450 699-3333 Fax: 450 691-6202
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nolifiche=1232&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J6K0E8


Coverage area: CISSS de la Montérégie-Ouest area

Hours: Monday to Friday 6h30 to 20h00, Saturday and Sunday 8h00 to 12h00 and 13h30 to 16h00, test centre: Monday to Friday 6h30 to 9h00

Financing: provincial

Legal status: parapublic organization

CLSC DE HENRYVILLE
125 de l’Église Street, Ange-Gardien, Montérégie, QC, J0E 1E0
450 299-2828
Website: https://sante.gouv.qc.ca/repertoire-ressources/ressource/?nolifiche=1064&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=4&ch_code=J0E1E0&page=2


Coverage area: CISSS de la Montérégie-Centre area

Financing: provincial

Legal status: parapublic organization
CLSC DE LA MRC-D’ACTON
1266 Lemay Street, Acton Vale, Montérégie, QC, J0H 1A0
450 546-2572
Website: https://sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=939&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=4&ch_code=J0H1A0
Coverage area: CISSS de la Montérégie-Est area
Financing: provincial
Legal status: parapublic organization

CLSC DE LA VALLÉE-DES-FORTS
978 du Séminaire Boulevard North, Saint-Jean-sur-Richelieu, Montérégie, QC, J3A 1E5
450 358-2572
Website: https://sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=57297&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=4&ch_code=J0E1E0&page=2
Coverage area: CISSS de la Montérégie-Centre area
Financing: provincial
Legal status: parapublic organization

CLSC DE LONGUEUIL-OUEST
201 Curé-Poirier Boulevard West, Longueuil, Montérégie, QC, J4J 2G4
450 651-9830
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1218&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J4J2G4
Coverage area: CISSS de la Montérégie-Est area
Hours: Monday to Friday 7h00 to 21h00, tests centre: by appointment
Financing: provincial
Legal status: parapublic organization

CLSC DE RIGAUD
59 Saint-Viateur Street, Rigaud, Montérégie, QC, J0P 1P0
450 451-6609
Website: https://sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=1267&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J0P1P0

**Coverage area:** CISSS de la Montérégie-Ouest area

**Financing:** provincial

**Legal status:** parapublic organization

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**CLSC DE SAINT-CÉSAIRE**

1394 Notre-Dame Street, Saint-Césaire, Montérégie, QC, J0L 1T0

450 469-0269

Website: https://sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=1555&ch_type%5B5%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=4&ch_code=J0E1E0&page=1


**Coverage area:** CISSS de la Montérégie-Centre area

**Financing:** provincial

**Legal status:** parapublic organization

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**CLSC DE SAINT-CHRYSOSTOME**

21 Rang Saint-Anne, Saint-Chrysostome, Montérégie, QC, J0S 1R0

450 829-2321

Website: https://sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=1565&ch_type%5B5%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J0S1R0


**Coverage area:** CISSS de la Montérégie-Ouest area

**Financing:** provincial

**Legal status:** parapublic organization

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**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%5B5%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J0P1X0


**Coverage area:** CISSS de la montérégie-Ouest area

**Hours:** Monday, Tuesday, Thursday, Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 8h30 to 12h00 and 13h00 to 20h30, tests centre: Monday to Friday 7h00 to 10h00

**Financing:** provincial

**Legal status:** parapublic organization
CLSC DE SAINT-RÉMI
2 Sainte-Famille Street, Saint-Rémi, Montérégie, QC, J0L 2L0
450 454-4671  Fax: 450 454-4538
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=30904&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J0L2L0
Coverage area: CISSS de la Montérégie-Ouest area
Hours: Monday and Wednesday 8h00 to 20h30, Tuesday, Thursday and Friday 8h00 to 16h00, Saturday 10h00 to 15h00, tests centre: Monday and Wednesday 6h30 to 9h00
Financing: provincial
Legal status: parapublic organization

CLSC DE SALABERRY-DE-VALLEYFIELD
71 Maden Street, Suite 200, Salaberry-de-Valleyfield, Montérégie, QC, J6S 3V4
450 371-0143
Website: https://sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=1229&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J6S3V4
Coverage area: CISSS de la Montérégie-Ouest area
Financing: provincial
Legal status: parapublic organization

CLSC DES MASKOUTAINS
1015 Gauthier Street, Saint-Hyacinthe, Montérégie, QC, J2S 8T2
450 778-2572
Website: https://sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=1238&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=4&ch_code=J2S8T2
Coverage area: CISSS de la Montérégie-Est area
Financing: provincial
Legal status: parapublic organization

CLSC DES MASKOUTAINS - POINT DE SERVICE CENTRE-VILLE
1225 des Cascades Street, 2nd floor, Saint-Hyacinthe, Montérégie, QC, J2S 3H2
450 778-2572
Website: https://sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=2029&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=4&ch_code=J2S8T2
Mental Health and Addictions


**Coverage area:** CISSS de la Montérégie-Est area

**Financing:** provincial

**Legal status:** parapublic organization

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**CLSC DES MASKOUTAINS - POINT DE SERVICE SAINT-JUDE**

938 du Centre Street, Saint-Jude, Montérégie, QC, J0H 1P0

450 768-1200

Website: [https://sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=1349&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=4&ch_code=J2S8T2](https://sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=1349&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=4&ch_code=J2S8T2)

**Services:** Frontline services for routine health and social services. * Specimens. * Flu vaccination: [https://www.clicsante.ca](https://www.clicsante.ca)

**Coverage area:** CISSS de la Montérégie-Est area

**Financing:** provincial

**Legal status:** parapublic organization

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**CLSC DES PATRIOTES**

300 Serge-Pepin Boulevard, Beloeil, Montérégie, QC, J3G 0B8

450 536-2572

Website: [https://sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=549&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=4&ch_code=J3G0B8](https://sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=549&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=4&ch_code=J3G0B8)


**Coverage area:** CISSS de la Montérégie-Est area

**Financing:** provincial

**Legal status:** parapublic organization

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**CLSC DES PATRIOTES - SAINT-BRUNO SERVICE OFFICE**

50 De la Rabastalière Road East, Suite 10, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 2A5

450 461-1012

Website: [sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=511&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J3V2A5](sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=511&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J3V2A5)

**Services:** Frontline services for routine health and social services. * Health insurance card authentication. * Prenatal classes. * Flu vaccination: [www.clicsante.ca](https://www.clicsante.ca)

**Coverage area:** CISSS de la Montérégie-Est area

**Hours:** Monday 8h30 to 16h30, Tuesday 8h30 to 20h00, Wednesday to Friday 8h30 to 16h30, test centre: by appointment

**Financing:** provincial

**Legal status:** parapublic organization

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**CLSC DES SEIGNEURIES DE BOUCHERVILLE**

160 de Montarville Boulevard, Boucherville, Montérégie, QC, J4B 6S2

450 468-3530

Website: [sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1676&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J4B6S2](sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1676&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J4B6S2)
Mental Health and Addictions


**Coverage area:** CISSS de la Montérégie-Est area

**Hours:** Monday to Friday 8h30 to 16h30, tests centre: by appointment

**Financing:** provincial

**Legal status:** parapublic organization

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**CLSC DES SEIGNEURIES DE CONTRECOEUR**

4700 Marie-Victorin Road, Contrecoeur, Montérégie, QC, J0L 1C0

450 468-8413

Website: https://sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=49816&ch_type%5B5%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=4&ch_code=J0L1C0

**Services:** Frontline services for routine health and social services. * Recovery of used syringes and needles.

**Coverage area:** CISSS de la Montérégie-Est area

**Financing:** provincial

**Legal status:** parapublic organization

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**CLSC DES SEIGNEURIES DE SAINT-AMABLE**

555 Principale Street, Saint-Amable, Montérégie, QC, J0L 1N0

450 468-5250

Website: https://sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=1558&ch_type%5B5%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=4&ch_code=J3G0B8


**Coverage area:** CISSS de la Montérégie-Est area

**Financing:** provincial

**Legal status:** parapublic organization

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**CLSC DES SEIGNEURIES DE SAINTE-JULIE**

461 Saint-Joseph Boulevard, Suite 112, Sainte-Julie, Montérégie, QC, J3E 1W8

450 468-3670

Website: https://sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=908&ch_type%5B5%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J3E1W8


**Coverage area:** CISSS de la Montérégie-Est area

**Hours:** Monday, Tuesday, Thursday and Friday 8h30 à 12h00 et 13h00 à 16h30, Wednesday 8h30 à 12h00, 13h00 to 20h30, tests centre: by appointment

**Financing:** provincial

**Legal status:** parapublic organization

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**CLSC DES SEIGNEURIES DE VARENNES**

2220 René-Gaultier Boulevard, Varennes, Montérégie, QC, J3X 1E3

450 677-2917

Website: https://sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=1221&ch_type%5B5%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=4&ch_code=J3X1E3

Coverage area: CISSS de la Montérégie area

Financing: provincial

Legal status: parapublic organization

CLSC DES SEIGNEURIES DE VERCHÈRES
90 Montée Calixa-Lavallée, Verchères, Montérégie, QC, J0L 2R0
450 448-3700
Website: https://sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=1306&ch_type%5B5%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=4&ch_code=J0L2R0


Coverage area: CISSS de la Montérégie-Est area

Financing: provincial

Legal status: parapublic organization

CLSC DU RICHELIEU
300 de Marieville Road, Richelieu, Montérégie, QC, J3L 3V8
450 658-7561
Website: https://sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=1223&ch_type%5B5%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=4&ch_code=J0E1E0&page=2


Coverage area: CISSS de la Montérégie-Centre area

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%5B5%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J7V9R2


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
CLSC GASTON-BÉLANGER
30 Ferland Street, Sorel-Tracy, Montérégie, QC, J3P 3C7
450 746-4545
Website: https://sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=28925&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=4&ch_code=J3P3C7
Coverage area: CISSS de la Montérégie-Est area
Financing: provincial
Legal status: parapublic organization

CLSC JARDIN DU QUÉBEC - NAPIERVILLE
509 Saint-Jacques Street, Napierville, Montérégie, QC, J0J 1L0
450 245-3336     Fax: 450 245-0278
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=42457&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J0J1L0
Coverage area: CISSS de la Montérégie-Ouest area
Hours: Monday, Wednesday and Friday 8h00 to 16h00, Tuesday and Thursday 8h00 to 20h00, Saturday and Sunday: closed but covered by the Saint-Rémi CLSC, tests centre: Tuesday and Thursday 6h30 to 9h00
Financing: provincial
Legal status: parapublic organization

CLSC KATERI
90 Marie-Victorin Boulevard, Candiac, Montérégie, QC, J5R 1C1
450 659-7661     Fax: 450 444-6260
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1235&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J5R1C1
Coverage area: CISSS de la Montérégie-Ouest area
Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 20h00, tests centre: Monday to Friday 6h30 to 9h00
Financing: provincial
Legal status: parapublic organization

CLSC SAINT-HUBERT
6800 Cousineau Boulevard, Longueuil, Montérégie, QC, J3Y 8Z4
450 443-7400
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1226&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J3Y8Z4

Mental Health and addictions

Coverage area: CISSS de la Montérégie-Centre area

Hours: Monday to Friday 7h45 to 20h00, Saturday 7h45 to 16h00, tests centre: Monday to Friday 6h30 to 17h00

Financing: provincial

Legal status: parapublic organization

CLSC SAMUEL-DE-CHAMPLAIN
5811 Taschereau Boulevard, Brossard, Montérégie, QC, J4Z 1A5
450 445-4452 ext. 612666
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1225&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J4Z1A5


Eligibility: refugee clinic: refugees who are sponsored by the government, an organization or a family, or referred by the Maison Internationale de la Rive-Sud

Coverage area: CISSS de la Montérégie-Centre area

Hours: Monday to Friday 7h45 to 20h00, tests centre: Monday to Friday 6h30 to 14H15

Financing: provincial

Legal status: parapublic organization

CLSC SIMONNE-MONET-CHARTRAND
1303 Jacques-Cartier Boulevard East, Longueuil, Montérégie, QC, J4M 2Y8
450 463-2850
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1082&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J4M2Y8


Coverage area: CISSS Montérégie-Est area

Hours: Monday to Friday 8h00 to 21h00, Saturday, Sunday and holidays 8h00 to 12h00 and 13h00 to 16h00, tests centre: Monday to Friday 7h00 to 9h30

Financing: provincial

Legal status: parapublic organization

DU SUROIÈT HOSPITAL
150 Saint-Thomas Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 6C1
450 371-9920     Fax: 450 377-1372
Website: santemonteregie.qc.ca/en/installations/hopital-du-suroit

**Coverage area:** Province of Québec

**Hours:** 24 hours / 7 days

**Financing:** provincial

**Legal status:** parapublic organization

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**ENVOL (L’) PROGRAMME D’AIDE AUX JEUNES MÈRES**

1660 de l’Église Street, Longueuil, Montérégie, QC, J4P 2C8

450 465-2584 ext. 221  Fax: 450 465-2466

**Website:** lenvol.org

**Email:** info@lenvol.org


**Eligibility:** pregnant women and mothers under 25 years old, Escale: mothers under 30 years old, food assistance, childcare and transportation: for users only

**Coverage area:** South Shore of Montréal

**Hours:** Monday to Friday 9h00 to 16h00, Daycare Les Coucous de l’Envol: Monday to Friday 7h00 to 18h00

**Fees:** none

**Financing:** grants, self-financing, donations

**Legal status:** non-profit organization

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**ÉQUIJUSTICE RICHELIEU-YAMASKA**

600 Casavant Boulevard West, Suite 102, Saint-Hyacinthe, Montérégie, QC, J2S 7S3

450 773-8940  Fax: 450 773-9561

**Website:** equijustice.ca

**Email:** richelieuyamaska@equijustice.ca


**Eligibility:** teenagers, organizations, mediation: citizens


**Hours:** Monday to Thursday: 8h30 to 17h00, Friday 8h30 to 16h30

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization
HONORÉ-MERCIER HOSPITAL
2750 Laframboise Boulevard, Saint-Hyacinthe, Montérégie, QC, J2S 4Y8
450 771-3333
Website: santemonteregie.qc.ca/en/installations/hopital-honore-mercier
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Financing: provincial
Legal status: parapublic organization

HÔPITAL DU HAUT-RICHELIEU
920 du Séminaire Boulevard North, Saint-Jean-sur-Richelieu, Montérégie, QC, J3A 1B7
1 866 967-4825
Website: santemonteregie.qc.ca/en/installations/hopital-du-haut-richelieu
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Financing: provincial
Legal status: parapublic organization

HORIZON SOLEIL - TABLE DE CONCERTATION DE PRÉVENTION DES TOXICOMANIES ET DE PROMOTION DE LA SANTÉ DE LA RÉGION D'ACTON
1049 A du Marché Street, Acton Vale, Montérégie, QC, J0H 1A0
450 366-0105
Email: hsoleil@live.ca
Eligibility: people 12 to 25, seniors
Coverage area: MRC d'Acton
Hours: family support: Monday to Friday 8h00 to 16h00, street work: Monday to Friday 13h00 to 21h00
Fees: free
Legal status: non-profit organization

HUNTINGDON CLSC
10 King Street, Suite 200, Huntingdon, Montérégie, QC, J0S 1H0
450 829-2321 ext. 1900
Website: https://sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=1123&ch_type%5B%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J0S1H0
Mental Health and addictions


**Coverage area:** CISSS de la Montérégie-Ouest area

**Financing:** provincial

**Legal status:** parapublic organization

**JUSTICE ALTERNATIVE DU SUROÎT**

52 Larocque Road, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4A2

1 800 377-3576     Fax: 450 377-4394

Website: justicelternativedusuroit.com

Email: reception@justicealternativedusuroit.com


**Eligibility:** young people aged 12 to 17 years old

**Coverage area:** MRC de Beauharnois-Salaberry, MRC du Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, group facilitation: Tuesday evening

**Financing:** provincial

**Legal status:** non-profit organization

**LIBERTÉ DE CHOISIR**

52 Larocque Road, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4A2

450 370-3444     Fax: 450 377-4394

Website: www.libertedechoisir.ca

Email: libertedechoisir@cgocable.ca


**Eligibility:** youth 12 to 24 years old, parents, community workers, teachers, community organizations

**Coverage area:** MRC Vaudreuil-Soulanges, MRC Roussillon, MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent

**Hours:** Monday to Friday 8h00 to 16h00

**Fees:** none

**Financing:** donations, provincial

**Legal status:** non-profit organization

**MACADAM SUD**

895 Sainte-Hélène Street, Longueuil, Montérégie, QC, J4K 3R7

450 677-9021     Fax: 450 677-4741

Website: macadamsud.org

Email: info@macadamsud.org
Mental Health and addictions


**Eligibility:** youth 12 to 35 years old marginalized or at risk of marginalization, Squat: youth 12 to 17 years old, Espace-jeunes: youth 15 to 35 years old, any person in distress

**Coverage area:** Longueuil, Brossard

**Hours:** services: variable, administration: Monday to Friday 9h00 to 17h00

**Fees:** none

**Financing:** federal, provincial, fundraising campaigns, foundations, municipal, Centraide of Greater Montréal

**Legal status:** non-profit organization

**MAISON DE JONATHAN (LA)**
81 Saint-Jean Street, Longueuil, Montérégie, QC, J4H 2W8
450 670-4099  Fax: 450 670-4129
Website: lamaisondejonathan.ca
Email: info@lamaisondejonathan.ca

**Services:** Intervention with teenagers experiencing personal, social, familial or educational difficulties to promote school retention. * School workshops: French, English and mathematics. * Sports, recreational and artistic activities: pyrography, stained-glass, drawing, painting, carpentry, scale models, cooking, piano, guitar and physical training. * External services and prevention of addictions: workshops for young people in secondary school, for teachers, school and community workers.

**Eligibility:** youth 12 to 17 years old

**Capacity:** 45 young people

**Coverage area:** Marie-Victorin and des Patriotes School Service Centres

**Hours:** Tuesday to Thursday 8h00 to 16h30, Friday 8h00 to 13h30

**Fees:** registration and activities: $100

**Financing:** provincial, Centraide of Greater Montréal, donations, foundations

**Legal status:** non-profit organization

**MAISON DES JEUNES DE LA PRAIRIE**
565 Notre-Dame Street, La Prairie, Montérégie, QC, J5R 5E5
450 444-6717
Website: maisondesjeunes.ca
Email: mdjlaprairieequipe@videotron.ca


**Eligibility:** youth 12 to 17 years old

**Coverage area:** La Prairie

**Hours:** Tuesday, Wednesday and Thursday 18h00 to 21h00, Friday and Saturday 18h00 to 22h00

**Fees:** life membership: $10

**Financing:** provincial, municipal, self-financing

**Legal status:** non-profit organization

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MAISON DES JEUNES DE LONGUEUIL (LA)
540 King-George Street, Longueuil, Montérégie, QC, J4J 2V7
450 468-5907 Fax: 450 468-6074
Email: m.d.j.longueuil@hotmail.com
Eligibility: youth 12 to 17 years old
Capacity: 329 people
Coverage area: Longueuil
Hours: Monday to Friday 15h00 to 21h00
Fees: none
Financing: provincial, municipal, fundraising campaigns, donations, grants
Legal status: non-profit organization

PACTE DE RUE
9 Sainte-Hélène Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1S5
450 370-2420 Fax: 450 373-9903
Website: www.pactederue.com
Email: info@pactederue.com
Eligibility: youth, adults
Coverage area: Valleyfield, Beauharnois, Huntingdon, Ormstown
Hours: Tuesday to Friday, 24 hours, weekend by appointment
Fees: none
Financing: provincial, Centraide Sud-Ouest
Legal status: non-profit organization

POSA - SOURCE DES MONTS
620 Senécal Street, Chambly, Montérégie, QC, J3L 1N9
450 658-9898 Fax: 450 658-5368
Website: www.posasdm.com
Email: direction@posasdm.org
Eligibility: youth in difficulty 35 years and under, clinic: youth 12 to 24 years old, meals: underprivileged children from elementary and secondary schools of Chambly and Carignan, jobs: youth between 16 and 35 years old eligible with Emploi-Québec
Coverage area: Chambly, Carignan, MRC Le Haut-Richelieu, MRC Rouville
Hours: Monday to Friday 9h00 to 17h00, youth clinic: Monday to Friday 9h00 to 17h00 by appointment
Financing: provincial, donations, municipal
Legal status: non-profit organization

PRÉVENTION DES DÉPENDANCES L’ARC-EN-CIEL
308 Montsabré Street, Suite 204, Beloeil, Montérégie, QC, J3G 2H5
450 446-1661
Website: preventionarcenciel.org
Email: info@preventionarcenciel.org

Eligibility: youth, counsellors, parents, community organizations, businesses


Hours: Monday to Friday 8h30 to 16h00

Fees: variable for workshops in businesses

Financing: provincial

Legal status: non-profit organization

S.O.S. PRÉDELT

121 Brodeur Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J2W 2C4

450 655-0528

Email: gilles.bessette@hotmail.com


Eligibility: youth, especially those who are homeless or at risk of homelessness, youth centres

Coverage area: Montérégie, prevention game: Province of Québec

Fees: none

Financing: grants

Legal status: non-profit organization

SATELLITE, ORGANISME EN PRÉVENTION DES DÉPENDANCES

515 Robert Avenue, Saint-Hyacinthe, Montérégie, QC, J2S 4L7

450 888-2572

Website: preventiondesdependances.org

Email: coordo@preventiondesdependances.org


Eligibility: schools, parents, community organizations, companies

Coverage area: MRC Les Maskoutains

Hours: Monday to Friday 8h00 to 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

SINO-QUÉBEC CENTRE OF SOUTH SHORE

7209 Taschereau Boulevard, Suite 108, Brossard, Montérégie, QC, J4Y 1A1

450 445-6666 Fax: 450 445-8188

Website: www.famillechinoise.qc.ca/fr

Email: direction@centresinoquebec.com


Eligibility: Chinese and Asian communities

Coverage area: Montérégie

Hours: Monday to Friday 9h00 to 17h00

Fees: francization program and gambling addiction prevention program: free

Financing: grants, self-financing

Legal status: non-profit organization
TRAVAIL DE MILIEU CANDIAC ET SAINTE-CATHERINE
125 Haendel Road, Candiac, Montérégie, QC, J5R 1R7
438 404-5727
Email: tmcandiacste4@gmail.com
Eligibility: youth from 12 to 25 years old, marginalised or in a vulnerable situation, people experiencing homelessness or at risk of homelessness
Coverage area: people aged 12 to 25: Candiac, Sainte-Catherine, people aged 18 and over who are experiencing homelessness or at risk of being homeless: Candiac, Delson, La Prairie, Sainte-Catherine, Saint-Constant, Saint-Mathieu, Saint-Philippe
Hours: Monday to Friday 9h00 to 23h00
Fees: none
Financing: grants
Legal status: non-profit organization

UNITÉ DE MÉDECINE FAMILIALE CHARLES LEMOYNE
299 Sir Wilfrid Laurier Boulevard, Suite 201, Saint-Lambert, Montérégie, QC, J4R 2L1
450 466-5630
Website: santemonteregie.qc.ca/en/installations/gmf-u-charles-le-moyne
Coverage area: Montérégie
Hours: Monday to Thursday 8h00 to 20h00, Friday 8h00 to 19h00, Saturday and Sunday 9h00 to 13h30
Financing: provincial
Legal status: parapublic organization

Addiction treatment

ANNA-LABERGE HOSPITAL
200 Brisebois Boulevard, Châteauguay, Montérégie, QC, J6K 4W8
450 699-2425
Website: santemonteregie.qc.ca/en/installations/hopital-anna-laberge
Capacity: 225 beds
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Financing: provincial
Legal status: parapublic organization

BARRIE MEMORIAL HOSPITAL
28 Gale Street, Ormstown, Montérégie, QC, J0S 1K0
450 829-2321 Fax: 450 829-3582
Website: santemonteregie.qc.ca/en/installations/hopital-baronnie-memorial-hopital-barris-memorial-hospital
Mental Health and addictions


Coverage area: Province of Québec

Hours: 24 hours / 7 days

Financing: provincial

Legal status: parapublic organization

CARAT - CENTRE D'AIDE ET DE RÉHABILITATION POUR ALCOOLIQUES ET TOXICOMANES
460 Principale Street, Sainte-Brigide-d'Iberville, Montérégie, QC, J0J 1X0
450 293-3570 Fax: 450 293-3870
Website: www.therapie-carat.com
Email: centre.carat@videotron.ca


Eligibility: people 18 and over with an addiction (alcohol, drugs)

Capacity: 45 persons

Coverage area: Province of Québec

Hours: admissions: Monday to Sunday 8h00 to 20h00

Fees: $10800 for 25-weeks program, $5400 for 3-months program

Financing: self-financing

Legal status: non-profit organization

CARREFOUR LE POINT TOURNANT
1111 Beauregard Street, Longueuil, Montérégie, QC, J4K 2L2
1 888 651-0418 Fax: 450 677-9712
Website: www.carrefourlepointtournant.com
Email: info@carrefourlepointtournant.com


Eligibility: men 18 years old and over living with an alcohol or drug addiction

Capacity: 12 people

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 16h30

Fees: $1686.90 per month, covered by social assistance

Financing: self-financing, grants

Legal status: non-profit organization

CENTRE DE RÉADAPTATION EN DÉPENDANCE DE LA MONTÉRÉGIE - CANDIAC
201 de l'Industrie Boulevard, 3rd floor, Candiac, Montérégie, QC, J5R 6A6
1 866 964-4413
Website: santemonteregie.qc.ca/services/dependances
Email: accueil.dependance.cisssm016@ssss.gouv.qc.ca


Eligibility: youth or adults dealing with addiction problems, their relatives

Coverage area: Montérégie
Mental Health and addictions

Hours: Monday and Tuesday 12h30 to 16h30 and 17h30 to 20h30, Wednesday to Friday 8h30 to 12h00 and 13h00 to 16h30, centralized reception: Monday to Wednesday 8h30 to 12h00, 13h00 to 17h00 and 18h00 to 20h30, Thursday and Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: free
Financing: provincial
Legal status: parapublic organization

CENTRE DE RÉADAPTATION EN DÉPENDANCE DE LA MONTÉRÉGIE - CHÂTEAUGUAY
CLSC de Châteauguay, 95 de la Verdure Avenue, Châteauguay, Montérégie, QC, J6K 0E8
1 866 964-4413     Fax: 450 691-6202
Website: santemonteregie.qc.ca/services/dependances
Email: accueil.dependance.cisssmo16@ssss.gouv.qc.ca
Eligibility: youth 12 years and older, adults dealing with addictions, support to relatives
Coverage area: Montérégie
Hours: Monday to Friday 8h30 to 16h30
Fees: free
Legal status: parapublic organization

CENTRE DE RÉADAPTATION EN DÉPENDANCE DE LA MONTÉRÉGIE - COWANSVILLE
CLSC La Pommeraie, 397 de la Rivièr Street, Cowansville, Montérégie, QC, J2K 2X2
1 866 964-4413     Fax: 450 266-5872
Website: santemonteregie.qc.ca/services/dependances
Email: accueil.dependance.cisssmo16@ssss.gouv.qc.ca
Eligibility: youth 12 years and older, adults dealing with addictions, support to relatives
Coverage area: Montérégie
Hours: Monday to Friday 8h30 to 16h30
Fees: free
Legal status: parapublic organization

CENTRE DE RÉADAPTATION EN DÉPENDANCE DE LA MONTÉRÉGIE - GRANBY
33 Dufferin Street, Granby, Montérégie, QC, J2G 4W5
1 866 964-4413
Website: santemonteregie.qc.ca/services/dependances
Email: accueil.dependance.cisssmo16@ssss.gouv.qc.ca
Eligibility: youth or adults dealing with addiction problems, their relatives
Coverage area: Montérégie
Hours: Monday and Tuesday 12h30 to 16h30 and 17h30 to 20h30, Wednesday to Friday 8h30 to 12h00 and 13h00 to 16h30, centralized reception: Monday to Wednesday 8h30 to 12h00, 13h00 to 17h00 and 18h00 to 20h30, Thursday and Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: free
Financing: provincial
Legal status: parapublic organization
CENTRE DE RÉADAPTATION EN DÉPENDANCE DE LA MONTÉRÉGIE - HUNTINGDON

CLSC de Huntingdon, 10 King Street, Suite 200, Huntingdon, Montérégie, QC, J0S 1H0
1 866 964-4413   Fax: 450 264-6801
Website: santemonteregie.qc.ca/services/dependances
Email: accueil.dependance.cisssmo16@ssss.gouv.qc.ca


Eligibility: youth 12 years and older, adults dealing with addictions, support to relatives
Coverage area: Montérégie
Hours: Monday to Friday 8h30 to 16h30
Fees: free

CENTRE DE RÉADAPTATION EN DÉPENDANCE DE LA MONTÉRÉGIE - LONGUEUIL

1525 Joliette Street, Longueuil, Montérégie, QC, J4K 4W4
1 866 964-4413
Website: santemonteregie.qc.ca/services/dependances
Email: accueil.dependance.cisssmo16@ssss.gouv.qc.ca


Eligibility: youth or adults dealing with addiction problems, their relatives
Coverage area: Montérégie
Hours: Monday to Wednesday 8h30 to 12h00, 12h30 to 17h00 and 17h30 to 20h30, Thursday and Friday 8h30 to 12h00 and 13h00 to 16h30, centralized reception: Monday to Wednesday 8h30 to 12h00, 13h00 to 17h00 and 18h00 to 20h30, Thursday and Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: free
Financing: provincial
Legal status: parapublic organization

CENTRE DE RÉADAPTATION EN DÉPENDANCE DE LA MONTÉRÉGIE - SAINT-HUBERT

5110 Cousineau Boulevard, Longueuil, Montérégie, QC, J3Y 7G5
1 866 964-4413
Website: santemonteregie.qc.ca/services/dependances
Email: accueil.dependance.cisssmo16@ssss.gouv.qc.ca


Eligibility: youth or adults dealing with addiction problems, their relatives, people with mental health problems, homeless or with a sensory disability are welcomed
Capacity: 19 mixed
Coverage area: Montérégie
Hours: Monday and Tuesday 8h00 to 12h00, 12h30 to 17h00 and 17h30 to 20h30, Wednesday to Friday 8h00 to 12h00 and 12h30 to 16h30, centralized reception: Monday to Wednesday 8h30 to 12h00, 13h00 to 17h00 and 18h00 to 20h30, Thursday and Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: free
Financing: provincial
Legal status: parapublic organization

CENTRE DE RÉADAPTATION EN DÉPENDANCE DE LA MONTÉRÉGIE - SAINT-HYACINTHE

2115 Casavant Boulevard West, Suite 202, Saint-Hyacinthe, Montérégie, QC, J2S 7E5
1 866 964-4413
Website: santemonteregie.qc.ca/services/dependances
Email: accueil.dependance.cisssmo16@ssss.gouv.qc.ca

Eligibility: youth or adults dealing with addiction problems, their relatives

Coverage area: Montérégie

Hours: Monday and Tuesday 12h30 to 17h00 and 18h00 to 20h30, Wednesday to Friday 8h30 to 12h00 and 13h00 to 16h30, centralized reception: Monday to Wednesday 8h30 to 12h00, 13h00 to 17h00 and 18h00 to 20h30, Thursday and Friday 8h30 to 12h00 and 13h00 to 16h30

Fees: free

Financing: provincial

Legal status: parapublic organization

CENTRE DE RÉADAPTATION EN DÉPENDANCE DE LA MONTÉRÉGIE - SAINT-JEAN-SUR-RICHELIEU

202 Saint-Louis Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 1Y1

1 866 964-4413

Website: santemonteregie.qc.ca/services/dependances

Email: accueil.dependance.cisssmo16@ssss.gouv.qc.ca


Eligibility: youth or adults dealing with addiction problems, their relatives

Coverage area: Montérégie

Hours: Monday and Tuesday 12h30 to 17h00 and 18h00 to 20h30, Wednesday to Friday 8h30 to 12h00 and 13h00 to 16h30, centralized reception: Monday to Wednesday 8h30 to 12h00, 13h00 to 17h00 and 18h00 to 20h30, Thursday and Friday 8h30 to 12h00 and 13h00 to 16h30

Fees: free

Financing: provincial

Legal status: parapublic organization

CENTRE DE RÉADAPTATION EN DÉPENDANCE DE LA MONTÉRÉGIE - SAINT-PHILIPPE

6 Foucreault Street, Saint-Philippe, Montérégie, QC, J0L 2K0

1 866 964-4413     Fax: 450 659-7173

Website: santemonteregie.qc.ca/services/dependances

Email: accueil.dependance.cisssmo16@ssss.gouv.qc.ca

Services: * Internal et external detoxification. * Consultation and treatment for compulsive gamblers. * Support to the relatives: individual and group meetings, support group for parents of teenagers and group for adults relatives. * Social rehabilitation. * Internal and residentiel services: assessment required at the closest point of service before admission.

Eligibility: youth 12 years and older, adults dealing with addictions, support to relatives

Capacity: intensive treatment: 24 beds

Coverage area: Montréal, Montérégie

Hours: Monday to Friday 8h30 to 16h30

Fees: free

Legal status: parapublic organization

CENTRE DE RÉADAPTATION EN DÉPENDANCE DE LA MONTÉRÉGIE - SALABERRY-DE-VALLEYFIELD

11 de l’Église Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1J5

1 866 964-4413

Website: santemonteregie.qc.ca/services/dependances

Email: accueil.dependance.cisssmo16@ssss.gouv.qc.ca


Eligibility: youth or adults dealing with addiction problems, their relatives

Coverage area: Montérégie
**Mental Health and addictions**

**CENTRE DE RÉADAPTATION EN DÉPENDANCE DE LA MONTÉRÉGIE - SOREL-TRACY**

61 Morgan Street, Sorel-Tracy, Montérégie, QC, J3P 3B6  
1 866 966-4413  
Website: santemonteregie.qc.ca/services/dependances  
Email: accueil.dependance.cisssmo16@ssss.gouv.qc.ca

**Services:**  

**Eligibility:** youth or adults dealing with addiction problems, their relatives

**Coverage area:** Montérégie

**Hours:** Monday to Wednesday 8h30 to 12h00, 12h30 to 17h00 and 17h30 to 20h30, Thursday and Friday 8h30 to 12h00, 13h00 to 16h30 and 18h00 to 20h30, Thursday and Friday 8h30 to 12h00 and 13h00 to 16h30

**Fees:** free

**Financing:** provincial

**Legal status:** parapublic organization

**CENTRE DE RÉADAPTATION EN DÉPENDANCE DE LA MONTÉRÉGIE - VAUDREUIL**

CLSC de Vaudreuil-Dorion, 3031 de la Gare Boulevard, Huntingdon, Montérégie, QC, J0S 1H0  
1 866 966-4413  
Fax: 450 455-2356  
Website: santemonteregie.qc.ca/services/dependances  
Email: accueil.dependance.cisssmo16@ssss.gouv.qc.ca

**Services:**  
* Internal et external detoxification. * Consultation and treatment for compulsive gamblers. * Support to the relatives: individual and group meetings, support group for parents of teenagers and group for adults relatives. * Social rehabilitation.

**Eligibility:** youth 12 years and older, adults dealing with addictions, support to relatives

**Coverage area:** Montérégie

**Hours:** Monday to Friday 8h30 to 16h30

**Fees:** free

**Financing:** provincial

**Legal status:** parapublic organization

**CENTRE HOSPITALIER HÔTEL-DIEU DE SOREL**

400 de l'Hôtel-Dieu Avenue, Sorel-Tracy, Montérégie, QC, J3P 1N5  
450 746-6000  
Website: santemonteregie.qc.ca/en/node/3


**Coverage area:** Province of Québec

**Hours:** 24 hours / 7 days, tests centre: by appointment

**Financing:** provincial

**Legal status:** parapublic organization
CLINIQUE DES JEUNES DU BASSIN DE CHAMBLY
650 Sénécal Street, Chambly, Montérégie, QC, J3L 1N9
450 658-2016 Fax: 450 358-2034
Website: santemonteregie.qc.ca/en/installations/clinique-des-jeunes-du-bassin-de-chambly


Eligibility: people 12 to 24 years old

Coverage area: Montérégie

Hours: Monday, Tuesday and Wednesday, variable hours

Financing: provincial

Legal status: parapublic organization

DÉLIVRANCE (LA)
505 Sainte-Hélène Street, Office 200, Longueuil, Montérégie, QC, J4K 3R5
450 442-0350 Fax: 450 332-2197
Website: ladelivrancecentre.ca

Email: ladelivrancecentre@hotmail.com


Eligibility: people aged 14 and over with addiction problems

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 19h30

Fees: individual meetings $85, intensive day therapy and follow-up: $3,200, financial arrangements possible

Legal status: commercial enterprise

DU SUROÎT HOSPITAL
150 Saint-Thomas Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 6C1
450 371-9920 Fax: 450 377-1372
Website: santemonteregie.qc.ca/en/installations/hopital-du-suroit


Coverage area: Province of Québec

Hours: 24 hours / 7 days

Financing: provincial

Legal status: parapublic organization

HONORÉ-MERCIER HOSPITAL
2750 Laframboise Boulevard, Saint-Hyacinthe, Montérégie, QC, J2S 4Y8
450 771-3333
Website: santemonteregie.qc.ca/en/installations/hopital-honore-mercier


Coverage area: Province of Québec

Hours: 24 hours / 7 days
Financing: provincial  
Legal status: para-public organization

HÔPITAL CHARLES-LE MOYNE
3120 Taschereau Boulevard, Longueuil, Montérégie, QC, J4V 2H1
450 466-5000   Fax: 450 466-8887
Website: santemonteregie.qc.ca/en/installations/hopital-charles-le-moyne


Eligibility: SIDEP+: men who have sexual relations with men
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Financing: provincial
Legal status: para-public organization

HÔPITAL DU HAUT-RICHELIEU
920 du Séminaire Boulevard North, Saint-Jean-sur-Richelieu, Montérégie, QC, J3A 1B7
1 866 967-4825
Website: santemonteregie.qc.ca/en/installations/hopital-du-haut-richelieu


Coverage area: Province of Québec
Hours: 24 hours / 7 days
Financing: provincial
Legal status: para-public organization

HÔPITAL PIERRE-BOUCHER
1333 Jacques-Cartier Boulevard East, Longueuil, Montérégie, QC, J4M 2A5
450 468-8111
Website: santemonteregie.qc.ca/en/installations/hopital-pierre-boucher


Coverage area: Province of Québec
Hours: 24 hours / 7 days
Financing: provincial
Legal status: non-profit organization

KAHNNAWAKE SHAKOTIIA’TAKEHNHAS COMMUNITY SERVICES
Confidential Address
450 632-6880   Fax: 450 632-5116
Website: www.kscs.ca


**Eligibility**: Kahnawake residents

**Coverage area**: Kahnawake

**Hours**: Monday to Friday 8h30 to 16h30

**Financing**: grants

**Legal status**: non-profit organization

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**KANONHKWA'TSHERI:IO HEALTH AND SOCIAL FACILITY**

31 Hilltop Drive, Akwesasne, Montérégie, QC, H0M 1A0

613 575-2341

Website: www.akwesasne.ca/health

Email: info@akwesasne.ca


**Eligibility**: members of an aboriginal community

**Coverage area**: Akwesasne

**Fees**: none

**Legal status**: municipal agency

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**LAS DE COEUR CENTRE D'INTERVENTION POUR JOUEURS COMPULSIFS ET PATHOLOGIQUES**

505 Sainte-Hélène Street, Suite 200, Longueuil, Montérégie, QC, J4K 3R5

450 442-9566 Fax: 450 332-2197

Website: www.lasdecoeur.ca

Email: lasdecoeur@videotron.ca

**Services**: Professional external services with individual follow-up. * Individual, couple and family intervention, with possibility of online consultation. * Financial counselling.

**Eligibility**: people with gambling issues and their close ones

**Coverage area**: Montérégie

**Hours**: Monday to Thursday 9h00 to 20h00, Friday 9h00 to 17h00

**Fees**: none

**Financing**: provincial

**Legal status**: non-profit organization
MAISON ALTERNATIVE DE DÉVELOPPEMENT HUMAIN
PO Box 747, Saint-Hyacinthe, Montérégie, QC, J2S 7P5
450 774-6139   Fax: 450 774-1933
Website: madh.ca
Email: madh@maskatel.net

Services: * Inpatient social reinsertion for three to six months. * Help with going back to work or school. * Thematic workshops and internships. * Counselling, support, accompaniment, follow-up and referrals. * The person must be sober for at least one month and must have completed therapy.

Eligibility: adults aged 18 to 65 years old living with a mental health problem and capable of social reintegration

Capacity: 9 persons
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Fees: $350 per month
Financing: provincial
Legal status: non-profit organization

MAISON L’ALCÔVE
5000 Laurier Boulevard West, Saint-Hyacinthe, Montérégie, QC, J2S 3V2
1 877 773-7333   Fax: 450 771-2487
Website: www.maisonlalcove.com
Email: info@maisonlalcove.com


Eligibility: adults with an addiction (alcohol, drugs, gambling) with or without mental health problems, pregnant women, icyberaddiction: three groups 0 to 12 years old, 13 to 17 years old and 18 and over

Capacity: mixed: 25, gambling: 16
Coverage area: Province of Québec
Hours: 24 hours / 7 days, admission: Monday to Friday 9h00 to 16h00
Fees: mixed internal therapy: $3,000 with possibility of funding, covered by social assistance, gambling: free if the person live in Montérégie, $1000 out of territory, post-treatment: free if therapy is completed, relapse: $1000, cyberaddiction: free for all, individual meeting after 13 weeks therapy: $30
Financing: grants, self-financing
Legal status: non-profit organization

MAISON LA PASSERELLE
6 Saint-Jean-Baptiste Street, Saint-Simon, Montérégie, QC, J0H 1Y0
450 798-2080   Fax: 450 798-2204
Website: www.maisonlapasserelle.ca
Email: info@maisonlapasserelle.ca


Eligibility: adult women with a drug or alcohol addiction, women on a methadone maintenance program
Capacity: 24
Coverage area: Province of Québec
Mental Health and Addictions

**PAVILLON L’ESSENCE CIEL**
3823 Grand Boulevard, Longueuil, Montérégie, QC, J4T 2M3
1 855 672-0926    Fax: 450 672-7957
Website: www.lessenceciel.org
Email: info@lessenceciel.org

Services: In-patient Rehabilitation Centre for 3 to 6 months. * Separate programme for addiction to substances. * Group and individual therapy. * Post-treatment follow-up (in person or by zoom): a monthly individual meeting for 9 months. * Gym. * Addictions treated: alcohol, drugs, medication, opiates on a substitution program. * Accommodation recognized by correctional services for persons on remand, on parole or on probation.

Eligibility: men 18 years and over with a problem of substance addiction (alcohol, drugs, medication, opiates), men on a substitution program (Methadone and Suboxone)

Capacity: 16 individual rooms

Coverage area: Province of Québec

**PETITE FERME DE L’AUBERGE (LA)**
728 Bachand Road, Roxton, Montérégie, QC, J0H 1E0
450 548-2736    Fax: 450 548-2227
Website: lapetitefermedelauberge.org
Email: lapetiteferme2001@yahoo.ca


Eligibility: men 18 and over who are struggling or homeless with addiction or mental health issues

Capacity: housing: 9 places in farm accommodation, food aid: 30 individuals or families per week

Coverage area: Montérégie: social reintegration, Roxton Falls and surroundings: food assistance

**UNITÉ DE MÉDECINE FAMILIALE CHARLES LEMOYNE**
299 Sir Wilfrid Laurier Boulevard, Suite 201, Saint-Lambert, Montérégie, QC, J4R 2L1
450 466-5630
Website: santemonteregie.qc.ca/en/installations/gmf-u-charles-le-moyne


Coverage area: Montérégie

Hours: Monday to Thursday 8h00 to 20h00, Friday 8h00 to 19h00, Saturday and Sunday 9h00 to 13h30

Financing: provincial

Legal status: parapublic organization
Community support in mental health

ACCOLADE SANTÉ MENTALE (L’)
127 Saint-Jean-Baptiste Boulevard, Suite 12, Châteauguay, Montérégie, QC, J6K 3B1
1 866 699-7059     Fax: 450 699-1562
Website: www.accoladesantementale.org/en
Email: info@accoladesantementale.org

Eligibility: family and close ones of people living with a major mental health problem
Capacity: open support and mutual aid groups or closed training groups: 10 to 15 persons per meeting
Coverage area: territory of the CSSS Jardins-Roussillon
Hours: Monday to Friday 9h00 to 16h30, support and mutual aid groups in the evening
Fees: free
Financing: provincial, contributions
Legal status: non-profit organization

ALTERNATIVE-CENTREGENS
462 Sainte-Foy Boulevard, Longueuil, Montérégie, QC, J4J 1Y2
450 651-0651     Fax: 450 651-0678
Email: info@centregens.ca

Eligibility: adults with mental health problems past or present
Coverage area: Vieux-Longueuil, Saint-Hubert
Hours: Monday and Tuesday 9h00 to 20h00, Wednesday to Friday 9h00 to 16h00
Fees: annual membership: $6
Financing: provincial, contributions
Legal status: non-profit organization

ANCRE ET AILES DU HAUT-SAINT-LAURENT
10 Bridge Street, Ormstown, Montérégie, QC, J0S 1K0
450 829-3491
Website: www.ancreetailes.com
Email: ancreetailes@bellnet.ca

Eligibility: adults living with or having experienced a mental health problem or psychological distress
Coverage area: MRC Le Haut-Saint-Laurent
Hours: Tuesday to Friday 9h00 to 16h00
Fees: annual membership card: $10, meals: $4, fees may apply for activities and outings
Financing: donations
Legal status: non-profit organization
ARC-EN-CIEL DES SEIGNEURIES - GROUPE D'ENTRAIDE EN SANTÉ MENTALE (L')
274 Sainte-Anne Street, Varennes, Montérégie, QC, J3X 1R7
450 985-0522 Fax: 450 985-0805
Website: www.arcencieldesseigneuries.org
Email: info@arcencieldesseigneuries.org
Eligibility: people living with or who have lived with mental health issues
Coverage area: Boucherville, Calixa-Lavallée, Contrecoeur, Saint-Amable, Sainte-Julie, Varennes, Verchères
Hours: Monday to Thursday 9h00 to 16h30, occasionally on nights and weekends
Fees: membership card: $5
Financing: provincial, donations, membership fees
Legal status: non-profit organization

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
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

ASSOCIATION DE PARENTS DE L'ENFANCE EN DIFFICULTÉ
1050 Curé-Poirier Boulevard West, Suite 100, Longueuil, Montérégie, QC, J4K 2E4
450 679-9310 Fax: 450 679-3294
Website: aped.org
Email: info@aped.org
Eligibility: parents of a child living with an intellectual disability, an autism spectrum disorder, an attention deficit disorder with or without hyperactivity, behavioural disorders or with a mental health issue, youth service: youth 5 to 21 years old living with an intellectual disability, an autism spectrum disorder or a mental health issue
Coverage area: South Shore
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00, mutual aid groups and trainings: evening
Fees: annual membership: $20, participation fees for some services
Financing: Centraide of Greater Montréal, provincial, municipal, self-financing
Legal status: non-profit organization
ASSOCIATION DES FEMMES D'ICI ET D'AILLEURS
5400 Payer Boulevard, Suite 4, Longueuil, Montérégie, QC, J3Y 1J4
514 583-9664
Website: femmesdicietdailleurs.webs.com
Email: afia-st-hubert@hotmail.com
Eligibility: immigrant women of all origins and ages
Coverage area: agglomeration of Longueuil
Hours: variable depending on the activities, phoneline: 7 days 9h00 to 21h00
Fees: variable depending on the activities
Financing: self-financing, fundraising campaigns, donations
Legal status: non-profit organization

ASSOCIATION DES PARENTS ET AMIS DE LA PERSONNE ATTEINTE DE MALADIE MENTALE - RIVE-SUD
10 Churchill Boulevard, Suite 206 and 208, Longueuil, Montérégie, QC, J4V 2L7
450 766-0524
Website: apammrs.org/english
Email: info@apammrs.org
Eligibility: adults and children 5 years old and over with a close one living with a mental health issue
Coverage area: urban agglomeration of Longueuil, MRC Marguerite-D'Youville
Hours: administration: Monday to Friday 9h00 to 17h00, family activities: week days and evenings
Fees: psychosocial interventions: none, members: $15 to $20 per year, members-only activities: variable
Financing: grants, donations, contributions
Legal status: non-profit organization

BREAKFAST CLUB OF CANADA
135 de Mortagne Boulevard, Suite G, Boucherville, Montérégie, QC, J4B 6G4
1 888 442-1217     Fax: 450 641-7841
Website: www.breakfastclubcanada.org
Email: info@clubdejeuner.org
Eligibility: schools
Coverage area: Canada
Hours: administration: Monday to Friday 8h30 to 16h30
Financing: fundraising campaigns, donations
Legal status: non-profit organization

CAMPAGNOL (LE)
94 Saint-André Street, Saint-Rémi, Montérégie, QC, J0L 2L0
450 454-5121     Fax: 450 454-2018
Website: www.lecampagnol.com
Email: entraide@campagnol.qc.ca
**Mental Health and Addictions**

**Services:** Mutual aid group for mental health and living environment. * Activities: training and information workshop, creativity workshop, promotion and awareness workshop. * Listening, support and accompaniment for and by members.

**Eligibility:** adults living with or who have lived with mental health issues or emotional disorganization

**Coverage area:** MRC Les Jardins-de-Napierville

**Hours:** Monday to Thursday 9h00 to 16h00, Friday 9h00 to 21h00

**Financing:** grants, self-financing, donations

**Legal status:** non-profit organization

**CARREFOUR JEUNESSE-EMPLOI DE PIERRE-DE SAUREL**

37 du Roi Street, Suite 200, Sorel-Tracy, Montérégie, QC, J3P 4M6

**450 743-1441**

**Website:** cje-pierredesaurel.com

**Email:** info@cje-pierredesaurel.com


**Eligibility:** people 16 to 35 years old

**Coverage area:** MRC Pierre-de Saurel

**Financing:** provincial

**Legal status:** non-profit organization

**CENTRE DE JOUR EN SANTÉ MENTALE POUR ADULTES - ÉDIFICE PIERRE-DÉOM**

50 du Marché Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1P4

**450 373-7321**  **Fax:** 450 371-5044

**Website:** www.santemonteregie.qc.ca/en/installations/edifice-pierre-deom-centre-de-jour-en-sante-mentale-pour-adultes

**Services:** Mental health day centre.

**Eligibility:** adults living with a mental health problem

**Coverage area:** MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Les Jardins-de-Napierville, MRC Roussillon, MRC Vaudreuil-Soulanges

**Financing:** provincial

**Legal status:** parapublic organization

**CENTRE DE SOUFIEN EN SANTÉ MENTALE - MONTÉRÉGIE**

2046 Édouard Boulevard, Longueuil, Montérégie, QC, J4T 1Z7

**450 486-1609**  **Fax:** 514 227-8314

**Website:** www.cssm-m.com

**Email:** ssm2510@videotron.ca


**Eligibility:** people with mental illnesses, their family and relatives

**Coverage area:** Montérégie

**Hours:** Monday to Friday 8h30 to 16h30

**Fees:** members: $10 per year, variable contributions for outings and some activities

**Financing:** provincial, municipal, fundraising campaigns, donations, grants

**Legal status:** non-profit organization
CENTRE DE TRANSITION PERCEVAL INC.
148 George Street, Suite 203, Sorel-Tracy, Montérégie, QC, J3P 1C6
450 746-1860     Fax: 450 746-2970
Email: centre.perceval@videotron.ca


Eligibility: people aged 18 to 65 living with severe and persistent mental health and other severe psychosocial adjustment disorders

Coverage area: MRC Pierre-De Saurel

Hours: Monday to Friday 8h00 to 16h00

Fees: none

Financing: donations, provincial

Legal status: non-profit organization

CENTRE DES FEMMES DE LONGUEUIL
1529 Lafayette Boulevard, Longueuil, Montérégie, QC, J4K 3B6
450 670-0111     Fax: 450 670-9749
Website: www.centredefemmeslongueuil.org
Email: info@centredefemmeslongueuil.org

Services: * Reception, listening and referral. * Ad hoc or short term individual support. * Popular education activities and outings. * Diverse workshops: self-knowledge, health, self-defense, etc. * Various support groups: for women who have violent behaviour, support in the separation, women of sexual and gender diversity, etc. * Computer lab. * Library and documentation centre. * Collective actions and citizen involvement (animation, committees, etc.).

Eligibility: women

Coverage area: agglomeration of Longueuil

Hours: Monday to Wednesday 9h00 to 16h30, Thursday 9h00 to 20h30

Fees: none

Financing: grants, donations

Legal status: non-profit organization

COM’FEMME
6035 Adam Street, Brossard, Montérégie, QC, J4Z 1A9
450 676-7719
Website: www.comfemme.org
Email: cf.membres@outlook.com


Eligibility: women 18 years and over

Coverage area: Brossard, Longueuil, Saint-Lambert

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 17h00

Fees: annual membership: $12

Financing: provincial, self-financing

Legal status: non-profit organization

CORPORATION INTERNATIONALE DES THÉRAPEUTES EN RELATION D’AIDE DU CANADA (LA)
182 Saint-Charles Street West, Longueuil, Montérégie, QC, J4H 1C9
1 877 932-2195
Website: citrac.ca
Email: info@citrac.ca
Mental Health and addictions


Eligibility: therapists, general public

Coverage area: Canada

Hours: administration: Monday to Thursday 9h00 to 16h00

Financing: membership fees

Legal status: non-profit organization

COURT OF QUÉBEC - CIVIL DIVISION - LONGUEUIL
1111 Jacques-Cartier Boulevard East, Longueuil, Montérégie, QC, J4M 2J6
450 646-4009
Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/longueuil-courthouse

Services: Court constituting the judicial system of Québec. * Hearing of cases where the amount in dispute is less than $85,000. * Hearing of some cases regarding municipal and school affairs. * Hearing of temporary and authorized confinement cases prior to or following psychiatric assessment. * Exclusive jurisdiction to hear appeals from decisions of certain administrative tribunals, such as the Tribunal administratif du logement. * Voluntary deposit.

Coverage area: South Shore of Montréal: Longueuil judicial district

Hours: Monday to Friday of 8h30 to 16h30

Financing: provincial

Legal status: provincial government agency

COURT OF QUÉBEC - CIVIL DIVISION - SAINT-JEAN-SUR-RICHELIEU
109 Saint-Charles Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 2C2
450 347-3716
Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/saint-jean-sur-richelieu-courthouse

Services: Court constituting the judicial system of Québec. * Hearing of cases where the amount in dispute is less than $85,000. * Hearing of some cases regarding municipal and school affairs. * Hearing of temporary and authorized confinement cases prior to or following psychiatric assessment. * Exclusive jurisdiction to hear appeals from decisions of certain administrative tribunals, such as the Tribunal administratif du logement. * Voluntary deposit.

Coverage area: Montérégie: Iberville judicial district

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: provincial government agency

COURT OF QUÉBEC - CIVIL DIVISION - SALABERRY-DE-VALLEYFIELD
74 Académie Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 0B8
450 370-4006
Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/salaberry-de-valleyfield-courthouse

Services: Court constituting the judicial system of Québec. * Hearing of cases where the amount in dispute is less than $85,000. * Hearing of some cases regarding municipal and school affairs. * Hearing of temporary and authorized confinement cases prior to or following psychiatric assessment. * Exclusive jurisdiction to hear appeals from decisions of certain administrative tribunals, such as the Tribunal administratif du logement. * Voluntary deposit.

Coverage area: Beauharnois judicial district: MRC Beauharnois-Salaberry and MRC Vaudreuil-Soulanges

Hours: Monday to Friday 8h30 to 12h45 and 13h45 to 16h30

Financing: provincial

Legal status: provincial government agency
COURT OF QUÉBEC - CIVIL DIVISION - SOREL-TRACY
46 Charlotte Street, Sorel-Tracy, Montérégie, QC, J3P 6N5
450 742-2786
Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/sorel-tracy-courthouse

Services: Court constituting the judicial system of Québec. * Hearing of cases where the amount in dispute is less than $85,000. * Hearing of some cases regarding municipal and school affairs. * Hearing of temporary and authorized confinement cases prior to or following psychiatric assessment. * Exclusive jurisdiction to hear appeals from decisions of certain administrative tribunals, such as the Tribunal administratif du logement. * Voluntary deposit.
Coverage area: Richelieu judicial district: MRC Pierre-De Saurel and MRC Marguerite-D'Youville
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

CRIME VICTIMS ASSISTANCE CENTRE OF MONTRÉGIE
370 de Chambly Road, Suite 200, Longueuil, Montérégie, QC, J4H 3Z6
1 888 670-3401  Fax: 450 670-3402
Website: cavac.qc.ca/en
Email: infocavac@cavacmonteregie.com

Services: * Psycho-socio-judicial and post-traumatic intervention. * Assistance with the procedures. * Information and referral: rights and remedies, existing ressources, etc.
Eligibility: victims of criminal acts, their relatives
Coverage area: Montérégie
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: provincial, donations
Legal status: non-profit organization

CRIME VICTIMS ASSISTANCE CENTRE OF MONTRÉGIE - LONGUEUIL COURTHOUSE
1111 Jacques-Cartier Boulevard East, Longueuil, Montérégie, QC, J4M 2J6
450 646-4012
Website: cavac.qc.ca/en
Email: infocavac@cavacmonteregie.com

Eligibility: people victims of criminal acts, their relatives
Capacity: 10
Coverage area: Longueuil
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: provincial, donations
Legal status: non-profit organization

CRIME VICTIMS ASSISTANCE CENTRE OF MONTRÉGIE - SAINT-HYACINTHE SERVICE POINT
1550 Dessaulles Street, Suite RC-22, Saint-Hyacinthe, Montérégie, QC, J2S 2S8
450 778-8410  Fax: 450 778-6566
Website: cavac.qc.ca/en
Email: infocavac@cavacmonteregie.com

Eligibility: victims of criminal acts, their relatives
Coverage area: Saint-Hyacinthe
Hours: Monday to Friday 8h30 to 12h30 and 13h30 to 16h30
Fees: none
Financing: provincial, donations
Legal status: non-profit organization

CRIME VICTIMS ASSISTANCE CENTRE OF MONTÉRÉGIE - SAINT-JEAN-SUR-RICHELIEU
SERVICE POINT
109 Saint-Charles Street, Suite 1-10B, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 2C2
450 358-0152  Fax: 450 346-3989
Website: cavac.qc.ca/en
Email: infocavac@cavacmonteregie.com
Services: * Psycho-socio-judicial and post-traumatic intervention. * Support in the procedures. * Information and referrals: rights and remedies, existing resources, etc.
Eligibility: victims of criminal acts, their relatives
Coverage area: Saint-Jean-Sur-Richelieu
Hours: Monday 8h30 to 16h30, Tuesday 9h30 to 16h30, Wednesday 10h30 to 16h30, Thursday 11h30 to 16h30, Friday 12h30 to 16h30
Fees: none
Financing: provincial, donations
Legal status: non-profit organization

CRIME VICTIMS ASSISTANCE CENTRE OF MONTÉRÉGIE - SALABERRY-DE-VALLEYFIELD
SERVICE POINT
74 Académie Street, Suite 204, Salaberry-de-Valleyfield, Montérégie, QC, J6T 0B8
450 370-4029  Fax: 450 370-4018
Website: cavac.qc.ca/en
Email: infocavac@cavacmonteregie.com
Eligibility: victims of criminal acts, their relatives
Coverage area: Salaberry-De-Valleyfield
Hours: Monday 8h30 to 16h30, Tuesday 9h30 to 16h30, Wednesday 10h30 to 16h30, Thursday 11h30 to 16h30, Friday 12h30 to 16h30
Fees: none
Financing: provincial, donations
Legal status: non-profit organization

CRIME VICTIMS ASSISTANCE CENTRE OF MONTÉRÉGIE - SOREL-TRACY SERVICE POINT
46 Charlotte Street, Sorel-Tracy, Montérégie, QC, J3P 6N5
450 742-8033  Fax: 450 743-4307
Website: cavac.qc.ca/en
Email: infocavac@cavacmonteregie.com
Eligibility: victims of criminal acts, their relatives
Coverage area: Sorel-Tracy
Hours: Monday and Tuesday 8h30 to 16h30, Wednesday 10h30 to 16h30, Thursday 11h30 to 16h30, Friday 12h30 to 16h30
Fees: none
Financing: provincial, donations
Legal status: non-profit organization
Mental Health and addictions

D'UN COUVERT À L'AUTRE
1301 Sainte-Hélène Street, Longueuil, Montérégie, QC, J4K 3S4
450 928-9898
Website: www.duncouvertalautre.org/index.html
Email: duncouvertalautre@gmail.com


Eligibility: people living with schizophrenia or with other mental illnesses with psychotic symptoms
Coverage area: Longueuil
Hours: Monday to Friday 8h00 to 17h00, printing shop: Monday to Thursday 8h00 to 17h00
Financing: grants
Legal status: non-profit organization

DAHLIA (LE) - GROUPE D'ENTRAIDE EN SANTÉ MENTALE
183 Ellice Street, Beauharnois, Montérégie, QC, J6N 1W9
450 225-0696     Fax: 450 225-0102
Email: dahliaentraide@hotmail.com


Eligibility: people living or having experienced mental health problems or emotional distress
Coverage area: MRC Beauharnois-Salaberry, MRC Roussillon
Hours: Monday to Friday 8h30 to 16h00
Fees: lunches: $3, takeout: $2
Financing: provincial, federal, donations
Legal status: non-profit organization

DROIT DI RÊVER
479 Hébert boulevard, Salaberry-de-Valleyfield, Montérégie, QC, J6S 5Y9
450 377-4241
Website: droitdirever.org
Email: ddirosq@gmail.com

Services: Organization seeking to promote, inform and facilitate the social inclusion in all areas of daily life for people living with an intellectual disability or autism spectrum disorder. * Trainings and workshops: hygiene, nutrition, self-esteem, etc. * Physical and cultural activities: theater, dance, yoga, etc. * Volunteer work.

Eligibility: people aged 21 and over living with an intellectual disability or an autism spectrum disorder
Coverage area: Le Suroît
Hours: Monday to Friday 9h00 to 17h00 or by appointment
Fees: variable
Financing: fundraising campaigns, donations
Legal status: non-profit organization

ÉCLUSIER DU HAUT-RICHELIEU
144 Jacques-Cartier Street North, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 6S6
1 855 272-7837     Fax: 450 346-6751
Website: eclusierhr.ca
Email: info@eclusierhr.ca

Eligibility: relatives of people with mental health problems
Coverage area: CLSC Vallée-des-Forts and CLSC Richelieu
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization

ENTRÉE CHEZ SOI BROME-MISSISQUIO
525 Saint-Édouard Street, Suite 101, Farnham, Montérégie, QC, J2N 1G6
450 293-1631    Fax: 450 293-7070
Website: www.entreechezsoi.com
Email: info@entreechezsoi.com
Eligibility: people who recognize a vulnerability to mental health, at risk of homelessness
Coverage area: MRC Brome-Missisquoi
Hours: Monday to Friday 8h30 to 16h00
Fees: none
Financing: provincial, donations, grants
Legal status: non-profit organization

ENTRÉE CHEZ SOI BROME-MISSISQUIO - POINT DE SERVICE DE COWANSVILLE
217 Oxford Street, Cowansville, Montérégie, QC, J2K 2M5
450 293-1631
Website: www.entreechezsoi.com
Email: info@entreechezsoi.org
Eligibility: people living with a mental health disorder, at risk of homelessness
Coverage area: MRC Brome-Missisquoi
Hours: Monday to Friday 8h30 to 16h00
Fees: none
Financing: provincial, donations, grants
Legal status: non-profit organization

ET TOI DANS TOUT ÇA
10 Churchill Boulevard, Suite 208, Longueuil, Montérégie, QC, J4V 2L7
450 766-0524
Website: ettoidanstoutca.org
Email: clegault@apammrs.org
Services: * Individual or family follow-ups in the youth's environment (school, home, public place, etc.) or at the organization. * Workshops on various themes. * Instant discussions with a counsellor via Facebook or Instagram.
Eligibility: youth aged 14 to 24 who have a parent, sibling, other family member or friend living with a mental health issue
Coverage area: urban agglomeration of Longueuil, MRC Marguerite-D'Youville
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: grants, donations, contributions
Legal status: non-profit organization
ÉTOILE (L') - PÉDIATRIE SOCIALE EN COMMUNAUTÉ DU HAUT-RICHELIEU
212 Saint-Jacques Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 2K7
450 346-7288  Fax: 450 346-9007
Website: letoilehr.org
Email: info@letoilehr.ca
Eligibility: children living in vulnerable situations from 0 to 18 years old
Coverage area: Lacolle, Saint-Jean-sur-Richelieu: part of the Saint-Jean sector between Macdonald Street and Gouin Boulevard and between the Richelieu River and Grand Bernier North Road, part of the Iberville sector between 10th Avenue and Lareau Avenue and between Iberville Boulevard and the Richelieu River
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: grants, provincial, donations, fundraising campaigns
Legal status: non-profit organization

G.E.M.E. GROUPE D'ENTRAIDE POUR UN MIEUX-ÊTRE - LA PRAIRIE
462 Saint-Paul Street, La Prairie, Montérégie, QC, J5R 2R5
450 332-4463
Website: www.groupegeme.com
Email: lucie.bergeron@groupegeme.com
Eligibility: people 18 years and over living with anxiety disorders: stress, simple or social phobia, agoraphobia, panic disorder, burnout, depression, post-traumatic stress
Capacity: support groups: 15 to 33 people
Coverage area: Province of Québec
Hours: office: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, groups schedule: on the website
Fees: contributions
Financing: provincial, levées de fonds, cotisations, autofinancements
Legal status: non-profit organization

G.E.M.E. GROUPE D'ENTRAIDE POUR UN MIEUX-ÊTRE - LONGUEUIL
1085 Sainte-Foy Boulevard, Suite 232, Longueuil, Montérégie, QC, J4K 1W7
450 332-4463
Website: www.groupegeme.com
Email: lucie.bergeron@groupegeme.com
Eligibility: people 18 years and over with anxiety disorders: stress, simple or social phobia, agoraphobia, panic disorder, burnout, depression, post-traumatic stress
Capacity: support groups: 15 to 33 people
Coverage area: Province of Québec
Hours: office: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, groups schedule: on the website
Fees: membership fees
Financing: provincial, fundraising campaigns, membership fees, self-financing
Legal status: non-profit organization
G.E.M.E. GROUPE D'ENTRAIDE POUR UN MIEUX-ÊTRE - SAINT-BRUNO
53 de la Rabastalière Road East, Room 121, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 3T5
450 332-4463
Website: www.groupegeme.com
Email: lucie.bergeron@groupegeme.com
Eligibility: people 18 years and over with anxiety disorders: stress, simple or social phobia, agoraphobia, panic disorder, burnout, depression, post-traumatic stress
Capacity: support groups: 15 to 33 people
Coverage area: Province of Québec
Hours: office: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, groups schedule: on the website
Fees: contributions
Financing: provincial, fundraising campaigns, membership fees, self-financing
Legal status: non-profit organization

G.E.M.E. GROUPE D'ENTRAIDE POUR UN MIEUX-ÊTRE - SAINT-HUBERT
525 Latour Street, Longueuil, Montérégie, QC, J3Y 6A9
450 332-4463
Website: www.groupegeme.com
Email: lucie.bergeron@groupegeme.com
Eligibility: people 18 years and over with anxiety disorders: stress, simple or social phobia, agoraphobia, panic disorder, burnout, depression, post-traumatic stress
Capacity: support groups: 15 to 33 people
Coverage area: Province of Québec
Hours: office: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, groups schedule: on the website
Fees: contributions
Financing: provincial, fundraising campaigns, membership fees, self-financing
Legal status: non-profit organization

G.E.M.E. GROUPE D'ENTRAIDE POUR UN MIEUX-ÊTRE - SAINT-JEAN-SUR-RICHELIEU
177 Longueuil Street, 2nd floor, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 6P2
450 332-4463
Website: www.groupegeme.com
Email: lucie.bergeron@groupegeme.com
Eligibility: people 18 years and over living with anxiety disorders: stress, simple or social phobia, agoraphobia, panic disorder, burnout, depression, post-traumatic stress
Capacity: support groups: 15 to 33 people
Coverage area: Province of Québec
Hours: office: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, groups schedule: on the website
Fees: contributions
Financing: provincial, fundraising campaigns, membership fees, self-financing
Legal status: non-profit organization
GROUPE D’ENTRAIDE L’ARRÊT-COURT, SOREL-TRACY
117 George Street, Sorel-Tracy, Montérégie, QC, J3P 1C4
450 743-6071  Fax: 450 743-9971
Website: www.groupedentraidelarretcourt.com
Email: arretcourt@hotmail.com


Eligibility: people 18 years old and over who are or have been living with severe and persistent mental health issues

Coverage area: Sorel-Tracy

Hours: Monday to Friday 8h00 to 12h00 and 13h15 to 17h00

Fees: none

Financing: donations, provincial

Legal status: non-profit organization

HÉBERGEMENT L’ENTRE-DEUX
1625 Bourassa Street, Longueuil, Montérégie, QC, J4J 3A5
450 651-0715  Fax: 450 651-0716
Website: hebergement-entredeux.com
Email: entre2@cooptel.qc.ca


Eligibility: women 18 years and over with depression or a borderline personality disorder, without drug addiction or abstinent for at least 4 to 6 months

Capacity: housing: 12 women

Coverage area: Greater Montréal, priority to people living in Montérégie region

Hours: administration: Monday to Friday 8h00 to 16h30, housing: 24 hours / 7 days

Fees: housing: $185 per week, external follow-up: $150 per week

Financing: provincial, self-financing

Legal status: non-profit organization

HÔPITAL CHARLES-LE MOYNE - CLINIQUE EXTERNE DE PSYCHIATRIE POUR ENFANTS ET ADOLESCENTS
3120 Taschereau Boulevard, Longueuil, Montérégie, QC, J4V 2H1
450 466-5000 ext. 2414
Website: www.santemonteregie.qc.ca

Services: Psychiatric care and consultation for children and teenagers. * By referral only.

Eligibility: children and teenagers

Coverage area: Montérégie

Hours: by appointment

Financing: provincial

Legal status: parapublic organization

INFO-SOCIAL 8-1-1 - MONTÉRÉGIE
Confidential Address
811
Website: www.quebec.ca/en/health/finding-a-resource/info-social-811

Services: Psychosocial consultation by phone. * Information and referral to assistance resources.

Coverage area: Montérégie

Hours: 24 hours / 7 days
Mental Health and addictions

Fees: free
Financing: provincial
Legal status: non-profit organization

INTÉGRATION COMPÉTENCES
285 Cartier Boulevard, Beloeil, Montérégie, QC, J3G 3R2
450 464-4481    Fax: 450 464-8455
Website: www.integrationcompetences.ca
Email: info@integrationcompetences.ca


Eligibility: adults, immigrants, youth 16 to 35 years old
Coverage area: MRC La Vallée-du-Richelieu
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00
Fees: none
Financing: provincial, fundraising campaigns, donations
Legal status: non-profit organization

INTÉGRATION COMPÉTENCES - POINT DE SERVICE CHAMBLY
1179 Bourgogne Street, 2nd Floor, Chambly, Montérégie, QC, J3L 1X3
450 464-4481    Fax: 450 447-2037
Website: integrationcompetences.ca
Email: info@integrationcompetences.ca


Eligibility: adults, immigrants, youth 16 to 35 years old
Coverage area: MRC La Vallée-du-Richelieu
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00
Fees: none
Financing: provincial, fundraising campaigns, donations
Legal status: non-profit organization
KAHNAWAKE SHAKOTIIA’TAKEHNHAS COMMUNITY SERVICES

Confidential Address
450 632-6880     Fax: 450 632-5116
Website: www.kscs.ca


Eligibility: Kahnawake residents
Coverage area: Kahnawake
Hours: Monday to Friday 8h30 to 16h30
Financing: grants
Legal status: non-profit organization

MAISON D’INTERVENTION VIVRE

1807 Duke Street, Longueuil, Montérégie, QC, J4T 2A5
450 465-0264     Fax: 450 465-0266
Website: www.maisonvivre.org
Email: info@maisonvivre.org


Eligibility: women and men 18 to 55 years old, mainly with depression
Capacity: 15 people
Coverage area: Montérégie
Hours: Monday to Friday 9h30 to 17h00
Fees: 3 to $12 per day, depending on the income
Financing: provincial, donations
Legal status: non-profit organization

MAISON DES JEUNES DE LONGUEUIL (LA)

540 King-George Street, Longueuil, Montérégie, QC, J4J 2V7
450 468-5907     Fax: 450 468-6074
Email: m.d.j.longueuil@hotmail.com


Eligibility: youth 12 to 17 years old
Capacity: 329 people
Coverage area: Longueuil
Hours: Monday to Friday 15h00 to 21h00
Fees: none
Financing: provincial, municipal, fundraising campaigns, donations, grants
Legal status: non-profit organization
MAISON DU GOÉLAND (LA)
66 Saint-Pierre Street, Saint-Constant, Montérégie, QC, J5A 1C1
450 845-1700 ext. 225     Fax: 450 845-1800
Website: lamaisongoeland.com
Email: info@maisongoeland.com

Eligibility: people living with a mental health problem
Capacity: 9 beds
Coverage area: CSSS Jardins-Roussillon
Hours: Monday to Friday 8h00 to 17h00
Financing: provincial, donations
Legal status: non-profit organization

MAISON LE PASSEUR
113 Charlotte Street, Sorel-Tracy, Montérégie, QC, J3P 1G9
450 743-8403     Fax: 450 743-8825
Website: www.maisonlepasseur.com
Email: info@maisonlepasseur.com

Eligibility: men living in difficult situations that can degenerate into conjugal violence (bereavement, depression, job loss, break-up, etc.), men who are victims or perpetrators of domestic violence, businesses with employees who exhibit violent behaviour
Coverage area: MRC Pierre-De Saurel, Sorel-Tracy and surroundings
Hours: Monday, Thursday and Friday 9h00 to 17h00, Tuesday and Wednesday 9h00 to 20h00
Fees: cost proportional to the client's income
Financing: provincial
Legal status: non-profit organization

MAISON LE POINT COMMUN
177 Longueuil Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 6P2
450 346-5706     Fax: 450 346-3167
Website: maisonlepointcommun.org
Email: info@pointcommun.ca

Eligibility: adults 18 years and over living with severe mental health issues who want to develop abilities to function in their natural surroundings or to avoid hospitalization
Coverage area: MRC Le Haut-Richelieu, MRC Rouville
Hours: Monday to Wednesday and Friday 8h30 to 12h00 and 13h30 to 16h30, Thursday 13h30 to 16h30
Fees: none
Financing: provincial, grants, donations
Legal status: non-profit organization

MAISON SOUS LES ARBRES (LA)
2 D'Anjou Boulevard, Châteauguay, Montérégie, QC, J6K 1B7
1 866 277-3553     Fax: 450 691-6813
Website: www.la-msla.com/en
Email: admin@la-msla.com

**Eligibility:** people 18 years and over, training: counsellors, intensive follow-up: people living with a mental health problem

**Capacity:** short term housing: 3 places, crisis follow-up: 23 places, community support and intensive follow-up: 63 places

**Coverage area:** Châteauguay

**Hours:** hotline and crisis centre: 24 hours / 7 days, intensive follow-up: Monday to Friday 8h30 to 17h00

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

**OPTIONS: RESOURCE AND PREGNANCY CENTRE FOR YOUTH**

25 D’Anjou Boulevard, Châteauguay, Montérégie, QC, J6J 2P7

450 699-4357

Website: www.centreoptions.org/indexen1

Email: options@jslmontreal.org


**Eligibility:** teens, young adults and families who struggle with an unexpected pregnancy

**Capacity:** ARK boutique: 25 people per week, pregnancy options support: 3 people per week, other services: as needed

**Coverage area:** Greater Montréal

**Hours:** Monday, Tuesday and Friday 10h00 to 14h00, appointments available outside these hours

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

**PARRAINAGE CIVIQUE CHAMPLAIN**

3222 Windsor Street, Longueuil, Montérégie, QC, J4T 2X2

450 678-7025     Fax: 450 676-6111

Website: www.parrainagechamplain.org

Email: info@parrainagechamplain.org

**Services:** * Pairing for people living with a disability. * Day camp for youth 5 to 21 years old.

**Eligibility:** people living with an intellectual disability, a pervasive developmental disorder (PDD, autism), a physical disability or a mental health disorder

**Coverage area:** Boucherville, Brossard, Longueuil, Saint-Hubert, Saint-Bruno-de-Montarville, Saint-Lambert, Candiac

**Hours:** Monday to Friday 9h00 to 16h00, day camp: Monday to Thursday 8h00 to 16h00

**Fees:** mandatory membership card: $10 per year, day camp: $150 per week, $32 per day, childcare: $8 per day

**Financing:** grants, provincial

**Legal status:** non-profit organization
PARRAINAGE CIVIQUE DE LA VALLÉE-DU-RICHELIEU
308 Montsabré Street, Suite D132, Beloeil, Montérégie, QC, J3G 2H5
1 877 464-7287
Website: www.pcvr.ca
Email: info@pcvr.ca
Services: Pairing. * Select, monitor and support the volunteers. * Activities promoting social inclusion. * Inclusion workshops and discussion groups on request. * Integration trips.
Eligibility: teenagers 12 to 17 years old, adults and seniors, with an intellectual disability, a mental health problem, trisomy 21 or an autism spectrum disorder
Coverage area: MRC La Vallée-du-Richelieu, MRC Rouville, MRC Marguerite-D'Youville partly, MRC Pierre-de-Saurel
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h30, Friday by appointment only
Fees: membership: $10 per year, volunteer and support member: $15
Financing: Centraide of Greater Montréal, Centraide Richelieu-Yamaska, provincial
Legal status: non-profit organization

PARRAINAGE CIVIQUE DU HAUT-RICHELIEU
125 Jacques-Cartier Street North, Suite 8, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 8C9
450 347-8091     Fax: 450 347-8444
Website: entreamis.ca
Email: info@entreamis.ca
Eligibility: people with an intellectual or physical disability, an autism spectrum disorder or a mental health problem, citizens looking for volunteering opportunities
Coverage area: MRC Le Haut-Richelieu, MRC Les Jardins-de-Napierville, MRC Brome-Missisquoi
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00 and according to needs
Financing: Centraide of Greater Montréal, provincial, self-financing
Legal status: non-profit organization

PHARE - SAINT-HYACINTHE ET RÉGIONS (LE)
620 Robert Avenue, Saint-Hyacinthe, Montérégie, QC, J2S 4L8
450 773-7202     Fax: 450 773-5117
Website: www.lephare-apamm.ca
Email: reception@lephare-apamm.ca
Eligibility: family and friends of people living with mental health challenges, community workers, training and awareness raising: organisations, schools, companies
Coverage area: MRC d'Acton, MRC Les Maskoutains, MRC La Vallée-du-Richelieu (Carignan and Chambly excluded), Saint-Bruno-de-Montarville
Hours: office: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, open until 20h30 on Wednesday
Fees: none
Financing: grants, donations
Legal status: non-profit organization
Mental Health and addictions

PHARE SOURCE D’ENTRAIDE (LE) - POINT DE SERVICE - COWANSVILLE
515 du Sud Street, Suite 216, Cowansville, Montérégie, QC, J2K 1T8
450 266-3464
Website: psentraide.org
Email: lephare@videotron.ca


Eligibility: people living with or having lived with mental health challenges
Coverage area: Cowansville
Hours: Monday, Wednesday, Thursday, Friday 9h00 to 16h00
Financing: provincial
Legal status: non-profit organization

PHARE SOURCE D’ENTRAIDE (LE) - SIÈGE SOCIAL - FARNHAM
525 Saint-Édouard Street, Suite 103, Farnham, Montérégie, QC, J2N 1G6
450 293-0690 Fax: 450 293-7070
Website: psentraide.org
Email: lephare@videotron.ca


Eligibility: people living or having lived with a mental health problem or a period of emotional distress
Coverage area: MRC Brome-Missisquoi
Hours: Monday, Wednesday, Thursday and Friday 9h00 to 16h00
Financing: provincial
Legal status: non-profit organization

PONT DU SUROÎT
88 Alexandre Street, Salaberry-de-Valleyfield, Montérégie, QC, J6S 3J9
450 377-3126
Website: www.lepont.com
Email: info@lepont.com


Eligibility: families and friends of people living with a mental illness
Coverage area: MRC Vaudreuil-Soulanges, MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent
Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00
Financing: provincial, self-financing, donations
Legal status: non-profit organization

PSYCOHÉSION
100 du Marché Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1P7
450 377-2841 Fax: 450 377-0410
Website: www.psycohesion.weebly.com
Email: directrice@psycohesion.com

Eligibility: people 18 years and over living with or having lived with a mental health problem, Pass-Action program: people ready to reintegrate the job market

Capacity: Pass-Action program: 8 people

Coverage area: Salaberry-de-Valleyfield

Hours: Monday and Wednesday 9h00 to 16h00, Tuesday 12h00 to 16h00, Thursday 9h00 to 16h00 and 18h00 to 21h00, Friday 9h00 to 15h00, Saturday and Sunday 9h00 to 14h00

Fees: annual membership: $10

Financing: provincial

Legal status: non-profit organization

SANTÉ MENTALE QUÉBEC - HAUT-RICHELIEU

211 Mayrand Street, Suite 1, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 3L1

450 346-5736  Fax: 450 346-2075

Email: direction.smq-hr@bellnet.ca


Eligibility: social reintegration program: adults with mental health issues

Coverage area: MRC Le Haut-Richelieu, MRC Rouville, MRC Roussillon

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h00

Financing: provincial

Legal status: non-profit organization

SANTÉ MENTALE QUÉBEC - PIERRE-DE SAUREL

71 Hôtel-Dieu Street, Suite 105, Sorel-Tracy, Montérégie, QC, J3P 1L3

450 746-1497

Website: www.smqpierredesaurel.org

Email: info@smqpierredesaurel.org

Services: Promotion and prevention of mental health in the MRC Pierre-De Saurel. * Prevention and promotion work for the protection of the mental health of the population. * Raising awareness in the population about caring for one’s mental health as much as their physical health. * L’Astuce: community space for members to share, equip themselves and help each other. * Facilitating the support of people who have lived or are living through affective and emotional difficulties. * Promoting the development of any alternative or community resource enabling the psychosocial integration of people who have lived with mental health issues.

Eligibility: general population, people who have lived or are living through affective and emotional difficulties, people who have lived with mental health issues

Coverage area: MRC Pierre-De Saurel

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00

Fees: upon request, depending on the activity

Financing: grants

Legal status: non-profit organization

SATELLITE, ORGANISME EN PRÉVENTION DES DÉPENDANCES

515 Robert Avenue, Saint-Hyacinthe, Montérégie, QC, J2S 4L7

450 888-2572

Website: preventiondesdependances.org

Email: coordo@preventiondesdependances.org


Eligibility: schools, parents, community organizations, companies
Coverage area: MRC Les Maskoutains  
Hours: Monday to Friday 8h00 to 16h00  
Fees: none  
Financing: provincial  
Legal status: non-profit organization  

**SERVICE D'INTERVENTION EN SANTÉ MENTALE ESPOIR**  
1704 Saint-Georges Street, Longueuil, Montérégie, QC, J4P 3J2  
450 672-4597 ext. 230  Fax: 450 672-5505  
Website: www.serviceespoir.com  
Email: espoir@serviceespoir.com  

**Services:**  
- Psychosocial rehabilitation.  
- Day centre.  
- Socioprofessional integration.  
- Individual follow-up.  
- Supervised transitional housing.  
- In-home community monitoring.  

**Eligibility:** adults 18 to 65 years old with mental health problems  
**Capacity:** Maison Cartier: 5 rooms  
**Coverage area:** South Shore  
**Hours:** daytime activities: Monday to Friday 9h00 to 17h00  
**Financing:** provincial  
**Legal status:** non-profit organization  

**SERVICE D'INTERVENTION EN SANTÉ MENTALE ESPOIR - POINT DE SERVICE RUE SAINT-GEORGES**  
1704 Saint-Georges Street, Longueuil, Montérégie, QC, J4P 3J2  
450 672-4597 ext. 221  Fax: 450 672-5505  
Website: www.serviceespoir.com  
Email: info@serviceespoir.com  

**Services:** Supervised apartments for adults living with mental health issues.  
- Psychosocial rehabilitation.  
- Individual support: meetings with a counsellor.  
- Day program: work on the objectives of the participant’s rehabilitation and reintegration plan.  
- Activities.  

**Eligibility:** men and women aged 18 to 65 living with mental health issues  
**Capacity:** 1½: 10 apartments, 3½: 5 apartments  
**Coverage area:** South Shore  
**Hours:** daytime activities: Monday to Friday 9h00 to 17h00  
**Financing:** provincial  
**Legal status:** non-profit organization  

**SERVICE D'INTERVENTION EN SANTÉ MENTALE ESPOIR - POINT DE SERVICE RUE SAINT-JACQUES**  
650 Saint-Jacques Street, Longueuil, Montérégie, QC, J4H 3C6  
450 672-4597 ext. 221  Fax: 450 672-5505  
Website: www.serviceespoir.com  
Email: info@serviceespoir.com  

**Services:** Supervised apartments for adults living with mental health issues.  
- Accompaniment and community follow-up in the implementation of the participants' life project.  
- Consolidation of psychosocial rehabilitation skills.  
- Residents’ committee.  

**Eligibility:** men and women aged 18 to 65 living with mental health issues who have previously resided at the Saint-Georges Street service point  
**Capacity:** 10 autonomous 3 1/2 apartments and one shared apartment for 2 people  
**Coverage area:** South Shore  
**Hours:** day activities: Monday to Friday 9h00 to 17h00  
**Financing:** provincial  
**Legal status:** non-profit organization
TRAIT D'UNION MONTÉRÉGIEN
1195 Saint-Antoine Street, Suite 201, Saint-Hyacinthe, Montérégie, QC, J2S 3K6
450 223-1252    Fax: 450 261-0983
Website: www.tumparraine.org
Email: info@tumparraine.org

Services: Mental health mentoring promoting social reintegration and integration. * Pairing with a volunteer to
develop a friendly relationship. * Meeting and outing once a week or as needed. * Listening, mutual aid and
support in the development of social and relational skills. * Training workshops for participants and volunteers. *
Activities and conferences.
Eligibility: people aged 18 and over living or having lived with a mental health problem or emotional distress,
people aged 55 and over experiencing loneliness or at risk of experiencing emotional distress
Coverage area: MRC Acton, MRC Les Maskoutains
Hours: Monday to Thursday 9h00 to 16h30
Fees: none
Financing: provincial, donations
Legal status: non-profit organization

UNIVERSITÉ DE SHERBROOKE - CAMPUS DE LONGUEUIL - CLINIQUE D'ÉVALUATION ET
D'INTERVENTION EN ENFANCE ET EN ADOLESCENCE
150 Place Charles-Le Moyne, Longueuil, Montérégie, QC, J4K 0A8
450 463-1835 ext. 61612
Website: www.usherbrooke.ca/psychologie/clinique-devaluation-et-dintervention-en-enfance-et-en-
adolescence
Email: psychologie@usherbrooke.ca

Services: Psychological assessment and follow-up by interns or doctoral students supervised by psychologists
members of the Ordre des psychologues du Québec. * Psychological assessment. * Individual and family
therapy. * Issues treated: development and adaptation issues, relationship and behavior issues, academic
difficulties, mood, appetite and sleeping disorders, anxiety signs.
Eligibility: children, adolescents, their families
Coverage area: Greater Montréal
Hours: September to April, by appointment
Fees: file opening: $10, services: variable
Financing: self-financing, foundations, provincial
Legal status: non-profit organization

VAISSEAU D’OR (LE)
201 Robillard Street, Suite 210, Sorel-Tracy, Montérégie, QC, J3P 8C7
450 743-2300
Website: levaisseaudor.org
Email: info@vaisseaudor.org

Services: Assistance, support and intervention with the close ones of a person living with severe and persistant
mental illness. * Individual or family psychosocial intervention. * Information and training activities. * Support
Eligibility: close ones of a person living with severe and persistant mental illness
Coverage area: Massueville, Saint-Aimé, Saint-David, Saint-Gérard-Majella, Saint-Joseph-de-Sorel, Saint-
Ours, Saint-Robert, Saint-Roch-de-Richelieu, Sainte-Anne-de-Sorel, Sainte-Victoire-de-Sorel, Sorel-Tracy,
Yamaska
Hours: Monday to Friday 9h00 to 16h00
Fees: free
Financing: grants, donations, self-financing, foundations
Legal status: non-profit organization
VERSANT (LE) - RÉSEAU D'ENTRAIDE POUR LES PERSONNES SOUFFRANT DE TROUBLES ANXIEUX

Confidential Address
450 455-6171 ext. 70657
Website: www.leversant.org
Email: info@leversant.org


Eligibility: adults living with anxiety, youth section: youth 12 to 17 years old
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

AKWESASNE FAMILY WELLNESS PROGRAM

Confidential Address
613 937-4322
Website: www.akwesasne.ca/community-social-services/akwesasne-family-wellness-program
Email: afwpoutreach@akwesasne.ca

Services: Emergency and long-term safe housing for victims of domestic violence, abusive situations, self harm and high risk behaviors. * 6-week residential or non-residential program for women and men who have been victims of or exposed to abuse. * In-house residents: intake, assessments, case plans and accompaniment to courts and health related visits. * 24/7 support line, on-site support and information available. * One-on-one counselling. * Referrals. * Advocacy. * Education. * Tools and information on domestic violence offered in individual and group settings. * Access to cultural and traditional teachings. * Outreach program.

Eligibility: women, children, men
Coverage area: Akwesasne
Fees: none
Financing: municipal
Legal status: municipal agency

CARREFOUR LE MOUTIER - RÉSEAU SENTINELLES

219 Saint-Charles Street West, Longueuil, Montérégie, QC, J4H 1E1
450 679-7111 Fax: 450 679-5562
Website: carrefourmoutier.org
Email: preventiondetresse@carrefourmoutier.org


Eligibility: people in social and psychological distress
Coverage area: Montérégie
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: Centraide of Greater Montréal, provincial, donations
Legal status: non-profit organization

CENTRE DE CRISE ET DE PRÉVENTION DU SUICIDE DU HAUT-RICHELIEU-ROUVILLE

Confidential Address
1 866 277-3553 Fax: 855 351-6358
Website: www.cpshr.qc.ca
Email: administration@ccpshrr.ca
Eligibility: people in psychological distress, suicidal people, close ones of people in crisis, people grieving after a suicide, counsellors
Coverage area: CISSS de la Montérégie-Centre, hotline: province of Québec
Hours: administration: Monday to Thursday 9h00 to 16h00, telephone intervention: 24 hours / 7 days
Fees: free
Financing: provincial, donations, self-financing
Legal status: non-profit organization

CENTRE DE CRISE L’ACCÈS
Confidential Address
1 866 277-3553   Fax: 450 468-8090
Website: santemontregie.qc.ca/est/centre-de-crise-lacces
Services: Crisis intervention and suicide prevention over the telephone, 24 hours, 7 days. * Support to relatives. * Outpatient crisis follow-up for a maximum of 8 weeks. * Emergency shelter for a maximum of 7 days. 
* Family and community postvention.
Eligibility: adults 18 years and over living in a psychosocial or psychiatric crisis situation with or without suicidal thoughts
Capacity: accommodation: 5 beds
Hours: helpline: 24 hours / 7 days
Fees: free
Financing: provincial
Legal status: parapublic organization

COMITÉ DÉTRESSE SOCIALE DU HAUT-SAINT-LAURENT
10 King Street, Suite 200, Huntingdon, Montérégie, QC, J0S 1H0
450 829-2321 ext. 1325   Fax: 450 264-4542
Email: anyze.goyette.cssshsl16@ssss.gouv.qc.ca
Coverage area: MRC Le Haut-Saint-Laurent
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: parapublic organization

CONTACT RICHELIEU YAMASKA
420 de la Concorde Street North, Saint-Hyacinthe, Montérégie, QC, J2S 4N9
450 774-6952   Fax: 450 771-9803
Website: contactry.qc.ca
Email: info@contactry.qc.ca
Eligibility: people in any crisis situation, suicidal people, their loved ones

**Hours:** 24 hours / 7 days, face to face intervention: 9h00 to 21h00

**Fees:** none

**Financing:** grants

**Legal status:** non-profit organization

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**CRISES CENTRE - MAISON SOUS LES ARBRES**

2 D’Anjou Boulevard, Châteauguay, Montérégie, QC, J6K 1B7

1 866 277-3553    Fax: 450 691-6813

Website: www.la-msla.com/en

Email: admin@la-msla.com

**Services:** Crisis intervention: telephone helpline or face to face. * Short-term follow-up. * Follow-up during and after the crisis. * Temporary crisis housing. * Assistance to bereaved relatives.

**Eligibility:** adults 18 years and over experiencing a psychosocial, suicidal or psychiatric crisis

**Capacity:** emergency shelter: 3 beds

**Coverage area:** CLSC Châteauguay, CLSC Jardin du Québec, CLSC Katéri

**Hours:** phone intervention: 24 hours / 7 days

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

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**HABITATIONS SAINT-MAXIME**

71 de Ramezay Street, Suite 212, Sorel-Tracy, Montérégie, QC, J3P 3Z1

450 742-0183    Fax: 450 746-7108

Email: grths.claude@videotron.ca


**Eligibility:** low and middle families income with three or more children

**Capacity:** 20 units

**Coverage area:** MRC Pierre-de-Saurel, priority to people living in Sorel-Tracy

**Fees:** 25% of income according to the provincial notice of assessment

**Financing:** provincial

**Legal status:** non-profit organization

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**MAISON SOUS LES ARBRES (LA)**

2 D’Anjou Boulevard, Châteauguay, Montérégie, QC, J6K 1B7

1 866 277-3553    Fax: 450 691-6813

Website: www.la-msla.com/en

Email: admin@la-msla.com


**Eligibility:** people 18 years and over, training: counsellors, intensive follow-up: people living with a mental health problem

**Capacity:** short term housing: 3 places, crisis follow-up: 23 places, community support and intensive follow-up: 63 places

**Coverage area:** Châteauguay
Mental Health and addictions

PASSANT (LE) - MAISON D'HÉBERGEMENT POUR PERSONNES EN DIFFICULTÉ DE GRANBY
436 Horner Street, Granby, Montérégie, QC, J2G 3T5
450 375-4404     Fax: 450 375-6343
Website: lepassant.org
Email: lepassant@bellnet.ca
Eligibility: men in need 18 years and over
Capacity: 26 permanent beds and 2 overflow beds
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Fees: free for 7 days, then $17.50 per day
Financing: Centraide Richelieu-Yamaska, provincial, donations
Legal status: non-profit organization

RESSOURCE DE TRANSITION LE TOURNANT
414 Salaberry Street West, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2K3
1 866 277-3553     Fax: 450 371-2681
Website: www.letournant.org
Email: letournant@letournant.qc.ca
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

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
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 and addictions

TRAVERSÉE (LA) - CENTRE DE CRISE ET DE PRÉVENTION DU SUICIDE
120 Sainte-Anne Road, Sorel-Tracy, Montérégie, QC, J3P 1J8
1 866 277-3553     Fax: 450 746-2785
Website: cpslatraversee.ca
Email: intervention@cpslatraversee.ca
Eligibility: people in psychological distress, suicidal people, bereaved children and adults, counselors
Capacity: 3
Coverage area: MRC Pierre-De Saurel
Hours: 24 hours / 7 days
Fees: none
Financing: provincial
Legal status: non-profit organization

VIGIE RIVE-SUD (LA)
Confidential Address
514 961-9415
Email: lavigierivesud@gmail.com
Eligibility: all ages, ITMAV: people 50 years old and over
Coverage area: Saint-Lambert, Saint-Hubert, Lémoine, Greenfield Park, Brossard
Hours: Monday to Thursday 9h00 to 17h00, Friday 9h00 to 12h00
Fees: free
Financing: fundraising campaigns, donations
Legal status: non-profit organization

Helplines

AINSI SOIT-ELLE - CENTRE DE FEMMES
1224 Notre-Dame Street, Chambly, Montérégie, QC, J3L 1K3
450 447-3576     Fax: 450 447-8242
Email: ainsisoielle.org@hotmail.com
Eligibility: women
Coverage area: CLSC du Richelieu
Hours: Monday, Wednesday and Thursday 8h30 to 16h30, Tuesday 13h00 to 16h30
Fees: members: $10 each year
Financing: provincial, self-financing, donations, fundraising campaigns
Legal status: non-profit organization
AKWESASNE FAMILY WELLNESS PROGRAM
Confidential Address
613 937-4322
Website: www.akwesasne.ca/community-social-services/akwesasne-family-wellness-program
Email: afwpoutreach@akwesasne.ca

Services: Emergency and long-term safe housing for victims of domestic violence, abusive situations, self harm and high risk behaviors. * 6-week residential or non-residential program for women and men who have been victims of or exposed to abuse. * In-house residents: intake, assessments, case plans and accompaniment to courts and health related visits. * 24/7 support line, on-site support and information available. * One-on-one counselling. * Referrals. * Advocacy. * Education. * Tools and information on domestic violence offered in individual and group settings. * Access to cultural and traditional teachings. * Outreach program.

Eligibility: women, children, men
Coverage area: Akwesasne
Fees: none
Financing: municipal
Legal status: municipal agency

ASSOCIATION DES FEMMES D’ICI ET D’AILLEURS
5400 Payer Boulevard, Suite 4, Longueuil, Montérégie, QC, J3Y 1J4
514 583-9664
Website: femmesdicietdailleurs.webs.com
Email: afia-st-hubert@hotmail.com


Eligibility: immigrant women of all origins and ages
Coverage area: agglomeration of Longueuil
Hours: variable depending on the activities, phoneline: 7 days 9h00 to 21h00
Fees: variable depending on the activities
Financing: self-financing, fundraising campaigns, donations
Legal status: non-profit organization

AU COEUR DES FAMILLES AGRICOLES
600 Benoît Street, Saint-Hyacinthe, Montérégie, QC, J2S 1L6
450 768-6995
Website: acfa@acfareseaux.qc.ca
Email: acfa@acfareseaux.qc.ca


Eligibility: agricultural producers, their families, their networks, Maison ACFA: agricultural producers
Coverage area: Province of Québec
Hours: office: Monday to Friday 8h00 to 16h00, help line: Monday to Saturday 8h00 to 20h00
Fees: none
Financing: provincial, donations, fundraising campaigns
Legal status: non-profit organization

CARREFOUR LE MOUTIER
219 Saint-Charles Street West, Longueuil, Montérégie, QC, J4H 1E1
450 679-7111    Fax: 450 679-5562
Website: carrefourmoutier.org
Email: info@carrefourmoutier.org
**Services:** Welcoming, listening and referral centre. * In-person and phone listening service. * Personalized support: 3 to 10 listening meetings by appointments. * Information and referral service. * Réseau Sentinelles: community distress prevention. * Various training workshops: listening, distress process, migratory journey, etc. * Assistance with newcomers’ settlement: individual meetings, information sessions, part-time francization courses, French conversation workshops, translation and document certification services, daycare search assistance. * Social involvement and consultation work with other actors in the community.

**Eligibility:** general public, immigrants, newcomers

**Coverage area:** Montérégie

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** none

**Financing:** Centraide of Greater Montréal, provincial, donations

**Legal status:** non-profit organization

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**CENTRE D’ACTION BÉNÉVOLE DU GRAND CHÂTEAUGUAY - SERVICES AUX PROCHES AIDANTS**

10 Gilmour Street, Châteauguay, Montérégie, QC, J6J 1K4

450 699-6289

**Website:** www.cabchateauguay.org

**Email:** aidant@cabgc.org


**Eligibility:** caregivers of people 50 years old and over with loss of physical or cognitive autonomy

**Capacity:** 10 to 20 people depending on the activity

**Coverage area:** Châteauguay, Léry, Mercier, Saint-Isidore, Saint-Urbain-Premier, Sainte-Martine

**Hours:** office: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 15h00, by appointment after office hours

**Fees:** none

**Financing:** provincial, grants, donations

**Legal status:** non-profit organization

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**CENTRE D’ÉCOUTE MONTÉRÉGIE, BRISER L’ISOLEMENT CHEZ LES AÎNÉS**

1702 Bourgogne Street, Chambly, Montérégie, QC, J3L 1Z2

1 877 658-8509

**Website:** ecoutemonteregie.org

**Email:** info@ecoutemonteregie.org

**Services:** Free and confidential hotline. * Weekly friendly call by and for seniors who request it or are referred. * Information and referral.

**Eligibility:** people 50 years and over living loneliness and isolation

**Coverage area:** Montérégie

**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 16h00

**Fees:** none

**Financing:** provincial, donations

**Legal status:** non-profit organization

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**CENTRE DE CRISE ET DE PRÉVENTION DU SUICIDE DU HAUT-RICHELIEU-ROUVILLE**

Confidential Address

1 866 277-3553     Fax: 855 351-6358

**Website:** www.cpsshr.qc.ca

**Email:** administration@ccpsshr.ca


**Eligibility:** people in psychological distress, suicidal people, close ones of people in crisis, people grieving after a suicide, counsellors
Mental Health and addictions

Coverage area: CISSS de la Montérégie-Centre, hotline: province of Québec
Hours: administration: Monday to Thursday 9h00 to 16h00, telephone intervention: 24 hours / 7 days
Fees: free
Financing: provincial, donations, self-financing
Legal status: non-profit organization

CENTRE DE CRISE L’ACCÈS
Confidential Address
1 866 277-3553 Fax: 450 468-8090
Website: santemonteregie.qc.ca/est/centre-de-crise-lacces
Services: Crisis intervention and suicide prevention over the telephone, 24 hours, 7 days. * Support to relatives. * Outpatient crisis follow-up for a maximum of 8 weeks. * Emergency shelter for a maximum of 7 days. * Family and community postvention.
Eligibility: adults 18 years and over living in a psychosocial or psychiatric crisis situation with or without suicidal thoughts
Capacity: accommodation: 5 beds
Hours: helpline: 24 hours / 7 days
Fees: free
Financing: provincial
Legal status: parapublic organization

CONTACT RICHELIEU YAMASKA
420 de la Concorde Street North, Saint-Hyacinthe, Montérégie, QC, J2S 4N9
450 774-6952 Fax: 450 771-9803
Website: contactry.qc.ca
Email: info@contactry.qc.ca
Eligibility: people in any crisis situation, suicidal people, their loved ones
Hours: 24 hours / 7 days, face to face intervention: 9h00 to 21h00
Fees: none
Financing: grants
Legal status: non-profit organization

CRISIS CENTRE - MAISON SOUS LES ARBRES
2 D’Anjou Boulevard, Châteauguay, Montérégie, QC, J6K 1B7
1 866 277-3553 Fax: 450 691-6813
Website: www.la-msla.com/en
Email: admin@la-msla.com
Eligibility: adults 18 years and over experiencing a psychosocial, suicidal or psychiatric crisis
Capacity: emergency shelter: 3 beds
**GROUPE DE PARTAGE POUR HOMMES DE LA MONTÉRÉGIE**

Confidential Address
514 299-3210
Website: gphm.ca
Email: groupepartagehommes@gmail.com

**Services:** Support group for men on divorce, separation, bereavement, isolation, fatherhood, loneliness, job loss and addiction. *Groups in Saint-Jean, Boucherville, Varennes, Longueuil, Saint-Hyacinthe.* *Helpline.

**Eligibility:** men with emotional and relational difficulties

**Capacity:** 10 to 12 people per meeting

**Coverage area:** Montérégie

**Hours:** phone: 24 hours / 7 days, meetings: Monday to Thursday 19h00 to 22h00

**Fees:** membership: $20 per year, support group: voluntary contribution of $10 per meeting

**Financing:** membership fees, donations

**Legal status:** non-profit organization

**INFO-SOCIAL 8-1-1 - MONTÉRÉGIE**

Confidential Address
811

Website: www.quebec.ca/en/health/finding-a-resource/info-social-811

**Services:** Psychosocial consultation by phone. *Information and referral to assistance resources.

**Coverage area:** Montérégie

**Hours:** 24 hours / 7 days

**Fees:** free

**Financing:** provincial

**Legal status:** non-profit organization

**KAHNAWAKE SHAKOTIIA’TAKEHNHAS COMMUNITY SERVICES**

Confidential Address
450 632-6880    Fax: 450 632-5116

Website: www.kscs.ca


**Eligibility:** Kahnawake residents

**Coverage area:** Kahnawake

**Hours:** Monday to Friday 8h30 to 16h30

**Financing:** grants

**Legal status:** non-profit organization
LITTLE BROTHERS - LONGUEUIL
15 Pratt Street, Suite 115, Longueuil, Montérégie, QC, J4H 3S9
579 721-5115
Website: www.petitsfreres.ca/longueuil
Email: longueuil@petitsfreres.ca
Eligibility: seniors 75 years old and over and without any present family or significant social contact
Coverage area: Urban Agglomeration of Longueuil
Hours: Monday to Friday 8h00 to 16h00
Fees: free
Financing: fundraising campaigns, self-financing, donations
Legal status: non-profit organization

MAISON DES PETITS TOURNESOLS (LA)
150 Grant Street, Suite 330, Longueuil, Montérégie, QC, J4H 3H6
450 332-4862
Website: www.lamaisondespetitstournesols.com
Email: lamaisondespetitstournesols@gmail.com
Eligibility: grieving children and teenagers, their parents and adults responsible for these children
Coverage area: Greater Montréal
Hours: variable
Fees: none
Financing: donations
Legal status: non-profit organization

MAISON SOUS LES ARBRES (LA)
2 D'Anjou Boulevard, Châteauguay, Montérégie, QC, J6K 1B7
1 866 277-3553    Fax: 450 691-6813
Website: www.la-msla.com/en
Email: admin@la-msla.com
Eligibility: people 18 years and over, training: counsellors, intensive follow-up: people living with a mental health problem
Capacity: short term housing: 3 places, crisis follow-up: 23 places, community support and intensive follow-up: 63 places
Coverage area: Châteauguay
Hours: hotline and crisis centre: 24 hours / 7 days, intensive follow-up: Monday to Friday 8h30 to 17h00
Fees: none
Financing: provincial
Legal status: non-profit organization

ORGANISME D'AIDE AUX TROUBLES DYS TUKÀ TULÀ SOS DYS
227 Saint-Édouard Road, Saint-Jean-sur-Richelieu, Montérégie, QC, J2X 5T9
1 800 465-0122
Email: tukatula.sos.dys@gmail.com

Eligibility: children or adults living with a specific learning disability with or without medical diagnosis: dyslexia, dyscalculia, dysorthography, dysphasia, dysgraphy or dyspraxia, parents, families, professionals

Coverage area: Canada

Financing: grants, donations

Legal status: non-profit organization

**PHARE SOURCE D'ENTRAIDE (LE) - POINT DE SERVICE - COWANSVILLE**

515 du Sud Street, Suite 216, Cowansville, Montérégie, QC, J2K 1T8

450 266-3464

Website: psentraide.org

Email: lephare@videotron.ca


Eligibility: people living with or having lived with mental health challenges

Coverage area: Cowansville

Hours: Monday, Wednesday, Thursday, Friday 9h00 to 16h00

Financing: provincial

Legal status: non-profit organization

**PHARE SOURCE D'ENTRAIDE (LE) - SIÈGE SOCIAL - FARNHAM**

525 Saint-Édouard Street, Suite 103, Farnham, Montérégie, QC, J2N 1G6

450 293-0690 Fax: 450 293-7070

Website: psentraide.org

Email: lephare@videotron.ca


Eligibility: people living or having lived with a mental health problem or a period of emotional distress

Coverage area: MRC Brome-Missisquoi

Hours: Monday, Wednesday, Thursday and Friday 9h00 to 16h00

Financing: provincial

Legal status: non-profit organization

**PHOBIES-ZÉRO**

2091 Léonard-De Vinci Street, Suite A3, Sainte-Julie, Montérégie, QC, J3E 1Z2

1 866 922-0002

Website: www.phobies-zero.qc.ca

Email: admin@phobies-zero.qc.ca

Services: Support and self-help groups for people suffering from anxiety disorders including obsessive-compulsive disorder and their relatives. * Self-help group and anxiety disorder management workshop list available on the website. * Phone listening.

Eligibility: adults and youth 12 years and over living with anxiety disorders including an obsessive-compulsive disorder, their families and relatives

Coverage area: self-help groups: Montréal and surroundings, Granby, Laval, Repentigny, Saint-Hubert, Saint-Jérôme, Sainte-Julie, Sainte-Thérèse
Mental Health and addictions

**POUR LE PASSANT (LA)**
80 Phipps Street, Sorel-Tracy, Montérégie, QC, J3P 4B7
450 743-4803 Fax: 450 855-4858
Website: laportedupassant.org
Email: laportedupassant@videotron.ca


**Eligibility:** general population, people experiencing homelessness, people living in financial insecurity or poverty, showers, residential support with accompaniment and rest stop: homeless people

**Capacity:** 50

**Coverage area:** MRC Pierre-De Saurel

**RESSOURCE DE TRANSITION LE TOURNANT**
414 Salaberry Street West, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2K3
1 866 277-3553 Fax: 450 371-2681
Website: www.letournant.org
Email: letournant@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

**RESSOURSE 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  

TEL-AIDE RÉGION DU SUROÎT  
Confidential Address  
1 855 377-0600  
Website: telaideregiondusuroit.com  
Email: info@telaide.com  
Services: * Anonymous and confidential helpline, support and referral.  
Eligibility: anyone who feels the need to talk or is experiencing psychological distress  
Capacity: 8500 calls per year  
Coverage area: Suroît region  
Hours: 24 hours / 7 days  
Fees: free  
Financing: provincial  
Legal status: non-profit organization  

TRAVERSÉE (LA) - CENTRE DE CRISE ET DE PRÉVENTION DU SUICIDE  
120 Sainte-Anne Road, Sorel-Tracy, Montérégie, QC, J3P 1J8  
1 866 277-3553     Fax: 450 746-2785  
Website: cpslatraversee.ca  
Email: intervention@cpslatraversee.ca  
Eligibility: people in psychological distress, suicidal people, bereaved children and adults, counselors  
Capacity: 3  
Coverage area: MRC Pierre-De Saurel  
Hours: 24 hours / 7 days  
Fees: none  
Financing: provincial  
Legal status: non-profit organization  

Mental health advocacy groups  

ACCOLADE SANTÉ MENTALE (L’)  
127 Saint-Jean-Baptiste Boulevard, Suite 12, Châteauguay, Montérégie, QC, J6K 3B1  
1 866 699-7059     Fax: 450 699-1562  
Website: www.accoladesantementale.org/en  
Email: info@accoladesantementale.org  
Eligibility: family and close ones of people living with a major mental health problem  
Capacity: open support and mutual aid groups or closed training groups: 10 to 15 persons per meeting  
Coverage area: territory of the CSSS Jardins-Roussillon  
Hours: Monday to Friday 9h00 to 16h30, support and mutual aid groups in the evening  
Fees: free  
Financing: provincial, contributions  
Legal status: non-profit organization
ALTERNATIVE-CENTREGENS
462 Sainte-Foy Boulevard, Longueuil, Montérégie, QC, J4J 1Y2
450 651-0651     Fax: 450 651-0678
Email: info@centregens.ca


Eligibility: adults with mental health problems past or present

Coverage area: Vieux-Longueuil, Saint-Hubert

Hours: Monday and Tuesday 9h00 to 20h00, Wednesday to Friday 9h00 to 16h00

Fees: annual membership: $6

Financing: provincial, contributions

Legal status: non-profit organization

ASSOCIATION DE PARENTS DE L'ENFANCE EN DIFFICULTÉ
1050 Curé-Poirier Boulevard West, Suite 100, Longueuil, Montérégie, QC, J4K 2E4
450 679-9310     Fax: 450 679-3294
Website: aped.org
Email: info@aped.org


Eligibility: parents of a child living with an intellectual disability, an autism spectrum disorder, an attention deficit disorder with or without hyperactivity, behavioural disorders or with a mental health issue, youth service: youth 5 to 21 years old living with an intellectual disability, an autism spectrum disorder or a mental health issue

Coverage area: South Shore

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00, mutual aid groups and trainings: evening

Fees: annual membership: $20, participation fees for some services

Financing: Centraide of Greater Montréal, provincial, municipal, self-financing

Legal status: non-profit organization

ASSOCIATION DES PARENTS ET AMIS DE LA PERSONNE ATTEINTE DE MALADIE MENTALE - RIVE-SUD
10 Churchill Boulevard, Suite 206 and 208, Longueuil, Montérégie, QC, J4V 2L7
450 766-0524
Website: apammrs.org/english
Email: info@apammrs.org


Eligibility: adults and children 5 years old and over with a close one living with a mental health issue

Coverage area: urban agglomeration of Longueuil, MRC Marguerite-D'Youville

Hours: administration: Monday to Friday 9h00 to 17h00, family activities: week days and evenings

Fees: psychosocial interventions: none, members: $15 to $20 per year, members-only activities: variable

Financing: grants, donations, contributions

Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE POUR LA SANTÉ MENTALE DES NOURRISSONS (L')
Confidential Address
Website: ww.aqsmn.org
Email: info@aqsmn.org
**Services:** Promotes and shares knowledge relatively to the mental health of babies. * Scientific events and conferences. * Training workshops. * Access to specialized libraries for the members. * Translation fund available for members who wish to publish an article on a subject related to the association's mandate.

**Eligibility:** professional concerned by babies' mental health, field workers

**Coverage area:** Province of Québec

**Fees:** individual membership: $75, organization: $125, student: $25

**Financing:** contributions

**ASSOCIATION VOX QUÉBEC**

Confidential Address

514 238-1051

**Website:** associationvoxquebec.ca

**Email:** info@associationvoxquebec.ca

**Services:** Consultation, representation and promotion of the interests of people living or having lived with a mental health issue. * Information and awareness-raising. * Training. * Promotion of recovery. * Support to mental health research.

**Coverage area:** Province of Québec

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

**CAMPAGNOL (LE)**

94 Saint-André Street, Saint-Rémi, Montérégie, QC, J0L 2L0

450 454-5121     Fax: 450 454-2018

**Website:** www.lecampagnol.com

**Email:** entraide@campagnol.qc.ca

**Services:** Mutual aid group for mental health and living environment. * Activities: training and information workshop, creativity workshop, promotion and awareness workshop. * Listening, support and accompaniment for and by members.

**Eligibility:** adults living with or who haved lived with mental health issues or emotional disorganization

**Coverage area:** MRC Les Jardins-de-Napierville

**Hours:** Monday to Thursday 9h00 to 16h00, Friday 9h00 to 21h00

**Financing:** grants, self-financing, donations

**Legal status:** non-profit organization

**CARREFOUR LE MOUTIER**

219 Saint-Charles Street West, Longueuil, Montérégie, QC, J4H 1E1

450 679-7111     Fax: 450 679-5562

**Website:** carrefourmoutier.org

**Email:** info@carrefourmoutier.org

**Services:** Welcoming, listening and referral centre. * In-person and phone listening service. * Personalized support: 3 to 10 listening meetings by appointments. * Information and referral service. * Réseau Sentinelles: community distress prevention. * Various training workshops: listening, distress process, migratory journey, etc. * Assistance with newcomers' settlement: individual meetings, information sessions, part-time francization courses, French conversation workshops, translation and document certification services, daycare search assistance. * Social involvement and consultation work with other actors in the community.

**Eligibility:** general public, immigrants, newcomers

**Coverage area:** Montérégie

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** none

**Financing:** Centraide of Greater Montréal, provincial, donations

**Legal status:** non-profit organization
CARREFOUR LE MOUTIER - RÉSEAU SENTINELLES
219 Saint-Charles Street West, Longueuil, Montérégie, QC, J4H 1E1
450 679-7111     Fax: 450 679-5562
Website: carrefourmoutier.org
Email: preventiondetresse@carrefourmoutier.org
Eligibility: people in social and psychological distress
Coverage area: Montérégie
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: Centraide of Greater Montréal, provincial, donations
Legal status: non-profit organization

CENTRE DE SOUTIEN EN SANTÉ MENTALE - MONTÉRÉGIE
2046 Édouard Boulevard, Longueuil, Montérégie, QC, J4T 1Z7
450 486-1609     Fax: 514 227-8314
Website: www.cssm-m.com
Email: ssm2510@videotron.ca
Eligibility: people with mental illnesses, their family and relatives
Coverage area: Montérégie
Hours: Monday to Friday 8h30 to 16h30
Fees: members: $10 per year, variable contributions for outings and some activities
Financing: provincial, municipal, fundraising campaigns, donations, grants
Legal status: non-profit organization

CLSC KATERI
90 Marie-Victorin Boulevard, Candiac, Montérégie, QC, J5R 1C1
450 659-7661     Fax: 450 444-6260
Website: sante.gouv.qc.ca/en/reertoire-ressources/ressource/?nofiche=1235&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J5R1C1
Coverage area: CISSS de la Montérégie-Ouest area
Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 20h00, tests centre: Monday to Friday 6h30 to 9h00
Financing: provincial
Legal status: parapublic organization

COLLECTIF DE DÉFENSE DES DROITS DE LA MONTÉRÉGIE
1295 Chambly Road, Longueuil, Montérégie, QC, J4J 3X1
1 800 567-8080     Fax: 450 674-3019
Website: cddm.weebly.com
Email: collectif@videotron.ca
Services: * Advocacy for people who have or have had emotional problems. * Denunciation of psychiatric abuses. * Training, mobilization, public education.
Eligibility: people with or having experienced emotional problems
Coverage area: Montérégie
Hours: Monday to Friday 9h00 to 16h00
Fees: free
Financing: provincial
Legal status: non-profit organization

COLLECTIF DE DÉFENSE DES DROITS DE LA MONTÉRÉGIE - CHÂTEAUGUAY ET VALLEYFIELD
107 Jacques-Cartier Street, Suite 21, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4R8
1 866 377-2481  Fax: 450 747-3135
Website: cddm.weebly.com
Email: valleyfield@cddm.qc.ca
Eligibility: people living with or having lived with emotional issues
Coverage area: Châteauguay, Salaberry-de-Valleyfield
Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: provincial
Legal status: non-profit organization

COLLECTIF DE DÉFENSE DES DROITS DE LA MONTÉRÉGIE - SAINT-HYACINTHE
1195 Saint-Antoine Street, Suite 309, Saint-Hyacinthe, Montérégie, QC, J2S 3K6
1 877 771-1164  Fax: 450 771-8506
Website: cddm.weebly.com
Email: st-hyacinthe@cddm.qc.ca
Eligibility: people living with or having lived with emotional issues
Coverage area: Saint-Hyacinthe
Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: provincial
Legal status: non-profit organization

COLLECTIF DE DÉFENSE DES DROITS DE LA MONTÉRÉGIE - SAINT-JEAN-SUR-RICHELIEU
125 Jacques-Cartier Street, Suite 2, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 8C9
1 833 684-2504  Fax: 450 674-3019
Website: cddm.weebly.com
Email: st-jean@cddm.qc.ca
Eligibility: people living with or having lived with emotional issues
Coverage area: Saint-Jean-sur-Richelieu
Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: provincial
Legal status: non-profit organization
COLLECTIVE DE DÉFENSE DES DROITS DE LA MONTÉRÉGIE - SOREL-TRACY
71 de Ramesay Street, Suite 308 C, Sorel-Tracy, Montérégie, QC, J3P 3Z1
1 877 771-1164     Fax: 450 855-4995
Website: cddm.weebly.com
Email: conseillersorel@cddm.qc.ca
Eligibility: people living or having lived emotional issues.
Coverage area: Sorel-Tracy
Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: provincial
Legal status: non-profit organization

COMITÉ DÉTRESSE SOCIALE DU HAUT-SAINT-LAURENT
10 King Street, Suite 200, Huntingdon, Montérégie, QC, J0S 1H0
450 829-2321 ext. 1325     Fax: 450 264-4542
Email: anyze.gooyette.cssshs16@ssss.gouv.qc.ca
Coverage area: MRC Le Haut-Saint-Laurent
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial
Legal status: parapublic organization

CONTACT RICHELIEU YAMASKA
420 de la Concorde Street North, Saint-Hyacinthe, Montérégie, QC, J2S 4N9
450 774-6952     Fax: 450 771-9803
Website: contactry.qc.ca
Email: info@contactry.qc.ca
Eligibility: people in any crisis situation, suicidal people, their loved ones
Hours: 24 hours / 7 days, face to face intervention: 9h00 to 21h00
Fees: none
Financing: grants
Legal status: non-profit organization

DAHLIA (LE) - GROUPE D'ENTRAIDE EN SANTÉ MENTALE
183 Ellice Street, Beauharnois, Montérégie, QC, J6N 1W9
450 225-0696     Fax: 450 225-0102
Email: dahliaentraide@hotmail.com
Mental Health and addictions


Eligibility: people living or having experienced mental health problems or emotional distress

Coverage area: MRC Beauharnois-Salaberry, MRC Roussillon

Hours: Monday to Friday 8h30 to 16h00

Fees: lunches: $3, takeout: $2

Financing: provincial, federal, donations

Legal status: non-profit organization

ÉCLUSIER DU HAUT-RICHELIEU

144 Jacques-Cartier Street North, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 6S6
1 855 272-7837 Fax: 450 346-6751
Website: eclusierhr.ca
Email: info@eclusierhr.ca


Eligibility: relatives of people with mental health problems

Coverage area: CLSC Vallée-des-Forts and CLSC Richelieu

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

ENTRÉE CHEZ SOI BROME-MISSISQUIO

525 Saint-Édouard Street, Suite 101, Farnham, Montérégie, QC, J2N 1G6
450 293-1631 Fax: 450 293-7070
Website: www.entreechezsoi.com
Email: info@entreechezsoi.org


Eligibility: people who recognize a vulnerability to mental health, at risk of homelessness

Coverage area: MRC Brome-Missisquoi

Hours: Monday to Friday 8h30 to 16h00

Fees: none

Financing: provincial, donations, grants

Legal status: non-profit organization

ENTRÉE CHEZ SOI BROME-MISSISQUIO - POINT DE SERVICE DE COWANSVILLE

217 Oxford Street, Cowansville, Montérégie, QC, J2K 2M5
450 293-1631
Website: www.entreechezsoi.com
Email: info@entreechezsoi.org


Eligibility: people living with a mental health disorder, at risk of homelessness

Coverage area: MRC Brome-Missisquoi

Hours: Monday to Friday 8h30 to 16h00

Fees: none
G.E.M.E. GROUPE D'ENTRAIDE POUR UN MIEUX-ÊTRE - LA PRAIRIE
462 Saint-Paul Street, La Prairie, Montérégie, QC, J5R 2R5
450 332-4463
Website: www.groupegeme.com
Email: lucie.bergeron@groupegeme.com
Eligibility: people 18 years and over living with anxiety disorders: stress, simple or social phobia, agoraphobia, panic disorder, burnout, depression, post-traumatic stress
Capacity: support groups: 15 to 33 people
Coverage area: Province of Québec
Hours: office: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, groups schedule: on the website
Fees: contributions
Financing: provincial, levées de fonds, cotisations, autofinancements
Legal status: non-profit organization

G.E.M.E. GROUPE D'ENTRAIDE POUR UN MIEUX-ÊTRE - LONGUEUIL
1085 Sainte-Foy Boulevard, Suite 232, Longueuil, Montérégie, QC, J4K 1W7
450 332-4463
Website: www.groupegeme.com
Email: lucie.bergeron@groupegeme.com
Eligibility: people 18 years and over with anxiety disorders: stress, simple or social phobia, agoraphobia, panic disorder, burnout, depression, post-traumatic stress
Capacity: support groups: 15 to 33 people
Coverage area: Province of Québec
Hours: office: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, groups schedule: on the website
Fees: membership fees
Financing: provincial, fundraising campaigns, membership fees, self-financing
Legal status: non-profit organization

G.E.M.E. GROUPE D'ENTRAIDE POUR UN MIEUX-ÊTRE - SAINT-BRUNO
53 de la Rabastalière Road East, Room 121, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 3T5
450 332-4463
Website: www.groupegeme.com
Email: lucie.bergeron@groupegeme.com
Eligibility: people 18 years and over with anxiety disorders: stress, simple or social phobia, agoraphobia, panic disorder, burnout, depression, post-traumatic stress
Capacity: support groups: 15 to 33 people
Coverage area: Province of Québec
Hours: office: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, groups schedule: on the website
Fees: contributions
Financing: provincial, fundraising campaigns, membership fees, self-financing
Legal status: non-profit organization
**G.E.M.E. GROUPE D'ENTRAIDE POUR UN MIEUX-ÊTRE - SAINT-HUBERT**

525 Latour Street, Longueuil, Montérégie, QC, J3Y 6A9  
450 332-4463  
Website: www.groupegeme.com  
Email: lucie.bergeron@groupegeme.com  

**Services:**  
* In-person and virtual support groups (on Zoom).  
* Individual counseling in person and virtual (on Zoom).  
* Meditation groups.  
* Documentation and tools to manage anxiety disorders: videos, testimonials, books, visualization CD.  
* Virtual and in-person workshops and conferences at the request of organizations.  

**Eligibility:**  
people 18 years and over with anxiety disorders: stress, simple or social phobia, agoraphobia, panic disorder, burnout, depression, post-traumatic stress  

**Capacity:** support groups: 15 to 33 people  

**Coverage area:** Province of Québec  

**Hours:** office: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, groups schedule: on the website  

**Fees:** contributions  

**Financing:** provincial, fundraising campaigns, membership fees, self-financing  

**Legal status:** non-profit organization

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**G.E.M.E. GROUPE D'ENTRAIDE POUR UN MIEUX-ÊTRE - SAINT-JEAN-SUR-RICHELIEU**

177 Longueuil Street, 2nd floor, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 6P2  
450 332-4463  
Website: www.groupegeme.com  
Email: lucie.bergeron@groupegeme.com  

**Services:**  
* In-person and virtual support groups (on Zoom).  
* Individual counseling in person and virtual (on Zoom).  
* Meditation groups.  
* Documentation and tools to manage anxiety disorders: videos, testimonials, books, visualization CD.  
* Virtual and in-person workshops and conferences at the request of organizations.  

**Eligibility:**  
people 18 years and over with anxiety disorders: stress, simple or social phobia, agoraphobia, panic disorder, burnout, depression, post-traumatic stress  

**Capacity:** support groups: 15 to 33 people  

**Coverage area:** Province of Québec  

**Hours:** office: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, groups schedule: on the website  

**Fees:** contributions  

**Financing:** provincial, fundraising campaigns, membership fees, self-financing  

**Legal status:** non-profit organization

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**GROUPE D'ENTRAIDE L'ARRÊT-COURT, SOREL-TRACY**

117 George Street, Sorel-Tracy, Montérégie, QC, J3P 1C4  
450 743-6071   Fax: 450 743-9971  
Website: www.groupedentraidelarretcourt.com  
Email: arretcourt@hotmail.com  

**Services:**  
Mental health mutual aid group.  
* Telephone support.  
* Listening, support and accompaniment.  
* Information and referral.  
* Training, educational and awareness workshops.  
* Collective kitchen.  
* Community meals.  
* Recreational, cultural and socialization activities and outings.  
* Personal growth workshops.  
* Workshops with the presence of animals.  
* Art workshops.  

**Eligibility:**  
people 18 years old and over who are or have been living with severe and persistent mental health issues  

**Coverage area:** Sorel-Tracy  

**Hours:** Monday to Friday 8h00 to 12h00 and 13h15 to 17h00  

**Fees:** none  

**Financing:** donations, provincial  

**Legal status:** non-profit organization
MAISON DES JEUNES DE LA PRAIRIE
565 Notre-Dame Street, La Prairie, Montérégie, QC, J5R 5E5
450 444-6717
Website: maisondesjeunes.ca
Email: mdjlaprairieequipe@videotron.ca


Eligibility: youth 12 to 17 years old

Coverage area: La Prairie

Hours: Tuesday, Wednesday and Thursday 18h00 to 21h00, Friday and Saturday 18h00 to 22h00

Fees: life membership: $10

Financing: provincial, municipal, self-financing

Legal status: non-profit organization

PHARE - SAINT-HYACINTHE ET RÉGIONS (LE)
620 Robert Avenue, Saint-Hyacinthe, Montérégie, QC, J2S 4L8
450 773-7202 Fax: 450 773-5117
Website: www.lephare-apamm.ca
Email: reception@lephare-apamm.ca


Eligibility: family and friends of people living with mental health challenges, community workers, training and awareness raising: organisations, schools, companies

Coverage area: MRC d'Acton, MRC Les Maskoutains, MRC La Vallée-du-Richelieu (Carignan and Chambly excluded), Saint-Bruno-de-Montarville

Hours: office: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, open until 20h30 on Wednesday

Fees: none

Financing: grants, donations

Legal status: non-profit organization

PHARE SOURCE D'ENTRAIDE (LE) - POINT DE SERVICE - COWANSVILLE
515 du Sud Street, Suite 216, Cowansville, Montérégie, QC, J2K 1T8
450 266-3464
Website: psentraide.org
Email: lephare@videotron.ca


Eligibility: people living with or having lived with mental health challenges

Coverage area: Cowansville

Hours: Monday, Wednesday, Thursday, Friday 9h00 to 16h00

Financing: provincial

Legal status: non-profit organization
PONT DU SUROÎT
88 Alexandre Street, Salaberry-de-Valleyfield, Montérégie, QC, J6S 3J9
450 377-3126
Website: www.lepont.com
Email: info@lepont.com
Eligibility: families and friends of people living with a mental illness
Coverage area: MRC Vaudreuil-Soulanges, MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent
Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00
Financing: provincial, self-financing, donations
Legal status: non-profit organization

PSYCOHÉSION
100 du Marché Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1P7
450 377-2841 Fax: 450 377-0410
Website: www.psycohesion.weebly.com
Email: directrice@psycohesion.com
Eligibility: people 18 years and over living with or having lived with a mental health problem, Pass-Action program: people ready to reintegrate the job market
Capacity: Pass-Action program: 8 people
Coverage area: Salaberry-de-Valleyfield
Hours: Monday and Wednesday 9h00 to 16h00, Tuesday 12h00 to 16h00, Thursday 9h00 to 16h00 and 18h00 to 21h00, Friday 9h00 to 15h00, Saturday and Sunday 9h00 to 14h00
Fees: annual membership: $10
Financing: provincial
Legal status: non-profit organization

SANTÉ MENTALE QUÉBEC - HAUT-RICHELIEU
211 Mayrand Street, Suite 1, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 3L1
450 346-5736 Fax: 450 346-2075
Email: direction.smq-hr@bellnet.ca
Eligibility: social reintegration program: adults with mental health issues
Coverage area: MRC Le Haut-Richelieu, MRC Rouville, MRC Roussillon
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h00
Financing: provincial
Legal status: non-profit organization

SANTÉ MENTALE QUÉBEC - PIERRE-DE SAUREL
71 Hôtel-Dieu Street, Suite 105, Sorel-Tracy, Montérégie, QC, J3P 1L3
450 746-1497
Website: www.smqpierredesauler.org
Email: info@smqpierredesauler.org

1255
**Services:** Promotion and prevention of mental health in the MRC Pierre-De Saurel. * Prevention and promotion work for the protection of the mental health of the population. * Raising awareness in the population about caring for one's mental health as much as their physical health. * L'Astuce: community space for members to share, equip themselves and help each other. * Facilitating the support of people who have lived or are living through affective and emotional difficulties. * Promoting the development of any alternative or community resource enabling the psychosocial integration of people who have lived with mental health issues.

**Eligibility:** general population, people who have lived or are living through affective and emotional difficulties, people who have lived with mental health issues

**Coverage area:** MRC Pierre-De Saurel

**Hours:** Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00

**Fees:** upon request, depending on the activity

**Financing:** grants

**Legal status:** non-profit organization

**SANTÉ MENTALE QUÉBEC - SOUTH SHORE**

150 Grant Street, Suite 227, Longueuil, Montérégie, QC, J4H 3H6

450 616-1569

**Website:** www.smqrivesud.ca

**Email:** direction@smqrivesud.ca

**Services:** * Mental health promotion and prevention: group workshops (in person and online), conferences, information, awareness, video capsules and training. * Research and development actions: tools productions and implementation of new programs. * Participation to the annual campaign for mental health promotion as part of the National Mental Health Week.

**Coverage area:** South Shore

**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 15h00

**Fees:** activities: variable

**Financing:** provincial

**Legal status:** non-profit organization

**TRAIT D'UNION MONTÉRÉGIEN**

1195 Saint-Antoine Street, Suite 201, Saint-Hyacinthe, Montérégie, QC, J2S 3K6

450 223-1252  Fax: 450 261-0983

**Website:** www.tumparraine.org

**Email:** info@tumparraine.org

**Services:** Mental health mentoring promoting social reintegration and integration. * Pairing with a volunteer to develop a friendly relationship. * Meeting and outing once a week or as needed. * Listening, mutual aid and support in the development of social and relational skills. * Training workshops for participants and volunteers. * Activities and conferences.

**Eligibility:** people aged 18 and over living or having lived with a mental health problem or emotional distress, people aged 55 and over experiencing loneliness or at risk of experiencing emotional distress

**Coverage area:** MRC Acton, MRC Les Maskoutains

**Hours:** Monday to Thursday 9h00 to 16h30

**Fees:** none

**Financing:** provincial, donations

**Legal status:** non-profit organization

**VAISSEAU D'OR (LE)**

201 Robillard Street, Suite 210, Sorel-Tracy, Montérégie, QC, J3P 8C7

450 743-2300

**Website:** levaisseaudor.org

**Email:** info@vaisseaudor.org

**Services:** Assistance, support and intervention with the close ones of a person living with severe and persistent mental illness. * Individual or family psychosocial intervention. * Information and training activities. * Support and self-help group. * Respite.
Eligibility: close ones of a person living with severe and persistent mental illness
Coverage area: Massueville, Saint-Aimé, Saint-David, Saint-Gérard-Majella, Saint-Joseph-de-Sorel, Saint-Ours, Saint-Robert, Saint-Roch-de-Richelieu, Sainte-Anne-de-Sorel, Sainte-Victoire-de-Sorel, Sorel-Tracy, Yamaska
Hours: Monday to Friday 9h00 to 16h00
Fees: free
Financing: grants, donations, self-financing, foundations
Legal status: non-profit organization

VERSANT (LE) - RÉSEAU D’ENTRAIDE POUR LES PERSONNES SOUFFRANT DE TROUBLES ANXIEUX
Confidential Address
450 455-6171 ext. 70657
Website: www.leversant.org
Email: info@leversant.org
Eligibility: adults living with anxiety, youth section: youth 12 to 17 years old
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
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 DE TRANSITION PERCEVAL INC.
148 George Street, Suite 203, Sorel-Tracy, Montérégie, QC, J3P 1C6
450 746-1860    Fax: 450 746-2970
Email: centre.perceval@videotron.ca
Eligibility: people aged 18 to 65 living with severe and persistent mental health and other severe psychosocial adjustment disorders
Coverage area: MRC Pierre-De Saurel
ENTRÉE CHEZ SOI BROME-MISSISQUOI - PERMANENT HOUSING - COWANSVILLE
217 Oxford Street, Cowansville, Montérégie, QC, J2K 2M5
450 293-1631
Website: www.entrechezosoi.com/logements-permanents
Email: info@entrechezosoi.org
Services: Permanent housing at low cost. * Accompaniment and follow-up.
Eligibility: people who recognize a vulnerability to mental health and at risk of homelessness
Capacity: 13 apartments
Coverage area: MRC Brome-Missisquoi
Hours: Monday to Friday 8h30 to 16h00
Fees: rent: 25% of income
Financing: provincial, donations, grants
Legal status: non-profit organization

ENTRÉE CHEZ SOI BROME-MISSISQUOI - PERMANENT HOUSING - FARNHAM
525 Saint-Édouard Street, Suite 101, Farnham, Montérégie, QC, J2N 1G6
450 293-1631
Website: www.entrechezosoi.com/logements-permanents
Email: info@entrechezosoi.org
Services: Permanent housing at low cost. * Accompaniment and follow-up.
Eligibility: people who recognize a vulnerability to mental health and at risk of homelessness
Capacity: 11 apartments
Coverage area: MRC Brome-Missisquoi
Hours: Monday to Friday 8h30 to 16h00
Fees: rent: 25% of income
Financing: provincial, donations, grants
Legal status: non-profit organization

ENTRÉE CHEZ SOI BROME-MISSISQUOI - TRANSITIONAL HOUSING - COWANSVILLE
217 Oxford Street, Cowansville, Montérégie, QC, J2K 2M5
450 293-1631
Website: www.entrechezosoi.com/logements-de-transition
Email: info@entrechezosoi.org
Services: * Apartments furnished (1 1/2). * Stay of a few months to 2 years maximum. * Support and follow-up.
Eligibility: people living with a mental health problem, at risk or not of homelessness and who have enough autonomy to be alone in the evenings and nights
Capacity: 3 studios
Coverage area: MRC Brome-Missisquoi
Hours: Monday to Friday 8h30 to 16h00
Fees: rent: 25% of income (excluding electricity), telephone and cable services: $50, laundry: about $9, parking: $5
Financing: provincial, donations, grants
Legal status: non-profit organization
ENTRÉE CHEZ SOI BROME-MISSISQUIO - TRANSITIONAL HOUSING - FARNHAM
525 Saint-Édouard Street, Suite 101, Farnham, Montérégie, QC, J2N 1G6
450 293-1631
Website: www.entreechezsoi.com/logements-de-transition
Email: info@entreechezsoi.org
Services: * Rooms in a furnished apartment (4 1/2). * Stay of a few months to 2 years maximum. * Support and follow-up.
Eligibility: people living with a mental health problem, at risk or not of homelessness and who have enough autonomy to be alone in the evenings and nights
Capacity: 2 rooms
Coverage area: MRC Brome-Missisquoi
Hours: Monday to Friday 8h30 to 16h00
Fees: rent: 25% of income (excluding electricity), telephone and cable services: $50, laundry: about $9, parking: $5
Financing: provincial, donations, grants
Legal status: non-profit organization

HÉBERGEMENT L'ENTRE-DEUX
1625 Bourassa Street, Longueuil, Montérégie, QC, J4J 3A5
450 651-0715     Fax: 450 651-0716
Website: hebergement-entredeux.com
Email: entre2@cooptel.qc.ca
Eligibility: women 18 years and over with depression or a borderline personality disorder, without drug addiction or abstinent for at least 4 to 6 months
Capacity: housing: 12 women
Coverage area: Greater Montréal, priority to people living in Montérégie region
Hours: administration: Monday to Friday 8h00 to 16h30, housing: 24 hours / 7 days
Fees: housing: $185 per week, external follow-up: $150 per week
Financing: provincial, self-financing
Legal status: non-profit organization

MAISON ALTERNATIVE DE DÉVELOPPEMENT HUMAIN
PO Box 747, Saint-Hyacinthe, Montérégie, QC, J2S 7P5
450 774-6139     Fax: 450 774-1933
Website: madh.ca
Email: madh@maskatel.net
Services: * Inpatient social reinsertion for three to six months. * Help with going back to work or school. * Thematic workshops and internships. * Counselling, support, accompaniment, follow-up and referrals. * The person must be sober for at least one month and must have completed therapy.
Eligibility: adults aged 18 to 65 years old living with a mental health problem and capable of social reintegration
Capacity: 9 persons
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Fees: $350 per month
Financing: provincial
Legal status: non-profit organization
MAISON DU GOÉLAND (LA)
66 Saint-Pierre Street, Saint-Constant, Montérégie, QC, J5A 1C1
450 845-1700 ext. 225     Fax: 450 845-1800
Website: lamaisongoeland.com
Email: info@maisongoeland.com
Eligibility: people living with a mental health problem
Capacity: 9 beds
Coverage area: CSSS Jardins-Roussillon
Hours: Monday to Friday 8h00 to 17h00
Financing: provincial, donations
Legal status: non-profit organization

MAISON JACQUES-FERRON
2250 Cartier Street, Longueuil, Montérégie, QC, J4K 4E9
450 646-5381     Fax: 450 646-9989
Website: lamaisonjacquesferron.com
Email: mj-f@live.ca
Eligibility: people with severe mental health difficulties
Capacity: housing: 9 people, outpatient services: 6 people
Coverage area: agglomeration of Longueuil
Hours: 24 hours / 7 days
Financing: provincial
Legal status: non-profit organization

OUR HARBOUR / LE HAVRE
440 Notre-Dame Avenue, Saint-Lambert, Montérégie, QC, J4P 2K4
450 671-9160     Fax: 450 671-9160
Website: ourharbour.org
Email: info@ourharbour.org
Eligibility: adults with a mental health diagnosis
Capacity: 30 adults
Coverage area: Montréal Island, Montérégie, Estrie
Hours: Monday to Friday, variable hours
Fees: $470 per month
Financing: provincial, grants, fundraising campaigns
Legal status: non-profit organization

PETITE FERME DE L'AUBERGE (LA)
728 Bachand Road, Roxton, Montérégie, QC, J0H 1E0
450 548-2736     Fax: 450 548-2227
Website: lapetitefermedelauberge.org
Email: lapetiteferme2001@yahoo.ca
Eligibility: men 18 and over who are struggling or homeless with addiction or mental health issues
Mental Health and addictions

**Capacity:** housing: 9 places in farm accommodation, food aid: 30 individuals or families per week  
**Coverage area:** Montérégie: social reintegration, Roxton Falls and surroundings: food assistance  
**Hours:** 7 days 7h00 to 21h00  
**Fees:** housing: depending on income  
**Financing:** self-financing  
**Legal status:** non-profit organization

**Réseau d'habitations chez soi**  
3115 Saint-Hubert Montée, Longueuil, Montérégie, QC, J3Y 4J2  
450 676-8940  Fax: 450 676-7696  
Website: www.reseaudhabitationschezsoi.org  
Email: rhcs@videotron.ca  

**Services:**  
* Housing search assistance and follow-up within the living environment.  
* Promotion of social housing for people living with mental health problems or with unstable housing conditions.  

**Eligibility:** adults with mental health problems, experiencing or at risk of homelessness  
**Coverage area:** Longueuil, MRC Marguerite-D'Youville, Boucherville, Brossard, La Prairie, Saint-Bruno-de-Montarville, Saint-Lambert, Saint-Philippe  
**Hours:** Monday to Friday 9h00 to 16h30  
**Financing:** provincial, grants  
**Legal status:** non-profit organization

**Service d'intervention en santé mentale Espoir**  
1704 Saint-Georges Street, Longueuil, Montérégie, QC, J4P 3J2  
450 672-4597 ext. 230  Fax: 450 672-5505  
Website: www.serviceespoir.com  
Email: espoir@serviceespoir.com  

**Services:**  
* Psychosocial rehabilitation.  
* Day centre.  
* Socioprofessional integration.  
* Individual follow-up.  
* Supervised transitional housing.  
* In-home community monitoring.  

**Eligibility:** adults 18 to 65 years old with mental health problems  
**Capacity:** Maison Cartier: 5 rooms  
**Coverage area:** South Shore  
**Hours:** daytime activities: Monday to Friday 9h00 to 17h00  
**Financing:** provincial  
**Legal status:** non-profit organization

**Service d’intervention en santé mentale Espoir - Point de service rue Saint-Georges**  
1704 Saint-Georges Street, Longueuil, Montérégie, QC, J4P 3J2  
450 672-4597 ext. 221  Fax: 450 672-5505  
Website: www.serviceespoir.com  
Email: info@serviceespoir.com  

**Services:** Supervised apartments for adults living with mental health issues.  
* Psychosocial rehabilitation.  
* Individual support: meetings with a counsellor.  
* Day program: work on the objectives of the participant’s rehabilitation and reintegration plan.  
* Activities.  

**Eligibility:** men and women aged 18 to 65 living with mental health issues  
**Capacity:** 1 ½: 10 apartments, 3 ½: 5 apartments  
**Coverage area:** South Shore  
**Hours:** daytime activities: Monday to Friday 9h00 to 17h00  
**Financing:** provincial  
**Legal status:** non-profit organization
SERVICE D'INTERVENTION EN SANTÉ MENTALE ESPOIR - POINT DE SERVICE RUE SAINT-JACQUES
650 Saint-Jacques Street, Longueuil, Montérégie, QC, J4H 3C6
450 672-4597 ext. 221     Fax: 450 672-5505
Website: www.serviceespoir.com
Email: info@serviceespoir.com
Services: Supervised apartments for adults living with mental health issues. * Accompaniment and community follow-up in the implementation of the participants’ life project. * Consolidation of psychosocial rehabilitation skills. * Residents' committee.
Eligibility: men and women aged 18 to 65 living with mental health issues who have previously resided at the Saint-Georges Street service point
Capacity: 10 autonomous 3 1/2 apartments and one shared apartment for 2 people
Coverage area: South Shore
Hours: day activities: Monday to Friday 9h00 to 17h00
Financing: provincial
Legal status: non-profit organization

TOITS D’ÉMILE (LES)
255 d’Anjou Boulevard, Suite 201, Châteauguay, Montérégie, QC, J6J 2R4
450 699-9292
Website: lestoitsdemile.org
Email: info@lestoitsdemile.org
Eligibility: people dealing with mental illness
Capacity: 11
Hours: Monday to Friday 8h30 to 16h30
Fees: housing: variable, activities: free
Financing: provincial, federal, fundraising campaigns, donations
Legal status: non-profit organization

Psychiatric services

ANNA-LABERGE HOSPITAL
200 Brisebois Boulevard, Châteauguay, Montérégie, QC, J6K 4W8
450 699-2425
Website: santemonteregie.qc.ca/en/installations/hopital-anna-laberge
Capacity: 225 beds
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Financing: provincial
Legal status: parapublic organization
CENTRE HOSPITALIER HÔTEL-DIEU DE SOREL
400 de l'Hôtel-Dieu Avenue, Sorel-Tracy, Montérégie, QC, J3P 1N5
450 746-6000
Website: santemonteregie.qc.ca/en/node/3
Coverage area: Province of Québec
Hours: 24 hours / 7 days, tests centre: by appointment
Financing: provincial
Legal status: parapublic organization

DU SUROÎT HOSPITAL
150 Saint-Thomas Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 6C1
450 371-9920     Fax: 450 377-1372
Website: santemonteregie.qc.ca/en/installations/hopital-du-suroit
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Financing: provincial
Legal status: parapublic organization

HONORÉ-MERCIER HOSPITAL
2750 Laframboise Boulevard, Saint-Hyacinthe, Montérégie, QC, J2S 4Y8
450 771-3333
Website: santemonteregie.qc.ca/en/installations/hopital-honore-mercier
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Financing: provincial
Legal status: parapublic organization

HÔPITAL CHARLES-LE MOYNE
3120 Taschereau Boulevard, Longueuil, Montérégie, QC, J4V 2H1
450 466-5000     Fax: 450 466-8887
Website: santemonteregie.qc.ca/en/installations/hopital-charles-le-moyne
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Financing: provincial
Legal status: parapublic organization

HÔPITAL CHARLES-LE MOYNE - CLINIQUE EXTERNE DE PSYCHIATRIE POUR ENFANTS ET ADOLESCENTS
3120 Taschereau Boulevard, Longueuil, Montérégie, QC, J4V 2H1
450 466-5000 ext. 2414
Website: www.santemonteregie.qc.ca
Services: Psychiatric care and consultation for children and teenagers. * By referral only.
Eligibility: children and teenagers
Coverage area: Montérégie
Hours: by appointment
Financing: provincial
Legal status: parapublic organization

HÔPITAL CHARLES-LE MOYNE - EXTERNAL PSYCHIATRY CLINIC FOR ADULTS
2924 Taschereau Boulevard, Longueuil, Montérégie, QC, J4V 2G8
450 466-5620
Website: www.santemonteregie.qc.ca/en/installations/service-social-de-sante-mentale-pour-adultes
Services: Psychiatric care and consultation for adults. * By referral only.
Eligibility: adults
Coverage area: Montérégie
Hours: Monday to Friday 8h00 to 12h00 and 13h30 to 16h00, by appointment
Financing: provincial
Legal status: parapublic organization

HÔPITAL PIERRE-BOUCHER
1333 Jacques-Cartier Boulevard East, Longueuil, Montérégie, QC, J4M 2A5
450 468-8111
Website: santemonteregie.qc.ca/en/installations/hopital-pierre-boucher
Coverage area: Province of Québec
Hours: 24 hours / 7 days
Financing: provincial
Legal status: non-profit organization

Self-help groups for addiction issues

CARREFOUR DIGNITÉ (SAINT-JEAN)
939-D du Séminaire Boulevard North, Saint-Jean-sur-Richelieu, Montérégie, QC, J3A 1B6
450 359-9525  Fax: 450 359-9525
Email: patro9@videotron.ca
Eligibility: families on a low income, gamblers
Coverage area: Saint-Jean-sur-Richelieu
Hours: clothing depot: Monday 9h00 to 13h00, food aid: Tuesday 9h30 to 10h30, Friday 13h00 to 14h00
Fees: none
**CENTRE D'INTERVENTION EN VIOLENCE ET AGRESSIONS SEXUELLES DE LA MONTÉRÉGIE**
5100 Cousineau Boulevard, Suite 300-311, Longueuil, Montérégie, QC, J3Y 7G5
**450 656-6524**  **Fax:** 450 656-8075
**Website:** www.civas.ca
**Email:** civas.m@bellnet.ca

**Services:** *Therapeutic activities in 3 steps spread over 20 months.* *Individual or group follow-up.* *Specialized education.* *Support group.* *Individual support meetings: for teenagers 14 to 18 years old, and for close ones.* *Education and awareness group for men with pornography addiction.*

**Eligibility:** people who have committed or are afraid of committing a sexual assault, people with problems related to sexual addiction, people who use sexual services

**Coverage area:** Montérégie
**Hours:** Monday to Thursday 8h30 to 16h30, services by appointment
**Fees:** according to income

**Financing:** self-financing, provincial, grants

**Legal status:** non-profit organization

**HORIZON SOLEIL - TABLE DE CONCERTATION DE PRÉVENTION DES TOXICOMANIES ET DE PROMOTION DE LA SANTÉ DE LA RÉGION D'ACTON**
1049 A du Marché Street, Acton Vale, Montérégie, QC, J0H 1A0
**450 366-0105**
**Email:** hsoleil@live.ca

**Services:** *Support for loved ones.* *Support groups for parents of adolescents.* *Information on substance abuse and issues during adolescence.* *Substance abuse prevention.* *Prevention in elementary schools.* *Awareness and information on substance abuse, self-esteem, etc.* *Street work (outreach).* *Counseling, listening, support, information and referrals.* *Needle exchange and condom distribution.* *Outreach work initiative for seniors living in a vulnerable situation (ITMAV).*

**Eligibility:** people 12 to 25, seniors

**Coverage area:** MRC d'Acton
**Hours:** family support: Monday to Friday 8h00 to 16h00, street work: Monday to Friday 13h00 to 21h00
**Fees:** free

**Legal status:** non-profit organization

**PHOBIES-ZÉRO**
2091 Léonard-De Vinci Street, Suite A3, Sainte-Julie, Montérégie, QC, J3E 1Z2
**1 866 922-0002**
**Website:** www.phobies-zero.qc.ca
**Email:** admin@phobies-zero.qc.ca

**Services:** Support and self-help groups for people suffering from anxiety disorders including obsessive-compulsive disorder and their relatives. *Self-help group and anxiety disorder management workshop list available on the website.* *Phone listening.*

**Eligibility:** adults and youth 12 years and over living with anxiety disorders including an obsessive-compulsive disorder, their families and relatives

**Coverage area:** self-help groups: Montréal and surroundings, Granby, Laval, Repentigny, Saint-Hubert, Saint-Jérôme, Sainte-Julie, Sainte-Thérèse
**Hours:** helpline: Monday to Friday 9h00 to 21h00, administration: Monday to Thursday 8h00 to 16h00, self-help groups: Monday to Friday 19h30 to 21h30
**Fees:** membership: $25 per year, meetings: $20 per month

**Financing:** provincial, donations, self-financing

**Legal status:** non-profit organization
SEXAHOLICS ANONYMOUS
Confidential Address
514 254-8181
Website: sa-quebec.org
Email: info@sa-quebec.org

Services: Self-help weekly groups. * 12 steps recovery program for those who want to stop their sexually self-destructive behavior. * Phone support for partners and people who have been sexaholics. * Monthly conferences.
Eligibility: people 18 years and older suffering from sex addiction, sexual obsession or addicted to pornography
Capacity: meetings: between 5 and 20 persons
Coverage area: Greater Montréal
Hours: variable
Fees: voluntary contributions
Financing: contributions
Legal status: non-profit organization

Self-help groups for mental health issues

ACCOLADE SANTÉ MENTALE (L')
127 Saint-Jean-Baptiste Boulevard, Suite 12, Châteauguay, Montérégie, QC, J6K 3B1
1 866 699-7059 Fax: 450 699-1562
Website: www.accoladesantementale.org/en
Email: info@accoladesantementale.org

Eligibility: family and close ones of people living with a major mental health problem
Capacity: open support and mutual aid groups or closed training groups: 10 to 15 persons per meeting
Coverage area: territory of the CSSS Jardins-Roussillon
Hours: Monday to Friday 9h00 to 16h30, support and mutual aid groups in the evening
Fees: free
Financing: provincial, contributions
Legal status: non-profit organization

ALTERNATIVE-CENTREGENS
462 Sainte-Foy Boulevard, Longueuil, Montérégie, QC, J4J 1Y2
450 651-0651 Fax: 450 651-0678
Email: info@centregens.ca

Eligibility: adults with mental health problems past or present
Coverage area: Vieux-Longueuil, Saint-Hubert
Hours: Monday and Tuesday 9h00 to 20h00, Wednesday to Friday 9h00 to 16h00
Fees: annual membership: $6
Financing: provincial, contributions
Legal status: non-profit organization
ANCRE ET AILES DU HAUT-SAINT-LAURENT
10 Bridge Street, Ormstown, Montérégie, QC, J0S 1K0
450 829-3491
Website: www.ancreetailes.com
Email: ancreetailes@bellnet.ca


Eligibility: adults living with or having experienced a mental health problem or psychological distress

Coverage area: MRC Le Haut-Saint-Laurent
Hours: Tuesday to Friday 9h00 to 16h00
Fees: annual membership card: $10, meals: $4, fees may apply for activities and outings

Financing: donations
Legal status: non-profit organization

ARC-EN-CIEL DES SEIGNEURIES - GROUPE D’ENTRAIDE EN SANTÉ MENTALE (L’)
274 Sainte-Anne Street, Varennes, Montérégie, QC, J3X 1R7
450 985-0522     Fax: 450 985-0805
Website: www.arcencieldesseigneuries.org
Email: info@arcencieldesseigneuries.org


Eligibility: people living with or who have lived with mental health issues

Coverage area: Boucherville, Calixa-Lavallée, Contrecoeur, Saint-Amable, Sainte-Julie, Varennes, Verchères
Hours: Monday to Thursday 9h00 to 16h30, occasionally on nights and weekends
Fees: membership card: $5
Financing: provincial, donations, membership fees
Legal status: non-profit organization

ASSOCIATION DES PARENTS ET AMIS DE LA PERSONNE ATTEINTE DE MALADIE MENTALE - RIVE-SUD
10 Churchill Boulevard, Suite 206 and 208, Longueuil, Montérégie, QC, J4V 2L7
450 766-0524
Website: apammrs.org/english
Email: info@apammrs.org


Eligibility: adults and children 5 years old and over with a close one living with a mental health issue

Coverage area: urban agglomeration of Longueuil, MRC Marguerite-D’Youville
Hours: administration: Monday to Friday 9h00 to 17h00, family activities: week days and evenings
Fees: psychosocial interventions: none, members: $15 to $20 per year, members-only activities: variable

Financing: grants, donations, contributions
Legal status: non-profit organization
AU SECOND LIEU
3200 Grande-Allée, Longueuil, Montérégie, QC, J4T 2S5
450 672-8725 Fax: 450 672-8499
Website: secondlieu.org
Email: info@secondlieu.org

Services: * Support and mutual aid groups. * Meetings intended to define people's needs and allow them to rediscover their abilities, resources, talents and break out of isolation. * Enable access to a better quality of life.

Eligibility: people living or who have lived with mental health issues

Coverage area: agglomeration of Longueuil

Hours: activities and support groups: Monday and Friday 9h00 to 16h00, office: Monday to Friday 9h00 to 16h00

Fees: membership card: $8

Financing: provincial, Centraide of Greater Montreal, donations, self-financing

Legal status: non-profit organization

AVANT-GARDE EN SANTÉ MENTALE (L')
462 Saint-Paul Street, La Prairie, Montérégie, QC, J5R 2R5
450 444-9661 Fax: 450 444-7021
Website: agsmlaprairie.org
Email: administration@agsmlaprairie.org

Services: Mental health support group and public education to offer an alternative to psychiatry.

Eligibility: people living with mental health issues or who think they may be living with a mental health issue, people who want to improve their mental health

Capacity: support group: 10 to 15 participants per meeting

Coverage area: La Prairie, Delson, Candiac, Sainte-Catherine, Saint-Philippe, Saint-Mathieu, Saint-Constant

Hours: Monday to Friday 8h30 to 16h30, support group: Wednesday afternoon

Financing: provincial, donations

Legal status: non-profit organization

CAMPAGNOL (LE)
94 Saint-André Street, Saint-Rémi, Montérégie, QC, J0L 2L0
450 454-5121 Fax: 450 454-2018
Website: www.lecampagnol.com
Email: entraide@campagnol.qc.ca

Services: Mutual aid group for mental health and living environment. * Activities: training and information workshop, creativity workshop, promotion and awareness workshop. * Listening, support and accompaniment for and by members.

Eligibility: adults living with or who have lived with mental health issues or emotional disorganization

Coverage area: MRC Les Jardins-de-Napierville

Hours: Monday to Thursday 9h00 to 16h00, Friday 9h00 to 21h00

Financing: grants, self-financing, donations

Legal status: non-profit organization

CENTRE DE CRISE ET DE PRÉVENTION DU SUICIDE DU HAUT-RICHELIEU-ROUVILLE
Confidential Address
1 866 277-3553 Fax: 855 351-6358
Website: www.cpshr.qc.ca
Email: administration@ccpshrr.ca


Eligibility: people in psychological distress, suicidal people, close ones of people in crisis, people grieving after a suicide, counsellors

Coverage area: CISSS de la Montérégie-Centre, hotline: province of Québec
Mental Health and addictions

Hours: administration: Monday to Thursday 9h00 to 16h00, telephone intervention: 24 hours / 7 days
Fees: free
Financing: provincial, donations, self-financing
Legal status: non-profit organization

CENTRE DE SOUTIEN EN SANTÉ MENTALE - MONTÉRÉGIE
2046 Édouard Boulevard, Longueuil, Montérégie, QC, J4T 1Z7
450 486-1609 Fax: 514 227-8314
Website: www.cssm-m.com
Email: ssm2510@videotron.ca

Eligibility: people with mental illnesses, their family and relatives
Coverage area: Montérégie
Hours: Monday to Friday 8h30 to 16h30
Fees: members: $10 per year, variable contributions for outings and some activities
Financing: provincial, municipal, fundraising campaigns, donations, grants
Legal status: non-profit organization

CENTRE DE SOUTIEN ENTR'AIDANTS
1688 Gustave-Désourdy Street, Longueuil, Montérégie, QC, J4T 1Y6
450 465-2520 ext. 204 Fax: 450 465-2290
Website: www.centredesoutienentraidants.com/en
Email: info@centredesoutienentraidants.com

Eligibility: caregivers of seniors
Coverage area: Brossard, Longueuil, Saint-Lambert
Hours: Monday to Friday 9h00 to 16h00, support groups during the day and the evening
Fees: annual membership: $20, support group: $2 in the afternoon or in the evening, $3 in the morning, training: $20, conferences and respite: free
Financing: provincial, contributions, self-financing
Legal status: non-profit organization

CENTRE DE TRANSITION PERCEVAL INC.
148 George Street, Suite 203, Sorel-Tracy, Montérégie, QC, J3P 1C6
450 746-1860 Fax: 450 746-2970
Email: centre.perceval@videotron.ca

Eligibility: people aged 18 to 65 living with severe and persistent mental health and other severe psychosocial adjustment disorders
Coverage area: MRC Pierre-De Saurel
Hours: Monday to Friday 8h00 to 16h00
Fees: none
Financing: donations, provincial
Legal status: non-profit organization
CENTRE HOSPITALIER HÔTEL-DIEU DE SOREL
400 de l'Hôtel-Dieu Avenue, Sorel-Tracy, Montérégie, QC, J3P 1N5
450 746-6000
Website: santemonteregie.qc.ca/en/node/3
Coverage area: Province of Québec
Hours: 24 hours / 7 days, tests centre: by appointment
Financing: provincial
Legal status: parapublic organization

CENTRE PÉRINATAL LE BERCEAU
733 Laurier Street, Beloeil, Montérégie, QC, J3G 4J7
450 446-7760
Website: leberceau.org
Email: info@leberceau.org
Eligibility: pregnant women, future parents and parents with a child under one year old
Coverage area: South Shore
Hours: Monday to Friday 8h30 to 16h30, Saturday 9h00 to 16h00
Fees: annual membership card: 15$, activities and services: free or variable
Financing: provincial, foundations, donations, self-financing, grants, municipal
Legal status: non-profit organization

CLSC DE VAUDREUIL-DORION - PAROLES AUX ANGES
3031 de la Gare Street, 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

D'UN COUVERT À L'AUTRE
1301 Sainte-Hélène Street, Longueuil, Montérégie, QC, J4K 3S4
450 928-9898
Website: www.duncouvertalautre.org/index.html
Email: duncouvertalautre@gmail.com
Mental Health and Addictions

**Services:** Socioprofessional insertion for people living with schizophrenia. *Reception, reference and support.*
*Community life: breakfast, lunch and dinner, collective kitchen, social committee and community newspaper.*
*Recreational activities: gardening, music group, board games, hockey and poker tournament.*
*Group for women.*
*Job preparation: activities to develop expertise and autonomy, training and volunteering.*
*Employment: printing and infographics services, help with integration in the job market and promotion of the social economy.*

**Eligibility:** people living with schizophrenia or with other mental illnesses with psychotic symptoms

**Coverage area:** Longueuil

**Hours:** Monday to Friday 8h00 to 17h00, printing shop: Monday to Thursday 8h00 to 17h00

**Financing:** grants

**Legal status:** non-profit organization

**DAHLIA (LE) - GROUPE D'ENTRAIDE EN SANTÉ MENTALE**

183 Ellice Street, Beauharnois, Montérégie, QC, J6N 1W9

**450 225-0696**  **Fax:** 450 225-0102

**Email:** dahliaentraide@hotmail.com

**Services:** Mental health day centre. *Listening, support, referrals and counselling.*
*Individual or group follow-up.*
*Training, prevention and awareness.*
*Therapeutics workshops and activities.*
*Coffee meetings.*
*Outings.*
*Self-esteem workshops.*
*Workshops for men.*
*Beauty Days.*
*Lunches and takeout.*

**Eligibility:** people living or having experienced mental health problems or emotional distress

**Coverage area:** MRC Beauharnois-Salaberry, MRC Roussillon

**Hours:** Monday to Friday 8h30 to 16h00

**Fees:** lunches: $3, takeout: $2

**Financing:** provincial, federal, donations

**Legal status:** non-profit organization

**ÉCLUSIER DU HAUT-RICHELIEU**

144 Jacques-Cartier Street North, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 6S6

**1 855 272-7837**  **Fax:** 450 346-6751

**Website:** eclusierhr.ca

**Email:** info@eclusierhr.ca

**Services:** *Telephone support and listening.*
*Psychosocial intervention.*
*Assistance with psychiatric assessment requests.*
*Information activities, documentation centre.*
*Support and self-help groups.*
*Awareness.*

**Eligibility:** relatives of people with mental health problems

**Coverage area:** CLSC Vallée-des-Forts and CLSC Richelieu

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

**ENTRAIDE CHEZ NOUS (L’)**

155 Brodeur Street, Longueuil, Montérégie, QC, J4J 2S3

**450 468-1726**  **Fax:** 450 468-6638

**Website:** www.entraidecheznous.org

**Email:** info@entraidecheznous.org

**Services:** *Food assistance.*
*Christmas sharing-store.*
*Thrift store.*
*Donation of gift certificates for the thrift store and donation of furniture (bed, table, dresser, etc.).*
*Individual and group support for bereaved people.*
*Friendship visits to seniors or people with a loss of autonomy.*
*Training, courses and conferences.*
*Professional integration with the various programs of local employment centres.*
*Recovery and collection of used items.*
*Tax clinic.*

**Eligibility:** people and families on a low income, bereaved adults

**Capacity:** support group: 6 people
Mental Health and addictions

Coverage area: food assistance, donation of furniture, Christmas sharing-store and friendship visits: Sacré-Cœur and Saint-Pie-X areas, other services: South Shore
Hours: Monday 10h00 to 12h00 and 13h00 to 16h00, Tuesday and Wednesday 9h00 to 12h00 and 13h00 to 16h00. Thursday 13h00 to 18h45, Friday 9h00 to 11h45 and 13h00 to 16h00, support groups: 13h00 to 15h15
Financing: Centraide of Greater Montréal, provincial, self-financing
Legal status: non-profit organization

ENTRÉE CHEZ SOI BROME-MISSISQUOI
525 Saint-Édouard Street, Suite 101, Farnham, Montérégie, QC, J2N 1G6
450 293-1631   Fax: 450 293-7070
Website: www.entrechezsoi.com
Email: info@entrechezsoi.com

Eligibility: people who recognize a vulnerability to mental health, at risk of homelessness
Coverage area: MRC Brome-Missisquoi
Hours: Monday to Friday 8h30 to 16h00
Fees: none
Financing: provincial, donations, grants
Legal status: non-profit organization

ENTRÉE CHEZ SOI BROME-MISSISQUOI - POINT DE SERVICE DE COWANSVILLE
217 Oxford Street, Cowansville, Montérégie, QC, J2K 2M5
450 293-1631
Website: www.entrechezsoi.com
Email: info@entrechezsoi.org

Eligibility: people living with a mental health disorder, at risk of homelessness
Coverage area: MRC Brome-Missisquoi
Hours: Monday to Friday 8h30 to 16h00
Fees: none
Financing: provincial, donations, grants
Legal status: non-profit organization

G.E.M.E. GROUPE D’ENTRAIDE POUR UN MIEUX-ÊTRE - LA PRAIRIE
462 Saint-Paul Street, La Prairie, Montérégie, QC, J5R 2R5
450 332-4463
Website: www.groupegeme.com
Email: lucie.bergeron@groupegeme.com

Eligibility: people 18 years and over living with anxiety disorders: stress, simple or social phobia, agoraphobia, panic disorder, burnout, depression, post-traumatic stress
Capacity: support groups: 15 to 33 people
Coverage area: Province of Québec
Hours: office: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, groups schedule: on the website
Fees: contributions
Financing: provincial, levées de fonds, cotisations, autofinancements
Legal status: non-profit organization
G.E.M.E. GROUPE D'ENTRAIDE POUR UN MIEUX-ÊTRE - LONGUEUIL
1085 Sainte-Foy Boulevard, Suite 232, Longueuil, Montérégie, QC, J4K 1W7
450 332-4463
Website: www.groupegeme.com
Email: lucie.bergeron@groupegeme.com
Eligibility: people 18 years and over with anxiety disorders: stress, simple or social phobia, agoraphobia, panic disorder, burnout, depression, post-traumatic stress
Capacity: support groups: 15 to 33 people
Coverage area: Province of Québec
Hours: office: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, groups schedule: on the website
Fees: membership fees
Financing: provincial, fundraising campaigns, membership fees, self-financing
Legal status: non-profit organization

G.E.M.E. GROUPE D'ENTRAIDE POUR UN MIEUX-ÊTRE - SAINT-BRUNO
53 de la Rabastalière Road East, Room 121, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 3T5
450 332-4463
Website: www.groupegeme.com
Email: lucie.bergeron@groupegeme.com
Eligibility: people 18 years and over with anxiety disorders: stress, simple or social phobia, agoraphobia, panic disorder, burnout, depression, post-traumatic stress
Capacity: support groups: 15 to 33 people
Coverage area: Province of Québec
Hours: office: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, groups schedule: on the website
Fees: contributions
Financing: provincial, fundraising campaigns, membership fees, self-financing
Legal status: non-profit organization

G.E.M.E. GROUPE D'ENTRAIDE POUR UN MIEUX-ÊTRE - SAINT-HUBERT
525 Latour Street, Longueuil, Montérégie, QC, J3Y 6A9
450 332-4463
Website: www.groupegeme.com
Email: lucie.bergeron@groupegeme.com
Eligibility: people 18 years and over with anxiety disorders: stress, simple or social phobia, agoraphobia, panic disorder, burnout, depression, post-traumatic stress
Capacity: support groups: 15 to 33 people
Coverage area: Province of Québec
Hours: office: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, groups schedule: on the website
Fees: contributions
Financing: provincial, fundraising campaigns, membership fees, self-financing
Legal status: non-profit organization
G.E.M.E. GROUPE D'ENTRAIDE POUR UN MIEUX-ÊTRE - SAINT-JEAN-SUR-RICHELIEU
177 Longueuil Street, 2nd floor, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 6P2
450 332-4463
Website: www.groupegeme.com
Email: lucie.bergeron@groupegeme.com
Eligibility: people 18 years and over living with anxiety disorders: stress, simple or social phobia, agoraphobia, panic disorder, burnout, depression, post-traumatic stress
Capacity: support groups: 15 to 33 people
Coverage area: Province of Québec
Hours: office: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, groups schedule: on the website
Fees: contributions
Financing: provincial, fundraising campaigns, membership fees, self-financing
Legal status: non-profit organization

GROUPE D'ENTRAIDE L'ARRÊT-COURT, SOREL-TRACY
117 George Street, Sorel-Tracy, Montérégie, QC, J3P 1C4
450 743-6071 Fax: 450 743-9971
Website: www.groupedentraidelarretcourt.com
Email: arretcourt@hotmail.com
Eligibility: people 18 years old and over who are or have been living with severe and persistent mental health issues
Coverage area: Sorel-Tracy
Hours: Monday to Friday 8h00 to 12h00 and 13h15 to 17h00
Fees: none
Financing: donations, provincial
Legal status: non-profit organization

GROUPE DE PARTAGE POUR HOMMES DE LA MONTÉRÉGIE
Confidential Address
514 299-3210
Website: gphm.ca
Email: groupepartagehommes@gmail.com
Eligibility: men with emotional and relational difficulties
Capacity: 10 to 12 people per meeting
Coverage area: Montérégie
Hours: phone: 24 hours / 7 days, meetings: Monday to Thursday 19h00 to 22h00
Fees: membership: $20 per year, support group: voluntary contribution of $10 per meeting
Financing: membership fees, donations
Legal status: non-profit organization

GROUPE LE TOURNANT
29 Diderot Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J2W 3C7
514 771-8572 Fax: 450 348-1410
Email: letournant@hotmail.ca
Mental Health and addictions

Eligibility: people living with a serious illness, people in palliative care, caregivers, volunteers
Coverage area: Carignan, Chambly, MRC Le Haut-Richelieu
Financing: grants
Legal status: non-profit organization

HONORÉ-MERCIER HOSPITAL
2750 Laframboise Boulevard, Saint-Hyacinthe, Montérégie, QC, J2S 4Y8
450 771-3333
Website: santemonteregie.qc.ca/en/installations/hopital-honore-mercier

Coverage area: Province of Québec
Hours: 24 hours / 7 days
Financing: provincial
Legal status: parapublic organization

KAHNAWAKE SHAKOTIIA'TAKEHNHAS COMMUNITY SERVICES
Confidential Address
450 632-6880     Fax: 450 632-5116
Website: www.kscs.ca

Eligibility: Kahnawake residents
Coverage area: Kahnawake
Hours: Monday to Friday 8h30 to 16h30
Financing: grants
Legal status: non-profit organization

MAISON D'INTERVENTION VIVRE
1807 Duke Street, Longueuil, Montérégie, QC, J4T 2A5
450 465-0264     Fax: 450 465-0266
Website: www.maisonvivre.org
Email: info@maisonvivre.org

Eligibility: women and men 18 to 55 years old, mainly with depression
Capacity: 15 people
Coverage area: Montérégie
MAISON DES PETITS TOURNESOLS (LA)
150 Grant Street, Suite 330, Longueuil, Montérégie, QC, J4H 3H6
450 332-4862
Website: www.lamaisondespetitstournesols.com
Email: lamaisondespetitstournesols@gmail.com
Eligibility: grieving children and teenagers, their parents and adults responsible for these children
Coverage area: Greater Montréal
Hours: variable
Fees: none
Financing: donations
Legal status: non-profit organization

MAISON DU GOÉLAND (LA)
66 Saint-Pierre Street, Saint-Constant, Montérégie, QC, J5A 1C1
450 845-1700 ext. 225 Fax: 450 845-1800
Website: lamaisongoeland.com
Email: info@maisongoeland.com
Eligibility: people living with a mental health problem
Capacity: 9 beds
Coverage area: CSSS Jardins-Roussillon
Hours: Monday to Friday 8h00 to 17h00
Financing: provincial, donations
Legal status: non-profit organization

NATURAL CAREGIVERS OF THE HAUT-SAINT-LAURENT (THE)
23A Sainte-Anne Street, Saint-Chrysostome, Montérégie, QC, J0S 1R0
450 826-1243
Website: www.aidantsnaturelshsl.com/en
Email: info@aidantsnaturelshsl.com
Eligibility: caregivers of a senior living at home
Coverage area: MRC Le Haut-Saint-Laurent
Hours: Monday to Friday 8h30 to 16h30
Fees: annual membership: $5
Financing: provincial, grants, donations
Legal status: non-profit organization
PAROISSE DE SAINT-JEAN L’ÉVANGÉLISTE (LA) - PASTORALE SOCIALE
80 Lajeunesse Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 5G1
450 347-2328 ext. 1022
Website: www.paroissestjeanev.com/rubriques/gauche/engagement-social/pastorale-sociale
Email: r.comtois@paroissestjeanev.com
Services: * Listening, support and references to other organizations when needed. * Peer encounter group and spiritual workshops. * Christmas baskets.
Eligibility: people in a vulnerability circumstances, general public
Coverage area: Saint-Jean-sur-Richelieu
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00
Fees: none
Financing: donations
Legal status: non-profit organization

PHARE - SAINT-HYACINTHE ET RÉGIONS (LE)
620 Robert Avenue, Saint-Hyacinthe, Montérégie, QC, J2S 4L8
450 773-7202 Fax: 450 773-5117
Website: www.lephare-apamm.ca
Email: reception@lephare-apamm.ca
Eligibility: family and friends of people living with mental health challenges, community workers, training and awareness raising: organisations, schools, companies
Coverage area: MRC d’Acton, MRC Les Maskoutains, MRC La Vallée-du-Richelieu (Carignan and Chambly excluded), Saint-Bruno-de-Montarville
Hours: office: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, open until 20h30 on Wednesday
Fees: none
Financing: grants, donations
Legal status: non-profit organization

PHARE SOURCE D’ENTRAIDE (LE) - SIÈGE SOCIAL - FARNHAM
525 Saint-Édouard Street, Suite 103, Farnham, Montérégie, QC, J2N 1G6
450 293-0690 Fax: 450 293-7070
Website: psentraide.org
Email: lephare@videotron.ca
Eligibility: people living or having lived with a mental health problem or a period of emotional distress
Coverage area: MRC Brome-Missisquoi
Hours: Monday, Wednesday, Thursday and Friday 9h00 to 16h00
Financing: provincial
Legal status: non-profit organization

PHOBIES-ZÉRO
2091 Léonard-De Vinci Street, Suite A3, Sainte-Julie, Montérégie, QC, J3E 1Z2
1 866 922-0002
Website: www.phobies-zero.qc.ca
Email: admin@phobies-zero.qc.ca
Services: Support and self-help groups for people suffering from anxiety disorders including obsessive-compulsive disorder and their relatives. * Self-help group and anxiety disorder management workshop list available on the website. * Phone listening.

Eligibility: adults and youth 12 years and over living with anxiety disorders including an obsessive-compulsive disorder, their families and relatives

Coverage area: self-help groups: Montréal and surroundings, Granby, Laval, Repentigny, Saint-Hubert, Saint-Jérôme, Sainte-Julie, Sainte-Thérèse

Hours: helpline: Monday to Friday 9h00 to 21h00, administration: Monday to Thursday 8h00 to 16h00, self-help groups: Monday to Friday 19h30 to 21h30

Fees: membership: $25 per year, meetings: $20 per month

Financing: provincial, donations, self-financing

Legal status: non-profit organization

PONT DU SUROÎT
88 Alexandre Street, Salaberry-de-Valleyfield, Montérégie, QC, J6S 3J9
450 377-3126
Website: www.lepont.com
Email: info@lepont.com


Eligibility: families and friends of people living with a mental illness

Coverage area: MRC Vaudreuil-Soulanges, MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent

Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00

Financing: provincial, self-financing, donations

Legal status: non-profit organization

PRÉMA-QUÉBEC
150 Grant Street, Suite 305, Longueuil, Montérégie, QC, J4H 3H6
1 888 651-4909     Fax: 450 651-2185
Website: www.premaquebec.ca/en
Email: info@premaquebec.ca


Eligibility: parents of premature children, professionals

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 16h00

Fees: free for parents

Financing: provincial, donations, grants

Legal status: non-profit organization

PSYCOHÉSION
100 du Marché Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1P7
450 377-2841     Fax: 450 377-0410
Website: www.psycohesion.weebly.com
Email: directrice@psycohesion.com


Eligibility: people 18 years and over living with or having lived with a mental health problem, Pass-Action program: people ready to reintegrate the job market
**Capacity:** Pass-Action program: 8 people
**Coverage area:** Salaberry-de-Valleyfield
**Hours:** Monday and Wednesday 9h00 to 16h00, Tuesday 12h00 to 16h00, Thursday 9h00 to 16h00 and 18h00 to 21h00, Friday 9h00 to 15h00, Saturday and Sunday 9h00 to 14h00
**Fees:** annual membership: $10
**Financing:** provincial
**Legal status:** non-profit organization

**RESSOURCE DE TRANSITION LE TOURNANT**
414 Salaberry Street West, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2K3
1 866 277-3553 Fax: 450 371-2681
Website: www.letournant.org
Email: letournant@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

**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

**RESSOURCE POUR HOMMES DE LA HAUTE-YAMASKA**
739 Dufferin Street, Granby, Montérégie, QC, J2H 2H5
450 777-6680 Fax: 450 777-5788
Website: www.rhhy.qc.ca
Email: info@rhhy.qc.ca


**Eligibility:** men 14 years old and over

**Coverage area:** Granby, Haute-Yamaska, Brome-Missisquoi, Acton, Rouville
**Hours:** Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30
**RÊVES ENVOLÉS (LES)**

1333 Jacques-Cartier Boulevard East, Longueuil, Montérégie, QC, J4M 2A5

**450 468-8111 ext. 82309**  **Fax: 450 468-8327**

**Website:** santemonteregie.qc.ca

**Email:** marie-claude.tessier2.cisssme16@ssss.gouv.qc.ca

**Services:** Support group for parents living a perinatal mourning: monthly thematic meetings facilitated by a social worker and a mother at the centre hospitalier Pierre-Boucher.

**Eligibility:** parents who have experienced a miscarriage, an ectopic pregnancy, a termination of pregnancy after the discovery of an anomaly, a stillborn baby, the death of a baby in the days or weeks after birth

**Capacity:** 10 to 25 people per meeting

**Coverage area:** Greater Montréal

**Hours:** meetings: 2nd Wednesday of every month 19h00 to 22h00 (break in August)

**Fees:** free

**Financing:** self-financing, donations

**Legal status:** non-profit organization

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**SANTÉ MENTALE QUÉBEC - PIERRE-DE SAUREL**

71 Hôtel-Dieu Street, Suite 105, Sorel-Tracy, Montérégie, QC, J3P 1L3

**450 746-1497**

**Website:** www.smqpierredesaurel.org

**Email:** info@smqpierredesaurel.org

**Services:** Promotion and prevention of mental health in the MRC Pierre-De Saurel. * Prevention and promotion work for the protection of the mental health of the population. * Raising awareness in the population about caring for one’s mental health as much as their physical health. * L’Astuce: community space for members to share, equip themselves and help each other. * Facilitating the support of people who have lived or are living through affective and emotional difficulties. * Promoting the development of any alternative or community resource enabling the psychosocial integration of people who have lived with mental health issues.

**Eligibility:** general population, people who have lived or are living through affective and emotional difficulties, people who have lived with mental health issues

**Coverage area:** MRC Pierre-De Saurel

**Hours:** Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00

**Fees:** upon request, depending on the activity

**Financing:** grants

**Legal status:** non-profit organization

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**SANTÉ MENTALE QUÉBEC - SOUTH SHORE**

150 Grant Street, Suite 227, Longueuil, Montérégie, QC, J4H 3H6

**450 616-1569**

**Website:** www.smqrivesud.ca

**Email:** direction@smqrivesud.ca

**Services:** * Mental health promotion and prevention: group workshops (in person and online), conferences, information, awareness, video capsules and training. * Research and development actions: tools productions and implementation of new programs. * Participation to the annual campaign for mental health promotion as part of the National Mental Health Week.

**Coverage area:** South Shore

**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 15h00

**Fees:** activities: variable

**Financing:** provincial

**Legal status:** non-profit organization
TRAVERSÉE (LA) - CENTRE DE CRISE ET DE PRÉVENTION DU SUICIDE
120 Sainte-Anne Road, Sorel-Tracy, Montérégie, QC, J3P 1J8
1 866 277-3553     Fax: 450 746-2785
Website: cpslatraversee.ca
Email: intervention@cpslatraversee.ca
Eligibility: people in psychological distress, suicidal people, bereaved children and adults, counselors
Capacity: 3
Coverage area: MRC Pierre-De Saurel
Hours: 24 hours / 7 days
Fees: none
Financing: provincial
Legal status: non-profit organization

VAISSEAU D’OR (LE)
201 Robillard Street, Suite 210, Sorel-Tracy, Montérégie, QC, J3P 8C7
450 743-2300
Website: levaisseaudor.org
Email: info@vaisseaudor.org
Services: Assistance, support and intervention with the close ones of a person living with severe and persistent mental illness. * Individual or family psychosocial intervention. * Information and training activities. * Support and self-help group. * Respite.
Eligibility: close ones of a person living with severe and persistent mental illness
Coverage area: Massueville, Saint-Aimé, Saint-David, Saint-Gérard-Majella, Saint-Joseph-de-Sorel, Saint-Ours, Saint-Robert, Saint-Roch-de-Richelieu, Sainte-Anne-de-Sorel, Sainte-Victoire-de-Sorel, Sorel-Tracy, Yamaska
Hours: Monday to Friday 9h00 to 16h00
Fees: free
Financing: grants, donations, self-financing, foundations
Legal status: non-profit organization

VERSANT (LE) - RÉSEAU D’ENTRAIDE POUR LES PERSONNES SOUFFRANT DE TROUBLES ANXIEUX
Confidential Address
450 455-6171 ext. 70657
Website: www.leversant.org
Email: info@leversant.org
Eligibility: adults living with anxiety, youth section: youth 12 to 17 years old
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

SENIORS' ADVOCACY AND ASSISTANCE ASSOCIATIONS

VOLUNTEER TRANSPORTATION
Caregivers

ACTION-SERVICES AUX PROCHES AIDANTS DE LONGUEUIL
2160 Chemin du Tremblay, Suite 95, Longueuil, Montérégie, QC, J4N 1A8
450 928-0776     Fax: 450 928-3830
Website: asapal.org
Email: info@asapal.org
Eligibility: caregivers of a person in loss of autonomy
Coverage area: Boucherville, Calixa-Lavallée, Contrecoeur, Saint-Amable, Sainte-Julie, Varennes, Verchères, Vieux-Longueuil
Hours: Monday to Friday 8h30 to 16h30, support groups in the afternoon
Fees: annual membership: $20
Financing: provincial
Legal status: non-profit organization

ALZHEIMER SOCIETY OF RIVE-SUD
1160 Nobert Boulevard, Longueuil, Montérégie, QC, J4K 2P1
450 442-3333     Fax: 450 442-9271
Website: alzheimer.ca/rivesud/en
Email: info@alzheimerrivesud.ca
Eligibility: people with Alzheimer's disease or another major neurocognitive disorder, caregivers
Capacity: Campanile: 22 rooms
Hours: Monday to Friday 8h30 to 17h00
Financing: fundraising campaigns, donations
Legal status: non-profit organization

AMÉLYS - SERVICE D'AIDE À DOMICILE
3323 Grande Allée, Longueuil, Montérégie, QC, J4T 2S9
450 466-8444     Fax: 450 466-4277
Website: amelys.ca/fr/amelys-en
Email: info@amelys.ca
Eligibility: seniors, people with reduced mobility, in convalescence or with punctual needs, their caregivers
Coverage area: Boucherville, Brossard, Longueuil, Saint-Lambert
Hours: 8h00 to 17h00
Fees: variable
Financing: provincial, self-financing
Legal status: non-profit organization

APHASIE RIVE-SUD
1720 De Gaulle Street, Longueuil, Montérégie, QC, J4T 1M9
450 550-4466
Website: aphasierivesud.ca/en/home
Email: info.aphasierivesud@gmail.com
Services: * Workshops: language (speech therapy), written language, theatre, choir, games, adapted scrabble, lunch meeting, relaxation on a chair, etc. * J'active mes neurones workshop. * Parole entre nous workshop. * Workshops for caregivers: Café du bien support group, sociocultural activities, etc.
Eligibility: adults with aphasia, caregivers
Coverage area: South Shore of Montréal
Hours: Monday to Friday 8h30 to 15h30, meetings and workshops: Monday to Friday 9h30 to 11h30
Fees: membership card: $30 per year, activities: $50 per semester
Financing: provincial, self-financing, donations
Legal status: non-profit organization

ARC ASSITANCE AND REFERRAL CENTER
106 Churchill Boulevard, 2nd floor, Longueuil, Montérégie, QC, J4V 2L9
514 605-9500
Website: arc-hss.ca
Email: arcinformation2@gmail.com
Eligibility: english-speaking people
Coverage area: South Shore
Hours: office: Monday to Friday 8h30 to 16h30
Financing: foundations, provincial
Legal status: non-profit organization

ASSOCIATION DES AIDANTS(ES) NATURELS(LES) DU BAS-RICHELIEU
55 Fillion Place, Sorel-Tracy, Montérégie, QC, J3P 7Z7
450 730-0880
Website: aanbr.org
Email: direction.aanbr@videotron.ca
Eligibility: caregivers
Coverage area: MRC Pierre-De Saurel
Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00
Fees: membership card: $20 per year
Financing: self-financing, grants
Legal status: non-profit organization

BROSSARD PUBLIC LIBRARY
7855 San-Francisco Avenue, Brossard, Montérégie, QC, J4X 2A4
450 923-6350     Fax: 450 923-7042
Website: bibliotheque.brossard.ca
Email: bibliotheque@brossard.ca
Seniors


Coverage area: Brossard

Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00, summer: Monday to Friday 10h00 to 21h00, Saturday 12h00 to 17h00

Fees: residents: free, non-residents: $80

Financing: municipal

Legal status: municipal agency

CANDIAC PUBLIC LIBRARY

59 Haendel Road, Candiac, Montérégie, QC, J5R 1R7
450 635-6032 Fax: 450 635-0900
Website: candiac.ca/bibliothèque
Email: biblio@ville.candiac.qc.ca


Eligibility: general public

Coverage area: Candiac

Hours: Tuesday and Thursday 10h00 to 20h00, Wednesday and Friday 13h00 to 20h00, Saturday 10h00 to 16h30, Sunday 12h00 to 16h30, summer: closed on Sunday

Fees: registration: free for residents, variable for non-residents

Financing: municipal

Legal status: municipal agency

CENTRE COMMUNAUTAIRE L'ENTRAIDE PLUS

2437 Bourgogne Avenue, Chambly, Montérégie, QC, J3L 2A5
450 658-4469 Fax: 450 658-4469
Website: entraideplus.org
Email: info@entraideplus.org


Eligibility: people 50 years old and over, autonomous, disabled, sick or in loss of autonomy, caregivers

Capacity: Resto-Entre: 44 places

Coverage area: Chambly, Carignan, Richelieu, Saint-Mathias-sur-Richelieu, Sainte-Angele-de-Monnoir, Marieville

Hours: Monday to Thursday 9h00 to 16h00, Friday 9h00 to 14h00, respite: Monday and Thursday 9h30 to 15h30, Resto-Entre: Monday to Friday 11h00 to 13h00

Fees: members: $20 per year, Resto-Entre: $6 for members, $7 for non-members

Financing: donations, grants

Legal status: non-profit organization
CENTRE COMMUNAUTAIRE L’ENTRAIDE PLUS - SAINT-MATHIAS-SUR-RICHELIEU SITE
300 des Patriotes Road, Saint-Mathias-sur-Richelieu, Montérégie, QC, J3L 6Z5
514 798-6767    Fax: 450 658-4469
Website: www.entraideplus.org
Email: info@entraideplus.org


Eligibility: seniors aged 50 years and over who are autonomous, disabled, sick or in loss of autonomy, caregivers

Coverage area: Carignan, Chambly, Marieville, Richelieu, Saint-Mathias-Sur-Richelieu, Sainte-Angèle-de-Monnoir

Hours: Monday to Wednesday 11h00 to 14h00, Thursday 11h00 to 16h00

Fees: membership: $25 per year

Financing: donations, grants

Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE BOUCHERVILLE
11 Louis-H.-La Fontaine Street North, Suite 201, Boucherville, Montérégie, QC, J4B 4Y3
450 655-9081
Website: www.cabboucherville.ca
Email: info@cabboucherville.ca


Eligibility: people living with permanent or temporary difficulties, ITMAV: people 50 years and over

Coverage area: Boucherville

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30

Fees: meals on wheels: $6, community kitchen: $20 maximum, frozen meals: $4

Financing: provincial, Centraide of Greater Montréal, donations, federal, self-financing

Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE FARNHAM
1810 Principale Street East, Farnham, Montérégie, QC, J2N 1N4
450 293-3265    Fax: 450 293-1010
Website: www.cabfarnham.com
Email: direction@cabfarnham.com


Eligibility: people living with a disability, seniors, families, community organizations

Coverage area: Ange-Gardien, Farnham, Sainte-Brigide-D’iberville, Sainte-Sabine

Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00

Fees: none
Financing: Centraide Richelieu-Yamaska, provincial
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE SAINT-CÉSAIRE
1100 Leclaire Street, Saint-Césaire, Montérégie, QC, J0L 1T0
450 469-3279    Fax: 450 469-0958
Website: www.cabacoeur.org
Email: services@cabacoeur.org


Eligibility: individuals and families on a low income, seniors, caregivers, volunteers
Coverage area: Saint-Césaire
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00, caregivers: 2nd Tuesday of the month, friendship lunch: 3rd Tuesday of the month
Fees: thrift shop: at low cost
Financing: provincial
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE SAINT-JEAN-SUR-RICHELIEU
640 Dorchester Street, Office 301, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 5A4
450 347-7527    Fax: 450 347-7323
Website: www.cabstjean.org
Email: info@cabstjean.org


Eligibility: seniors, people on a low income, caregivers, volunteers
Coverage area: Saint-Blaise-Sur-Richelieu, Saint-Jean-Sur-Richelieu, Saint-Paul-De-L’île-Aux-Noix
Hours: monday to thursday 8h00 to 16h00
Fees: meals on wheels: variable, culinary workshops: $10 per workshop
Financing: provincial, self-financing, donations
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE VALLEYFIELD
95 Salaberry Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2H5
450 373-2111
Website: cabvalleyfield.com
Email: info@cabvalleyfield.com

Eligibility: adults, seniors, caregivers, organizations
Coverage area: Salaberry-de-Valleyfield, Saint-Stanislas-de-Kostka, caregivers: Salaberry-de-Valleyfield, Saint-Stanislas-de-Kostka, Beauharnois, Saint-Étienne-de-Beauharnois and Saint-Louis-de-Gonzague
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: meals: $7
Financing: provincial, self-financing
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DU GRAND CHÂTEAUGUAY
10 Gilmour Street, Châteauguay, Montérégie, QC, J6J 1K4
450 699-6289
Website: www.cabgc.org
Email: info@cabgc.org


Eligibility: people 50 years old and over, people with a loss of autonomy, caregivers, people on a low income
Coverage area: Châteauguay, Saint-Urbain-Premier, Saint-Isidore, Sainte-Martine, Mercier, Léry
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 15h00
Financing: federal, provincial, donations
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DU GRAND CHÂTEAUGUAY - SERVICES AUX PROCHES AIDANTS
10 Gilmour Street, Châteauguay, Montérégie, QC, J6J 1K4
450 699-6289
Website: www.cabchateauguay.org
Email: aidant@cabgc.org


Eligibility: caregivers of people 50 years old and over with loss of physical or cognitive autonomy
Capacity: 10 to 20 people depending on the activity
Coverage area: Châteauguay, Léry, Mercier, Saint-Isidore, Saint-Urbain-Premier, Sainte-Martine
Hours: office: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 15h00, by appointment after office hours
Fees: none
Financing: provincial, grants, donations
Legal status: non-profit organization
CENTRE D'ENTRAIDE BÉNÉVOLE DE SAINT-AMABLE
297 Principale Street, Saint-Amable, Montérégie, QC, J0L 1N0
450 649-0604 Fax: 450 649-2301
Website: www.cebsa.org
Email: info@cebsa.org


Eligibility: people on a low income, seniors, people living with disabilities or ill people

Coverage area: Saint-Amable

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 15h00, thrift shop: Tuesday to Thursday 13h00 to 16h00, food assistance: Friday 10h30, community meals: 2nd and last Wednesday of every month 11h30, meals on wheels: Tuesday and Thursday mornings

Fees: food assistance: $15, community meals: $7, meals on wheels: $5

Financing: provincial, self-financing

Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT D'ACTON VALE
1176 Bélair Street, Acton Vale, Montérégie, QC, J0H 1A0
450 546-7332 Fax: 450 546-7212
Website: www.centredebenevolatacton.com
Email: direction@cbav.ca


Eligibility: families, people in vulnerable situations, seniors, caregivers, volunteers, meals on wheels: people aged 65 and over

Coverage area: MRC Acton

Hours: administration: Monday to Friday 8h00 to 16h00, thrift store: Monday to Friday 9h00 to 17h00, Saturday 9h00 to 12h00

Fees: food assistance: free, meals on wheels: $6 per meal

Financing: donations, self-financing

Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE LA RIVE-SUD - CANDIAC SITE
8 Saint-François-Xavier Road, Candiac, Montérégie, QC, J5R 1A2
450 659-9651 Fax: 450 659-1271
Website: www.benevolatrivesud.qc.ca
Email: candiac@benevolatrivesud.qc.ca


Eligibility: adults and seniors with a loss of autonomy or living alone or in convalescence

Coverage area: Candiac, La Prairie, Saint-Constant, Sainte-Catherine, Saint-Mathieu, Saint-Philippe and Delson

Hours: Monday to Thursday 8h30 to 16h30, administration: Monday to Friday 8h30 to 16h30

Fees: meals-on-wheels: $6.50 per meal

Financing: provincial

Legal status: non-profit organization
Seniors

CENTRE DE BÉNÉVOLAT DE LA RIVE-SUD - CHAMBLY SITE
1410 de Salaberry Avenue, Chambly, Montérégie, QC, J3L 1R7
450 658-4325 Fax: 450 658-1694
Website: benevolatricesud.qc.ca
Email: chamby@benevolatricesud.qc.ca


Eligibility: meals on wheels: seniors 65 years and over, ill or convalescent people, people with physical or intellectual disability, single mothers, people in need, Coup de Pouce Family Counter: individuals, families on a low income

Coverage area: Chambly, Carignan

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Fees: meals on wheels: $6.50 per meal, clothing depot: variable

Financing: donations

Legal status: non-profit organization

CENTRE DE SOUTIEN ENTR'AIDANTS
1688 Gustave-Désourdy Street, Longueuil, Montérégie, QC, J4T 1Y6
450 465-2520 ext. 204 Fax: 450 465-2290
Website: www.centredesoutienentraidants.com/en
Email: info@centredesoutienentraidants.com


Eligibility: caregivers of seniors

Coverage area: Brossard, Longueuil, Saint-Lambert

Hours: Monday to Friday 9h00 to 16h00, support groups during the day and the evening

Fees: annual membership: $20, support group: $2 in the afternoon or in the evening, $3 in the morning, training: $20, conferences and respite: free

Financing: provincial, contributions, self-financing

Legal status: non-profit organization

CHÂTEAUGUAY PUBLIC LIBRARY
25 Maple Boulevard, Châteauguay, Montérégie, QC, J6J 3P7
450 698-3080 Fax: 450 698-3077
Website: ville.chateauguay.qc.ca/en/library/home
Email: biblio@ville.chateauguay.qc.ca


Coverage area: Châteauguay

Hours: Monday 12h00 to 21h00, Tuesday and Wednesday 9h00 to 21h00, Thursday 9h00 to 20h00, Friday 9h00 to 17h00, Saturday and Sunday 12h00 to 17h00, summer: closed Saturday and Sunday

Fees: residents: none, non-residents: $70 per year

Financing: municipal

Legal status: municipal agency
COOP AIDE RIVE-SUD
740 Sainte-Foy Boulevard, Suite 300, Longueuil, Montérégie, QC, J4J 1Z3
450 679-2433    Fax: 450 679-7910
Website: www.cooprivesud.com
Email: info@cooprivesud.com
Eligibility: individuals with permanent or temporary physical limitations, people 65 years and over, general public
Coverage area: Longueuil, Calixa-Lavallée, Brossard, Boucherville, Varennes, Saint-Lambert, Sainte-Julie, Saint-Amable, Verchères
Hours: Monday to Friday 8h00 to 16h30
Fees: depending on the service and the family income, access to the RAMQ financial assistance for home help services program, social share: $10
Financing: self-financing, provincial
Legal status: cooperative

COOPÉRATIVE DE SOLIDARITÉ EN ENTRETIEN MÉNAGER DU BAS-RICHELIEU
71 de l'Hôtel-Dieu Avenue, Sorel-Tracy, Montérégie, QC, J3P 4J9
450 743-9181    Fax: 450 743-3306
Website: www.coopentretien.com
Email: coonentretiensem@videotron.ca
Services: At-home assistance. * Subsidized light works: cleaning, dusting, laundry, ironing, meals preparation, grocery shopping and other errands. * Subsidized heavy works: window cleaning, floor cleaning and waxing, appliances, garage and basement cleaning. * Non-subsidized works: seasonal works, reparation or furniture mounting, pets care, daily assistance, logistic assistance, care and home surveillance, leaves pick-up, snow removal, gardening, assistance with packing for a house move, etc. * Help with daily life: hygiene, partial toilet and bath, incontinence care, help with getting up and going to bed, safe travel, accompaniment for medical appointments, at the pharmacy or at the bank. * Presence and monitoring: stimulation, help with medication, respite for caregivers.
Eligibility: people needing an occasional or continuous assistance, people 65 years and over or referred by the CLSC, people with a temporary or permanent physical disability, single-parent families
Coverage area: MRC Pierre-De Saurel, Contrecoeur
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: fees according to the age and income, grants available for people 65 years and over or referred by the CLSC, non-subsidized services: starting from $24 per hour
Financing: grants, self-financing
Legal status: non-profit organization

COOPÉRATIVE DE SOUTIEN À DOMICILE DU PAYS DES VERGERS
175 Principale Street, Suite 7, Cowansville, Montérégie, QC, J2K 3L9
450 266-5484    Fax: 450 266-1919
Website: soutienadomicile.coop
Email: info@soutienadomicile.coop
Coverage area: MRC Brome-Missisquoi, Sainte-Brigide-d'Iberville, Ange-Gardien
Fees: variable
Financing: self-financing
Legal status: cooperative
COUP DE POUCE DES MOISSONS
196 Saint-Louis Road, Beauharnois, Montérégie, QC, J6N 2J1
1 888 429-4229 Fax: 450 429-6364
Website: cpmaide.ca
Email: direction@cpmaide.ca
Eligibility: seniors, people who are ill, living with a disability or with a loss of autonomy
Coverage area: MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Roussillon
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00
Fees: variable depending on income and age
Financing: provincial, self-financing
Legal status: non-profit organization

GROUPE LE TOURNANT
29 Diderot Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J2W 3C7
514 771-8572 Fax: 450 348-1410
Email: letournant@hotmail.ca
Eligibility: people living with a serious illness, people in palliative care, caregivers, volunteers
Coverage area: Carignan, Chambly, MRC Le Haut-Richelieu
Financing: grants
Legal status: non-profit organization

HELLENIC SOCIAL SERVICES OF QUÉBEC - SOUTH SHORE
5220 Grande-Allée, Longueuil, Montérégie, QC, J3Y 1A1
450 443-8197
Website: hcgm.org
Email: info@hcgm.org
Eligibility: people of various origins, particularly Greek
Coverage area: South Shore
Hours: Monday and Tuesday 9h00 to 19h00, Wednesday 9h00 to 17h00, Sunday 8h00 to 16h00
Financing: donations, grants, 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
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

KAHNAWAKE SHAKOTIIA’TAKEHNHAS COMMUNITY SERVICES
Confidential Address
450 632-6880    Fax: 450 632-5116
Website: www.kscs.ca


Eligibility: Kahnawake residents
Coverage area: Kahnawake

LA PRAIRIE PUBLIC LIBRARY
500 Saint-Laurent Street, La Prairie, Montérégie, QC, J5R 5X2
450 444-6710
Website: www.ville.laprairie.qc.ca/activites/loisirs-et-culture/bibliotheque-leo-lecavalier
Email: biblio@ville.laprairie.qc.ca


Eligibility: general public
Coverage area: La Prairie
Hours: Tuesday and Thursday 9h30 to 20h30, Wednesday 13h30 to 20h30, Friday 13h30 to 18h00, Saturday 10h00 to 16h30, Sunday 13h30 to 16h30, summer: Monday and Wednesday 13h30 to 20h30, Tuesday and Thursday 9h30 to 20h30, Friday 13h30 to 18h00, Saturday 13h30 to 16h30
Fees: membership: free for residents, variable for non-residents
Financing: municipal
Legal status: municipal agency

LONGUEUIL PUBLIC LIBRARIES NETWORK - HUBERT-PERRON LIBRARY
1100 Beauregard Street, Longueuil, Montérégie, QC, J4K 2L1
450 463-7180    Fax: 450 646-8650
Website: longueuil.quebec/fr/services%2Fbibliotheques


Coverage area: Longueuil
Hours: Tuesday 19h00 to 21h00, Saturday 9h00 to 12h00, summer: closed
Fees: subscription: free for residents, variables for non-residents
Financing: municipal
Legal status: municipal agency

LONGUEUIL PUBLIC LIBRARIES NETWORK - CLAUDE-HENRI-GRIGNON LIBRARY
1660 Bourassa Street, Longueuil, Montérégie, QC, J4J 3A4
450 463-7180  Fax: 450 646-6710
Website: longueuil.quebec/fr/bibliotheque-claude-henri-grignon
Coverage area: Longueuil
Hours: Tuesday 10h00 to 21h00, Wednesday and Thursday 13h00 to 21h00, Friday 13h00 to 18h00, Saturday and Sunday 10h00 to 17h00, summer: closed on Sunday
Fees: subscription: free for residents, variables for non-residents
Financing: municipal
Legal status: municipal agency

LONGUEUIL PUBLIC LIBRARIES NETWORK - FATIMA LIBRARY
2130 Jean-Louis Street, Longueuil, Montérégie, QC, J4G 1K2
450 463-7180  Fax: 450 646-8874
Website: longueuil.quebec/fr/bibliotheque-fatima-0
Coverage area: Longueuil
Hours: Tuesday and Wednesday 13h00 to 20h00, Thursday and Friday 13h00 to 17h00, Saturday 12h00 to 15h00
Fees: subscription: free for residents, variables for non-residents
Financing: municipal
Legal status: municipal agency

LONGUEUIL PUBLIC LIBRARIES NETWORK - GEORGES-DOR LIBRARY
2760 de Chambly Road, Longueuil, Montérégie, QC, J4L 1M6
450 463-7180  Fax: 450 646-8650
Website: longueuil.quebec/fr/bibliotheque-georges-dor
Coverage area: Longueuil
Hours: Tuesday to Thursday 10h00 to 21h00, Friday 10h00 to 18h00, Saturday and Sunday 10h00 to 17h00, summer: closed on Sunday
Fees: subscription: free for residents, variables for non-residents
Financing: municipal
Legal status: municipal agency

LONGUEUIL PUBLIC LIBRARIES NETWORK - GREENFIELD PARK LIBRARY
225 Empire Street, Longueuil, Montérégie, QC, J4V 1T9
450 463-7180  Fax: 450 466-8112
Website: longueuil.quebec/fr/bibliotheque-de-greenfield-park
Coverage area: Longueuil
LONGUEUIL PUBLIC LIBRARIES NETWORK - J.-W.-GENDRON LIBRARY
Mgr-A.-M.-Parent School, 3875 Grande Allée, Longueuil, Montérégie, QC, J4T 2V8
450 463-7180     Fax: 450 445-6741
Website: longueuil.quebec/fr/services%2Fbibliotheques
Coverage area: Longueuil
Hours: Monday to Thursday 15h00 to 20h00, Saturday 10h00 to 16h00, Sunday 13h00 to 16h00, summer: Monday to Thursday 14h00 to 20h00
Fees: subscription: free for residents, variables for non-residents
Financing: municipal
Legal status: municipal agency

LONGUEUIL PUBLIC LIBRARIES NETWORK - JACQUES-FERRON LIBRARY
100 Saint-Laurent Street West, Longueuil, Montérégie, QC, J4H 1M1
450 463-7180     Fax: 450 646-8874
Website: longueuil.quebec/fr/bibliotheque-jacques-ferron
Coverage area: Longueuil
Hours: Tuesday to Thursday 10h00 to 21h00, Friday 10h00 to 18h00, Saturday and Sunday 10h00 to 17h00, children section: Tuesday 10h00 to 20h00, Wednesday and Thursday 13h00 to 20h00, Friday 13h00 to 18h00, Saturday and Sunday 10h00 to 17h00, summer: closed on Sunday
Fees: subscription: free for residents, variable for non-residents
Financing: municipal
Legal status: municipal agency

LONGUEUIL PUBLIC LIBRARIES NETWORK - RAYMOND-LÉVESQUE LIBRARY
7025 Cousineau Boulevard, Longueuil, Montérégie, QC, J3Y 0H1
450 463-7180     Fax: 450 463-7387
Website: longueuil.quebec/fr/bibliotheque-raymond-levesque
Coverage area: Longueuil
Hours: Monday 13h00 to 21h00, Tuesday to Thursday 10h00 to 21h00, Friday 10h00 to 18h00, Saturday 10h00 to 17h00, Sunday 12h00 to 17h00
Fees: subscription: free for residents, variables for non-residents
Financing: municipal
Legal status: municipal agency

MAISON DE LA FAMILLE DE LA VALLÉE DU RICHELIEU (LA)
91 Cartier Boulevard, Beloeil, Montérégie, QC, J3G 6R4
450 446-0852
Website: www.mfvr.ca
Email: reception@mfvr.ca

Eligibility: families, caregivers, seniors


Hours: office: Monday to Friday 8h30 to 16h00, daycare: Monday to Friday 8h30 to 15h30, Saturday 8h30 to 12h00, seniors pavilion: Monday to Thursday 13h00 to 16h00

Fees: annual membership card: $20

Financing: donations, fundraising campaigns, grants

Legal status: non-profit organization

MAISON DE LA FAMILLE DES MASKOUTAINS
2130 Mailhot Avenue, Saint-Hyacinthe, Montérégie, QC, J2S 9E1
450 771-4010     Fax: 450 250-0272
Website: www.mfm.qc.ca
Email: accueil@mfm.qc.ca


Eligibility: families, seniors, caregivers, children, immigrants, refugees

Coverage area: MRC Les Maskoutains

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

Fees: membership card: $10 per year, drop-in respite: free, educational childcare services: $20 per 4-week session, including meals, Tablette et cie: free for members, $5 per 4-month session for non-members, community meals: variable

Financing: provincial, donations, grants, membership fees

Legal status: non-profit organization

MULTIPLE SCLEROSIS SOCIETY OF CANADA - MONTÉRÉGIE SECTION
1705 Victoria Avenue, Suite C-121, Saint-Lambert, Montérégie, QC, J4R 2T7
450 466-5209     Fax: 450 466-9268
Website: mssociety.ca
Email: info.monteregie@scleroseenplaques.ca


Eligibility: patients with multiple sclerosis and their relatives

Coverage area: Montérégie

Hours: Monday to Friday 9h00 to 17h00

Financing: fundraising campaigns, donations, grants

Legal status: non-profit organization
NAPIERVILLE PUBLIC LIBRARY
290 Saint-Alexandre Street, Napierville, Montérégie, QC, J0J 1L0
450 245-0030     Fax: 450 245-3777
Website: www.napierville.ca/fr/la-bibliotheque
Email: bibliotheque@napierville.ca


Coverage area: Napierville, Saint-Cyprien-de-Napierville

Hours: Tuesday and Thursday 14h00 to 20h30, Wednesday and Friday 14h00 to 17h00, Saturday 10h00 to 12h00

Fees: free for residents

Financing: municipal

Legal status: municipal agency

NATURAL CAREGIVERS OF THE HAUT SAINT-LAURENT (THE)
23A Sainte-Anne Street, Saint-Chrysostome, Montérégie, QC, J0S 1R0
450 826-1243
Website: www.aidantsnaturelshsl.com/en
Email: info@aidantsnaturelshsl.com


Eligibility: caregivers of a senior living at home

Coverage area: MRC Le Haut-Saint-Laurent

Hours: Monday to Friday 8h30 to 16h30

Fees: annual membership: $5

Financing: provincial, grants, donations

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


Coverage area: Pincourt

Hours: Monday to Thursday 10h00 to 20h30, Friday 10h00 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

PROJET COMMUNIC-ACTION
1493 138 Road, Suite 3, Huntingdon, Montérégie, QC, J0S 1H0
450 264-5197     Fax: 450 264-8166
Website: www.projetcommunicaction.org
Email: info@projetcommunicaction.org


Eligibility: people 65 years and over with a loss of autonomy living at home
Coverage area: Huntingdon, Hinchinbrooke, Godmanchester, Dundee, Elgin, Saint-Anicet, Sainte-Barbe, Ormstown
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Fees: none
Financing: Centraide Sud-Ouest, provincial, self-financing, donations
Legal status: non-profit organization

REGROUPEMENT DES ORGANISMES MONTÉRÉGIENS D’AIDANTS NATURELS
640 Dorchester Street, Suite 301, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 5A4
514 767-4511
Website: aidantsnaturels.org
Email: roman@aidantsnaturels.org
Eligibility: caregivers of seniors, local organizations
Coverage area: Montérégie
Hours: Monday to Thursday 9h00 to 16h00
Financing: provincial, self-financing, foundations
Legal status: non-profit organization

REGROUPEMENT SOUTIEN AUX AIDANTS DE BROME-MISSISQUIOI
614 J.-André-Deragon Boulevard, Cowansville, Montérégie, QC, J2K 0H7
450 263-4236     Fax: 450 263-0408
Website: rsabm.ca
Email: info@rsabm.ca
Services: Services for caregivers. * Individual and group-based sychosocial support. * Daytime respite and housing respite, 1 to 14 days. * Coffee-meetings, workshops-discussions, creative workshops, night and at-home respite.
Eligibility: any person who is a caregiver for a closed one suffering from a permanent or temporary incapacity due to a disability, an accident, an illness or old age
Capacity: 4 rooms
Coverage area: MRC Brome-Missisquoi and surroundings
Hours: administration: Monday to Friday 8h30 to 16h30, respite: 24 hours / 7 days
Fees: yearly contribution of $10, respite services: $15 for day, $7.50 for a half-day, $25 for housing respite (24 hours)
Financing: provincial
Legal status: non-profit organization

SAINT-BRUNO-DE-MONTARVILLE PUBLIC LIBRARY
82 Seigneurial Boulevard West, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 5N7
450 645-2950     Fax: 450 441-8485
Website: biblio.stbruno.ca
Email: bibliothéque@stbruno.ca
Coverage area: Saint-Bruno-de-Montarville
Hours: Monday to Friday 9h00 to 20h00, Saturday and Sunday 10h00 to 17h00, summer: Monday to Friday 9h00 to 20h00, Saturday 10h00 to 17h00, Sunday 13h00 to 17h00
Fees: residents: free, non-residents: $43 per person or $74 per families
Financing: municipal
Legal status: municipal agency
SAINT-ISIDORE PUBLIC LIBRARY
693 Saint-Régis Road, Saint-Isidore, Montérégie, QC, J0L 2A0
450 992-1323
Website: www.reseaubibliomonteregie.qc.ca/fr/bibliotheques-horaire-et-localisation/b44/bibliotheque-de-saint-isidore
Email: biblio@st-isidore.ca
Capacity: 50
Coverage area: Saint-Isidore
Hours: Monday and Thursday 19h00 to 20h30, Tuesday 13h00 to 16h00, Saturday 10h00 to 12h00, summer: closed on Thursday and Saturday
Fees: free
Financial: municipal
Legal status: municipal agency

SAINT-LAMBERT PUBLIC LIBRARY
490 Mercille Avenue, Saint-Lambert, Montérégie, QC, J4P 2L5
450 466-3910
Website: bibliotheque.saint-lambert.ca
Email: bibliotheque@saint-lambert.ca
Eligibility: general public
Coverage area: Saint-Lambert
Hours: Monday and Friday 12h00 to 18h00, Tuesday to Thursday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00
Fees: subscription: free for residents, variable for non-residents
Financial: 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
Coverage area: Saint-Lazare
Hours: Tuesday to Friday 11h00 to 21h00, Saturday and Sunday 10h00 to 15h00, summer: Tuesday to Friday 10h00 to 20h00, Saturday and Sunday 10h00 to 15h00
Fees: none
Financial: municipal
Legal status: municipal agency
SAINT-PHILIPPE PUBLIC LIBRARY
2223 Édouard-VII Road, Saint-Philippe, Montérégie, QC, J0L 2K0
450 659-7701 ext. 233  Fax: 450 659-7702
Website: ville.saintphilippe.quebec/bibliothèque
Email: bibliothèque@ville.saintphilippe.quebec


Coverage area: Saint-Philippe
Hours: Tuesday to Thursday 10h00 to 20h00, Saturday 9h00 to 13h00, Sunday 13h00 to 17h00
Fees: residents: 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


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-CATHERINE PUBLIC LIBRARY
5365 Saint-Laurent Boulevard, Sainte-Catherine, Montérégie, QC, J5C 1A6
450 632-0590 ext. 5230
Website: www.ville.sainte-catherine.qc.ca/sports-culture-et-loisirs/bibliotheque
Email: bibliothèque@ville.sainte-catherine.qc.ca


Coverage area: Sainte-Catherine and surroundings
Hours: Monday 13h00 to 20h00, Tuesday 13h00 to 17h30, Wednesday and Thursday 10h00 to 20h00, Friday 10h00 to 17h30, Saturday and Sunday 10h00 to 15h00, summer: Monday 13h00 to 20h00, Tuesday 13h00 to 17h30, Wednesday and Thursday 10h00 to 20h00, Friday 10h00 to 17h30, Saturday 10h00 to 15h00
Fees: none
Financing: municipal
Legal status: municipal agency

SAINTE-JULIE PUBLIC LIBRARY
1600 du Fer-à-Cheval Road, Sainte-Julie, Montérégie, QC, J3E 0A3
450 922-7070  Fax: 450 922-7077
Website: www.ville.sainte-julie.qc.ca/bibliotheque
Email: biblio@ville.sainte-julie.qc.ca

Coverage area: Sainte-Julie

Hours: Monday to Thursday 13h00 to 21h00, Friday 10h00 to 21h00, Saturday 10h00 to 17h00, Sunday 13h00 to 17h00

Fees: residents: none, non-residents: $85 per year per person, $200 per year per family

Financing: municipal

Legal status: municipal agency

SENIORS RESPITE MONTÉRÉGIE
83 Churchill Boulevard, Longueuil, Montérégie, QC, J4V 3L8
450 486-4722

Website: www.adultdaycare.ca
Email: info@seniorsrespitemonteregie.ca


Eligibility: caregivers of seniors, day centre: people 50 years old and over, autonomous or with a loss of cognitive or physical autonomy related to Alzheimer's disease, Parkinson's disease, dementia or intellectual disability

Capacity: day centre: 20 people

Coverage area: agglomeration of Longueuil

Hours: office: Monday to Friday 9h30 to 16h30, day centre: Monday to Friday 9h30 to 16h00, at-home respite: 7 days

Fees: variable

Financing: donations, self-financing

Legal status: non-profit organization

SERVICE D’ACCOMPAGNEMENT BÉNÉVOLE ET COMMUNAUTAIRE
1493-2 Road 138, Huntingdon, Montérégie, QC, J0S 1H0
450 264-1131 Fax: 450 264-1131

Website: www.sabecduhsl.com
Email: sabec2641131@hotmail.com

Services: * Medical transportation and accompaniment. * Home support.

Eligibility: seniors, people with a temporary or permanent loss of autonomy, any person who has a medical appointment and that lives in the MRC du Haut-Saint-Laurent


Hours: administration: Monday to Friday 9h00 to 16h30, transport and accompaniment: 7 days, by appointment

Fees: variable between $10 and $80, reduced rate for car sharing, social aid providers: $5

Financing: Centraide Sout-West of Québec, municipal, donations, provincial, self-financing

Legal status: non-profit organization

SERVICE D’ACTION BÉNÉVOLE AU COUR DU JARDIN
1030 Notre-Dame Street, Saint-Rémi, Montérégie, QC, J0L 2L0
450 454-6567 Fax: 450 454-6567

Website: sabjardin.org
Email: sab.stremi@bellnet.ca
Seniors


**Eligibility:** volunteers, community organizations, autonomous caregivers, seniors and people in need

**Coverage area:** MRC Les Jardins-de-Napierville

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

**Fees:** frozen meals: main meal $3, soup $2, dessert $1, free delivery every 15 days, minibus grocery shopping: $4, monthly breakfast: $3

**Financing:** Centraide of Greater Montréal, provincial

**Legal status:** non-profit organization

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**SERVICE D'AIDE DOMESTIQUE JARDINS-ROUSSILLON**

23 Montée des Bouleaux, Suite 100, Saint-Constant, Montérégie, QC, J5A 1B6

1 877 629-0817     Fax: 450 993-0730

**Website:** www.sadjardins-roussillon.com

**Email:** info@sadjardins-roussillon.com


**Eligibility:** seniors, people with a loss of autonomy, disabled or sick

**Coverage area:** Candiac, Delson, La Prairie, Sainte-Catherine, Saint-Constant, Saint-Isidore, Saint-Mathieu, Saint-Philippe, MRC les Jardins-de-Napierville

**Hours:** Monday to Friday 8h30 to 16h30

**Fees:** housekeeping: variable according to income, respite: free with referral from the CLSC, personal assistance: $30 per hour

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

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**SOCIÉTÉ ALZHEIMER DES MASKOUTAINS-VALLÉE DES PATRIOTES**

2084 Bernard Street, Saint-Hyacinthe, Montérégie, QC, J2T 1G5

450 768-6616     Fax: 450 768-3716

**Website:** www.alzheimermvp.com

**Email:** info@alzheimermvp.com


**Eligibility:** people living with Alzheimer's disease and their families

**Coverage area:** MRC La Vallée-du-Richelieu, La Présentation, Saint-Barnabé-Sud, Saint-Bernard-de-Michaudville, Saint-Damase, Saint-Dominique, Sainte-Hélène-de-Bagot, Sainte-Madeleine, Saint-Hugues, Saint-Hyacinthe, Saint-Jude, Saint-Liboire, Saint-Louis, Saint-Marcel-de-Richelieu, Saint-Pie, Saint-Simon, Saint-Valérien-de-Milton, Saint-Bruno-de-Montarville

**Hours:** Monday to Friday 8h30 to 16h00

**Fees:** free

**Financing:** donations

**Legal status:** non-profit organization
SOCIÉTÉ ALZHEIMER DES MASKOUTAINS-VALLÉE DES PATRIOTES - SERVICE POINT
MONT-SAINT-HILAIRE
95 Centre Civique Street, Mont-Saint-Hilaire, Montérégie, QC, J3H 4X4
450 281-1035
Website: www.alzheimermvp.com
Email: info@alzheimermvp.com


Eligibility: people living with Alzheimer's disease and their families


Hours: Monday to Friday 8h30 to 16h00

Fees: free

Financing: donations

Legal status: non-profit organization

SOCIÉTÉ ALZHEIMER DU HAUT-RICHELIEU
740 2nd Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J2X 3H5
514 990-8262 Fax: 450 347-7370
Website: alzheimer.ca/hautrichelieu
Email: info@sahr.ca


Eligibility: people living with an Alzheimer diagnosis and related disorders and their relatives, caregivers

Coverage area: MRC Le Haut-Richelieu, CLSC de la Vallée des Forts, CLSC du Richelieu, CLSC Jardin-du-Québec

Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00

Fees: membership card: $25 per year for free access to services and activities

Financing: donations, provincial, fundraising campaigns

Legal status: non-profit organization

SOCIÉTÉ ALZHEIMER GRANBY ET RÉGION
356 Principale Street, Suite 3, Granby, Montérégie, QC, J2G 2W6
450 777-3363 Fax: 450 777-8677
Website: www.alzheimergranby.ca/en-ca
Email: info@alzheimergranby.ca


Eligibility: people living with neurocognitive disorders and their caregivers

Coverage area: MRC La Haute-Yamaska, MRC Brome-Mississquoi

Hours: Monday, Tuesday, Thursday and Friday 9h00 to 12h00 and 13h00 to 16h00, Wednesday 9h00 to 12h00

Financing: donations, provincial

Legal status: non-profit organization
Community and Recreation Centres

**ACTION SANTÉ 50 ANS ET PLUS**
1075 Lionel-Daunais Street, Boucherville, Montérégie, QC, J4B 8N5
514 649-0833
Website: www.actionsante50.com
Email: actionsante50@hotmail.com

**Services:** * Adapted sport activities for seniors: volleyball, fitness, stretching, cardio.
**Eligibility:** people 50 years old and over
**Coverage area:** agglomeration of Longueuil
**Hours:** classes: 8h00, 10h00, 13h00, 15h00 and 19h00
**Fees:** variable
**Financing:** self-financing
**Legal status:** non-profit organization

**AFFAIRE DE FAMILLE (UNE)**
19 Bridge Street, Ormstown, Montérégie, QC, J0S 1K0
450 829-3782
Website: www.uneaffairedefamillehsl.com
Email: uaf.reception@gmail.com

**Eligibility:** parents, young adults, children, teenagers, seniors
**Coverage area:** MRC du Haut-Saint-Laurent
**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h00, closed in July and August
**Financing:** self-financing, municipal
**Legal status:** non-profit organization

**ÂGE D’OR SAINT-JEAN BAPTISTE-MARIE-VIANNEY DE CHÂTEAUGUAY**
8 Rainville Street, Châteauguay, Montérégie, QC, J6K 1H7
450 699-4362

**Eligibility:** seniors 50 years old and over
**Coverage area:** Châteauguay
**Hours:** Wednesday 11h00 to 16h00, Thursday 8h30 to 18h00, community meals: 1 Thursday per month until 22h30
**Fees:** membership card: $25
**Financing:** membership fees
**Legal status:** non-profit organization

**ÂIÎNES DE MAISONNEUVE (LES)**
420 Victoria Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 6J6
450 370-4866
Email: remi.vaillancourt@icloud.com

**Services:** * Pool table, shuffleboard, card games, petanque. * Community diners.
**Eligibility:** people 65 years old and over
**Capacity:** 85
**Coverage area:** MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges
Seniors

**Hours:** Monday to Friday 12h00 to 17h00  
**Fees:** membership: $40  
**Financing:** provincial, federal, foundations, membership fees  
**Legal status:** non-profit organization

**ARC ASSISTANCE AND REFERRAL CENTER**  
106 Churchill Boulevard, 2nd floor, Longueuil, Montérégie, QC, J4V 2L9  
514 605-9500  
**Website:** arc-hss.ca  
**Email:** arcinformation2@gmail.com  
**Eligibility:** english-speaking people  
**Coverage area:** South Shore  
**Hours:** office: Monday to Friday 8h30 to 16h30  
**Financing:** foundations, provincial  
**Legal status:** non-profit organization

**ASSOCIATION VIVRE ET VIEILLIR CHEZ SOI DU BAS RICHELIEU**  
105 Prince Street, Suite 112, Sorel-Tracy, Montérégie, QC, J3P 4J9  
450 743-1584  
**Website:** vivreetvieillirchezsoi.ca  
**Email:** gcmer8@hotmail.com  
**Eligibility:** people aged 50 and over  
**Coverage area:** MRC Pierre-De Saurel  
**Hours:** Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, Friday 9h00 to 12h00  
**Fees:** incapacity mandate: variable  
**Financing:** donations, provincial, self-financing  
**Legal status:** non-profit organization

**BOUCHERVILLE - LOISIR, CULTURE ET VIE COMMUNAUTEAIRE**  
490 Lake Road, Boucherville, Montérégie, QC, J4B 6X3  
450 449-8640     Fax: 450 449-7109  
**Website:** boucherville.ca/sports  
**Email:** infoloisirs@boucherville.ca  
**Services:** * Community, sociocultural and sporting activities. * Aquatic centre and swimming pools, art centre, sport centre, arena, ice rinks, parks and playgrounds. * Summer day camp. * Events, shows and exhibitions. * Coordination with community organizations.  
**Coverage area:** Boucherville  
**Fees:** variable  
**Legal status:** municipal agency

**BROSSARD - RECREATION AND CULTURE**  
2001 de Rome Boulevard, Brossard, Montérégie, QC, J4W 3K5  
450 923-6311  
**Website:** www.brossard.ca/loisir-et-culture/activites-et-inscriptions
Seniors


Coverage area: Brossard

Fees: variable

Financing: municipal

Legal status: municipal agency

CAFÉ LIBERTÉ 50 DE SAINT-PHILIPPE (LE)
2235 Édouard-VII Road, Saint-Philippe, Montérégie, QC, J0L 2K0
450 659-4108
Email: cafe.lib50.stphilippe@gmail.com


Eligibility: people 50 years old and over

Coverage area: Saint-Philippe

Fees: annual membership: $20

Financing: Membership fees

Legal status: non-profit organization

CARDIO-ACTIFS DU HAUT-SAINT-LAURENT
24 York Street, Suite 101, Huntingdon, Montérégie, QC, J0S 1H0
579 491-3411
Website: cardio-actifs.webnode.fr
Email: cardioactifs@gmail.com


Eligibility: seniors, people recovering from a heart injury, general population

Coverage area: MRC du Haut-Saint-Laurent

Hours: Monday, Wednesday and Friday 8h00 to 16h00, Tuesday and Thursday 8h00 to 20h00

Fees: membership: $10 per year

Financing: provincial, self-financing

Legal status: non-profit organization

CARREFOUR DES AÎNÉS DE BOUCHERVILLE
1075 Lionel-Daunais Street, Boucherville, Montérégie, QC, J4B 8N5
450 449-8103
Website: carrefourdesainesboucherville.ca
Email: carrefourdesainesboucherville@gmail.com


Eligibility: seniors 50 years and over

Coverage area: Boucherville

Hours: variable

Fees: annual membership: $25

Financing: membership fees

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE DES AÎNÉS ET AÎNÉES DE LONGUEUIL
300 Lamarre Street, Suite 122, Longueuil, Montérégie, QC, J4J 0A1
450 677-6677  Fax: 450 677-3410
Website: www.ccaal.com
Email: info@ccaal.com

Eligibility: people 50 years old and over

Coverage area: Longueuil

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00

Fees: annual membership: $10

Financing: provincial, Centraide of Greater Montréal

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 Fax: 450 265-1144
Website: 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

Financing: provincial, self-financing

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE L'ENTRAIDE PLUS
2437 Bourgogne Avenue, Chambly, Montérégie, QC, J3L 2A5
450 658-4469 Fax: 450 658-4469
Website: entraindeplus.org
Email: info@entraideplus.org


Eligibility: people 50 years old and over, autonomous, disabled, sick or in loss of autonomy, caregivers

Capacity: Resto-Entre: 44 places

Coverage area: Chambly, Carignan, Richelieu, Saint-Mathias-sur-Richelieu, Sainte-Angèle-de-Monnoir, Mariveille

Hours: Monday to Thursday 9h00 to 16h00, Friday 9h00 to 14h00, respite: Monday and Thursday 9h30 to 15h30, Resto-Entre: Monday to Friday 11h00 to 13h00

Fees: members: $20 per year, Resto-Entre: $6 for members, $7 for non-members

Financing: donations, grants

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE L'ENTRAIDE PLUS - SAINT-MATHIAS-SUR-RICHELIEU SITE
300 des Patriotes Road, Saint-Mathias-sur-Richelieu, Montérégie, QC, J3L 6Z5
514 798-6767 Fax: 450 658-4469
Website: www.entraideplus.org
Email: info@entraideplus.org


Eligibility: seniors aged 50 years and over who are autonomous, disabled, sick or in loss of autonomy, caregivers

Coverage area: Carignan, Chambly, Mariveille, Richelieu, Saint-Mathias-Sur-Richelieu, Sainte-Angèle-de-Monnoir

Hours: Monday to Wednesday 11h00 to 14h00, Thursday 11h00 to 16h00

Fees: membership: $25 per year

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Financing: donations, grants
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE LE TRAIT D’UNION
3100 Mousseau Street, Longueuil, Montérégie, QC, J4L 4P1
450 647-1107 Fax: 450 647-4245
Website: www.cctu.ca
Email: info@cctu.ca


Eligibility: seniors, youth and adults
Capacity: 200
Coverage area: Longueuil
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

Financing: self-financing, grants
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE MULTISERVICES UN COIN CHEZ NOUS
628 Notre-Dame Street, Saint-Chrysostome, Montérégie, QC, J0S 1R0
450 826-4425 Fax: 450 826-1000
Website: www.uncoincheznous.org
Email: ccmsuccn@cooptel.qc.ca


Eligibility: seniors, people with a loss of autonomy, disadvantaged people
Capacity: 100
Coverage area: MRC Le Haut-Saint-Laurent
Hours: Monday to Friday 7h30 to 16h30, Sunday 13h00 to 17h00

Fees: meals on wheels: $8, other services: free

Financing: grants, self-financing
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE D’IBERVILLE ET DE LA RÉGION
290 des Conseillers Avenue, Saint-Jean-sur-Richelieu, Montérégie, QC, J2X 1Z8
450 347-1172 Fax: 450 347-3572
Website: cabiberville.org
Email: info@cabiberville.org


Eligibility: people on a low income, seniors, people with a temporary or permanent loss of autonomy, people with a physical or intellectual disability, caregivers, volunteers, organizations, meals on wheels: reserved to the people 55 years and over, caregivers
Coverage area: Saint-Jean-sur-Richelieu: Iberville and Saint-Athanase neighbourhoods, Mont Saint-Grégoire
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00

Fees: meals on wheels: $6, annual membership card: $5

Financing: Centraide of Greater Montréal, donations, provincial, grants
Legal status: non-profit organization
Seniors

CENTRE D’ACTION BÉNÉVOLE DE BOUCHERVILLE
11 Louis-H.-La Fontaine Street North, Suite 201, Boucherville, Montérégie, QC, J4B 4Y3
450 655-9081
Website: www.cabboucherville.ca
Email: info@cabboucherville.ca


Eligibility: people living with permanent or temporary difficulties, ITMAV: people 50 years and over

Coverage area: Boucherville

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30

Fees: meals on wheels: $6, community kitchen: $20 maximum, frozen meals: $4

Financing: provincial, Centraide of Greater Montréal, donations, federal, self-financing

Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE CONTRECOEUR - À PLEIN COEUR
4956 Legendre Street, Contrecoeur, Montérégie, QC, J0L 1C0
450 587-8227   Fax: 450 401-1151
Website: www.cabcontrecoeur.ca
Email: cab.contrecoeur@videotron.ca


Coverage area: Contrecoeur and Verchères

Hours: centre: Monday to Friday 8h00 to 16h00, family depot: Monday to Friday 13h00 to 16h00, kitchen: Monday to Thursday 8h00 to 16h00

Fees: free

Financing: provincial, donations

Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE LA VALLÉE-DU-RICHELIEU
288-A Radisson Street, Mont-Saint-Hilaire, Montérégie, QC, J3H 2Z4
450 467-9373   Fax: 450 467-3732
Website: www.cabvr.org
Email: cabvr@cabvr.org


Eligibility: people in need, volunteers and community organizations

Coverage area: Beloeil, McMasterville, Mont-Saint-Hilaire, Otterburn Park, Saint-Antoine-sur-Richelieu, Saint-Charles-sur-Richelieu, Saint-Denis-sur-Richelieu, Saint-Jean-Baptiste, Saint-Mathieu-de-Beloeil, Saint-Marc-sur-Richelieu

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00

Financing: provincial, Centraide Richelieu-Yamaska, donations

Legal status: non-profit organization
CENTRE D’ACTION BÉNÉVOLE DE VALLEYFIELD
95 Salaberry Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2H5
450 373-2111
Website: cabvalleyfield.com
Email: info@cabvalleyfield.com


Eligibility: adults, seniors, caregivers, organizations

Coverage area: Salaberry-de-Valleyfield, Saint-Stanislas-de-Kostka, caregivers: Salaberry-de-Valleyfield, Saint-Stanislas-de-Kostka, Beauharnois, Saint-Étienne-de-Beauharnois and Saint-Louis-de-Gonzague

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial, self-financing

Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DU GRAND CHÂTEAUGUAY
10 Gilmour Street, Châteauguay, Montérégie, QC, J6J 1K4
450 699-6289
Website: www.cabgc.org
Email: info@cabgc.org


Eligibility: people 50 years old and over, people with a loss of autonomy, caregivers, people on a low income

Coverage area: Châteauguay, Saint-Urbain-Premier, Saint-Isidore, Sainte-Martine, Mercier, Léry

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 15h00

Financing: federal, provincial, donations

Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE LA RIVE-SUD - CANDIAC SITE
8 Saint-Francois-Xavier Road, Candiac, Montérégie, QC, J5R 1A2
450 659-9651 Fax: 450 659-1271
Website: www.benevolatrivesud.qc.ca
Email: candiac@benevolatrivesud.qc.ca


Eligibility: adults and seniors with a loss of autonomy or living alone or in convalescence

Coverage area: Candiac, La Prairie, Saint-Constant, Sainte-Catherine, Saint-Mathieu, Saint-Philippe and Delson

Hours: Monday to Thursday 8h30 to 16h30, administration: Monday to Friday 8h30 to 16h30

Financing: meals-on-wheels: $6.50 per meal

Legal status: non-profit organization
FINANCING: provincial
LEGAL STATUS: non-profit organization

CENTRE DE BÉNÉVOLAT DE SAINT-BASILE-LE-GRAND
50 Robert Road, Saint-Basile-le-Grand, Montérégie, QC, J3N 1L7
450 461-2111 Fax: 450 461-1588
Email: centredebenevolat@bellnet.ca
ELIGIBILITY: adults and seniors, people on a low income
COVERAGE AREA: Saint-Basile-le-Grand
HOURS: Monday to Thursday 8h00 to 16h00, Friday 8h00 to 12h00, thrift store: Wednesday 18h00 to 20h30, Friday and Saturday 9h00 to 12h00
FEES: free or low cost, depending on the service
FINANCING: donations, grant, self-financing
LEGAL STATUS: non-profit organization

CENTRE DE LA FAMILLE SAINT-PIE
70 Saint-François Avenue, Saint-Pie, Montérégie, QC, J0H 1W0
450 772-6828
Website: www.centredelafamillestpie.com
Email: centredelafamillestpie@gmail.com
ELIGIBILITY: families, children, youth, seniors
CAPACITY: 25
COVERAGE AREA: MRC Les Maskoutains
HOURS: Monday to Wednesday 9h00 to 18h00, Thursday 9h00 to 20h00, Friday 8h00 to 12h00 and 14h30 to 18h00
FEES: membership card: $10 per family per year
FINANCING: provincial, municipal, Centraide Richelieu-Yamaska
LEGAL STATUS: non-profit organization

CENTRE DES AÎNÉS JOHANNAIS (LE)
125 Jacques-Cartier Street North, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 8C9
450 347-4500
Email: centredesaines@hotmail.com
SERVICES: Recreational activities for people 50 years old and over.
ELIGIBILITY: seniors 50 years and over
COVERAGE AREA: Saint-Jean-sur-Richelieu
HOURS: Monday to Friday 9h00 to 17h00
FEES: membership: variable
FINANCING: municipal, membership fees
LEGAL STATUS: non-profit organization

CLUB ÂGE D’OR SAINT-JUDE
930 du Centre Street, Saint-Jude, Montérégie, QC, J0H 1P0
450 250-2485 Fax: 450 924-0953
Website: fadogstjude.com/home
Email: info@agedorstjude.com
Eligibility: seniors
Coverage area: MRC Les Maskoutains
Fees: yearly membership
Financing: donations, provincial, contributions
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
145 Valade Street, Les Cèdres, Montérégie, QC, J7T 1S9
450 452-2257 Fax: 450 452-4605
Email: danielprevost@videotron.ca
Eligibility: seniors 50 years and over
Coverage area: Les Cèdres and surroundings
Hours: dinner: 3rd Thursday of the month, bean bags: Wednesday
Fees: membership: $10 per year, dancing dinners: $17
Financing: contributions
Legal status: non-profit organization

CLUB DE L’ÂGE D’OR DE SAINT-BRUNO
1741 Montarville Street, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 3V2
450 461-0127
Email: dianeaubin@sympatico.ca
Eligibility: seniors 50 years old and over
Coverage area: Saint-Bruno-de-Montarville
Hours: Monday to Thursday 13h00 to 16h00
Fees: FADOQ annual membership: $25
Financing: self-financing
Legal status: non-profit organization

CLUB DE L’ÂGE D’OR DE SAINTE-THÉRÈSE-DE-DELSON
1 1st Avenue, Delson, Montérégie, QC, J5B 1M9
450 632-1050 ext. 3702
Email: jeancboisvert@gmail.com
Services: Recreational and social activities.
Eligibility: people 45 years and over
Capacity: 400 members
Coverage area: Delson
Fees: membership: $13 per year
Financing: self-financing, membership fees  
Legal status: non-profit organization

CLUB DE L’ÂGE D’OR DE ST-PHILIPPE  
2235 Édouard-VII Road, Saint-Philippe, Montérégie, QC, J0L 2K0  
450 907-6187  
Services: * Social and recreational activities: cards, bingo, etc. * Annual outings and parties: Christmas, sugar shack, etc.  
Eligibility: seniors 50 years old and over  
Coverage area: MRC Roussillon  
Hours: Wednesday 12h30 to 17h00  
Fees: annual membership: $15  
Financing: municipal, donations, membership fees  
Legal status: non-profit organization

CLUB DE L’ÂGE D’OR MOISSON IMPÉRISSABLE  
412C Saint-Michel Place, Saint-Michel, Montérégie, QC, J0L 2J0  
450 454-3186  
Eligibility: seniors  
Coverage area: Saint-Michel  
Hours: dinners: every two months, activities: variable  
Fees: membership: $25, activities: variable  
Financing: membership fees  
Legal status: non-profit organization

CLUB DE L’ÂGE D’OR ST-GRÉGOIRE LE GRAND  
45 Rang de la Montagne, Mont-Saint-Grégoire, Montérégie, QC, J0J 1K0  
450 346-6489  
Services: * Social and recreational activities: line dancing, card games, petanque. * Outings and trips.  
Eligibility: people 50 years old and over  
Coverage area: Montérégie  
Hours: petanque: Tuesday and Thursday evening  
Fees: annual membership: $25  
Financing: contributions  
Legal status: non-profit organization

CLUB DES AÎNÉS DE BEAUHARNOIS  
600 Ellice Street, Suite 316, Beauharnois, Montérégie, QC, J6N 3P7  
450 429-6377  
Email: bobby_145@hotmail.com  
Services: * Social and recreational activities for seniors: line dancing, cards, bowling, petanque. * Physical fitness and yoga.  
Eligibility: people 50 years and over  
Coverage area: Beauharnois  
Fees: FADOQ membership: $25 per year  
Financing: contributions  
Legal status: non-profit organization
CLUB FADOQ DE BROSSARD
3205-2 Rome Boulevard, Brossard, Montérégie, QC, J4Y 1R2
450 443-3355
Website: clubfadoqdebrossard.org
Email: info@clubfadoqdebrossard.org
Eligibility: people 50 years and over
Coverage area: Brossard
Hours: office: Monday 12h30 to 16h00, Tuesday and Thursday 18h00 to 19h30, Wednesday 9h30 to 11h30
Fees: FADOQ membership: $25 for one year, $45 for two years
Financing: membership fees
Legal status: non-profit organization

CLUB LE RENDEZ-VOUS DE CHÂTEAUGUAY
319 Brault Street, Châteauguay, Montérégie, QC, J6J 4M9
450 692-2190
Website: rendezvouschateauguay.club
Email: clubrvchat@gmail.com
Eligibility: people 45 years and over
Coverage area: Province of Québec
Fees: membership: $30 per year, 80 years and over: $15
Financing: self-financing, contributions
Legal status: non-profit organization

CLUB NITRO
30 Jeanne-D'Arc Street, Salaberry-de-Valleyfield, Montérégie, QC, J6S 4P5
450 371-7594
Email: fadoqnitro@cgocable.ca
Services: * Recreational activities for seniors.
Eligibility: people 50 years old and over
Coverage area: Salaberry-de-Valleyfield
Financing: grants
Legal status: non-profit organization

CLUB SAINT-LUC DE VERCHÈRES
1045 Marie-Victorin Boulevard, PO Box 737, Verchères, Montérégie, QC, J0L 2R0
514 709-3627
Website: sites.google.com/site/clubstlucdevercheres
Email: clubstlucdevercheres@gmail.com
Services: Promotion of home care for seniors. * Tour of banks, a grocery store and drugstore. * Cultural and recreational activities with transportation. * Loan of orthopedic equipment: canes, wheelchairs, walkers, etc.
Eligibility: seniors 55 years and over, fully or partially autonomous
Coverage area: Calixa-Lavallée, Verchères
Fees: equipment loan: free, transportation by minibus for activities: $5
Financing: provincial, municipal, fundraising campaigns
Legal status: non-profit organization
CLUB SOCIAL DE GENTILLY
1545 Jacques-Cartier East Boulevard, Longueuil, Montérégie, QC, J4M 2X1
450 647-5968

Eligibility: people 35 years old and over
Coverage area: Greater Montréal
Hours: Monday 13h00 to 16h00, closed from June to September
Financing: self-financing
Legal status: non-profit organization

COEURS VAILLANTS DE ST-ISIDORE (LES)
13 Richer Street, Saint-Isidore, Montérégie, QC, J0L 2A0
450 454-9286

Eligibility: seniors 50 years and over
Coverage area: Saint-Isidore
Hours: dancing: Tuesday 19h00 to 20h00, bean bags: Thursday 19h00 to 21h00, dinners: 3rd Friday of September, December, February and May
Fees: membership: $25
Financing: membership fees, donations
Legal status: non-profit organization

CONTACT'L DE VARENNES
2016 René-Gaultier Boulevard, Suite 4, Varennes, Montérégie, QC, J3X 1E9
450 652-0004
Website: www.contactl.org
Email: contactL@contactL.org

Eligibility: adult women, immigrant women, women living with a disability
Coverage area: Boucherville, Saint-Amable, Sainte-Julie, Varennes, Verchères
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00
Fees: annual membership: $15, activities: variable
Financing: provincial, municipal, fundraising campaigns
Legal status: non-profit organization

CUISINES DE L'AMITIÉ
2210 André Street, Suite 1, Brossard, Montérégie, QC, J4Z 2Z8
450 443-6770
Website: cuisinesdelamitie.org
Email: cuisinesdelamitie@gmail.com

Eligibility: seniors, people on a low income, collective kitchens: general population
Coverage area: Brossard and surroundings
Hours: sale of meals: Monday to Wednesday and Friday 9h00 to 15h00, Thursday 9h00 to 16h00, collective kitchens: Tuesday to Friday during the daytime
Fees: collective kitchens: $8 for 3 meals, 1 soup and 1 dessert, membership card: $10 per year
Financing: self-financing, provincial, donations
Legal status: non-profit organization
DELSON - SERVICE DES LOISIRS
100 de Delson Avenue, Delson, Montérégie, QC, J5B 1S3
450 632-1050 ext. 3100 Fax: 450 635-0627
Website: www.ville.delson.qc.ca/fr/services-municipaux/loisirs-et-culture
Email: loisirs@ville.delson.qc.ca
Coverage area: Delson
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 13h00
Fees: variable, citizen card: free
Financing: municipal
Legal status: municipal agency

FADOQ - BOUCHERVILLE
31 Pierre-Boucher Street, Boucherville, Montérégie, QC, J4B 5A8
450 655-5014 Fax: 450 655-1454
Website: fadoq.boucherville.org
Email: fadoq.boucherville@videotron.ca
Eligibility: seniors 50 years and over
Coverage area: Boucherville
Hours: Monday to Thursday 10h00 to 16h00, summer: Tuesday to Thursday 13h00 to 16h00
Fees: membership: $25
Financing: contributions, self-financing
Legal status: non-profit organization

FADOQ - CLARENCEVILLE/NOYAN
1 Tourangeau Street, Noyan, Montérégie, QC, J0J 1B0
450 294-2307
Services: Social and recreational activities: outings, Christmas celebration, line dancing, petanque, bowling, daytrips, etc.
Eligibility: seniors
Coverage area: Saint-Georges-de-Clarenceville, Noyan
Legal status: non-profit organization

FADOQ - CLUB DE L’ÂGE D’OR DE LA PRAIRIE
500 Saint-Laurent Street, La Prairie, Montérégie, QC, J5R 5X2
450 444-1077
Eligibility: people 50 years old and over
Coverage area: Montérégie
Hours: Tuesday and Thursday, closed from June to August
Fees: annual membership: $25
Financing: self-financing, membership fees
Legal status: non-profit organization

FADOQ - CLUB DE L’ÂGE D’OR DE SAINT-MATHIEU
299 Saint-Édouard Road, Saint-Mathieu, Montérégie, QC, J0L 2H0
450 659-6083
Services: Recreational and leisure activities for seniors. * Community suppers. * Card games, petanque, etc.
Eligibility: seniors
Seniors

**Capacity:** 90 members  
**Coverage area:** Saint-Mathieu  
**Hours:** variable  
**Fees:** membership: $25  
**Financing:** membership fees  
**Legal status:** non-profit organization

**FADOQ - LES COTEAUX**
Confidential Address  
450 217-7793

**Services:** * Social and recreational activities: darts, shuffleboard, petanque, cards. * Dance evenings. * Outings, theatre.  
**Eligibility:** seniors 50 years and over  
**Hours:** variable  
**Fees:** membership card: $25 per year, outings: variable  
**Financing:** self-financing  
**Legal status:** non-profit organization

**FADOQ - NAPIERVILLE**
262B de l'Église Street, Napierville, Montérégie, QC, J0J 1L0  
450 245-0468

**Email:** fadoq.napierville@gmail.com

**Services:** Social and recreational activities. * Bingo, card games, petanque, etc.

**Eligibility:** people 50 years and over

**Coverage area:** Napierville

**Hours:** Tuesday and Thursday, Bingo: 2nd and 4th Friday of the month, closed from June to August

**Fees:** membership: $25

**Financing:** contributions

**Legal status:** non-profit organization

**FADOQ - RÉGION RICHELIEU-YAMASKA**
2775 Bourdages Avenue North, Saint-Hyacinthe, Montérégie, QC, J2S 5S3  
450 774-8111     Fax: 450 774-6161

**Website:** fadoqry.ca

**Email:** info@fadoqry.ca

**Services:** Gathering and representation of people 50 years and over. * Promotion of rights and advocacy. * Activities: conventions, special events, training, recreational activities, etc. * Privilege program: discounts on various products and services. * Support to affiliated clubs. * Aîné-Avisé Program: awareness of fraud, abuse and intimidation towards seniors. * Avant de m'envoyer Program: estate planning.

**Eligibility:** people 50 years and over

**Coverage area:** MRC Acton, MRC Brome-Missisquoi, MRC La Haute-Yamaska, MRC La Vallée-du-Richelieu, MRC les Maskoutains, MRC Pierre-De Saurel et MRC Rouville

**Hours:** Monday 13h00 to 16h30, Tuesday to Thursday 8h30 to 12h00 and 13h00 to 16h30. Friday 8h30 to 12h00

**Fees:** membership: 30$ per year or 50$ for 2 years

**Financing:** self-financing, contributions, grants

**Legal status:** non-profit organization
FADOQ - RÉGION RIVE-SUD-SUROÎT
900 Industriel Boulevard, Suite 250, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 8J4
1 800 828-3344 Fax: 450 347-6385
Website: www.fadoq.ca/en/rive-sud-suroit
Email: fadoq@fadoqrrss.org
Eligibility: people 50 years and over
Coverage area: South Shore, Suroît
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: self-financing, contributions, grants
Legal status: non-profit organization

FADOQ - RÉGION SHERRINGTON
234 des Loisirs Street, Saint-Patrice-de-Sherrington, Montérégie, QC, J0L 2N0
450 454-4129
Eligibility: seniors 50 years and over
Coverage area: Saint-Patrice-de-Sherrington
Hours: Monday, Tuesday and Thursday 13h00 to 16h00, dance classes: Wednesday 13h00 to 15h30 at the community centre
Fees: membership: $25
Financing: membership fees
Legal status: non-profit organization

FADOQ - SAINT-ÉDOUARD
405 Montée Lussier, Saint-Édouard, Montérégie, QC, J0L 1Y0
450 454-2681
Services: Social and recreational activities for seniors.
Eligibility: seniors 50 years old and over
Coverage area: Saint-Édouard
Hours: variable
Fees: annual membership: $25
Financing: membership fees, self-financing
Legal status: non-profit organization

FADOQ - SAINT-RÉMI
25 Saint-Sauveur Street, Saint-Rémi, Montérégie, QC, J0L 2L0
450 992-1388
Email: fadoqstremi@gmail.com
Eligibility: seniors
Coverage area: Saint-Rémi
Hours: variable
Fees: membership fee: $25
Financing: membership fees
Legal status: non-profit organization

1318
Seniors

GRENIER AUX TROUVAILLES - PARTAGE SANS FAIM
2 de l'Église Street South, Lacolle, Montérégie, QC, J0J 1J0
450 246-4032  Fax: 450 246-4044
Website: grenierauxtrouvailles.org
Email: info@grenierauxtrouvailles.org


Eligibility: individuals and families on a low income, young people at risk of committing or who have committed acts of delinquency


Hours: Wednesday to Friday 12h00 to 17h00, Saturday 10h00 to 16h00

Fees: membership: $8 per year

Financing: donations, self-financing, fundraising campaigns

Legal status: non-profit organization

HELLENIC SOCIAL SERVICES OF QUÉBEC - SOUTH SHORE
5220 Grande-Allée, Longueuil, Montérégie, QC, J3Y 1A1
450 443-8197
Website: hcgm.org
Email: info@hcgm.org


Eligibility: people of various origins, particularly Greek

Coverage area: South Shore

Hours: Monday and Tuesday 9h00 to 19h00, Wednesday 9h00 to 17h00, Sunday 8h00 to 16h00

Financing: donations, grants, provincial

Legal status: non-profit organization

INTERMISSION DE LONGUEUIL (L’)
Confidential Address
450 679-7070
Email: mmmaxye@hotmail.com

Services: * Social and recreational activities: friendly dinners, dinner dances, brunches, hiking, bowling, seasonal activities, etc.

Eligibility: lonely people aged 50 year old and over

Coverage area: Montérégie

Hours: activities and dinners: Saturday, brunch: Sunday 9h00 to 12h30

Fees: membership: $15, activities: $1 for members, $2 for non-members

Financing: membership fees, municipal

Legal status: non-profit organization

IOHAHI:IO EDUCATION AND TRAINING INSTITUTE
16 Iohahi:io Road, Akwesasne, Montérégie, QC, H0M 1A1
613 575-2754  Fax: 613 575-1478
Website: iohahio.ambe.ca
Email: info.iohahio@ambe.ca
Eligibility: Akwesasne Mohawks
Coverage area: Akwesasne
Financing: municipal, federal
Legal status: municipal agency

JOIE DE VIVRE DE L’ÂGE D’OR DE BROSSARD
3310 Bernard Avenue, Brossard, Montérégie, QC, J4Z 2B6
450 672-6720
Website: scadie.com/joiedevivre
Eligibility: seniors 50 years and over
Coverage area: Brossard
Hours: variable according to activities
Fees: membership: $6 per year
Financing: self-financing
Legal status: non-profit organization

JOYEUX RETRAITÉS (LES)
1 Curé-Poirier Boulevard East, Longueuil, Montérégie, QC, J4J 2C6
450 463-7100 ext. 2404
Website: www.lesjoyeuxretraites.com
Email: joyeuxretraites@outlook.fr
Eligibility: people 50 years and over
Coverage area: Longueuil and surroundings
Hours: administration: Wednesday 9h00 to 11h30
Fees: membership: $10 renewable in May
Financing: contributions, provincial
Legal status: non-profit organization

KAHNAWAKE SHAKOTII’TAKEHNHAS COMMUNITY SERVICES
Confidential Address
450 632-6880    Fax: 450 632-5116
Website: www.kscs.ca
Eligibility: Kahnawake residents
Coverage area: Kahnawake
Hours: Monday to Friday 8h30 to 16h30
Financing: grants  
Legal status: non-profit organization

LITTLE BROTHERS - LONGUEUIL  
15 Pratt Street, Suite 115, Longueuil, Montérégie, QC, J4H 3S9  
579 721-5115  
Website: www.petitsfreres.ca/longueuil  
Email: longueuil@petitsfreres.ca  
Eligibility: seniors 75 years old and over and without any present family or significant social contact  
Coverage area: Urban Agglomeration of Longueuil  
Hours: Monday to Friday 8h00 to 16h00  
Fees: free  
Financing: fundraising campaigns, self-financing, donations  
Legal status: non-profit organization

LOISIRS DU VIEUX-LONGUEUIL (LES)  
735 Saint-Jean Street, Longueuil, Montérégie, QC, J4H 2Y8  
450 646-6720  
Website: loisirsduvieuxlongueuil.com  
Email: info@loisirsduvl.com  
Services: * Cultural activities: line, social and country dancing, dancing for kids, guitar and ukulele, language courses (English, Spanish, Italian), sewing, knitting, etc. * Physical training: abs-glutes, cardio-boxe, stretching, meditation, pound, tai chi, zumba, yoga, etc. * Recreational sports: badminton, floor hockey, volleyball and soccer for kids.  
Eligibility: residents, general public  
Coverage area: Longueuil  
Hours: Monday to Thursday 9h00 to 16h00, Friday 9h00 to 13h00  
Fees: variable  
Financing: self-financing, municipal  
Legal status: non-profit organization

LUNCH CLUB SOLEIL  
3205 Rome Boulevard, Brossard, Montérégie, QC, J4Y 1R2  
438 289-6315  
Email: lunchclubsoleil@yahoo.com  
Services: Break down the isolation of seniors and encourage the maintenance of their independence. * Activities and outing: physical fitness, knitting and dance. * Community meals.  
Eligibility: autonomous seniors  
Capacity: between 60 and 70 members, waiting list  
Coverage area: Brossard, Saint-Hubert, Greenfield Park  
Hours: Tuesday 9h30 to 15h00, variable, closed during summer  
Fees: membership fees: $10, activities: $7 a day  
Financing: provincial, membership fees, donations  
Legal status: non-profit organization

MAISON DE LA FAMILLE DE LA VALLÉE DU RICHELIEU (LA)  
91 Cartier Boulevard, Beloeil, Montérégie, QC, J3G 6R4  
450 446-0852  
Website: www.mfvr.ca  
Email: reception@mfvr.ca

Eligibility: families, caregivers, seniors


Hours: office: Monday to Friday 8h30 to 16h00, daycare: Monday to Friday 8h30 to 15h30, Saturday 8h30 to 12h00, seniors pavilion: Monday to Thursday 13h00 to 16h00

Fees: annual membership card: $20

Financing: donations, fundraising campaigns, grants

Legal status: non-profit organization

MAISON DE LA FAMILLE DES MASKOUTAINS
2130 Mailhot Avenue, Saint-Hyacinthe, Montérégie, QC, J2S 9E1
450 771-4010 Fax: 450 250-0272
Website: www.mfm.qc.ca
Email: accueil@mfm.qc.ca


Eligibility: families, seniors, caregivers, children, immigrants, refugees

Coverage area: MRC Les Maskoutains

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

Fees: membership card: $10 per year, drop-in respite: free, educational childcare services: $20 per 4-week session, including meals, Tablette et cie: free for members, $5 per 4-month session for non-members, community meals: variable

Financing: provincial, donations, grants, membership fees

Legal status: non-profit organization

MAISON DE QUARTIER FONROUGE
301 Cuvillier Street East, Longueuil, Montérégie, QC, J4L 4T7
450 646-8800
Website: mqfonrouge.ca
Email: fonrouge@videotron.ca


Coverage area: Longueuil

Hours: administration: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: municipal

Legal status: non-profit organization
MAISON DES AÎNÉS DE LA PRAIRIE
500 Saint-Laurent Street, La Prairie, Montérégie, QC, J5R 5X2
450 444-6736
Website: maisondesaineslaprairie.org
Email: admin@maisondesaineslaprairie.org
Eligibility: people 50 years and over, at-home hairdressing: people 50 years and over in recovery and without a car or people 80 years and over
Coverage area: La Prairie, MRC Roussillon, at-home hairdressing: La Prairie
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, Friday 9h00 to 12h00
Fees: annual membership: $18 for La Prairie citizens, $21 for others, courses and hairdressing: variable
Financing: self-financing, provincial
Legal status: non-profit organization

MAISON DES TOURNESOLS
1720 De Gaulle Street, Longueuil, Montérégie, QC, J4T 1M9
450 445-9290     Fax: 450 445-2815
Website: maisondestournesols.org
Email: info@maisondestournesols.org
Services: Day centre dedicated to seniors. * Seniors Program: weekly meetings, community meals, social and information activities, theme days. * Alzheimer's Respite Program: respite day offered from Monday to Friday to caregivers of people with cognitive disorders, including Alzheimer's disease. * Maison des Tournesols Mobile: individualized, punctual and adapted accompaniment service. * Volunteer Program: opportunities for involvement in the kitchen, reception, delivery and transportation or administrative support.
Eligibility: retirees and seniors
Capacity: 120
Coverage area: South Shore
Hours: Monday to Friday 8h30 to 16h00
Fees: membership: $20 per year, activities: variable, seniors program: community meal $10, transportation $6 (depending on availability)
Financing: provincial, foundations
Legal status: non-profit organization

MAISON INTERNATIONALE DE LA RIVE-SUD
2500 Lapinière Boulevard, Brossard, Montérégie, QC, J4Z 3V1
450 445-8777     Fax: 450 445-1222
Website: mirs.qc.ca
Email: info@mirs.qc.ca
Eligibility: immigrants and refugees
Coverage area: South Shore
Hours: Monday to Friday 9h00 to 17h00
Fees: variable costs for some services: certification of documents, translation, daycare
Financing: provincial, federal, self-financing
Legal status: non-profit organization
MAISON INTERNATIONALE DE LA RIVE-SUD - CAFÉ DES AÎNÉS
2500 Lapinière Boulevard, Brossard, Montérégie, QC, J4Z 3V1
450 445-8777 ext. 235 Fax: 450 445-1222
Website: mirs.qc.ca Email: jb.henry@mirs.qc.ca
Eligibility: senior immigrants
Capacity: 70
Coverage area: South Shore
Hours: Monday to Friday 9h00 to 17h00
Fees: membership card: $30, subscription to activities: variable
Financing: self-financing, provincial, contributions
Legal status: non-profit organization

MOSAÏQUE (LA), CENTRE D’ACTION BÉNÉVOLE ET COMMUNAUTAIRE
1650 de l’Église Avenue, Longueuil, Montérégie, QC, J4P 2C8
450 465-1803 Fax: 450 465-5440
Website: www.lamosaique.org Email: info@lamosaique.qc.ca
Eligibility: volunteers, people in need, community organizations and organizations in the health and social services network
Coverage area: agglomeration of Longueuil
Hours: administration: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30, thrift store: Tuesday to Saturday 10h00 to 17h00, shopping trips: twice a month
Fees: thrift store: variable low prices, other services: low cost or free
Financing: donations, grants, self-financing
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
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: membership card: $25 per year for a single person, $30 per year for a couple, $35 per year for families
Financing: fundraising campaigns, contributions
Legal status: non-profit organization
REGROUPEMENT POUR LA SANTÉ DES AÎNÉS PIERRE-DE SAUREL
71 De Ramezay Street, Suite 109, Sorel-Tracy, Montérégie, QC, J3P 3Z1
450 855-3737
Website: rsaps.ca
Email: rsaps@videotron.ca
Eligibility: people 50 years old and over
Coverage area: MRC Pierre-De Saurel
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 15h30
Fees: membership card: $10, breakfast conferences: $5 per member, workshops: free or variables fees
Financing: contributions, provincial
Legal status: non-profit organization

REPAS PARTAGÉS - ÎLE-PERROT
150 Perrot Boulevard, L’Île-Perrot, Montérégie, QC, J7V 3G1
514 453-1228
Website: www.legraves.com
Eligibility: people 50 years and over
Coverage area: L’Île-Perrot
Hours: 4th Wednesday of the month
Fees: $12
Financing: self-financing, provincial
Legal status: non-profit organization

REPAS PARTAGÉS - LES CÈDRES
145 Valade Street, Les Cèdres, Montérégie, QC, J7T 1S9
450 452-4287
Website: www.legraves.com
Services: Community meals. * Line dancing.
Eligibility: people 50 years and over
Coverage area: Les Cèdres
Hours: 1st Tuesday of the month
Fees: $12
Financing: self-financing, provincial
Legal status: non-profit organization

REPAS PARTAGÉS - PINCOURT-TERRASSE-VAUDREUIL
375 Cardinal-Léger Boulevard, Pincourt, Montérégie, QC, J7V 9H6
514 453-8406
Website: www.legraves.com
Eligibility: people 50 years and over
Coverage area: Pincourt, Terrasse-Vaudreuil
Hours: 3rd Tuesday of the month
Fees: $12
Financing: self-financing, provincial
Legal status: non-profit organization
REPAS PARTAGÉS - SAINT-LAZARE
1980 Sainte-Angélique Road, Saint-Lazare, Montérégie, QC, J7T 2Y7
450 424-1953
Website: www.legraves.com
Services: Community meals. * Card games, bingo.
Eligibility: people 50 years and over
Coverage area: Saint-Lazare
Hours: 3rd Tuesday of the month 11h00 to 14h00
Fees: $12
Financing: self-financing, provincial
Legal status: non-profit organization

ROYAL CANADIAN LEGION - BRANCH 94
205 Empire Street, Longueuil, Montérégie, QC, J4V 1T9
450 466-0308
Website: www.legion94.ca
Email: lindamorven@gmail.com
Eligibility: veterans and dependents, military in active service, general public, legion mobile meals: seniors, people with reduced mobility
Coverage area: Greenfield Park
Hours: Legion mobile meals: Wednesday
Fees: meals: 7$ for two meals
Financing: donations, provincial
Legal status: non-profit organization

SAINT-LAMBERT COUNCIL FOR SENIORS
574 Notre-Dame Avenue, Saint-Lambert, Montérégie, QC, J4P 2K9
450 671-1757     Fax: 450 923-6608
Website: www.stlambertseniors.ca
Email: maisond@videotron.ca
Eligibility: people aged 55 years old and over
Coverage area: Saint-Lambert
Hours: Monday to Friday 9h00 to 16h00 from September to June
Fees: annual membership: $35
Financing: self-financing
Legal status: non-profit organization

SENIORS RESPITE MONTÉRÉGIE
83 Churchill Boulevard, Longueuil, Montérégie, QC, J4V 3L8
450 486-4722
Website: www.adultdaycare.ca
Email: info@seniorsrespitemonterie.ca
Eligibility: caregivers of seniors, day centre: people 50 years old and over, autonomous or with a loss of cognitive or physical autonomy related to Alzheimer's disease, Parkinson's disease, dementia or intellectual disability
Capacity: day centre: 20 people
Coverage area: agglomeration of Longueuil
**SERVICE D'ACTION BÉNÉVOLE AU COEUR DU JARDIN - HEMMINGFORD SITE**

476 Frontière Street, Hemmingford, Montérégie, QC, J0L 1H0  
450 247-2893  
Website: sabjardin.org  
Email: sabhemmingford@hotmail.com  
Eligibility: seniors, people in need, volunteers, community organizations  
Coverage area: Hemmingford  
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30  
Fees: none, community dinner: variable  
Financing: Centraide of Greater Montréal, provincial  
Legal status: non-profit organization

**SERVICE D'ACTION BÉNÉVOLE AU COEUR DU JARDIN - NAPIERVILLE SITE**

262-A de l’Église Street, Napierville, Montérégie, QC, J0J 1L0  
450 245-7868  
Website: sabjardin.org  
Email: sabnap@hotmail.ca  
Eligibility: volunteers, community organizations, caregivers, autonomous people in need  
Coverage area: MRC Les Jardins-de-Napierville  
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30  
Fees: free or variable depending on the service  
Financing: Centraide of Greater Montréal, provincial  
Legal status: non-profit organization

**SERVICE D'ACTION BÉNÉVOLE AU COUR DU JARDIN**

1030 Notre-Dame Street, Saint-Rémi, Montérégie, QC, J0L 2L0  
450 454-6567     Fax: 450 454-6567  
Website: sabjardin.org  
Email: sab.stremi@bellnet.ca  
Eligibility: volunteers, community organizations, autonomous caregivers, seniors and people in need  
Coverage area: MRC Les Jardins-de-Napierville  
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30  
Fees: frozen meals: main meal 3$, soup $2, dessert $1, free delivery every 15 days, minibus grocery shopping: $4, monthly breakfast: $3
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

SINO-QUÉBEC CENTRE OF SOUTH SHORE
7209 Taschereau Boulevard, Suite 108, Brossard, Montérégie, QC, J4Y 1A1
450 445-6666   Fax: 450 445-8188
Website: www.famillechinoise.qc.ca/fr
Email: direction@centresinoquebec.com


Eligibility: Chinese and Asian communities
Coverage area: Montérégie
Hours: Monday to Friday 9h00 to 17h00
Fees: francization program and gambling addiction prevention program: free
Financing: grants, self-financing
Legal status: non-profit organization

UNI-CLUB (L’)
Confidential Address
450 448-1514

Services: * Dance classes. * Dances.
Eligibility: seniors
Capacity: 185 people
Coverage area: Greater Montréal
Fees: dance class: $10, dinner dance: $30
Financing: self-financing
Legal status: non-profit organization

UNIVERSITÉ DU TROISIÈME ÂGE - MONTÉRÉGIE - BEAUHARNOIS-SALABERRY
Confidential Address
450 377-8836
Website: www.usherbrooke.ca/uta/prog/mtg/bsa
Email: uta.monteregie@usherbrooke.ca

Services: Educational programming distributed in 49 university branches for people aged 50 years and over. * Non-credited educational activities without papers or exams. * Different teaching methods: courses, seminars, lectures, workshops, physical activities. * Student associations promoting integration in cultural and social life.
Eligibility: people 50 years and over, no prior degree is required
Coverage area: Montérégie
Fees: variable tuition according to the activity, compulsory student fee: $8, optional donation
Financing: donations, grants
Legal status: non-profit organization

UNIVERSITÉ DU TROISIÈME ÂGE - MONTÉRÉGIE - BELOEIL
Confidential Address
450 467-6013
Website: www.usherbrooke.ca/uta/prog/mtg/bel
Email: uta.monteregie@usherbrooke.ca

Services: Educational programming distributed in 49 university branches for people aged 50 years and over. * Non-credited educational activities without papers or exams. * Different teaching methods: courses, seminars, lectures, workshops, physical activities. * Student associations promoting integration in cultural and social life.
Eligibility: people 50 years and over, no prior degree is required
Coverage area: Montérégie
Fees: variable tuition according to the activity, compulsory student fee: $8, optional donation
Financing: donations, grants
Legal status: non-profit organization

UNIVERSITÉ DU TROISIÈME ÂGE - MONTÉRÉGIE - BOUCHERVILLE
Confidential Address
450 655-4292
Website: www.usherbrooke.ca/uta/prog/mtg/bch
Email: uta.monteregie@usherbrooke.ca
Services: Educational programming distributed in 49 university branches for people aged 50 years and over. *
Non-credited educational activities without papers or exams. * Different teaching methods: courses, seminars, lectures, workshops, physical activities. * Student associations promoting integration in cultural and social life.
Eligibility: people 50 years and over, no prior degree is required
Coverage area: Montérégie
Fees: variable tuition according to the activity, compulsory student fee: $8, optional donation
Financing: donations, grants
Legal status: non-profit organization

UNIVERSITÉ DU TROISIÈME ÂGE - MONTÉRÉGIE - BROSSARD
Confidential Address
450 463-1835 ext. 61747
Website: www.usherbrooke.ca/uta/prog/mtg/bro
Email: uta.monteregie@usherbrooke.ca
Services: Educational programming distributed in 49 university branches for people aged 50 years and over. *
Non-credited educational activities without papers or exams. * Different teaching methods: courses, seminars, lectures, workshops, physical activities. * Student associations promoting integration in cultural and social life.
Eligibility: people 50 years and over, no prior degree is required
Coverage area: Montérégie
Fees: variable tuition according to the activity, compulsory student fee: $8, optional donation
Financing: donations, grants
Legal status: non-profit organization

UNIVERSITÉ DU TROISIÈME ÂGE - MONTÉRÉGIE - CANDIAC
Confidential Address
450 632-0479
Website: www.usherbrooke.ca/uta/prog/mtg/clp
Email: uta.monteregie@usherbrooke.ca
Services: Educational programming distributed in 49 university branches for people aged 50 years and over. *
Non-credited educational activities without papers or exams. * Different teaching methods: courses, seminars, lectures, workshops, physical activities. * Student associations promoting integration in cultural and social life.
Eligibility: people 50 years and over, no prior degree is required
Coverage area: Montérégie
Fees: variable tuition according to the activity, compulsory student fee: $8, optional donation
Financing: donations, grants
Legal status: non-profit organization

UNIVERSITÉ DU TROISIÈME ÂGE - MONTÉRÉGIE - CHAMBLY
Confidential Address
450 658-3325
Website: www.usherbrooke.ca/uta/prog/mtg/chb
Email: uta.monteregie@usherbrooke.ca
Services: Educational programming distributed in 49 university branches for people aged 50 years and over. * Non-credited educational activities without papers or exams. * Different teaching methods: courses, seminars, lectures, workshops, physical activities. * Student associations promoting integration in cultural and social life.

Eligibility: people 50 years and over, no prior degree is required

Coverage area: Montérégie

Fees: variable tuition according to the activity, compulsory student fee: $8, optional donation

Financing: donations, grants

Legal status: non-profit organization

UNIVERSITÉ DU TROISIÈME ÂGE - MONTÉRÉGIE - CHÂTEAUGUAY-MERCIER

Confidential Address
450 463-1835 ext. 61747
Website: www.usherbrooke.ca/uta/prog/mtg/chg
Email: uta.monteregie@usherbrooke.ca

Services: Educational programming distributed in 49 university branches for people aged 50 years and over. * Non-credited educational activities without papers or exams. * Different teaching methods: courses, seminars, lectures, workshops, physical activities. * Student associations promoting integration in cultural and social life.

Eligibility: people 50 years and over, no prior degree is required

Coverage area: Montérégie

Fees: variable tuition according to the activity, compulsory student fee: $8, optional donation

Financing: donations, grants

Legal status: non-profit organization

UNIVERSITÉ DU TROISIÈME ÂGE - MONTÉRÉGIE - DORION

Confidential Address
450 424-9702
Website: www.usherbrooke.ca/uta/prog/mtg/dor
Email: uta.monteregie@usherbrooke.ca

Services: Educational programming distributed in 49 university branches for people aged 50 years and over. * Non-credited educational activities without papers or exams. * Different teaching methods: courses, seminars, lectures, workshops, physical activities. * Student associations promoting integration in cultural and social life.

Eligibility: people 50 years and over, no prior degree is required

Coverage area: Montérégie

Fees: variable tuition according to the activity, compulsory student fee: $8, optional donation

Financing: donations, grants

Legal status: non-profit organization

UNIVERSITÉ DU TROISIÈME ÂGE - MONTÉRÉGIE - HAUT-RICHELIEU

Confidential Address
438 523-7835
Website: www.usherbrooke.ca/uta/prog/mtg/hri
Email: uta.monteregie@usherbrooke.ca

Services: Educational programming distributed in 49 university branches for people aged 50 years and over. * Non-credited educational activities without papers or exams. * Different teaching methods: courses, seminars, lectures, workshops, physical activities. * Student associations promoting integration in cultural and social life.

Eligibility: people 50 years and over, no prior degree is required

Coverage area: Montérégie

Fees: variable tuition according to the activity, compulsory student fee: $8, optional donation

Financing: donations, grants

Legal status: non-profit organization
UNIVERSITÉ DU TROSIÈME ÂGE - MONTÉRÉGIE - JARDINS-DE-NAPIERVILLE
Confidential Address
450 245-0468
Website: www.usherbrooke.ca/uta/prog/mtg/jnp
Email: uta.monteregie@usherbrooke.ca
Services: Educational programming distributed in 49 university branches for people aged 50 years and over. * Non-credited educational activities without papers or exams. * Different teaching methods: courses, seminars, lectures, workshops, physical activities. * Student associations promoting integration in cultural and social life.
Eligibility: people 50 years and over, no prior degree is required
Coverage area: Montérégie
Fees: variable tuition according to the activity, compulsory student fee: $8, optional donation
Financing: donations, grants
Legal status: non-profit organization

UNIVERSITÉ DU TROSIÈME ÂGE - MONTÉRÉGIE - LONGUEUIL
Confidential Address
450 463-1835 ext. 61747
Website: www.usherbrooke.ca/uta/prog/mtg/lon
Email: uta.monteregie@usherbrooke.ca
Services: Educational programming distributed in 49 university branches for people aged 50 years and over. * Non-credited educational activities without papers or exams. * Different teaching methods: courses, seminars, lectures, workshops, physical activities. * Student associations promoting integration in cultural and social life.
Eligibility: people 50 years and over, no prior degree is required
Coverage area: Montérégie
Fees: variable tuition according to the activity, compulsory student fee: $8, optional donation
Financing: donations, grants
Legal status: non-profit organization

UNIVERSITÉ DU TROSIÈME ÂGE - MONTÉRÉGIE - SAINT-BRUNO
Confidential Address
450 441-0930
Website: www.usherbrooke.ca/uta/prog/mtg/stb
Email: uta.monteregie@usherbrooke.ca
Services: Educational programming distributed in 49 university branches for people aged 50 years and over. * Non-credited educational activities without papers or exams. * Different teaching methods: courses, seminars, lectures, workshops, physical activities. * Student associations promoting integration in cultural and social life.
Eligibility: people 50 years and over, no prior degree is required
Coverage area: Montérégie
Fees: variable tuition according to the activity, compulsory student fee: $8 per session, optional donation
Financing: donations, grants
Legal status: non-profit organization

UNIVERSITÉ DU TROSIÈME ÂGE - MONTÉRÉGIE - SAINT-LAMBERT
Confidential Address
450 463-1835 ext. 61747
Website: www.usherbrooke.ca/uta/prog/mtg/stl
Email: uta.monteregie@usherbrooke.ca
Services: Educational programming distributed in 49 university branches for people aged 50 years and over. * Non-credited educational activities without papers or exams. * Different teaching methods: courses, seminars, lectures, workshops, physical activities. * Student associations promoting integration in cultural and social life.
Eligibility: people 50 years and over, no prior degree is required
Coverage area: Montérégie
Fees: variable tuition according to the activity, compulsory student fee: $8, optional donation
FINANCING: donations, grants
LEGAL STATUS: non-profit organization

UNIVERSITÉ DU TROISIÈME ÂGE - MONTÉRÉGIE - SOREL-TRACY
Confidential Address
450 742-0204
Website: www.usherbrooke.ca/uta/prog/mtg/bri
Email: uta.monteregie@usherbrooke.ca
SERVICES: Educational programming distributed in 49 university branches for people aged 50 years and over. * Non-credited educational activities without papers or exams. * Different teaching methods: courses, seminars, lectures, workshops, physical activities. * Student associations promoting integration in cultural and social life.
ELIGIBILITY: people 50 years and over, no prior degree is required
COVERAGE AREA: Montérégie
FEES: variable tuition according to the activity, compulsory student fee: $8, optional donation
FINANCING: donations, grants
LEGAL STATUS: non-profit organization

UNIVERSITÉ DU TROISIÈME ÂGE - MONTÉRÉGIE - VARENNES
Confidential Address
450 338-4505
Website: www.usherbrooke.ca/uta/prog/mtg/var
Email: uta.monteregie@usherbrooke.ca
SERVICES: Educational programming distributed in 49 university branches for people aged 50 years and over. * Non-credited educational activities without papers or exams. * Different teaching methods: courses, seminars, lectures, workshops, physical activities. * Student associations promoting integration in cultural and social life.
ELIGIBILITY: people 50 years and over, no prior degree is required
COVERAGE AREA: Montérégie
FEES: variable tuition according to the activity, compulsory student fee: $8, optional donation
FINANCING: donations, grants
LEGAL STATUS: non-profit organization

UNIVERSITÉ DU TROISIÈME ÂGE - MONTÉRÉGIE - VAUDREUIL
Confidential Address
450 455-7096
Website: www.usherbrooke.ca/uta/prog/mtg/vsl
Email: autam.vaudreuil@gmail.com
SERVICES: Educational programming distributed in 49 university branches for people aged 50 years and over. * Non-credited educational activities without papers or exams. * Different teaching methods: courses, seminars, lectures, workshops, physical activities. * Student associations promoting integration in cultural and social life.
ELIGIBILITY: people 50 years and over, no prior degree is required
COVERAGE AREA: Montérégie
FEES: variable tuition according to the activity, compulsory student fee: $8, optional donation
FINANCING: donations, grants
LEGAL STATUS: non-profit organization

UNIVERSITÉ DU TROISIÈME ÂGE - MONTÉRÉGIE- LA PRAIRIE
Confidential Address
514 922-1878
Website: www.usherbrooke.ca/uta/prog/mtg/lap
Email: uta.monteregie@usherbrooke.ca
SERVICES: Educational programming distributed in 49 university branches for people aged 50 years and over. * Non-credited educational activities without papers or exams. * Different teaching methods: courses, seminars, lectures, workshops, physical activities. * Student associations promoting integration in cultural and social life.
Eligibility: people 50 years and over, no prior degree is required

Coverage area: Montérégie

Fees: variable tuition according to the activity, compulsory student fee: $8, optional donation

Financing: donations, grants

Legal status: non-profit organization

Day centres and respite

ALZHEIMER SOCIETY OF RIVE-SUD
1160 Nobert Boulevard, Longueuil, Montérégie, QC, J4K 2P1
450 442-3333 Fax: 450 442-9271
Website: alzheimer.ca/rivesud/en
Email: info@alzheimerrivesud.ca


Eligibility: people with Alzheimer's disease or another major neurocognitive disorder, caregivers

Capacity: Campanile: 22 rooms


Hours: Monday to Friday 8h30 to 17h00

Financing: fundraising campaigns, donations

Legal status: non-profit organization

ASSOCIATION DES AIDANTS(ES) NATURELS(LES) DU BAS-RICHELIEU
55 Fillion Place, Sorel-Tracy, Montérégie, QC, J3P 7Z7
450 730-0880
Website: aanbr.org
Email: direction.aanbr@videotron.ca


Eligibility: caregivers

Coverage area: MRC Pierre-De Saurel

Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00

Fees: membership card: $20 per year

Financing: self-financing, grants

Legal status: non-profit organization

ASSOCIATION DES INFIRMIÈRES ET INFIRMIERS EN SOINS PODOLOGIQUES DU QUÉBEC
2545 De Lorimier Street, Suite 295, Longueuil, Montérégie, QC, J4K 3P7
Website: www.aiispq.org
Email: info@aiispq.org

Services: Regrouping of nurses in podiatric care. * Promotion of the profession and maintenance of the quality of services.

Eligibility: podiatric care nurses, general public

Coverage area: Province of Québec

Hours: Monday to Thursday 7h00 to 17h00, Friday 7h00 to 12h00

Fees: annual membership: $175

Financing: membership fees

Legal status: non-profit organization
CENTRE COMMUNAUTAIRE L’ENTRAIDE PLUS
2437 Bourgogne Avenue, Chambly, Montérégie, QC, J3L 2A5
450 658-4469 Fax: 450 658-4469
Website: entraideplus.org
Email: info@entraideplus.org


Eligibility: people 50 years old and over, autonomous, disabled, sick or in loss of autonomy, caregivers

Capacity: Resto-Entre: 44 places

Coverage area: Chambly, Carignan, Richelieu, Saint-Mathias-sur-Richelieu, Sainte-Angèle-de-Monnoir, Marieville

Hours: Monday to Thursday 9h00 to 16h00, Friday 9h00 to 14h00, respite: Monday and Thursday 9h30 to 15h30, Resto-Entre: Monday to Friday 11h00 to 13h00

Fees: members: $20 per year, Resto-Entre: $6 for members, $7 for non-members

Financing: donations, grants

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE L’ENTRAIDE PLUS - SAINT-MATHIAS-SUR-RICHELIEU SITE
300 des Patriotes Road, Saint-Mathias-sur-Richelieu, Montérégie, QC, J3L 6Z5
514 798-6767 Fax: 450 658-4469
Website: www.entraideplus.org
Email: info@entraideplus.org


Eligibility: seniors aged 50 years and over who are autonomous, disabled, sick or in loss of autonomy, caregivers

Coverage area: Carignan, Chambly, Marieville, Richelieu, Saint-Mathias-Sur-Richelieu, Sainte-Angèle-de-Monnoir

Hours: Monday to Wednesday 11h00 to 14h00, Thursday 11h00 to 16h00

Fees: membership: $25 per year

Financing: donations, grants

Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE LA FRONTIÈRE
12 Sainte-Marie Street, Lacolle, Montérégie, QC, J0J 1J0
450 246-2016 Fax: 450 246-2229
Email: centre.benev@hotmail.com


Eligibility: people in need, seniors

Coverage area: Lacolle, Clarenceville, Noyan, Saint-Bernard-de-Lacolle, Saint-Valentin, Saint-Paul-de-l’Île-aux-Noix, ITMAV: Lacolle, Saint-Paul-de-l’Île-aux-Noix, Saint-Valentin, Saint-Bernard-de-Lacolle

Hours: Monday to Thursday 7h00 to 16h00, Friday 7h30 to 11h30

Fees: meals-on-wheels: $5 hot meals, $4 frozen meals, community lunches: $10, transportation: variable

Financing: provincial, self-financing

Legal status: non-profit organization
CENTRE D’ACTION BÉNÉVOLE DE VALLEYFIELD
95 Salaberry Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2H5
450 373-2111  
Website: cabvalleyfield.com  
Email: info@cabvalleyfield.com  
Eligibility: adults, seniors, caregivers, organizations  
Coverage area: Salaberry-de-Valleyfield, Saint-Stanislas-de-Kostka, caregivers: Salaberry-de-Valleyfield, Saint-Stanislas-de-Kostka, Beauharnois, Saint-Étienne-de-Beauharnois and Saint-Louis-de-Gonzague  
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30  
Fees: meals: $7  
Financing: provincial, self-financing  
Legal status: non-profit organization

CENTRE D’ÉCOUTE MONTÉRÉGIE, BRISER L'ISOLEMENT CHEZ LES AÎNÉS
1702 Bourgogne Street, Chambly, Montérégie, QC, J3L 1Z2  
1 877 658-8509  
Website: ecoutemonteregie.org  
Email: info@ecoutemonteregie.org  
Services: Free and confidential hotline. * Weekly friendly call by and for seniors who request it or are referred. * Information and referral.  
Eligibility: people 50 years and over living loneliness and isolation  
Coverage area: Montérégie  
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00  
Fees: none  
Financing: provincial, donations  
Legal status: non-profit organization

CENTRE D'HÉBERGEMENT ANDRÉE-PERREAULT
1955 Pratte Avenue, Saint-Hyacinthe, Montérégie, QC, J2S 7W5  
450 771-4536  
Website: santemonteregie.qc.ca/en/node/54  
Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long term cares. * Day Centre offering therapeutic services to maintain the autonomy of seniors living at home.  
Eligibility: seniors and people with a loss of autonomy  
Capacity: 66 beds  
Coverage area: Montérégie  
Financing: provincial  
Legal status: parapublic organization
Seniors

CENTRE D'HÉBERGEMENT D'ORMSTOWN
65 Hector Street, Ormstown, Montérégie, QC, J0S 1K0
450 829-2321 Fax: 450 829-3110
Website: www.santemonteregie.qc.ca/en/installations/centre-dhebergement-dormstown
Eligibility: seniors and people with a loss of autonomy
Coverage area: Ormstown
Financing: provincial
Legal status: parapublic organization

CENTRE D'HÉBERGEMENT DE LA MRC-D'ACTON
1268 Ricard Street, Acton Vale, Montérégie, QC, J0H 1A0
450 546-3234 Fax: 450 546-4811
Website: www.santemonteregie.qc.ca
Email: communication.csssry16@ssss.gouv.qc.ca
Eligibility: seniors, people with a loss of autonomy
Coverage area: MRC Acton
Fees: variable
Financing: provincial
Legal status: parapublic organization

CENTRE D'HÉBERGEMENT DE MGR-CODERRE
2761 Beauvais Street, Longueuil, Montérégie, QC, J4M 2A4
450 448-3111
Website: santemonteregie.qc.ca/en/node/66
Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long term cares. * Day Centre offering therapeutic services to maintain the autonomy of seniors living at home.
Eligibility: seniors and people with a loss of autonomy
Capacity: 154 people
Coverage area: Montérégie
Financing: provincial
Legal status: parapublic organization

CENTRE D'HÉBERGEMENT DE MONTARVILLE
265 Seigneurial Boulevard West, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 2H4
450 461-2650
Website: santemonteregie.qc.ca/en/node/896
Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long term cares. * Day Centre offering therapeutic services to maintain the autonomy of seniors living at home.
Eligibility: seniors and people with a loss of autonomy
Capacity: 70 beds
Coverage area: Saint-Bruno-De-Montarville
Financing: provincial
Legal status: parapublic organization

CENTRE D'HÉBERGEMENT DE VAUDREUIL
408 Saint-Charles Avenue, Vaudreuil-Dorion, Montérégie, QC, J7V 7M9
450 455-6177
Website: santemonteregie.qc.ca/en/installations/centre-dhebergement-de-vaudreuil
Seniors

Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long term cares. * Day centre offering therapeutic services to maintain the autonomy of seniors living at home.

Eligibility: seniors and people with a loss of autonomy
Coverage area: MRC Vaudreuil-Soulanges
Financing: provincial
Legal status: parapublic organization

CENTRE D'HÉBERGEMENT DOCTEUR-AIMÉ-LEDUC
80 du Marché Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1P5
450 373-4818
Website: www.santemonteregie.qc.ca

Services: Public care centre for seniors and people with a loss of autonomy. * Housing, long term and palliative care. * Day centre offering therapeutic services in order to maintain non-resident's autonomy.
Eligibility: seniors and people with a loss of autonomy
Coverage area: Salaberry-De-Valleyfield
Financing: provincial
Legal status: parapublic organization

CENTRE D'HÉBERGEMENT DU CHEVALIER-DE LÉVIS
40 Lévis Street, Longueuil, Montérégie, QC, J4H 1S5
450 670-5110
Website: santemonteregie.qc.ca/en/node/73

Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long term cares. * Day centre offering therapeutic services to maintain the autonomy of seniors living at home.
Eligibility: seniors and people with a loss of autonomy
Coverage area: Montérégie
Financing: provincial
Legal status: parapublic organization

CENTRE D'HÉBERGEMENT JEANNE-CREVIER
151 De Muy Street, Boucherville, Montérégie, QC, J4B 4W7
450 468-0590
Website: santemonteregie.qc.ca/en/node/80

Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long term cares. * Day Centre offering therapeutic services to maintain the autonomy of seniors living at home.
Eligibility: seniors and people with a loss of autonomy
Capacity: 93 residents
Coverage area: Boucherville
Financing: provincial
Legal status: parapublic organization

CENTRE DE BÉNÉVOLAT D'ACTON VALE
1176 Bélair Street, Acton Vale, Montérégie, QC, J0H 1A0
450 546-7332 Fax: 450 546-7212
Website: www.centredebenevolatacton.com
Email: direction@cbav.ca

Eligibility: families, people in vulnerable situations, seniors, caregivers, volunteers, meals on wheels: people aged 65 and over
Coverage area: MRC Acton
Seniors

Hours: administration: Monday to Friday 8h00 to 16h00, thrift store: Monday to Friday 9h00 to 17h00, Saturday 9h00 to 12h00
Fees: food assistance: free, meals on wheels: $6 per meal
Financing: donations, self-financing
Legal status: non-profit organization

CHSLD CÉCILE-GODIN
55 Saint-André Street, Beauharnois, Montérégie, QC, J6N 3G7
450 429-6403    Fax: 450 429-6602
Website: www.santemonteregie.qc.ca/en/installations/chsld-cecile-godin
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 Beauharnois-Salaberry
Hours: day centre: Tuesday to Thursday 9h15 to 15h30
Financing: provincial
Legal status: parapublic organization

CHSLD DE LA PRAIRIE
500 Balmoral Avenue, La Prairie, Montérégie, QC, J5R 4N5
450 659-9148    Fax: 450 659-9989
Website: www.santemonteregie.qc.ca/en/installations/chsld-de-la-prairie
Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long term cares. * Day centre offering therapeutic services to maintain the autonomy of seniors living at home.
Eligibility: seniors and people with a loss of autonomy
Coverage area: MCR Roussillon, MRC Les Jardins-de-Napierville
Hours: day centre: Monday to Friday 8h00 to 16h00
Financing: provincial
Legal status: parapublic organization

CHSLD PIERRE-RÉMI-NARBONNE
110 du Collège Street, Saint-Rémi, Montérégie, QC, J0L 2L0
450 454-4694    Fax: 450 454-3614
Website: santemonteregie.qc.ca/en/installations/chsld-pierre-remi-narbonne
Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long term cares. * Day centre offering therapeutic services to maintain the autonomy of seniors living at home.
Eligibility: seniors and people with a loss of autonomy
Coverage area: MRC Roussillon, MRC Les Jardins-de-Napierville
Hours: day centre: Monday to Thursday 8h00 to 16h00
Financing: provincial
Legal status: parapublic organization

COUP DE POUCE DES MOISSONS
196 Saint-Louis Road, Beauharnois, Montérégie, QC, J6N 2J1
1 888 429-4229    Fax: 450 429-6364
Website: cpmaide.ca
Email: direction@cpmaide.ca
Eligibility: seniors, people who are ill, living with a disability or with a loss of autonomy
Coverage area: MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Roussillon
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00
Fees: variable depending on income and age
Seniors

**Financing:** provincial, self-financing  
**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

**KAHNNAWAKE SHAKOTIIA’TAKEHNHAS COMMUNITY SERVICES**  
Confidential Address  
450 632-6880  Fax: 450 632-5116  
**Website:** www.kscs.ca  
**Services:** Psychological support  
* Emergency phone line for crisis situations.  
* Individual, crisis, couple and family psychosocial counselling.  
* Anger management.  
* Support for addiction issues.  
* Anxiety support group.  
**Health**  
* Various health programs.  
* Sexual health training and support.  
**Youth**  
* Youth protection.  
* Our Gang: after-school activities program for children 6 to 12 years old.  
* Teen group: empowerment to become better global citizens while giving back to the community.  
**Education**  
* Traditional cultural teachings.  
**Parenthood**  
* Support to foster families.  
* Prenatal workshops.  
* Workshops for parenting teens.  
* Parent-child workshops.  
* Parenting skills workshops.  
* Nobody's Perfect program for parents of children 0 to 6 years old.  
* Family violence prevention.  
**Seniors**  
* Day activities program for seniors.  
* Counselling for seniors.  
* Home and nursing care for seniors.  
* Turtle Bay Elders' Lodge.  
**Food assistance**  
* Meals on wheels.  
**Mental health**  
* Support and activities for people living with mental health problems or physical disabilities.  
**Eligibility:** Kahnawake residents  
**Coverage area:** Kahnawake  
**Hours:** Monday to Friday 8h30 to 16h30  
**Financing:** grants  
**Legal status:** non-profit organization

**LITTLE BROTHERS - LONGUEUIL**  
15 Pratt Street, Suite 115, Longueuil, Montérégie, QC, J4H 3S9  
579 721-5115  
**Website:** www.petitsfreres.ca/longueuil  
**Email:** longueuil@petitsfreres.ca  
**Services:** Welcoming and accompaniment for seniors to prevent isolation.  
* Pairing with volunteers.  
* Home visit and accompaniment during special outings and celebrations of traditional holidays and birthdays.  
* Other End of the Line: telephone pairing service.  
* Holidays at The Juliette Huot Home in Oka.  
* Christmas gifts.  
**Eligibility:** seniors 75 years old and over and without any present family or significant social contact  
**Coverage area:** Urban Agglomeration of Longueuil  
**Hours:** Monday to Friday 8h00 to 16h00  
**Fees:** free  
**Financing:** fundraising campaigns, self-financing, donations  
**Legal status:** non-profit organization
MAISON DE LA FAMILLE DES MASKOUTAINS
2130 Mailhot Avenue, Saint-Hyacinthe, Montérégie, QC, J2S 9E1
450 771-4010 Fax: 450 250-0272
Website: www.mfm.qc.ca
Email: accueil@mfm.qc.ca
Eligibility: families, seniors, caregivers, children, immigrants, refugees
Coverage area: MRC Les Maskoutains
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Fees: membership card: $10 per year, drop-in respite: free, educational childcare services: $20 per 4-week session, including meals, Tablette et cie: free for members, $5 per 4-month session for non-members, community meals: variable
Financing: provincial, donations, grants, membership fees
Legal status: non-profit organization

MAISON DES TOURNESOLS
1720 De Gaulle Street, Longueuil, Montérégie, QC, J4T 1M9
450 445-9290 Fax: 450 445-2815
Website: maisondestournesols.org
Email: info@maisondestournesols.org
Services: Day centre dedicated to seniors. * Seniors Program: weekly meetings, community meals, social and information activities, theme days. * Alzheimer's Respite Program: respite day offered from Monday to Friday to caregivers of people with cognitive disorders, including Alzheimer's disease. * Maison des Tournesols Mobile: individualized, punctual and adapted accompaniment service. * Volunteer Program: opportunities for involvement in the kitchen, reception, delivery and transportation or administrative support.
Eligibility: retirees and seniors
Capacity: 120
Coverage area: South Shore
Hours: Monday to Friday 8h30 to 16h00
Fees: membership: $20 per year, activities: variable, seniors program: community meal $10, transportation $6 (depending on availability)
Financing: provincial, foundations
Legal status: non-profit organization

NATURAL CAREGIVERS OF THE HAUT SAINT-LAURENT (THE)
23A Sainte-Anne Street, Saint-Chrysostome, Montérégie, QC, J0S 1R0
450 826-1243
Website: www.aidantsnaturelshsl.com/en
Email: info@aidantsnaturelshsl.com
Eligibility: caregivers of a senior living at home
Coverage area: MRC Le Haut-Saint-Laurent
REGROUPEMENT SOUTIEN AUX AIDANTS DE BROME-MISSISQUOI
614 J.-André-Deragon Boulevard, Cowansville, Montérégie, QC, J2K 0H7
450 263-4236     Fax: 450 263-0408
Website: rsabm.ca
Email: info@rsabm.ca

Services: Services for caregivers. * Individual and group-based sychosocial support. * Daytime respite and housing respite, 1 to 14 days. * Coffee-meetings, workshops-discussions, creative workshops, night and at-home respite.

Eligibility: any person who is a caregiver for a closed one suffering from a permanent or temporary incapacity due to a disability, an accident, an illness or old age

Capacity: 4 rooms
Coverage area: MRC Brome-Missisquoi and surroundings
Hours: administration: Monday to Friday 8h30 to 16h30, respite: 24 hours / 7 days
Fees: yearly contribution of $10, respite services: $15 for day, $7.50 for a half-day, $25 for housing respite (24 hours)

Financing: provincial
Legal status: non-profit organization

SENIORS RESPITE MONTÉRÉGIE
83 Churchill Boulevard, Longueuil, Montérégie, QC, J4V 3L8
450 486-4722
Website: www.adultdaycare.ca
Email: info@seniorsrespitemonteregie.ca


Eligibility: caregivers of seniors, day centre: people 50 years old and over, autonomous or with a loss of cognitive or physical autonomy related to Alzheimer's disease, Parkinson's disease, dementia or intellectual disability

Capacity: day centre: 20 people
Coverage area: agglomeration of Longueuil
Hours: office: Monday to Friday 9h30 to 16h30, day centre: Monday to Friday 9h30 to 16h00, at-home respite: 7 days
Fees: variable
Financing: donations, self-financing
Legal status: non-profit organization

SERVICE DE BÉNÉVOLAT DU CENTRE D'HÉBERGEMENT DOCTEUR-AIMÉ-LEDUC
80 du Marché Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1P5
450 373-4818 ext. 135 or 139
Website: www.santemonteregie.qc.ca/installations/chsld-docteur-aime-leduc
Email: vanessa.grimard.cissmmo16@ssss.gouv.qc.ca


Eligibility: general public
Coverage area: Salaberry-de-Valleyfield
Hours: Monday to Sunday 9h00 to 19h00
Fees: none
Financing: provincial, municipal
Legal status: parapublic organization
SOCIÉTÉ ALZHEIMER DES MASKOUTAINS-VALLÉE DES PATRIOTES
2084 Bernard Street, Saint-Hyacinthe, Montérégie, QC, J2T 1G5
450 768-6616     Fax: 450 768-3716
Website: www.alzheimermvp.com
Email: info@alzheimermvp.com


Eligibility: people living with Alzheimer's disease and their families
Hours: Monday to Friday 8h30 to 16h00
Fees: free

SOCIÉTÉ ALZHEIMER DU HAUT-RICHELIEU
740 2nd Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J2X 3H5
514 990-8262     Fax: 450 347-7370
Website: alzheimer.ca/hautrichelieu
Email: info@sahr.ca


Eligibility: people living with an Alzheimer diagnosis and related disorders and their relatives, caregivers
Coverage area: MRC Le Haut-Richelieu, CLSC de la Vallée des Forts, CLSC du Richelieu, CLSC Jardin-du-Québec
Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00
Fees: membership card: $25 per year for free access to services and activities
Financing: donations, provincial, fundraising campaigns

SOCIÉTÉ ALZHEIMER GRANBY ET RÉGION
356 Principale Street, Suite 3, Granby, Montérégie, QC, J2G 2W6
450 777-3363     Fax: 450 777-8677
Website: www.alzheimergranby.ca/en-ca
Email: info@alzheimergranby.ca


Eligibility: people living with neurocognitive disorders and their caregivers
Coverage area: MRC La Haute-Yamaska, MRC Brome-Missisquoi
Hours: Monday, Tuesday, Thursday and Friday 9h00 to 12h00 and 13h00 to 16h00, Wednesday 9h00 to 12h00
Financing: donations, provincial
Legal status: non-profit organization
Friendly visits and safety calls

**ACTION BÉNÉVOLE DE VARENNES**

50 de la Fabrique Street, Varennes, Montérégie, QC, J3X 1R1  
450 652-5256  
Website: actionbenevolevarennes.org  
Email: info@actionbenevolevarennes.org  

**Services:**  
* Food assistance.  
* Meals on wheels.  
* Friendly visits.  
* Monsieur Lunettes service point: glasses at a low price.  
* Tax clinic.  
* Accompaniment-transportation.  

**Eligibility:** people and families on a low income, people with loss of autonomy, isolated people, seniors  

**Coverage area:** Varennes  

**Hours:** Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, Friday 9h00 to 12h00  

**Fees:** variable  

**Financing:** donations, grants  

**Legal status:** non-profit organization

**ASSOCIATION DE LA SCLÉROSE EN PLAQUES SOREL-TRACY ET RÉGIONS**

71 Ramezay Street, Suite 151-A, Sorel-Tracy, Montérégie, QC, J3P 3Z1  
450 746-5536  
Fax: 450 746-7409  
Email: asp.soreltracy@gmail.com  

**Services:**  
* Support groups.  
* Coffee-meetings.  
* Leisure activities.  
* Conferences.  
* Friendly visits.  
* Loan of equipment.  
* Information on the disease and resources.  
* Advocacy (accessibility to work and public places).  

**Eligibility:** people with multiple sclerosis and their relatives  

**Coverage area:** MRC Pierre-De Saurel  

**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 17h00  

**Financing:** self-financing  

**Legal status:** non-profit organization

**ASSOCIATION L'AIDE AUX VIEUX AMIS**

1235 du Tremblay Road, Suite 732, Longueuil, Montérégie, QC, J4N 1T7  
450 679-5003  

**Services:**  
* Telephone listening.  
* Home and hospital visits.  
* Food assistance and activities during the holidays.  

**Eligibility:** seniors over 70 years old who are isolated, disadvantaged or with a physical or intellectual disability  

**Coverage area:** Longueuil  

**Financing:** self-financing  

**Legal status:** non-profit organization

**ASSOCIATION QUÉBÉCOISE DE DÉFENSE DES DROITS DES PERSONNES RETRAITÉES ET PRÉRETRAITÉES - VALLEYFIELD-SUROÎT - ITMAV**

110 Mathias Street, Suite 101, Salaberry-de-Valleyfield, Montérégie, QC, J6T 3L6  
450 631-4466  
Website: www.aqdr.org/section/valleyfield-suroit  
Email: aqdrvalleyfield@cgocable.ca  

**Services:** Outreach work initiative for seniors living in a vulnerable situation (ITMAV).  
* Street work for people living in difficult situations: isolation, bereavement, mistreatment, homelessness, housing, food, transport, etc.  
* Referrals.  

**Eligibility:** retired and pre-retired people aged 50 years old and over  

**Coverage area:** MRC Beaurhanois-Salaberry  

**Hours:** Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00  

**Financing:** donations, self-financing, provincial  

**Legal status:** non-profit organization
CELLULE JEUNES ET FAMILLES DE BROME-MISSISQUOI
504 South Street, Cowansville, Montérégie, QC, J2K 2X8
450 260-1823
Website: infocellule.org/en/home
Email: coordo_cellule@infocellule.org


Eligibility: people in difficulty, youth, families, seniors, anyone interested by the addiction issue

Coverage area: MRC Brome-Missisquoi, ITMAV: Cowansville

Hours: Monday and Wednesday to Friday 9h00 to 16h00, office: Monday to Friday 9h00 to 16h00
Financing: donations
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE DES AÎNÉS ET AÎNÉES DE LONGUEUIL
300 Lamarre Street, Suite 122, Longueuil, Montérégie, QC, J4J 0A1
450 677-6677 Fax: 450 677-3410
Website: www.ccaal.com
Email: info@ccaal.com


Eligibility: people 50 years old and over

Coverage area: Longueuil

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00
Fees: annual membership: $10
Financing: provincial, Centraide of Greater Montréal
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE MULTISERVICES UN COIN CHEZ NOUS
628 Notre-Dame Street, Saint-Chrysostome, Montérégie, QC, J0S 1R0
450 826-4425 Fax: 450 826-1000
Website: www.uncoinchezous.org
Email: ccmsuccn@cooptel.qc.ca


Eligibility: seniors, people with a loss of autonomy, disadvantaged people

Capacity: 100

Coverage area: MRC Le Haut-Saint-Laurent

Hours: Monday to Friday 7h30 to 16h30, Sunday 13h00 to 17h00
Fees: meals on wheels: $8, other services: free
Financing: grants, self-financing
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE D’IBERVILLE ET DE LA RÉGION
290 des Conseillers Avenue, Saint-Jean-sur-Richelieu, Montérégie, QC, J2X 1Z8
450 347-1172 Fax: 450 347-3572
Website: cabiberville.org
Email: info@cabiberville.org

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**Eligibility:** people on a low income, seniors, people with a temporary or permanent loss of autonomy, people with a physical or intellectual disability, caregivers, volunteers, organizations, meals on wheels: reserved to the people 55 years and over, caregivers

**Coverage area:** Saint-Jean-sur-Richelieu: Iberville and Saint-Athanase neighbourhoods, Mont Saint-Grégoire

**Hours:** Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00

**Fees:** meals on wheels: $6, annual membership card: $5

**Financing:** Centraide of Greater Montréal, donations, provincial, grants

**Legal status:** non-profit organization

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**CENTRE D’ACTION BÉNÉVOLE DE BEAUHARNOIS**
600 Ellice Street, Suite 106, Beauharnois, Montérégie, QC, J6N 3P7
450 429-6453

**Website:** cabbeauharnois.com
**Email:** info@cabbeauharnois.com


**Eligibility:** seniors 65 years and over, seniors with a loss of autonomy

**Coverage area:** Beauharnois, Saint-Étienne-de-Beauharnois, Saint-Louis-de-Gonzague

**Hours:** Monday to Thursday 8h00 to 12h00 and 12h30 to 16h00, Friday 8h00 to 12h00

**Fees:** social activities: up to $5, meals: variable

**Financing:** Centraide Sud-Ouest du Québec, self-financing, donations

**Legal status:** non-profit organization

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**CENTRE D’ACTION BÉNÉVOLE DE BOUCHERVILLE**
11 Louis-H.-La Fontaine Street North, Suite 201, Boucherville, Montérégie, QC, J4B 4Y3
450 655-9081

**Website:** www.cabboucherville.ca
**Email:** info@cabboucherville.ca


**Eligibility:** people living with permanent or temporary difficulties, ITMAV: people 50 years and over

**Coverage area:** Boucherville

**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 16h30

**Fees:** meals on wheels: $6, community kitchen: $20 maximum, frozen meals: $4

**Financing:** provincial, Centraide of Greater Montréal, donations, federal, self-financing

**Legal status:** non-profit organization
CENTRE D’ACTION BÉNÉVOLE DE CONTRECOEUR - À PLEIN COEUR  
4956 Legendre Street, Contrecoeur, Montérégie, QC, J0L 1C0  
450 587-8227  Fax: 450 401-1151  
Website: www.cabcontrecoeur.ca  
Email: cab.contrecoeur@videotron.ca  
Coverage area: Contrecoeur and Verchères  
Hours: centre: Monday to Friday 8h00 to 16h00, family depot: Monday to Friday 13h00 to 16h00, kitchen: Monday to Thursday 8h00 to 16h00  
Fees: free  
Financing: provincial, donations  
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE FARNHAM  
1810 Principale Street East, Farnham, Montérégie, QC, J2N 1N4  
450 293-3265  Fax: 450 293-1010  
Website: www.cabfarnham.com  
Email: direction@cabfarnham.com  
Services: Promotion of volunteering and support to the community.  
Home-support services  
Collectives kitchen.  
Assistance: food and energy (electricity and heater).  
Opération Septembre: financial assistance covering a part of the school bill.  
Social integration program for seniors.  
Christmas baskets.  
Academic support.  
Tax and forms.  
Thrift shop.  
Active listening.  
Knitting.  
Support for organizations  
Technical support: word processor, photocopy, bookkeeping, etc.  
Bulletin board and display.  
Rental rooms and equipment.  
Recruitment and volunteer referral.  
Eligibility: people living with a disability, seniors, families, community organizations  
Coverage area: Ange-Gardien, Farnham, Sainte-Brigide-D’iberville, Sainte-Sabine  
Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00  
Fees: none  
Financing: Centraide Richelieu-Yamaska, provincial  
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE LA FRONTIÈRE  
12 Sainte-Marie Street, Lacolle, Montérégie, QC, J0J 1J0  
450 246-2016  Fax: 450 246-2229  
Email: centre.benev@hotmail.com  
Eligibility: people in need, seniors  
Coverage area: Lacolle, Clarenceville, Noyan, Saint-Bernard-de-Lacolle, Saint-Valentin, Saint-Paul-de-l’Île-aux-Noix, ITMAV: Lacolle, Saint-Paul-de-l’Île-aux-Noix, Saint-Valentin, Saint-Bernard-de-Lacolle  
Hours: Monday to Thursday 7h00 to 16h00, Friday 7h30 to 11h30  
Fees: meals-on-wheels: $5 hot meals, $4 frozen meals, community lunches: $10, transportation: variable  
Financing: provincial, self-financing  
Legal status: non-profit organization
CENTRE D’ACTION BÉNÉVOLE DE LA VALLÉE-DU-RICHELIEU
288-A Radisson Street, Mont-Saint-Hilaire, Montérégie, QC, J3H 2Z4
450 467-9373     Fax: 450 467-3732
Website: www.cabvr.org
Email: cabvr@cabvr.org


Eligibility: people in need, volunteers and community organizations

Coverage area: Beloeil, McMasterville, Mont-Saint-Hilaire, Otterburn Park, Saint-Antoine-sur-Richelieu, Saint-Charles-sur-Richelieu, Saint-Denis-sur-Richelieu, Saint-Jean-Baptiste, Saint-Mathieu-de-Beloeil, Saint-Marc-sur-Richelieu

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00

Financing: provincial, Centraide Richelieu-Yamaska, donations

Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE SAINT-HUBERT
3339 Grande Allée, Longueuil, Montérégie, QC, J4T 2S9
450 656-9110     Fax: 450 656-9115
Website: www.cab-saint-hubert.org
Email: info@cab-saint-hubert.org


Eligibility: people in need, people over 65 years old

Coverage area: Saint-Hubert

Hours: Monday to Friday 8h00 to 16h00

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE SAINT-JEAN-SUR-RICHELIEU
640 Dorchester Street, Office 301, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 5A4
450 347-7527     Fax: 450 347-7323
Website: www.cabstjean.org
Email: info@cabstjean.org


Eligibility: seniors, people on a low income, caregivers, volunteers

Coverage area: Saint-Blaise-Sur-Richelieu, Saint-Jean-Sur-Richelieu, Saint-Paul-De-L’île-Aux-Noix

Hours: monday to thursday 8h00 to 16h00

Fees: meals on wheels: variable, culinary workshops: $10 per workshop

Financing: provincial, self-financing, donations

Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE VALLEYFIELD
95 Salaberry Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2H5
450 373-2111
Website: cabvalleyfield.com
Email: info@cabvalleyfield.com

Eligibility: adults, seniors, caregivers, organizations

Coverage area: Salaberry-de-Valleyfield, Saint-Stanislas-de-Kostka, Beauharnois, Saint-Étienne-de-Beauharnois and Saint-Louis-de-Gonzague

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Fees: meals: $7

Financing: provincial, self-financing

Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DU GRAND CHÂTEAUQUAY
10 Gilmour Street, Châteauguay, Montérégie, QC, J6J 1K4
450 699-6289  Fax: 450 699-6289
Website: www.cabgc.org
Email: info@cabgc.org


Eligibility: people 50 years old and over, people with a loss of autonomy, caregivers, people on a low income

Coverage area: Châteauguay, Saint-Urbain-Premier, Saint-Isidore, Sainte-Martine, Mercier, Léry

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 15h00
Financing: federal, provincial, donations
Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE INTERACTION
100 Principale Street, Noyan, Montérégie, QC, J0J 1B0
450 294-2646    Fax: 450 294-2145
Website: cabinteraction.ca
Email: info@cabinteraction.ca
Eligibility: individuals and families on a low income, volunteers
Coverage area: Noyan, Saint-Georges-De-Clarenceville, Northern tip of Henryville
Hours: Monday to Thursday 8h00 to 16h00, meals on wheels: Tuesday and Thursday, clothing depot: Tuesday to Thursday
Financing: provincial, donations
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
Eligibility: seniors, sick or convalescent people, people with a disability, families in need, people on a low income, community organizations, volunteers
Hours: Monday to Friday 8h30 to 16h30, thrift store: Monday to Wednesday 9h30 to 17h30, Thursday and Friday 9h30 to 19h00, Saturday and Sunday 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 LES P'TITS BONHEURS
1665 Montarville Street, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 3T8
450 441-0807    Fax: 450 441-4667
Website: www.cabstbruno.org
Email: infocab.petitsbonheurs@cabstbruno.org
Eligibility: seniors, families, people in difficulty
Capacity: variable
Coverage area: Saint-Bruno-de-Montarville
Seniors

**Hours:** Monday to Friday 8h30 to 16h30, thrift store: Monday, Tuesday, Wednesday, Friday and Saturday 10h00 to 16h00, Thursday 10h00 to 19h00

**Fees:** variable

**Financing:** provincial

**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:** cabs@videotron.ca


**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:** office: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00, thrift store: Tuesday to Friday 9h30 to 16h00 and Saturday 9h30 to 15h00

**Financing:** donations, grants, self-financing

**Legal status:** non-profit organization

**CENTRE D’ÉCOUTE MONTÉRÉGIE, BRISER L’ISOLEMENT CHEZ LES AÎNÉS**

1702 Bourgogne Street, Chambly, Montérégie, QC, J3L 1Z2

**1 877 658-8509**

**Website:** ecoutemonteregie.org

**Email:** info@ecoutemonteregie.org

**Services:** Free and confidential hotline. * Weekly friendly call by and for seniors who request it or are referred. * Information and referral.

**Eligibility:** people 50 years and over living loneliness and isolation

**Coverage area:** Montérégie

**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 16h00

**Fees:** none

**Financing:** provincial, donations

**Legal status:** non-profit organization

**CENTRE DE BÉNÉVOLAT DE LA RIVE-SUD**

18 Montcalm Street, Longueuil, Montérégie, QC, J4J 2K6

**450 679-5916 Fax:** 450 679-8396

**Website:** www.benevolatrivesud.qc.ca

**Email:** reception@benevolatrivesud.qc.ca

**Services:** Promotion of volunteer work. * Volunteering. * PAIR program: computerized safety and medication reminder phone calls.

**Eligibility:** seniors, volunteers

**Coverage area:** South Shore

**Hours:** Monday to Friday 8h30 to 16h30

**Financing:** Centraide of Greater Montréal, provincial

**Legal status:** non-profit organization
CENTRE DE BÉNÉVOLAT DE LA RIVE-SUD - CANDIAC SITE
8 Saint-François-Xavier Road, Candiac, Montérégie, QC, J5R 1A2
450 659-9651  Fax: 450 659-1271
Website: www.benevolatrivesud.qc.ca
Email: candiac@benevolatrivesud.qc.ca


Eligibility: adults and seniors with a loss of autonomy or living alone or in convalescence

Coverage area: Candiac, La Prairie, Saint-Constant, Sainte-Catherine, Saint-Mathieu, Saint-Philippe and Delson

Hours: Monday to Thursday 8h30 to 16h30, administration: Monday to Friday 8h30 to 16h30

Fees: meals-on-wheels: $6.50 per meal

Financing: provincial

Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE LA RIVE-SUD - CHAMBLY SITE
1410 de Salaberry Avenue, Chambly, Montérégie, QC, J3L 1R7
450 658-4325  Fax: 450 658-1694
Website: benevolatrivesud.qc.ca
Email: chambly@benevolatrivesud.qc.ca


Eligibility: meals on wheels: seniors 65 years and over, ill or convalescent people, people with physical or intellectual disability, single mothers, people in need, Coup de Pouce Family Counter: individuals, families on a low income

Coverage area: Chambly, Carignan

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Fees: meals on wheels: $6.50 per meal, clothing depot: variable

Financing: donations

Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE LA RIVE-SUD - LONGUEUIL SITE
16 Montcalm Street, Longueuil, Montérégie, QC, J4J 2K6
450 677-5281  Fax: 450 677-8067
Website: www.benevolatrivesud.qc.ca
Email: longueuil@benevolatrivesud.qc.ca


Eligibility: adults and seniors with a loss of autonomy, living alone or in convalescence

Coverage area: Longueuil, ITMAV: Vieux-Longueuil

Hours: Monday to Friday 8h30 to 16h30

Fees: meals on wheels: $6 per meal

Financing: provincial, Centraide of Greater Montréal

Legal status: non-profit organization
Seniors

CENTRE DE BÉNÉVOLAT DE LA RIVE-SUD - SAINT-LAMBERT SITE
45 Argyle Street, Saint-Lambert, Montérégie, QC, J4P 2H2
450 465-6130  Fax: 450 465-5638
Website: www.benevolatrivesud.qc.ca
Email: stlambert@benevolatrivesud.qc.ca


Eligibility: people 65 years and older, ill, in recovery or living with a physical or intellectual disability
Coverage area: Saint-Lambert, Greenfield Park, Le Moyné and Brossard
Hours: Monday to Friday 8h30 to 16h30, meals-on-wheels: Tuesday and Thursday 10h00 to 12h00, frozen meals: Thursday 10h00 to 12h00
Fees: meals on wheels: $6 per meal
Financing: provincial, Centraide of Greater Montréal
Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE ST-HYACINTHE (LE)
1015 Dessaulles Street, Saint-Hyacinthe, Montérégie, QC, J2S 2Y8
450 773-4966
Website: cbsh.ca
Email: infomad@cbsh.ca


Eligibility: seniors, people and families on a low income, people in a vulnerable situation, volunteers, organizations
Coverage area: MRC Les Maskoutains
Hours: Monday to Friday 8h30 to 16h30, emergency food assistance: by appointment
Fees: variable
Financing: Centraide Richelieu-Yamaska, provincial, donations
Legal status: non-profit organization

CHÂTEAUGUAY HORIZON COMMUNITY ASSOCIATION
317 Brault Street, Châteauguay, Montérégie, QC, J6J 4M9
Website: chateauguayhorizon.weebly.com
Email: chateauguayhorizon@gmail.com


Eligibility: Black community of Châteauguay
Coverage area: Châteauguay
Fees: membership: family $20, individual $15
Financing: self-financing
Legal status: non-profit organization
ENTRAIDE CHEZ NOUS (L’)
155 Brodeur Street, Longueuil, Montérégie, QC, J4J 2S3
450 468-1726 Fax: 450 468-6638
Website: www.entraidecheznous.org
Email: info@entraidecheznous.org
Eligibility: people and families on a low income, bereaved adults
Capacity: support group: 6 people
Coverage area: food assistance, donation of furniture, Christmas sharing-store and friendship visits: Sacré-Coeur and Saint-Pie-X areas, other services: South Shore
Hours: Monday 10h00 to 12h00 and 13h00 to 16h00, Tuesday and Wednesday 9h00 to 12h00 and 13h00 to 16h00, Thursday 13h00 to 18h45, Friday 9h00 to 11h45 and 13h00 to 16h00, support groups: 13h00 to 15h15
Financing: Centraide of Greater Montréal, provincial, self-financing
Legal status: non-profit organization

ENVOLÉE (L’), CENTRE D’ACTION BÉNÉVOLE SAINTE-JULIE
695 Sainte-Julie Road, Sainte-Julie, Montérégie, QC, J3E 1W8
450 649-8874 Fax: 450 649-1362
Website: lenvollee.org
Email: info@lenvollee.org
Eligibility: seniors, people with a loss of autonomy, caregivers, families, community organizations
Coverage area: Sainte-Julie
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00
 Fees: meals on wheels: $6 for a complete meal
Financing: provincial, donations, fundraising campaigns, self-financing
Legal status: non-profit organization

FADOQ - RÉGION RICHELIEU-YAMASKA
2775 Bourdages Avenue North, Saint-Hyacinthe, Montérégie, QC, J2S 5S3
450 774-8111 Fax: 450 774-6161
Website: fadoqry.ca
Email: info@fadoqry.ca
Eligibility: people 50 years and over
Coverage area: MRC Acton, MRC Brome-Missisquoi, MRC La Haute-Yamaska, MRC La Vallée-du-Richelieu, MRC les Maskoutains, MRC Pierre-De Saurel et MRC Rouville
Hours: Monday 13h00 to 16h30, Tuesday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00
Fees: membership: 30$ per year or 50$ for 2 years
Financing: self-financing, contributions, grants
Legal status: non-profit organization
Seniors

**FADOQ - RÉGION RIVE-SUD-SUROÎT**

900 Industriel Boulevard, Suite 250, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 8J4  
1 800 828-3344     Fax: 450 347-6385  
Website: www.fadoq.ca/en/rive-sud-suroit  
Email: fadoq@fadoqrrss.org  

**Services:** Gathering and representation of people 50 years and over.  
* Promotion and advocacy of rights.  
* Maintenance and improvement of the quality of life.  
* Support programs and activities.  
* PAIR program: computerized safety and medication reminder phone calls.  
* Privilege program: discounts on various products and services.  

**Eligibility:** people 50 years and over  
**Coverage area:** South Shore, Suroît  
**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30  
**Financing:** self-financing, contributions, grants  
**Legal status:** non-profit organization

**FONDATION DE L’HÔPITAL DU SUROÎT**

387 Victoria Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1B7  
1 866 210-8623  
Website: foundationhds.ca/en  
Email: info@fondationhds.ca  

**Services:** Collecting donations and bequests to promote, improve and maintain the health and well-being of the public.  
* Courtesy calls.  
* «S’en sortir, sans sortir» informational kit.  
* Sanitary equipment deposite.  

**Eligibility:** general public, healthcare professionals and organizations  
**Coverage area:** MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Les Jardins-de-Napierville, MRC Roussillon, MRC Vaudreuil-Soulanges  
**Hours:** Monday to Friday 8h30 to 16h30  
**Financing:** donations  
**Legal status:** non-profit organization

**GRAND RASSEMBLEMENT DES AÎNÉS DE VAUDREUIL ET SOULANGES**

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: adjadmin@legraves.com  

**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/  

**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

**GROUPE LE TOURNANT**

29 Diderot Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J2W 3C7  
514 771-8572     Fax: 450 348-1410  
Email: letournant@hotmail.ca  

**Services:** Volunteer accompaniment of people in palliative care or with a serious illness.  
* Home support.  
* Listening, meeting and friendly accompaniment.  
* Pairing.  
* Visits and friendship calls.  
* Respite care service for natural caregivers.  
* Daycare service.  
* Recreational and socialization outings.  
* Recruitment and training of volunteers.
Eligibility: people living with a serious illness, people in palliative care, caregivers, volunteers  
Coverage area: Carignan, Chambly, MRC Le Haut-Richelieu  
Financing: grants  
Legal status: non-profit organization

HELLENIC SOCIAL SERVICES OF QUÉBEC - SOUTH SHORE  
5220 Grande-Allée, Longueuil, Montérégie, QC, J3Y 1A1  
450 443-8197  
Website: hcmg.org  
Email: info@hcgm.org


Eligibility: people of various origins, particularly Greek

Coverage area: South Shore

Hours: Monday and Tuesday 9h00 to 19h00, Wednesday 9h00 to 17h00, Sunday 8h00 to 16h00

Financing: donations, grants, provincial

Legal status: non-profit organization

HORIZON SOLEIL - TABLE DE CONCERTATION DE PRÉVENTION DES TOXICOMANIES ET DE PROMOTION DE LA SANTÉ DE LA RÉGION D'ACTON  
1049 A du Marché Street, Acton Vale, Montérégie, QC, J0H 1A0  
450 366-0105

Email: hsoleil@live.ca  


Eligibility: people 12 to 25, seniors

Coverage area: MRC d'Acton

Hours: family support: Monday to Friday 8h00 to 16h00, street work: Monday to Friday 13h00 to 21h00

Fees: free

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


Eligibility: adults 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
JOYEUX RETRAITÉS (LES)
1 Curé-Poirier Boulevard East, Longueuil, Montérégie, QC, J4J 2C6
450 463-7100 ext. 2404
Website: www.lesjoyeuxretraites.com
Email: joyeuxretraites@outlook.fr


Eligibility: people 50 years and over
Coverage area: Longueuil and surroundings
Hours: administration: Wednesday 9h00 to 11h30
Fees: membership: $10 renewable in May
Financing: contributions, provincial
Legal status: non-profit organization

LITTLE BROTHERS - LONGUEUIL
15 Pratt Street, Suite 115, Longueuil, Montérégie, QC, J4H 3S9
579 721-5115
Website: www.petitsfreres.ca/longueuil
Email: longueuil@petitsfreres.ca


Eligibility: seniors 75 years old and over and without any present family or significant social contact
Coverage area: Urban Agglomeration of Longueuil
Hours: Monday to Friday 8h00 to 16h00
Fees: free
Financing: fundraising campaigns, self-financing, donations
Legal status: non-profit organization

MAISON DE LA FAMILLE DES MASKOUTAINS
2130 Mailhot Avenue, Saint-Hyacinthe, Montérégie, QC, J2S 9E1
450 771-4010  Fax: 450 250-0272
Website: www.mfm.qc.ca
Email: accueil@mfm.qc.ca


Eligibility: families, seniors, caregivers, children, immigrants, refugees
Coverage area: MRC Les Maskoutains
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Fees: membership card: $10 per year, drop-in respite: free, educational childcare services: $20 per 4-week session, including meals, Tablette et cie: free for members, $5 per 4-month session for non-members, community meals: variable
Financing: provincial, donations, grants, membership fees
Legal status: non-profit organization
MARIEVILLE - CENTRE D’ACTION BÉNÉVOLE LA SEIGNEURIE DE MONNOIR
146 Ruisseau-Barré Road, Marieville, Montérégie, QC, J3M 1P2
450 460-2825 Fax: 450 460-4992
Website: www.cabsm.org
Email: info@cabsm.org
Eligibility: seniors, people who are ill or with a loss of autonomy, families in need, assistance with grocery shopping: people 70 years and over
Coverage area: Sainte-Angèle-de-Monnoir, Marieville, Richelieu, Saint-Mathias-sur-Richelieu, Rougemont
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: community meals: $8, meals on wheels: $7 per meal, coffee-meetings: $5
Financing: Centraide Richelieu-Yamaska, provincial, donations, fundraising campaigns, self-financing
Legal status: non-profit organization

MILLE ET UNE RUES
285 Cartier Boulevard, Beloeil, Montérégie, QC, J3G 3R2
514 349-4749
Email: tmvr@live.ca
Eligibility: people in vulnerable situations, people aged 55 and over
Coverage area: MRC La Vallée-du-Richelieu and Saint-Bruno-De-Montarville, ITMAV: Beloeil, Mont St Hilaire, Otterburn Park and McMasterville
Hours: Monday to Saturday, variable schedule depending on the needs
Fees: none
Financing: municipal
Legal status: non-profit organization

MOSAÏQUE (LA), CENTRE D’ACTION BÉNÉVOLE ET COMMUNAUTAIRE
1650 de l’Église Avenue, Longueuil, Montérégie, QC, J4P 2C8
450 465-1803 Fax: 450 465-5440
Website: www.lamosaique.org
Email: info@lamosaique.qc.ca
Eligibility: volunteers, people in need, community organizations and organizations in the health and social services network
Coverage area: agglomeration of Longueuil
Hours: administration: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30, thrift store: Tuesday to Saturday 10h00 to 17h00, shopping trips: twice a month
Fees: thrift store: variable low prices, other services: low cost or free
Financing: donations, grants, self-financing
Legal status: non-profit organization
PROJET COMMUNICATION-ACTION
1493 138 Road, Suite 3, Huntingdon, Montérégie, QC, J0S 1H0
450 264-5197 Fax: 450 264-8166
Website: www.projetcommunicationaction.org
Email: info@projetcommunicationaction.org
Eligibility: people 65 years and over with a loss of autonomy living at home
Coverage area: Huntingdon, Hinchinbrooke, Godmanchester, Dundee, Elgin, Saint-Anicet, Sainte-Barbe, Ormstown
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Fees: none
Financing: Centraide Sud-Ouest, provincial, self-financing, donations
Legal status: non-profit organization

REGROUPEMENT POUR LA SANTÉ DES ÂNÉS PIERRE-DE SAUREL
71 De Ramezay Street, Suite 109, Sorel-Tracy, Montérégie, QC, J3P 3Z1
450 855-3737
Website: rsaps.ca
Email: rsaps@videotron.ca
Eligibility: people 50 years old and over
Coverage area: MRC Pierre-De Saurel
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 15h30
Fees: membership card: $10, breakfast conferences: $5 per member, workshops: free or variables fees
Financing: contributions, provincial
Legal status: non-profit organization

SAINT-LAMBERT COUNCIL FOR SENIORS
574 Notre-Dame Avenue, Saint-Lambert, Montérégie, QC, J4P 2K9
450 671-1757 Fax: 450 923-6608
Website: www.stlambertseniors.ca
Email: maisond@videotron.ca
Eligibility: people aged 55 years old and over
Coverage area: Saint-Lambert
Hours: Monday to Friday 9h00 to 16h00 from September to June
Fees: annual membership: $35
Financing: self-financing
Legal status: non-profit organization

SAINT-ROCH-DE-RICHELIEU - MUNICIPALITY
1111 du Parc Street, Saint-Roch-de-Richelieu, Montérégie, QC, J0L 2M0
450 785-2755 Fax: 450 785-3098
Website: saintrochderichelieu.qc.ca
Email: info@saintrochderichelieu.com

Coverage area: Saint-Roch-De-Richelieu

Hours: Monday, Wednesday, Thursday 8h00 to 12h00 and 13h00 to 17h00, Tuesday 8h00 to 12h00 and 12h30 to 17h00 and 17h30 to 20h00

Financing: municipal

Legal status: municipal agency

SERVICE D'ACTION BÉNÉVOLE AU COEUR DU JARDIN - HEMMINGFORD SITE

476 Frontière Street, Hemmingford, Montérégie, QC, J0L 1H0

450 247-2893

Website: sabjardin.org

Email: sabhemmingford@hotmail.com


Eligibility: seniors, people in need, volunteers, community organizations

Coverage area: Hemmingford

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30

Fees: none, community dinner: variable

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

SERVICE D'ACTION BÉNÉVOLE AU COEUR DU JARDIN - NAPIERVILLE SITE

262-A de l'Église Street, Napierville, Montérégie, QC, J0J 1L0

450 245-7868

Website: sabjardin.org

Email: sabnap@hotmail.ca


Eligibility: volunteers, community organizations, caregivers, autonomous people in need

Coverage area: MRC Les Jardins-de-Napierville

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30

Fees: free or variable depending on the service

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

SERVICE D'ACTION BÉNÉVOLE AU COEUR DU JARDIN

1030 Notre-Dame Street, Saint-Rémi, Montérégie, QC, J0L 2L0

450 454-6567     Fax: 450 454-6567

Website: sabjardin.org

Email: sab.stremi@bellnet.ca


Eligibility: volunteers, community organizations, autonomous caregivers, seniors and people in need

Coverage area: MRC Les Jardins-de-Napierville
SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CONFÉRENCE SAINT-LUC
55 des Échevins Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J2W 2N6
450 349-1553   Fax: 450 348-8630
Website: www.ssvp-st-luc.org
Email: ssvpluc@gmail.com
Eligibility: people in need
Coverage area: Saint-Jean-sur-Richelieu: Sainte-Marie-de-la-Visitation and Saint-Luc areas
Hours: Tuesday and Thursday 13h00 to 16h00, Wednesday 12h00 to 20h00, Saturday 9h00 to 12h00
Financing: donations
Legal status: non-profit organization

SOURIRE SANS FIN
2-A Sainte-Famille Street, Saint-Rémi, Montérégie, QC, J0L 2L0
450 454-5747   Fax: 450 454-5640
Website: souriresansfin.org
Email: info@souriresansfin.org
Eligibility: people on a low income, families, ITMAV project: seniors 55 and over
Capacity: 600 per year
Coverage area: MRC Les Jardins-de-Napierville
Hours: Monday to Friday 8h30 to 16h30, collective kitchen: Monday, Tuesday and Wednesday, meals on wheels: Tuesday 11h30
Fees: collective kitchen: $1.25 per portion, meals on wheels: $6 per meal, food bags: $2 per week per family
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

UNITÉ DE MÉDECINE FAMILIALE CHARLES LEMOYNE
299 Sir Wilfrid Laurier Boulevard, Suite 201, Saint-Lambert, Montérégie, QC, J4R 2L1
450 466-5630
Website: santemonteregie.qc.ca/en/installations/gmf-u-charles-le-moyne
Coverage area: Montérégie
Hours: Monday to Thursday 8h00 to 20h00, Friday 8h00 to 19h00, Saturday and Sunday 9h00 to 13h30
Financing: provincial
Legal status: parapublic organization
VIGIE RIVE-SUD (LA)
Confidential Address
514 961-9415
Email: lavigierivesud@gmail.com
Eligibility: all ages, ITMAV: people 50 years old and over
Coverage area: Saint-Lambert, Saint-Hubert, Lemoine, Greenfield Park, Brossard
Hours: Monday to Thursday 9h00 to 17h00, Friday 9h00 to 12h00
Fees: free
Financing: fundraising campaigns, donations
Legal status: non-profit organization

Home support

ACTION BÉNÉVOLE DE VARENNES
50 de la Fabrique Street, Varennes, Montérégie, QC, J3X 1R1
450 652-5256
Website: actionbenevolevarennes.org
Email: info@actionbenevolevarennes.org
Eligibility: people and families on a low income, people with loss of autonomy, isolated people, seniors
Coverage area: Varennes
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, Friday 9h00 to 12h00
Fees: variable
Financing: donations, grants
Legal status: non-profit organization

ACTION-SERVICES AUX PROCHES AIDANTS DE LONGUEUIL
2160 Chemin du Tremblay, Suite 95, Longueuil, Montérégie, QC, J4N 1A8
450 928-0776 Fax: 450 928-3830
Website: asapal.org
Email: info@asapal.org
Eligibility: caregivers of a person in loss of autonomy
Coverage area: Boucherville, Calixa-Lavallée, Contrecœur, Saint-Amable, Sainte-Julie, Varennes, Verchères, Vieux-Longueuil
Hours: Monday to Friday 8h30 to 16h30, support groups in the afternoon
Fees: annual membership: $20
Financing: provincial
Legal status: non-profit organization

ALZHEIMER SOCIETY OF RIVE-SUD
1160 Nobert Boulevard, Longueuil, Montérégie, QC, J4K 2P1
450 442-3333 Fax: 450 442-9271
Website: alzheimer.ca/rivesud/en
Email: info@alzheimerrivesud.ca
Seniors


**Eligibility:** people with Alzheimer's disease or another major neurocognitive disorder, caregivers

**Capacity:** Campanile: 22 rooms

**Coverage area:** Contrecoeur, Verchères, Calixa-Lavallée, Saint-Amable, Sainte-Julie, Varennes, Boucherville, Longueuil, Brossard, Saint-Lambert, Candiac, La Prairie, Delson, Sainte-Catherine, Saint-Constant, Saint-Mathieu, Saint-Philippe, Sorel-Tracy

**Hours:** Monday to Friday 8h30 to 17h00

**Financing:** fundraising campaigns, donations

**Legal status:** non-profit organization

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**AMÉLYS - SERVICE D’AIDE À DOMICILE**

3323 Grande Allée, Longueuil, Montérégie, QC, J4T 2S9

450 466-8444  Fax: 450 466-4277

**Website:** amelys.ca/fr/amelys-en

**Email:** info@amelys.ca


**Eligibility:** seniors, people with reduced mobility, in convalescence or with punctual needs, their caregivers

**Coverage area:** Boucherville, Brossard, Longueuil, Saint-Lambert

**Hours:** 8h00 to 17h00

**Fees:** variable

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

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**ASSOCIATION DES AIDANTS(ES) NATURELS(LES) DU BAS-RICHELIEU**

55 Fillion Place, Sorel-Tracy, Montérégie, QC, J3P 7Z7

450 730-0880

**Website:** aanbr.org

**Email:** direction.aanbr@videotron.ca


**Eligibility:** caregivers

**Coverage area:** MRC Pierre-De Saurel

**Hours:** Monday to Friday 8h00 to 12h00 and 13h00 to 16h00

**Fees:** membership card: $20 per year

**Financing:** self-financing, grants

**Legal status:** non-profit organization

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**ASSOCIATION VIVRE ET VIEILLIR CHEZ SOI DU BAS RICHELIEU**

105 Prince Street, Suite 112, Sorel-Tracy, Montérégie, QC, J3P 4J9

450 743-1584

**Website:** vivreetvieillirchezsoi.ca

**Email:** gcmer8@hotmail.com


**Eligibility:** people aged 50 and over

**Coverage area:** MRC Pierre-De Saurel

**Hours:** Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, Friday 9h00 to 12h00

**Fees:** incapacity mandate: variable

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**CARREFOUR COMMUNAUTAIRE L'ARC-EN-CIEL**
96 Curé-Beauregard Street, Saint-Ours, Montérégie, QC, J0G 1P0
450 785-2874  Fax: 450 785-2876
Email: carrefourarcenciel@videotron.ca


**Eligibility:** families, teenagers, seniors

**Coverage area:** MRC Pierre-de-Saurel

**Hours:** Monday to Thursday 8h30 to 16h00, youth centre: summer, Monday and Thursday 18h00 to 21h00, Friday and Saturday 18h00 to 22h00

**Financing:** grants, self-financing

**Legal status:** non-profit organization

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**CENTRE COMMUNAUTAIRE DES AÎNÉS VAUDREUIL-SOULANGES**
12 Curé-Cholet Street, Saint-Polycarpe, Montérégie, QC, J0P 1X0
1 855 510-3548  Fax: 450 265-1144
Website: 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

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

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**CENTRE COMMUNAUTAIRE L'ENTRAIDE PLUS**
2437 Bourgogne Avenue, Chambly, Montérégie, QC, J3L 2A5
450 658-4469  Fax: 450 658-4469
Website: entraideplus.org
Email: info@entraideplus.org


**Eligibility:** people 50 years old and over, autonomous, disabled, sick or in loss of autonomy, caregivers

**Capacity:** Resto-Entre: 44 places

**Coverage area:** Chambly, Carignan, Richelieu, Saint-Mathias-sur-Richelieu, Sainte-Angèle-de-Monnoir, Marieville

**Hours:** Monday to Thursday 9h00 to 16h00, Friday 9h00 to 14h00, respite: Monday and Thursday 9h30 to 15h30, Resto-Entre: Monday to Friday 11h00 to 13h00

**Fees:** members: $20 per year, Resto-Entre: $6 for members, $7 for non-members

**Financing:** donations, grants

**Legal status:** non-profit organization

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**CENTRE COMMUNAUTAIRE L'ENTRAIDE PLUS - SAINT-MATHIAS-SUR-RICHELIEU SITE**
300 des Patriotes Road, Saint-Mathias-sur-Richelieu, Montérégie, QC, J3L 6Z5
514 798-6767  Fax: 450 658-4469
Website: www.entraideplus.org
Email: info@entraideplus.org
Seniors

Eligibility: seniors aged 50 years and over who are autonomous, disabled, sick or in loss of autonomy, caregivers
Coverage area: Carignan, Chambly, Marieville, Richelieu, Saint-Mathias-Sur-Richelieu, Sainte-ANGèle-de-Monnoir
Hours: Monday to Wednesday 11h00 to 14h00, Thursday 11h00 to 16h00
Fees: membership: $25 per year
Financing: donations, grants
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE MULTISERVICES UN COIN CHEZ NOUS
628 Notre-Dame Street, Saint-Chrysostome, Montérégie, QC, J0S 1R0
450 826-4425 Fax: 450 826-1000
Website: www.uncoinchezous.org
Email: ccmsuccn@cooptel.qc.ca

Eligibility: seniors, people with a loss of autonomy, disadvantaged people
Capacity: 100
Coverage area: MRC Le Haut-Saint-Laurent
Hours: Monday to Friday 7h30 to 16h30, Sunday 13h00 to 17h00
Fees: meals on wheels: $8, other services: free
Financing: grants, self-financing
Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE D'IBERVILLE ET DE LA RÉGION
290 des Conseillers Avenue, Saint-Jean-sur-Richelieu, Montérégie, QC, J2X 1Z8
450 347-1172 Fax: 450 347-3572
Website: cabiberville.org
Email: info@cabiberville.org

Eligibility: people on a low income, seniors, people with a temporary or permanent loss of autonomy, people with a physical or intellectual disability, caregivers, volunteers, organizations, meals on wheels: reserved to the people 55 years and over, caregivers
Coverage area: Saint-Jean-sur-Richelieu: Iberville and Saint-Athanase neighbourhoods, Mont Saint-Grégoire
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00
Fees: meals on wheels: $6, annual membership card: $5
Financing: Centraide of Greater Montréal, donations, provincial, grants
Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE DE BEAUHARNOIS
600 Ellice Street, Suite 106, Beauharnois, Montérégie, QC, J6N 3P7
450 429-6453
Website: cabbeauharnois.com
Email: info@cabbeauharnois.com
Seniors


**Eligibility:** seniors 65 years and over, seniors with a loss of autonomy

**Coverage area:** Beauharnois, Saint-Étienne-de-Beauharnois, Saint-Louis-de-Gonzague

**Hours:** Monday to Thursday 8h00 to 12h00 and 12h30 to 16h00, Friday 8h00 to 12h00

**Fees:** social activities: up to $5, meals: variable

**Financing:** Centraide Sud-Ouest du Québec, self-financing, donations

**Legal status:** non-profit organization

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**CENTRE D’ACTION BÉNÉVOLE DE BOUCHERVILLE**

11 Louis-H.-La Fontaine Street North, Suite 201, Boucherville, Montérégie, QC, J4B 4Y3

450 655-9081

**Website:** www.cabboucherville.ca

**Email:** info@cabboucherville.ca


**Eligibility:** people living with permanent or temporary difficulties, ITMAV: people 50 years and over

**Coverage area:** Boucherville

**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 16h30

**Fees:** meals on wheels: $6, community kitchen: $20 maximum, frozen meals: $4

**Financing:** provincial, Centraide of Greater Montréal, donations, federal, self-financing

**Legal status:** non-profit organization

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**CENTRE D’ACTION BÉNÉVOLE DE CONTRECOEUR - À PLEIN COEUR**

4956 Legendre Street, Contrecoeur, Montérégie, QC, J0L 1C0

450 587-8227     Fax: 450 401-1151

**Website:** www.cabcontrecoeur.ca

**Email:** cab.contrecoeur@videotron.ca


**Coverage area:** Contrecoeur and Verchères

**Hours:** centre: Monday to Friday 8h00 to 16h00, family depot: Monday to Friday 13h00 to 16h00, kitchen: Monday to Thursday 8h00 to 16h00

**Fees:** free

**Financing:** provincial, donations

**Legal status:** non-profit organization

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**CENTRE D’ACTION BÉNÉVOLE DE FARNHAM**

1810 Principale Street East, Farnham, Montérégie, QC, J2N 1N4

450 293-3265     Fax: 450 293-1010

**Website:** www.cabfarnham.com

**Email:** direction@cabfarnham.com

Eligibility: people living with a disability, seniors, families, community organizations

Coverage area: Ange-Gardien, Farnham, Sainte-Brigide-D’iberville, Sainte-Sabine

Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00

Fees: none

Financing: Centraide Richelieu-Yamaska, provincial

Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE LA FRONTIÈRE
12 Sainte-Marie Street, Lacolle, Montérégie, QC, J0J 1J0
450 246-2016   Fax: 450 246-2229
Email: centre.benev@hotmail.com


Eligibility: people in need, seniors

Coverage area: Lacolle, Clarenceville, Noyan, Saint-Bernard-de-Lacolle, Saint-Valentin, Saint-Paul-de-l’Île-aux-Noix, ITMAV: Lacolle, Saint-Paul-de-l’Île-aux-Noix, Saint-Valentin, Saint-Bernard-de-Lacolle

Hours: Monday to Thursday 7h00 to 16h00, Friday 7h30 to 11h30

Fees: meals-on-wheels: $5 hot meals, $4 frozen meals, community lunches: $10, transportation: variable

Financing: provincial, self-financing

Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE LA VALLÉE-DU-RICHELIEU
288-A Radisson Street, Mont-Saint-Hilaire, Montérégie, QC, J3H 2Z4
450 467-9373   Fax: 450 467-3732
Website: www.cabvr.org
Email: cabvr@cabvr.org


Eligibility: people in need, volunteers and community organizations

Coverage area: Beloeil, McMasterville, Mont-Saint-Hilaire, Otterburn Park, Saint-Antoine-sur-Richelieu, Saint-Charles-sur-Richelieu, Saint-Denis-sur-Richelieu, Saint-Jean-Baptiste, Saint-Mathieu-de-Beloeil, Saint-Marc-sur-Richelieu

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00

Financing: provincial, Centraide Richelieu-Yamaska, donations

Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE SAINT-CÉSAIRE
1100 Leclaire Street, Saint-Césaire, Montérégie, QC, J0L 1T0
450 469-3279   Fax: 450 469-0958
Website: www.cabacoeur.org
Email: services@cabacoeur.org
Eligibility: individuals and families on a low income, seniors, caregivers, volunteers
Coverage area: Saint-Césaire
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00, caregivers: 2nd Tuesday of the month, friendship lunch: 3rd Tuesday of the month
Fees: thrift shop: at low cost
Financing: provincial
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE SAINT-HUBERT
3339 Grande Allée, Longueuil, Montérégie, QC, J4T 2S9
450 656-9110   Fax: 450 656-9115
Website: www.cab-saint-hubert.org
Email: info@cab-saint-hubert.org
Eligibility: people in need, people over 65 years old
Coverage area: Saint-Hubert
Hours: Monday to Friday 8h00 to 16h00
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE SAINT-JEAN-SUR-RICHELIEU
640 Dorchester Street, Office 301, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 5A4
450 347-7527   Fax: 450 347-7323
Website: www.cabstjean.org
Email: info@cabstjean.org
Eligibility: seniors, people on a low income, caregivers, volunteers
Coverage area: Saint-Blaise-Sur-Richelieu, Saint-Jean-Sur-Richelieu, Saint-Paul-De-L’Ile-Aux-Noix
Hours: Monday to Thursday 8h00 to 16h00
Fees: meals on wheels: variable, culinary workshops: $10 per workshop
Financing: provincial, self-financing, donations
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE VALLEYFIELD
95 Salaberry Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2H5
450 373-2111
Website: cabvalleyfield.com
Email: info@cabvalleyfield.com
Seniors


Eligibility: adults, seniors, caregivers, organizations

Coverage area: Salaberry-de-Valleyfield, Saint-Stanislas-de-Kostka, caregivers: Salaberry-de-Valleyfield, Saint-Stanislas-de-Kostka, Beauharnois, Saint-Étienne-de-Beauharnois and Saint-Louis-de-Gonzague

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Fees: meals: $7

Financing: provincial, self-financing

Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DU GRAND CHÂTEAUGUAY
10 Gilmour Street, Châteauguay, Montérégie, QC, J6J 1K4
450 699-6289
Website: www.cabgc.org
Email: info@cabgc.org


Eligibility: people 50 years old and over, people with a loss of autonomy, caregivers, people on a low income

Coverage area: Châteauguay, Saint-Urbain-Premier, Saint-Isidore, Sainte-Martine, Mercier, Léry

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 15h00

Financing: federal, provincial, donations

Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DU GRAND CHÂTEAUGUAY - SERVICES AUX PROCHES AIDANTS
10 Gilmour Street, Châteauguay, Montérégie, QC, J6J 1K4
450 699-6289
Website: www.cabchateauguay.org
Email: aidant@cabgc.org


Eligibility: caregivers of people 50 years old and over with loss of physical or cognitive autonomy

Capacity: 10 to 20 people depending on the activity

Coverage area: Châteauguay, Léry, Mercier, Saint-Isidore, Saint-Urbain-Premier, Sainte-Martine

Hours: office: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 15h00, by appointment after office hours

Fees: none

Financing: provincial, grants, donations

Legal status: non-profit organization
CENTRE D’ACTION BÉNÉVOLE INTERACTION
100 Principale Street, Noyan, Montérégie, QC, J0J 1B0
450 294-2646   Fax: 450 294-2145
Website: cabinteraction.ca
Email: info@cabinteraction.ca
Eligibility: individuals and families on a low income, volunteers
Coverage area: Noyan, Saint-Georges-De-Clarenceville, Northern tip of Henryville
Hours: Monday to Thursday 8h00 to 16h00, meals on wheels: Tuesday and Thursday, clothing depot: Tuesday to Thursday
Financing: provincial, donations
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
Eligibility: seniors, sick or convalescent people, people with a disability, families in need, people on a low income, community organizations, volunteers
Hours: Monday to Friday 8h30 to 16h30, thrift store: Monday to Wednesday 9h30 to 17h30, Thursday and Friday 9h30 to 19h00, Saturday and Sunday 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 LES P’TITS BONHEURS
1665 Montarville Street, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 3T8
450 441-0807   Fax: 450 441-4667
Website: www.cabstbruno.org
Email: infocab.petitsbonheurs@cabstbruno.org
Eligibility: seniors, families, people in difficulty
Capacity: variable
Coverage area: Saint-Bruno-de-Montarville
Hours: Monday to Friday 8h30 to 16h30, thrift store: Monday, Tuesday, Wednesday, Friday and Saturday 10h00 to 16h00, Thursday 10h00 to 19h00
Fees: variable
**CENTRE D'ENTRAIDE BÉNÉVOLE DE SAINT-AMABLE**

297 Principale Street, Saint-Amable, Montérégie, QC, J0L 1N0  
450 649-0604     Fax: 450 649-2301  
Website: www.cebsa.org  
Email: info@cebsa.org  

**Services:**  
- Food assistance: sale of frozen meals.  
- Christmas baskets.  
- Community meals with recreational activities.  
- Meals on wheels.  
- Shopping assistance.  
- Thrift store: clothing and household items.  
- Community hall.  
- Support for organizations.  
- Citizen mediation.  
- Caregivers support.  
- Coffee-meetings.  
- Accompaniment-transportation.  
- Used items recovery.  
- Tax clinic.  

**Eligibility:**  
people on a low income, seniors, people living with disabilities or ill people  

**Coverage area:**  
Saint-Amable  

**Hours:**  
Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 15h00,  
thrift shop: Tuesday to Thursday 13h00 to 16h00, food assistance: Friday 10h30, community meals: 2nd and last Wednesday of every month 11h30, meals on wheels: Tuesday and Thursday mornings  

**Fees:**  
- food assistance: $15, community meals: $7, meals on wheels: $5  

**Financing:** provincial, self-financing  
Legal status: non-profit organization

**CENTRE D'ENTRAIDE RÉGIONAL D'HENRYVILLE**

791 Rang Saint-Jean-Baptiste, Henryville, Montérégie, QC, J0J 1E0  
450 299-1117     Fax: 450 299-9742  
Email: cerh1994@live.ca  

**Services:**  
- Medical transportation and accompaniment.  
- Food assistance.  
- Meals-on-wheels.  
- Collective kitchen.  
- Community lunches.  
- Christmas baskets.  
- School supplies.  
- Family store: clothing, used furniture, household items and toys at low cost.  
- Information and referral.  
- Tax clinic.  
- Photocopies and faxes.  

**Coverage area:**  
Henryville, Sabrevois, Saint-Alexandre, Saint-Sébastien, Venise-en-Québec  

**Hours:**  
family store: Monday to Friday 10h00 to 12h00 and 13h00 to 15h30  

**Financing:** provincial, Centraide of Greater Montréal  
Legal status: non-profit organization

**CENTRE DE BÉNÉVOLAT D'ACTON VALE**

1176 Bélair Street, Acton Vale, Montérégie, QC, J0H 1A0  
450 546-7332     Fax: 450 546-7212  
Website: www.centredebenevolatacton.com  
Email: direction@cbav.ca  

**Services:**  
- Food assistance.  
- Meals on wheels, delivery of hot and frozen meals.  
- Thrift store: various used clothing and household items.  
- Solidarity grocery store.  
- Collective kitchen.  
- Respite for caregivers.  
- Caregiver support group.  
- Transportation and accompaniment to medical appointments by a volunteer.  
- Help with forms and administrative procedures.  
- Tax clinic.  
- Room rental.  

**Eligibility:**  
families, people in vulnerable situations, seniors, caregivers, volunteers, meals on wheels: people aged 65 and over  

**Coverage area:**  
MRC Acton  

**Hours:**  
administration: Monday to Friday 8h00 to 16h00, thrift store: Monday to Friday 9h00 to 17h00, Saturday 9h00 to 12h00  

**Fees:**  
- food assistance: free, meals on wheels: $6 per meal  

**Financing:** donations, self-financing  
Legal status: non-profit organization
CENTRE DE BÉNÉVOLAT DE LA RIVE-SUD
18 Montcalm Street, Longueuil, Montérégie, QC, J4J 2K6
450 679-5916  Fax: 450 679-8396
Website: www.benevolatrivesud.qc.ca
Email: reception@benevolatrivesud.qc.ca

Eligibility: seniors, volunteers
Coverage area: South Shore
Hours: Monday to Friday 8h30 to 16h30
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE LA RIVE-SUD - CANDIAC SITE
8 Saint-François-Xavier Road, Candiac, Montérégie, QC, J5R 1A2
450 659-9651  Fax: 450 659-1271
Website: www.benevolatrivesud.qc.ca
Email: candiac@benevolatrivesud.qc.ca

Eligibility: adults and seniors with a loss of autonomy or living alone or in convalescence
Coverage area: Candiac, La Prairie, Saint-Constant, Sainte-Catherine, Saint-Mathieu, Saint-Philippe and Delson
Hours: Monday to Thursday 8h30 to 16h30, administration: Monday to Friday 8h30 to 16h30
Fees: meals-on-wheels: $6.50 per meal
Financing: provincial
Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE LA RIVE-SUD - CHAMBLY SITE
1410 de Salaberry Avenue, Chambly, Montérégie, QC, J3L 1R7
450 658-4325  Fax: 450 658-1694
Website: benevolatrivesud.qc.ca
Email: chambly@benevolatrivesud.qc.ca

Eligibility: meals on wheels: seniors 65 years and over, ill or convalescent people, people with physical or intellectual disability, single mothers, people in need, Coup de Pouce Family Counter: individuals, families on a low income
Coverage area: Chambly, Carignan
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: meals-on-wheels: $6.50 per meal, clothing depot: variable
Financing: donations
Legal status: non-profit organization
CENTRE DE BÉNÉVOLAT DE LA RIVE-SUD - LONGUEUIL SITE
16 Montcalm Street, Longueuil, Montérégie, QC, J4J 2K6
450 677-5281     Fax: 450 677-8067
Website: www.benevolatrivesud.qc.ca
Email: longueuil@benevolatrivesud.qc.ca


Eligibility: adults and seniors with a loss of autonomy, living alone or in convalescence

Coverage area: Longueuil, ITMAV: Vieux-Longueuil

Hours: Monday to Friday 8h30 to 16h30

Fees: meals on wheels: $6 per meal

Financing: provincial, Centraide of Greater Montréal

Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE LA RIVE-SUD - POINT DE SERVICE DE CANDIAC - ACCOMPANIMENT-TRANSPORTATION
8 Saint-François-Xavier Road, Candiac, Montérégie, QC, J5R 1A2
450 659-9651     Fax: 450 659-1271
Website: benevolatrivesud.qc.ca
Email: candiac@benevolatrivesud.qc.ca

Services: * Transportation and accompaniment to medical appointments and errands by volunteers.

Eligibility: adults and seniors with a loss of autonomy, living alone or convalescent

Coverage area: Candiac, La Prairie, Saint-Constant, Sainte-Catherine, Saint-Mathieu, Saint-Philippe and Delson, appointments: South Shore, Montréal

Hours: day, evening and weekend according to availabilities

Fees: $0.45 per km, parking fees for some hospitals

Financing: provincial, self-financing

Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE LA RIVE-SUD - SAINT-LAMBERT SITE
45 Argyle Street, Saint-Lambert, Montérégie, QC, J4P 2H2
450 465-6130     Fax: 450 465-5638
Website: www.benevolatrivesud.qc.ca
Email: stlambert@benevolatrivesud.qc.ca


Eligibility: people 65 years and older, ill, in recovery or living with a physical or intellectual disability

Coverage area: Saint-Lambert, Greenfield Park, Le Mouyne and Brossard

Hours: Monday to Friday 8h30 to 16h30, meals-on-wheels: Tuesday and Thursday 10h00 to 12h00, frozen meals: Thursday 10h00 to 12h00

Fees: meals on wheels: $6 per meal

Financing: provincial, Centraide of Greater Montréal

Legal status: non-profit organization
CENTRE DE BÉNÉVOLAT DE LA RIVE-SUD - SAINT-LAMBERT SITE - ACCOMPANIMENT-TRANSPORTATION
45 Argyle Street, Saint-Lambert, Montérégie, QC, J4P 2H2
450 465-6130   Fax: 450 465-5638
Website: www.benevolentricesud.qc.ca
Email: stlambert@benevolentricesud.qc.ca
Services: * Accompaniment and transportation to medical appointments and errands by volunteers. Eligibility: people over 65 years old, ill or convalescent people Coverage area: Saint-Lambert, Greenfield Park, Le Moyné and Brossard, appointments: Greater Montréal Hours: Monday to Friday 8h30 to 16h30, evenings and weekends according to availabilities Fees: $0.50 per km Financing: provincial, Centraide of Greater Montréal Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE SAINT-BASILE-LE-GRAND
50 Robert Road, Saint-Basile-le-Grand, Montérégie, QC, J3N 1L7
450 461-2111   Fax: 450 461-1588
Email: centredebenevolat@bellnet.ca
Services: * Thrift store. * Medical equipment loan: wheelchairs, crutches, bath benches, etc. * Community meals. * Social activities for seniors. * Meals-on-wheels. * Christmas baskets. * SOS emergency food assistance. * Babysitters directory. * Medical accompaniment-transportation. Eligibility: adults and seniors, people on a low income Coverage area: Saint-Basile-le-Grand Hours: Monday to Thursday 8h00 to 16h00, Friday 8h00 to 12h00, thrift store: Wednesday 18h00 to 20h30, Friday and Saturday 9h00 to 12h00 Fees: free or low cost, depending on the service Financing: donations, grant, self-financing Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE ST-HYACINTHE (LE)
1015 Dessaulles Street, Saint-Hyacinthe, Montérégie, QC, J2S 2Y8
450 773-4966
Website: cbsh.ca
Email: infomad@cbsh.ca
**CENTRE DE SOUTIEN ENTR’AIDANTS**  
1688 Gustave-Désourdy Street, Longueuil, Montérégie, QC, J4T 1Y6  
450 465-2520 ext. 204   Fax: 450 465-2290  
Website: www.centredesoutienentraidants.com/en  
Email: info@centredesoutienentraidants.com  


**Eligibility:** caregivers of seniors  
**Coverage area:** Brossard, Longueuil, Saint-Lambert  
**Hours:** Monday to Friday 9h00 to 16h00, support groups during the day and the evening  
**Fees:** annual membership: $20, support group: $2 in the afternoon or in the evening, $3 in the morning, training: $20, conferences and respite: free  
**Financing:** provincial, contributions, self-financing  
**Legal status:** non-profit organization

**COMITÉ DES USAGERS SAINT-URBAIN-PREMIER**  
13 Beaulieu Street, Saint-Urbain-Premier, Montérégie, QC, J0S 1Y0  
450 427-3906  
Email: thifil@hotmail.com  

**Services:** * Meals on wheels. * Accompaniment and transportation service.  
**Eligibility:** people with a loss of autonomy, people on a low income  
**Coverage area:** Saint-Urbain-Premier  
**Fees:** variable  
**Financing:** donations  
**Legal status:** non-profit organization

**COMITÉ MIEUX VIEILLIR À SAINTE-MARTINE**  
Confidential Address  
438 825-6873  

**Services:** * Meals-on-wheels.  
**Eligibility:** seniors, people who are ill, people on a low income or on welfare, young families  
**Coverage area:** Sainte-Martine, Saint-Urbain-Premier  
**Hours:** meals-on-wheels: Tuesday 11h00 to 12h00, two months vacation in the summer with resumption of service on Labour Day  
**Fees:** meals on wheels: $7 for a complete meal  
**Financing:** provincial, self-financing  
**Legal status:** non-profit organization

**COMITÉ POPOTE ROULANTE DE FARNHAM (LE)**  
415 de l’Hôtel-de-Ville Street, Farnham, Montérégie, QC, J2N 2H3  
450 293-8333  
Email: popotefarnham@hotmail.fr  

**Services:** * Home delivery of hot and frozen meals.  
**Coverage area:** Farnham  
**Financing:** donations  
**Legal status:** non-profit organization
COMPLEXE LE PARTAGE
547 Saint-Henri Street, La Prairie, Montérégie, QC, J5R 2S9
450 444-0803     Fax: 450 444-2621
Website: lepartage.info
Email: administration@lepartage.org
Eligibility: individuals and families on a low income, homeless people, people living with major health problems, refugees, immigrants
Coverage area: La Prairie
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00, food assistance: Thursday 9h30 to 11h30, 13h30 to 15h30 and 17h00 to 18h15
Fees: food assistance, collective kitchens and culinary workshops: variable, Christmas baskets: free
Financing: self-financing, Centraide of Greater Montréal, municipal, provincial, federal, donations
Legal status: non-profit organization

COMPLEXE LE PARTAGE - POINT DE SERVICE SAINT-CONSTANT
125 Saint-Pierre Street, Saint-Constant, Montérégie, QC, J5A 2G9
450 444-0803
Website: lepartage.info
Email: administration@lepartage.org
Eligibility: individuals and families on a low income, homeless people, people living with major health problems, refugees, immigrants
Coverage area: Saint-Constant
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00, food assistance: Thursday 13h30 to 15h30 and 17h00 to 18h15
Fees: food assistance, collective kitchens and culinary workshops: variable, Christmas baskets: free
Financing: self-financing, Centraide of Greater Montréal, municipal, provincial, federal, donations
Legal status: non-profit organization

COMPLEXE LE PARTAGE - POINT DE SERVICE SAINTE-CATHERINE
1080 Union Street, Sainte-Catherine, Montérégie, QC, J5C 1B3
450 444-0803
Website: lepartage.info
Email: administration@lepartage.org
Services: * Food assistance. * Christmas baskets.
Eligibility: individuals and families on a low income
Coverage area: Sainte-Catherine
Hours: food assistance: Thursday 9h30 to 11h30
Fees: food assistance: variable, Christmas baskets: free
Financing: self-financing, Centraide of Greater Montréal, municipal, provincial, federal
Legal status: non-profit organization

COOP AIDE RIVE-SUD
740 Sainte-Foy Boulevard, Suite 300, Longueuil, Montérégie, QC, J4J 1Z3
450 679-2433     Fax: 450 679-7910
Website: www.cooprivesud.com
Email: info@cooprivesud.com
Eligibility: individuals with permanent or temporary physical limitations, people 65 years and over, general public
Coverage area: Longueuil, Calixa-Lavallée, Brossard, Boucherville, Varennes, Saint-Lambert, Sainte-Julie, Saint-Amable, Verchères
Hours: Monday to Friday 8h00 to 16h30
Fees: depending on the service and the family income, access to the RAMQ financial assistance for home help services program, social share: $10
Financing: self-financing, provincial
Legal status: cooperative

COOPÉRATIVE D'INITIATION À L'ENTREPRENEURIAT COLLECTIF - BROSSARD
5964 Auteuil Avenue, Brossard, Montérégie, QC, J4Z 1N2
450 550-3813
Website: www.cqcm.coop/microsites/coop-dinitiation-a-lentrepreneuriat-collectif
Email: ciec.supplement.terre@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: Brossard
Hours: summer
Fees: variable
Financing: provincial, self-financing
Legal status: cooperative

COOPÉRATIVE D'INITIATION À L'ENTREPRENEURIAT COLLECTIF - CHÂTEAUGUAY
105 Lauzon Street, Châteauguay, Montérégie, QC, J6J 3H6
450 699-8001
Website: www.cqcm.coop/microsites/coop-dinitiation-a-lentrepreneuriat-collectif
Email: coop@cjechateauguay.org
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: Châteauguay
Hours: summer
Fees: variable
Financing: provincial, self-financing
Legal status: cooperative

COOPÉRATIVE D'INITIATION À L'ENTREPRENEURIAT COLLECTIF - SAINT-RÉMI
2 Henderson Street, Suite 1, Huntingdon, Montérégie, QC, J0S 1H0
450 454-5814
Website: www.cqcm.coop
Email: cjs.saintremi1@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: MRC Les Jardins-de-Napierville
Hours: summer
Fees: variable
Financing: self-financing
Legal status: cooperative
COOPÉRATIVE D'INITIATION À L'ENTREPRENEURIAT COLLECTIF - SOREL-TRACY
37 du Roi Street, Suite 200, Sorel-Tracy, Montérégie, QC, J3P 4M6
450 743-1441 ext. 206
Website: coopjet.wixsite.com/coopjetst
Email: coopjet@hotmail.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: Sorel-Tracy
Hours: summer
Fees: variable
Financing: self-financing
Legal status: cooperative

COOPÉRATIVE DE SOLIDARITÉ D'AIDE À DOMICILE AIDE ATOUT
545 Sir-Wilfrid-Laurier Boulevard, Suite 310, Beloeil, Montérégie, QC, J3G 4H8
1 877 446-2108     Fax: 450 446-7891
Website: aideatout.com
Email: info@aideatout.com
Eligibility: adults 18 years and over
Coverage area: MRC La Vallée-du-Richelieu, Saint-Bruno-de-Montarville
Hours: office: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 16h00, services: week (day and evening) and week-end
Fees: lifelong share: $10, light work: $31 per hour, heavy work: $33 per hour, everyday assistance: $28 per hour, personal care: $35 per hour, financial aid and tax credit for people over 65 years old: according to income
Financing: provincial, self-financing
Legal status: non-profit organization

COOPÉRATIVE DE SOLIDARITÉ DE SERVICES À DOMICILE AUX P'TITS SOINS
1005 Sainte-Marie Avenue, Saint-Hyacinthe, Montérégie, QC, J2S 4S2
450 771-0605     Fax: 450 771-8560
Website: www.coopauxptitssoins.com
Email: info@coopauxptitssoins.com
Services: Light and heavy housekeeping and home assistance services.
Eligibility: seniors 65 years and over, people referred by the CISSS
Coverage area: MRC les Maskoutains, MRC Acton
Hours: Monday to Friday 8h30 to 16h30
Fees: $10 social share to access services
Financing: self-financing
Legal status: cooperative

COOPÉRATIVE DE SOLIDARITÉ EN ENTRETIEN MÉNAGER DU BAS-RICHELIEU
71 de l'Hôtel-Dieu Avenue, Sorel-Tracy, Montérégie, QC, J3P 4J9
450 743-9181     Fax: 450 743-3306
Website: www.coopentretien.com
Email: coopentretiensem@videotron.ca
Services: At-home assistance. * Subsidized light works: cleaning, dusting, laundry, ironing, meals preparation, grocery shopping and other errands. * Subsidized heavy works: window cleaning, floor cleaning and waxing, appliances, garage and basement cleaning. * Non-subsidized works: seasonal works, repair or furniture mounting, pets care, daily assistance, logistic assistance, care and home surveillance, leaves pick-up, snow removal, gardening, assistance with packing for a house move, etc. * Help with daily life: hygiene, partial toilet and bath, incontinence care, help with getting up and going to bed, safe travel, accompaniment for medical appointments, at the pharmacy or at the bank. * Presence and monitoring: stimulation, help with medication, respite for caregivers.

Eligibility: people needing an occasional or continuous assistance, people 65 years and over or referred by the CLSC, people with a temporary or permanent physical disability, single-parent families

Coverage area: MRC Pierre-De Saurel, Contrecoeur

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Fees: fees according to the age and income, grants available for people 65 years and over or referred by the CLSC, non-subsidized services: starting from $24 per hour

Financing: grants, self-financing

Legal status: non-profit organization

COOPÉRATIVE DE SOLIDARITÉ EN SERVICE D’AIDE À DOMICILE MOBIL’AIDE
55 5th Avenue, Saint-Jean-sur-Richelieu, Montérégie, QC, J2X 1T1
450 346-1011 Fax: 450 346-2655

Email: info@mobilaide.com


Eligibility: priority to seniors 65 years and over and people with a degenerative disease and a loss of autonomy

Coverage area: CLSC de la Vallée-des-Forts et du Richelieu

Hours: office: Monday to Friday 7h30 to 16h00

Fees: light handiwork: $27 per hour, heavy handiwork: $31 per hour, fees may be partly paid by the Régie de l’assurance maladie

Financing: provincial, self-financing, grants

Legal status: non-profit organization

COOPÉRATIVE DE SOUTIEN À DOMICILE DU PAYS DES VERGERS
175 Principale Street, Suite 7, Cowansville, Montérégie, QC, J2K 3L9
450 266-5484 Fax: 450 266-1919

Website: soutienadomicile.coop

Email: info@soutienadomicile.coop


Coverage area: MRC Brome-Missisquoi, Sainte-Brigide-d’Iberville, Ange-Gardien

Fees: variable

Financing: self-financing

Legal status: cooperative

COUP DE POUCE DES MOISSONS
196 Saint-Louis Road, Beauharnois, Montérégie, QC, J6N 2J1
1 888 429-4229 Fax: 450 429-6364

Website: cpmaide.ca

Email: direction@cpmaide.ca


Eligibility: seniors, people who are ill, living with a disability or with a loss of autonomy

Coverage area: MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Roussillon

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00

Fees: variable depending on income and age
**Financing:** provincial, self-financing  
**Legal status:** non-profit organization

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**CROIÉE DE LONGUEUIL (LA)**  
1230 Green Street, Longueuil, Montérégie, QC, J4K 4Z5  
**450 677-8918**  
Fax: 450 677-3377  
Website: www.lacroiseedelongueuil.qc.ca  
Email: lacroisee@lacroiseedelongueuil.qc.ca  
**Services:**  
* Food assistance.  
* Christmas sharing-store.  
* Community kitchens.  
* La Petite Cuillère: delivery and sale of frozen affordable meals.  
* Solidarity gardens.  
* Daycare.  
* Parents support group.  
* Preschool program and psychomotor workshops.  
* Day camp.  
* Furniture donation to residents of Longueuil upon referral.  
* Donation pick-up.  
* Tax clinic.  
* Sports and artistic activities program.  
**Eligibility:** families or people on a low income  
**Coverage area:** South Shore, food assistance: Notre-Dame-de-la-Garde, Saint-Georges, Saint-Antoine-de-Padoue, Sainte-Louise-de-Marillac, Saint-Jude parishes  
**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 15h30  
**Fees:** food assistance and cooking classes: free, delivery of frozen meals La Petite Cuillère: minimum purchase required and variable fees according to distance  
**Financing:** Centraide of Greater Montréal, federal, provincial, municipal, self-financing  
**Legal status:** non-profit organization

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**ENVOLÉE (L’), CENTRE D’ACTION BÉNÉVOLE SAINTE-JULIE**  
695 Sainte-Julie Road, Sainte-Julie, Montérégie, QC, J3E 1W8  
**450 649-8874**  
Fax: 450 649-1362  
Website: lenvolee.org  
Email: info@lenvolee.org  
**Services:**  
* Promotion of volunteer work and assistance to organizations.  
* Meals on wheels, delivery of hot meals and frozen meals.  
* Community meals, emergency meals for families in crisis and home support, community dinners for autonomous seniors and persons with a slight loss of physical or cognitive autonomy.  
* Shopping assistance.  
* PAIR program: computerized safety and medication reminder phone calls.  
* Friendly visits.  
* Loan of orthopedic devices.  
* Tax clinic.  
**Eligibility:** seniors, people with a loss of autonomy, caregivers, families, community organizations  
**Coverage area:** Sainte-Julie  
**Hours:** Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00  
**Fees:** meals on wheels: $6 for a complete meal  
**Financing:** provincial, donations, fundraising campaigns, self-financing  
**Legal status:** non-profit organization

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**FADOQ - RÉGION RIVE-SUD-SUROÎT**  
900 Industriel Boulevard, Suite 250, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 8J4  
**1 800 828-3344**  
Fax: 450 347-6385  
Website: www.fadoq.ca/en/rive-sud-suroit  
Email: fadoq@fadoqrrss.org  
**Services:** Gathering and representation of people 50 years and over.  
* Promotion and advocacy of rights.  
* Maintenance and improvement of the quality of life.  
* Support programs and activities.  
* PAIR program: computerized safety and medication reminder phone calls.  
* Privilege program: discounts on various products and services.  
**Eligibility:** people 50 years and over  
**Coverage area:** South Shore, Suroît  
**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30  
**Financing:** self-financing, contributions, grants  
**Legal status:** non-profit organization

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HELLENIC SOCIAL SERVICES OF QUÉBEC - SOUTH SHORE
5220 Grande-Allée, Longueuil, Montérégie, QC, J3Y 1A1
450 443-8197
Website: hcgm.org
Email: info@hcgm.org
Eligibility: people of various origins, particularly Greek
Coverage area: South Shore
Hours: Monday and Tuesday 9h00 to 19h00, Wednesday 9h00 to 17h00, Sunday 8h00 to 16h00
Financing: donations, grants, provincial
Legal status: non-profit organization

HEMMINGFORD MEALS ON WHEELS
476 Frontière Street, Hemmingford, Montérégie, QC, J0L 1H0
450 247-3330
Services: Home delivery of full meals.
Eligibility: seniors
Coverage area: Hemmingford
Hours: delivery: Thursday 9h00 to 11h00
Fees: meal: $8, minimum of 3 meals per order
Financing: grants
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
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: sfli4784@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
KAHNAWAKE SHAKOTII'A'TAKEHNHAS COMMUNITY SERVICES
Confidential Address
450 632-6880 Fax: 450 632-5116
Website: www.kscs.ca


Eligibility: Kahnawake residents
Coverage area: Kahnawake
Hours: Monday to Friday 8h30 to 16h30
Financing: grants
Legal status: non-profit organization

KATERI MEMORIAL HOSPITAL CENTRE
10 River Road, Kahnawake, Montérégie, QC, J0L 1B0
450 638-3930 Fax: 450 638-4634
Website: kmhc.ca


Eligibility: community of Kahnawake
Coverage area: Kahnawake
Hours: Monday to Thursday 9h00 to 20h00, Friday 9h00 to 17h30, Saturday 9h30 to 13h30, visiting hours: 7 days 12h00 to 21h00, walk-in clinic: every Saturday, blood tests: Monday to Friday 7h00 to 9h00
Financing: federal, provincial
Legal status: parapublic organization

MAISON DE LA FAMILLE DE LA VALLÉE DU RICHELIEU (LA)
91 Cartier Boulevard, Beloeil, Montérégie, QC, J3G 6R4
450 446-0852
Website: www.mfvr.ca
Email: reception@mfvr.ca

**Eligibility:** families, caregivers, seniors

**Coverage area:** Beloeil, McMasterville, Otterburn Park, Saint-Antoine-sur-Richelieu, Saint-Basile-le-Grand, Saint-Bruno-de-Montarville, Saint-Charles-sur-Richelieu, Saint-Denis-sur-Richelieu, Saint-Hilaire, Saint-Jean-Baptiste, Saint-Marc-sur-Richelieu, Saint-Mathieu-de-Beloeil

**Hours:** office: Monday to Friday 8h30 to 16h00, daycare: Monday to Friday 8h30 to 15h30, Saturday 8h30 to 12h00, seniors pavilion: Monday to Thursday 13h00 to 16h00

**Fees:** annual membership card: $20

**Financing:** donations, fundraising campaigns, grants

**Legal status:** non-profit organization

**MAISON DES AÎNÉS DE LA PRAIRIE**

500 Saint-Laurent Street, La Prairie, Montérégie, QC, J5R 5X2

450 444-6736

Website: maisondesaineslaprairie.org

Email: admin@maisondesaineslaprairie.org


**Eligibility:** people 50 years and over, at-home hairdressing: people 50 years and over in recovery and without a car or people 80 years and over

**Coverage area:** La Prairie, MRC Roussillon, at-home hairdressing: La Prairie

**Hours:** Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, Friday 9h00 to 12h00

**Fees:** annual membership: $18 for La Prairie citizens, $21 for others, courses and hairdressing: variable

**Financing:** self-financing, provincial

**Legal status:** non-profit organization

**MARIEVILLE - CENTRE D’ACTION BÉNÉVOLE LA SEIGNEURIE DE MONNOIR**

146 Ruisseau-Barré Road, Marieville, Montérégie, QC, J3M 1P2

450 460-2825     Fax: 450 460-4992

Website: www.cabsm.org

Email: info@cabsm.org


**Eligibility:** seniors, people who are ill or with a loss of autonomy, families in need, assistance with grocery shopping: people 70 years and over

**Coverage area:** Sainte-Angèle-de-Monnoir, Marieville, Richelieu, Saint-Mathias-sur-Richelieu, Rougemont

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

**Fees:** community meals: $8, meals on wheels: $7 per meal, coffee-meetings: $5

**Financing:** Centraide Richelieu-Yamaska, provincial, donations, fundraising campaigns, self-financing

**Legal status:** non-profit organization

**MEALS ON WHEELS OF SAINT-LAMBERT**

Confidential Address

450 672-1050

**Services:** At-home meal delivery.

**Eligibility:** seniors, people with limited mobility

**Coverage area:** Saint-Lambert

**Hours:** delivery: Tuesday and Thursday

**Fees:** $5 per meal

**Financing:** self-financing

**Legal status:** non-profit organization
MOSAÏQUE (LA), CENTRE D’ACTION BÉNÉVOLE ET COMMUNAUTAIRE
1650 de l’Église Avenue, Longueuil, Montérégie, QC, J4P 2C8
450 465-1803 Fax: 450 465-5440
Website: www.lamosaique.org
Email: info@lamosaique.qc.ca


Eligibility: volunteers, people in need, community organizations and organizations in the health and social services network

Coverage area: agglomeration of Longueuil

Hours: administration: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30, thrift store: Tuesday to Saturday 10h00 to 17h00, shopping trips: twice a month

Fees: thrift store: variable low prices, other services: low cost or free

Financing: donations, grants, self-financing

Legal status: non-profit organization

NATURAL CAREGIVERS OF THE HAUT SAINT-LAURENT (THE)
23A Sainte-Anne Street, Saint-Chrysostome, Montérégie, QC, J0S 1R0
450 826-1243
Website: www.aidantsnaturelshsl.com/en
Email: info@aidantsnaturelshsl.com


Eligibility: caregivers of a senior living at home

Coverage area: MRC Le Haut-Saint-Laurent

Hours: Monday to Friday 8h30 to 16h30

Fees: annual membership: $5

Financing: provincial, grants, donations

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: www.novahudson.com/wp/en/home
Email: admin@novahudson.com


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

Financing: donations, fundraising campaigns

Legal status: non-profit organization
PETITE FERME DE L’AUBERGE (LA)
728 Bachand Road, Roxton, Montérégie, QC, J0H 1E0
450 548-2736     Fax: 450 548-2227
Website: lapetitefermedelauberge.org
Email: lapetiteferme2001@yahoo.ca
Eligibility: men 18 and over who are struggling or homeless with addiction or mental health issues
Capacity: housing: 9 places in farm accommodation, food aid: 30 individuals or families per week
Coverage area: Montérégie: social reintegration, Roxton Falls and surroundings: food assistance
Hours: 7 days 7h00 to 21h00
Fees: housing: depending on income
Financing: self-financing
Legal status: non-profit organization

PLEINS RAYONS
790 du Sud Street, Cowansville, Montérégie, QC, J2K 2Y3
450 263-5300
Website: pleinsrayons.ca/en
Email: administration@pleinsrayons.ca
Services: Social integration for young adults living with an autism spectrum disorder or an intellectual disability.
* Socioprofessional integration program. * Workstations: carpentry, sewing, bicycle shop, clothing recovery, etc. * Helping Brigade: exterior maintenance of homes for people 65 years old and over. * Agricultural Brigade: team of apprentices who help regional farmers to accomplish different tasks and learn about agricultural work. * Therapeutic leisure activities. * On-site recovery of sewing material, wood and carpentry tools, mecanic tools, bicycle parts and used bicycles.
Eligibility: young adults 15 years and older living with an autism spectrum disorder or an intellectual disability
Coverage area: MRC Brome-Missisquoi, MRC La Haute-Yamaska
Hours: Monday to Thursday 9h00 to 16h00
Financing: donations
Legal status: non-profit organization

POPOTE CONSTANTE
330 Wilfrid-Lamarche Street, Saint-Constant, Montérégie, QC, J5A 1W2
450 632-2191
Services: * Meals on wheels: hot meals delivered at home.
Eligibility: seniors with a loss of autonomy, people with temporary or permanent health problems
Capacity: 48 meals a day
Coverage area: Saint-Constant, Sainte-Catherine, Delson
Hours: delivery: Tuesday and Thursday 8h00 to 12h00
Fees: hot meal: 5$
Financing: self-financing, municipal, fundraising campaigns
Legal status: non-profit organization

POPOTE ROULANTE DE BEDFORD (LA)
52 du Pont Street, PO Box 731, Bedford, Montérégie, QC, J0J 1A0
450 248-7053
Email: popote_de_bedford@hotmail.com
Eligibility: seniors, people living with disabilities, people in convalescence
Coverage area: Canton de Bedford, Stanbridge East, Saint-Ignace-de-Stanbridge, Notre-Dame-de-Stanbridge, Standridge Station, Saint-Armand, Pike River
Hours: Monday to Friday 8h00 to 14h00
Fees: $6 per meal  
Financing: municipal, donations, grants  
Legal status: non-profit organization

POPOTE ROULANTE DE BROSSARD  
Confidential Address  
450 445-4452 ext. 2430  
Website: popoteroulante.tripod.com  
Email: popoteroulantedebrossard@gmail.com  
Services: * Home delivery of hot meals.  
Eligibility: seniors, people who are ill or disabled, temporarily or permanently unable to prepare their meals  
Capacity: 36 people  
Coverage area: Brossard  
Hours: Tuesday and Thursday  
Fees: $5 per meal  
Financing: self-financing, grants  
Legal status: non-profit organization

POPOTE ROULANTE DE CHÂTEAUGUAY  
Confidential Address  
514 231-0379  
Website: popoteroulantechateauguay.webnode.fr  
Email: infopopote.chateauguay@gmail.com  
Services: Home delivery of meals.  
Eligibility: seniors with a loss of autonomy, ill or disabled  
Coverage area: Châteauguay  
Hours: Monday to Friday 8h00 to 18h00  
Fees: $5 per meal  
Financing: grants, provincial  
Legal status: non-profit organization

POPOTE ROULANTE DE L’ANGE-GARDIEN  
249 Saint-Joseph Street, Ange-Gardien, Montérégie, QC, J0E 1E0  
450 293-5166  
Services: * Meals on wheels: at home or at l’Ange-Gardien Community Centre. * Buffet service for funerals.  
Eligibility: people 60 years old and over, people who are ill or recovering from illness, people who have just given birth  
Coverage area: L’Ange-Gardien  
Hours: Tuesday and Thursday  
Fees: $4 per meal  
Financing: provincial, self-financing  
Legal status: non-profit organization

POPOTE ROULANTE DE SALABERRY-DE-VALLEYFIELD (LA)  
282 Jacques Cartier Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4T1  
450 747-3168  
Email: reception@popotevalleyfield.com  
Services: Preparation and home delivery of meals. * Hot and frozen meals. * Adapted meals for seniors: mashed meals, salt-free, sugar-free, gluten-free diet, etc.  
Eligibility: people with a loss of autonomy, especially those aged 70 years and over, with physical disabilities, ill or convalescent  
Coverage area: Salaberry-de-Valleyfield  
Hours: Monday, Tuesday and Thursday 8h00 to 15h30, Wednesday and Friday 8h00 to 13h30
Seniors

Fees: hot meals: $7, frozen meals: $6, adapted meals: $6
Financing: Centraide South-West of Québec, self-financing
Legal status: non-profit organization

PROJET COMMUNIC-ACTION
1493 138 Road, Suite 3, Huntingdon, Montérégie, QC, J0S 1H0
450 264-5197    Fax: 450 264-8166
Website: www.projetcommunicaction.org
Email: info@projetcommunicaction.org
Eligibility: people 65 years and over with a loss of autonomy living at home
Coverage area: Huntingdon, Hinchinbrooke, Godmanchester, Dundee, Elgin, Saint-Anicet, Sainte-Barbe, Ormstown
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Fees: none
Financing: Centraide Sud-Ouest, provincial, self-financing, donations
Legal status: non-profit organization

ROYAL CANADIAN LEGION - BRANCH 94
205 Empire Street, Longueuil, Montérégie, QC, J4V 1T9
450 466-0308
Website: www.legion94.ca
Email: lindamorven@gmail.com
Eligibility: veterans and dependents, military in active service, general public, legion mobile meals: seniors, people with reduced mobility
Coverage area: Greenfield Park
Hours: Legion mobile meals: Wednesday
Fees: meals: 7$ for two meals
Financing: donations, provincial
Legal status: non-profit organization

SAINT-BRUNO-DE-MONTARVILLE - CITY
1585 Montarville Street, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 3T8
450 653-2443    Fax: 450 441-8481
Website: stbruno.ca
Email: information@stbruno.ca
* Financial assistance program for the purchase of washable and reusable sanitary products: stbruno.ca/ville/programmes/programme-aide-financiere-achat-produits-hygieniques-lavables-et-reutilisables
Coverage area: Saint-Bruno-de-Montarville
Hours: Monday to Thursday 8h15 to 12h00 and 13h00 to 16h30, Friday 8h15 to 12h30
Financing: municipal
Legal status: municipal agency
SENIORS RESPITE MONTÉRÉGIE
83 Churchill Boulevard, Longueuil, Montérégie, QC, J4V 3L8
450 486-4722
Website: www.adultdaycare.ca
Email: info@seniorsrespitemonteregie.ca


Eligibility: caregivers of seniors, day centre: people 50 years old and over, autonomous or with a loss of cognitive or physical autonomy related to Alzheimer's disease, Parkinson's disease, dementia or intellectual disability

Capacity: day centre: 20 people

Coverage area: agglomeration of Longueuil

Hours: office: Monday to Friday 9h30 to 16h30, day centre: Monday to Friday 9h30 to 16h00, at-home respite: 7 days

Fees: variable

Financing: donations, self-financing

Legal status: non-profit organization

SERVICE D'ACCOMPAGNEMENT BÉNÉVOLE ET COMMUNAUTAIRE
1493-2 Road 138, Huntingdon, Montérégie, QC, J0S 1H0
450 264-1131 Fax: 450 264-1131
Website: www.sabecduhsl.com
Email: sabec2641131@hotmail.com

Services: * Medical transportation and accompaniment. * Home support.

Eligibility: seniors, people with a temporary or permanent loss of autonomy, any person who has a medical appointment and that lives in the MRC du Haut-Saint-Laurent


Hours: administration: Monday to Friday 9h00 to 16h30, transport and accompaniment: 7 days, by appointment

Fees: variable between $10 and $80, reduced rate for car sharing, social aid providers: $5

Financing: Centraide Sout-West of Québec, municipal, donations, provincial, self-financing

Legal status: non-profit organization

SERVICE D’ACTION BÉNÉVOLE AU COEUR DU JARDIN - NAPIERVILLE SITE
262-A de l’Église Street, Napierville, Montérégie, QC, J0J 1L0
450 245-7868
Website: sabjardin.org
Email: sabnap@hotmail.ca


Eligibility: volunteers, community organizations, caregivers, autonomous people in need

Coverage area: MRC Les Jardins-de-Napierville

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30

Fees: free or variable depending on the service

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

SERVICE D’ACTION BÉNÉVOLE AU COUR DU JARDIN
1030 Notre-Dame Street, Saint-Rémi, Montérégie, QC, J0L 2L0
450 454-6567 Fax: 450 454-6567
Website: sabjardin.org
Email: sab.stremi@bellnet.ca
Seniors


**Eligibility:** volunteers, community organizations, autonomous caregivers, seniors and people in need

**Coverage area:** MRC Les Jardins-de-Napierville

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

**Fees:** frozen meals: main meal $3$, soup $2$, dessert $1$, free delivery every 15 days, minibus grocery shopping: $4$, monthly breakfast: $3$

**Financing:** Centraide of Greater Montréal, provincial

**Legal status:** non-profit organization

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**SERVICE D'AIDE DOMESTIQUE JARDINS-ROUSSILLON**

23 Montée des Bouleaux, Suite 100, Saint-Constant, Montérégie, QC, J5A 1B6

1 877 629-0817 Fax: 450 993-0730

Website: www.sadjardins-roussillon.com

Email: info@sadjardins-roussillon.com


**Eligibility:** seniors, people with a loss of autonomy, disabled or sick

**Coverage area:** Candiac, Delson, La Prairie, Sainte-Catherine, Saint-Constant, Saint-Isidore, Saint-Mathieu, Saint-Philippe, MRC les Jardins-de-Napierville

**Hours:** Monday to Friday 8h30 to 16h30

**Fees:** housekeeping: variable according to income, respite: free with referral from the CLSC, personal assistance: $30 per hour

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

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**SOCIÉTÉ ALZHEIMER DES MASKOUTAINS-VALLÉE DES PATRIOTES**

2084 Bernard Street, Saint-Hyacinthe, Montérégie, QC, J2T 1G5

450 768-6616 Fax: 450 768-3716

Website: www.alzheimermvp.com

Email: info@alzheimermvp.com


**Eligibility:** people living with Alzheimer's disease and their families

**Coverage area:** MRC La Vallée-du-Richelieu, La Présentation, Saint-Barnabé-Sud, Saint-Bernard-de-Michaudville, Saint-Damase, Saint-Dominique, Sainte-Hélène-de-Bagot, Sainte-Madeleine, Saint-Hugues, Saint-Hyacinthe, Saint-Jude, Saint-Liboire, Saint-Louis, Saint-Marcel-de-Richelieu, Saint-Pie, Saint-Simon, Saint-Valérien-de-Milton, Saint-Bruno-de-Montarville

**Hours:** Monday to Friday 8h30 to 16h00

**Fees:** free

**Financing:** donations

**Legal status:** non-profit organization
SOCIÉTÉ ALZHEIMER DES MASKOUTAINS-VALLÉE DES PATRIOTES - SERVICE POINT
MONT-SAINT-HILAIRE
95 Centre Civique Street, Mont-Saint-Hilaire, Montérégie, QC, J3H 4X4
450 281-1035
Website: www.alzheimermvp.com
Email: info@alzheimermvp.com
Eligibility: people living with Alzheimer's disease and their families
Hours: Monday to Friday 8h30 to 16h00
Fees: free
Financing: donations
Legal status: non-profit organization

SOURIRE SANS FIN
2-A Sainte-Famille Street, Saint-Rémi, Montérégie, QC, J0L 2L0
450 454-5747     Fax: 450 454-5640
Website: souriresansfin.org
Email: info@souriresansfin.org
Eligibility: people on a low income, families, ITMAV project: seniors 55 and over
Capacity: 600 per year
Coverage area: MRC Les Jardins-de-Napierville
Hours: Monday to Friday 8h30 to 16h30, collective kitchen: Monday, Tuesday and Wednesday, meals on wheels: Tuesday 11h30
Fees: collective kitchen: $1.25 per portion, meals on wheels: $6 per meal, food bags: $2 per week per family
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

Housing for seniors

ALZHEIMER SOCIETY OF RIVE-SUD
1160 Nobert Boulevard, Longueuil, Montérégie, QC, J4K 2P1
450 442-3333     Fax: 450 442-9271
Website: alzheimer.ca/rivesud/en
Email: info@alzheimerrivesud.ca
Eligibility: people with Alzheimer's disease or another major neurocognitive disorder, caregivers
Capacity: Campanile: 22 rooms
**Coverage area:** Contrecoeur, Verchères, Calixa-Lavallée, Saint-Amable, Sainte-Julie, Varennes, Boucherville, Longueuil, Brossard, Saint-Lambert, Candiac, La Prairie, Delson, Sainte-Catherine, Saint-Constant, Saint-Mathieu, Saint-Philippe, Sorel-Tracy

**Hours:** Monday to Friday 8h30 to 17h00

**Financing:** fundraising campaigns, donations

**Legal status:** non-profit organization

**ASSOCIATION D’INFORMATIONS EN LOGEMENTS ET IMMEUBLES ADAPTÉS**

150 Grant Street, Suite 228, Longueuil, Montérégie, QC, J4H 3H6

450 646-4343

**Website:** www.ailia.info

**Email:** ailia150grant@gmail.com

**Services:** Regional reference regarding adapted housing and universal accessibility. * Assistance with accessible apartments search. * Assistance with procedures regarding programs for home adaptation or allowances for apartment adaptation. * Information resource for universal accessibility.

**Eligibility:** people of all ages living with a disability or any type of impairment

**Coverage area:** Montérégie

**Hours:** Monday to Thursday 9h30 to 17h00

**Financing:** provincial

**Legal status:** non-profit organization

**CENTRE D’HÉBERGEMENT ANDRÉE-PERREAULT**

1955 Pratte Avenue, Saint-Hyacinthe, Montérégie, QC, J2S 7W5

450 771-4536

**Website:** santemonteregie.qc.ca/en/node/54

**Services:** Public care centre for seniors and people with a loss of autonomy. * Housing and long term cares. * Day Centre offering therapeutic services to maintain the autonomy of seniors living at home.

**Eligibility:** seniors and people with a loss of autonomy

**Capacity:** 66 beds

**Coverage area:** Montérégie

**Financing:** provincial

**Legal status:** parapublic organization

**CENTRE D’HÉBERGEMENT CHAMPLAIN**

370 5th Avenue, Saint-Jean-sur-Richelieu, Montérégie, QC, J2X 1V1

450 347-3769    Fax: 450 347-8412

**Website:** santemonteregie.qc.ca/en/installations/chsld-champlain

**Services:** Public care centre for seniors and people with a loss of autonomy. * Housing and long term cares.

**Eligibility:** seniors and people with a loss of autonomy

**Coverage area:** Montérégie

**Hours:** Monday to Friday 10h00 to 14h45

**Financing:** provincial

**Legal status:** parapublic organization

**CENTRE D’HÉBERGEMENT CHAMPLAIN**

5050 Place Nogent, Brossard, Montérégie, QC, J4Y 2K3

450 443-0000

**Website:** santemonteregie.qc.ca/en/installations/chsld-champlain

**Services:** Public care centre for seniors and people with a loss of autonomy. * Housing and long term cares.

**Eligibility:** seniors and people with a loss of autonomy

**Coverage area:** Montérégie

**Hours:** lundi au vendredi 10h00 à 14h45

1390
Seniors

Financing: provincial
Legal status: parapublic organization

CENTRE D'HÉBERGEMENT D'ORMSTOWN
65 Hector Street, Ormstown, Montérégie, QC, J0S 1K0
450 829-2321  Fax: 450 829-3110
Website: www.santemonteregie.qc.ca/en/installations/centre-hebergement-dormstown
Eligibility: seniors and people with a loss of autonomy
Coverage area: Ormstown
Financing: provincial
Legal status: parapublic organization

CENTRE D'HÉBERGEMENT DE CONTRECOEUR
4700 Marie-Victorin Road, Contrecoeur, Montérégie, QC, J0L 1C0
450 468-8410
Website: santemonteregie.qc.ca/en/node/62
Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long term cares.
Eligibility: seniors and people with a loss of autonomy
Capacity: 68 people
Coverage area: Montérégie
Financing: provincial
Legal status: parapublic organization

CENTRE D'HÉBERGEMENT DE COTEAU-DU-LAC
34 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 and people with a loss of autonomy
Coverage area: Coteau-du-Lac
Financing: provincial
Legal status: parapublic organization

CENTRE D'HÉBERGEMENT DE L'HÔTEL-DIEU-DE-SAINT-HYACINTHE
1800 Dessaulles Street, Saint-Hyacinthe, Montérégie, QC, J2S 2T2
450 771-3333
Website: santemonteregie.qc.ca/en/node/65
Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long term cares.
Eligibility: seniors and people with a loss of autonomy
Capacity: 444 beds
Coverage area: Montérégie
Financing: provincial
Legal status: parapublic organization

CENTRE D'HÉBERGEMENT DE LA MRC-D'ACTON
1268 Ricard Street, Acton Vale, Montérégie, QC, J0H 1A0
450 546-3234  Fax: 450 546-4811
Website: www.santemonteregie.qc.ca
Email: communication.csssry16@ssss.gouv.qc.ca
Seniors

Eligibility: seniors, people with a loss of autonomy
Coverage area: MRC Acton
Fees: variable
Financing: provincial
Legal status: parapublic organization

CENTRE D'HÉBERGEMENT DE MGR-CODERRE
2761 Beauvais Street, Longueuil, Montérégie, QC, J4M 2A4
450 448-3111
Website: santemonteregie.qc.ca/en/node/66
Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long term cares. * Day Centre offering therapeutic services to maintain the autonomy of seniors living at home.
Eligibility: seniors and people with a loss of autonomy
Capacity: 154 people
Coverage area: Montérégie
Financing: provincial
Legal status: parapublic organization

CENTRE D'HÉBERGEMENT DE MONTARVILLE
265 Seigneurial Boulevard West, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 2H4
450 461-2650
Website: santemonteregie.qc.ca/en/node/896
Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long term cares. * Day Centre offering therapeutic services to maintain the autonomy of seniors living at home.
Eligibility: seniors and people with a loss of autonomy
Capacity: 70 beds
Coverage area: Saint-Bruno-De-Montarville
Financing: provincial
Legal status: parapublic organization

CENTRE D'HÉBERGEMENT DE TRACY
4205 Frontenac Street, Sorel-Tracy, Montérégie, QC, J3R 4G8
450 743-4924
Website: santemonteregie.qc.ca/en/node/69
Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long term care.
Eligibility: seniors and people with a loss of autonomy
Capacity: 28 beds
Coverage area: Montérégie
Financing: provincial
Legal status: parapublic organization

CENTRE D'HÉBERGEMENT DE VAUDREUIL
408 Saint-Charles Avenue, Vaudreuil-Dorion, Montérégie, QC, J7V 7M9
450 455-6177
Website: santemonteregie.qc.ca/en/installations/centre-dhebergement-de-vaudreuil
Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long term cares. * Day centre offering therapeutic services to maintain the autonomy of seniors living at home.
Eligibility: seniors and people with a loss of autonomy
Coverage area: MRC Vaudreuil-Soulanges
Financing: provincial
Legal status: parapublic organization
CENTRE D'HÉBERGEMENT DOCTEUR-AIMÉ-LEDUC
80 du Marché Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1P5
450 373-4818
Website: www.santemonteregie.qc.ca
Services: Public care centre for seniors and people with a loss of autonomy. * Housing, long term and palliative care. * Day centre offering therapeutic services in order to maintain non-resident's autonomy.
Eligibility: seniors and people with a loss of autonomy
Coverage area: Salaberry-De-Valleyfield
Financing: provincial
Legal status: parapublic organization

CENTRE D'HÉBERGEMENT DU CHEVALIER-DE LÉVIS
40 Lévis Street, Longueuil, Montérégie, QC, J4H 1S5
450 670-5110
Website: santemonteregie.qc.ca/en/node/73
Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long term cares. * Day centre offering therapeutic services to maintain the autonomy of seniors living at home.
Eligibility: seniors and people with a loss of autonomy
Coverage area: Montérégie
Financing: provincial
Legal status: parapublic organization

CENTRE D'HÉBERGEMENT DU COMTÉ DE HUNTINGDON
198 Châteauguay Street, Huntingdon, Montérégie, QC, J0S 1H0
450 829-2321     Fax: 450 264-4923
Website: www.santemonteregie.qc.ca/en/installations/centre-dhebergement-du-comte-de-huntingdon
Eligibility: seniors and people with a loss of autonomy
Coverage area: Huntingdon
Financing: provincial
Legal status: parapublic organization

CENTRE D'HÉBERGEMENT ÉLISABETH-LAFRANCE
1275 Jacques-Cartier Boulevard East, Longueuil, Montérégie, QC, J4M 2Y8
450 674-4948
Website: santemonteregie.qc.ca/en/node/75
Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long term cares.
Eligibility: seniors and people with a loss of autonomy
Capacity: 115 people
Coverage area: Montérégie
Financing: provincial
Legal status: parapublic organization

CENTRE D'HÉBERGEMENT ÉLISABETH-LAFRANCE
151 George Street, Sorel-Tracy, Montérégie, QC, J3P 1C8
450 746-5555
Website: santemonteregie.qc.ca/en/node/76
Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long term cares.
Eligibility: seniors and people with a loss of autonomy
Coverage area: Montérégie
Financing: provincial
Legal status: parapublic organization
CENTRE D'HÉBERGEMENT HENRIETTE-CÉRÉ
6435 Chambly Road, Longueuil, Montérégie, QC, J3Y 3R6
450 678-3291
Website: santemonteregie.qc.ca/en/installations/chsld-henriette-cere
Services: Long-term housing for seniors and people with a loss of autonomy.
Eligibility: seniors and people with a loss of autonomy
Coverage area: Montérégie
Hours: Monday to Friday 10h00 to 14h45
Financing: provincial
Legal status: parapublic organization

CENTRE D'HÉBERGEMENT J.-ARSÈNE-PARENTEAU
40 de Ramezay Street, Sorel-Tracy, Montérégie, QC, J3P 3Y7
450 742-5936
Website: santemonteregie.qc.ca/en/node/894
Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long term cares.
Eligibility: seniors and people with a loss of autonomy
Coverage area: Montérégie
Financing: provincial
Legal status: parapublic organization

CENTRE D'HÉBERGEMENT JEANNE-CREVIER
151 De Muy Street, Boucherville, Montérégie, QC, J4B 4W7
450 468-0590
Website: santemonteregie.qc.ca/en/node/80
Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long term cares. * Day Centre offering therapeutic services to maintain the autonomy of seniors living at home.
Eligibility: seniors and people with a loss of autonomy
Capacity: 93 residents
Coverage area: Boucherville
Financing: provincial
Legal status: parapublic organization

CENTRE D'HÉBERGEMENT RENÉ-LÉVESQUE
1901 Claude Street, Longueuil, Montérégie, QC, J4G 1Y5
450 651-2210
Website: santemonteregie.qc.ca/en/node/83
Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long term cares.
Eligibility: seniors and people with a loss of autonomy
Capacity: 224 people
Coverage area: Montérégie
Financing: provincial
Legal status: parapublic organization

CENTRE D'HÉBERGEMENT SAINT-JOSEPH
100 Martel Street, Chambly, Montérégie, QC, J3L 1V3
450 658-6271 Fax: 450 658-5971
Website: santemonteregie.qc.ca/en/installations/chsld-saint-joseph
Services: Long-term housing for seniors and people with a loss of autonomy.
Eligibility: seniors and people with a loss of autonomy
Coverage area: Montérégie
Financing: provincial
Legal status: parapublic organization
CENTRE D'HÉBERGEMENT SAINTE-CROIX
300 du Docteur-Poulin Street, Marieville, Montérégie, QC, J3M 1L7
450 460-4475   Fax: 450 460-4104
Website: santemonteregie.qc.ca/en/installations/chsld-sainte-croix
Services: Long-term housing for seniors and people with a loss of autonomy.
Eligibility: seniors and people with a loss of autonomy
Coverage area: Montérégie
Hours: Monday to Friday 10h00 to 14h45
Financing: provincial
Legal status: parapublic organization

CENTRE D'HÉBERGEMENT VAL-JOLI
1425 Notre-Dame Street, Saint-Césaire, Montérégie, QC, J0L 1T0
450 469-3194   Fax: 450 469-3195
Website: santemonteregie.qc.ca/en/installations/chsld-val-joli
Services: Long-term housing for seniors and people with a loss of autonomy.
Eligibility: seniors and people with a loss of autonomy
Coverage area: Montérégie
Legal status: parapublic organization

CENTRE SAINT-LAMBERT
831 Notre-Dame Avenue, Saint-Lambert, Montérégie, QC, J4R 1S1
450 672-3320   Fax: 450 672-3370
Website: santemonteregie.qc.ca/en/installations/centre-saint-lambert
Eligibility: day hospital: seniors with one or more physical, psychological or social problems, their families, social services workers
Coverage area: Montérégie
Hours: visiting hours: Monday to Friday 7h30 to 12h00, Saturday and Sunday 11h00 to 19h00
Financing: provincial
Legal status: parapublic organization

CHSLD CÉCILE-GODIN
55 Saint-André Street, Beauharnois, Montérégie, QC, J6N 3G7
450 429-6403   Fax: 450 429-6602
Website: www.santemonteregie.qc.ca/en/installations/chsld-cecile-godin
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 Beauharnois-Salaberry
Hours: day centre: Tuesday to Thursday 9h15 to 15h30
Financing: provincial
Legal status: parapublic organization

CHSLD DE CHÂTEAUGUAY
95 de la Haute-Rivière Road, Châteauguay, Montérégie, QC, J6K 3P1
450 692-8231   Fax: 450 692-7920
Website: www.santemonteregie.qc.ca/en/installations/chsld-de-chateauguay
Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long term cares. * Day centre offering therapeutic services to maintain the autonomy of seniors living at home.
Eligibility: seniors and people with a loss of autonomy
**CHSLD DE LA PRAIRIE**

500 Balmoral Avenue, La Prairie, Montérégie, QC, J5R 4N5

*Tel:* 450 659-9148  *Fax:* 450 659-9989

**Website:** [www.santemonteregie.qc.ca/en/installations/chsld-de-la-prairie](http://www.santemonteregie.qc.ca/en/installations/chsld-de-la-prairie)

**Services:** Public care centre for seniors and people with a loss of autonomy. * Housing and long term cares. * 
Day centre offering therapeutic services to maintain the autonomy of seniors living at home.

**Eligibility:** seniors and people with a loss of autonomy

**Coverage area:** MCR Roussillon, MRC Les Jardins-de-Napierville

**Hours:** day centre: Monday to Friday 8h00 to 16h00

**Financing:** provincial

**Legal status:** parapublic organization

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**CHSLD DE RIGAUD**

5 d’Amour Street, Rigaud, Montérégie, QC, J0P 1P0

*Tel:* 450 451-5329

**Website:** [www.santemonteregie.qc.ca/en/installations/chsld-de-rigaud](http://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 and people with a loss of autonomy

**Coverage area:** Montérégie

**Financing:** provincial

**Legal status:** parapublic organization

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**CHSLD LAURENT-BERGEVIN**

200 Perrot Boulevard, L’Île-Perrot, Montérégie, QC, J7V 7M7

*Tel:* 514 453-5860

**Website:** [santemonteregie.qc.ca/en/installations/chsld-laurent-bergevin](http://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 and people with a loss of autonomy

**Coverage area:** Montérégie

**Financing:** provincial

**Legal status:** parapublic organization

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**CHSLD PIERRE-RÉMI-NARBONNE**

110 du Collège Street, Saint-Rémi, Montérégie, QC, J0L 2L0

*Tel:* 450 454-4694  *Fax:* 450 454-3614


**Services:** Public care centre for seniors and people with a loss of autonomy. * Housing and long term cares. * 
Day centre offering therapeutic services to maintain the autonomy of seniors living at home.

**Eligibility:** seniors and people with a loss of autonomy

**Coverage area:** MRC Roussillon, MRC Les Jardins-de-Napierville

**Hours:** day centre: Monday to Thursday 8h00 to 16h00

**Financing:** provincial

**Legal status:** parapublic organization

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**COOP D’HABITATION HORIZON DORE**

270 Taillefer Street, suite 112, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2Z5

**Services:** Cooperative housing for seniors.
Eligibility: seniors
Coverage area: MRC Beauharnois-Salaberry
Financing: self-financing
Legal status: cooperative

COOPÉRATIVE DE SOLIDARITÉ EN HABITATION LA SEIGNEURIE DE BOUCHERVILLE
810 Jean-Deslauriers Street, Boucherville, Montérégie, QC, J4B 0L3
450 356-3100
Email: coopseigneurie@gmail.com
Eligibility: autonomous seniors 70 years and over with an income below $45,000 for a single person or $62,000 for a couple
Capacity: 80 apartments
Coverage area: Boucherville
Hours: administration: Monday to Friday 8h00 to 16h00
Fees: subsidized housing: 25% of income according to the provincial notice of assessment, 5 meals per week included
Financing: provincial, self-financing
Legal status: cooperative

CORPORATION D'HABITATION DES DEUX COTEAUX (LA)
44 Rémillard Street, Les Coteaux, Montérégie, QC, J7X 1B1
450 544-3600 Fax: 450 267-2759
Email: corphab2coteaux@videotron.ca
Services: Subsidized housing for seniors.
Eligibility: seniors 50 years and over, autonomous or with a slight loss of autonomy
Capacity: 10 subsidized apartments
Coverage area: Les Coteaux
Financing: provincial
Legal status: non-profit organization

HABITATIONS DU VIEUX LA PRAIRIE
75 Saint-Laurent Street, Suite 100, La Prairie, Montérégie, QC, J5R 1H1
450 659-1547
Email: hvlp@videotron.ca
Services: Housing for seniors. * 3 1/2 and 4 1/2 apartments.
Eligibility: seniors aged 65 and over, autonomous and on a low income
Capacity: 32 apartments
Coverage area: La Prairie
Hours: Monday to Friday 10h00 to 12h00 and 13h00 to 17h00
Fees: 25% of income
Financing: self-financing
Legal status: non-profit organization

HABITATIONS LA GAILLARDE
90 Foucreault Street, Suite 100, Saint-Philippe, Montérégie, QC, J0L 2K0
450 907-0634
Email: la.gaillarde@videotron.ca
Services: Subsidized and non-subsidized housing. * 3½, 4½ and 5½ apartments. * Adapted units for people with reduced mobility. * Community hall.
Eligibility: autonomous seniors 65 years and over, single people and couples under 65 years, families
Capacity: seniors: 18 subsidized units, under 65 years old: 6 subsidized units
Seniors

Coverage area: MRC Roussillon
Fees: subsidized units: 25% of income
Financing: provincial
Legal status: non-profit organization

HABITATIONS LOGIS-CIEL
67 Pinsonneault Street, Saint-Constant, Montérégie, QC, J5A 2T4
450 201-0786
Services: Subsidized and non-subsidized housing for seniors, young families and people living alone. * 3½, 4½ and 5½ apartments. * Adapted housing for people with reduced mobility.
Eligibility: seniors 65 years and over, autonomous or with a slight loss of autonomy, young families and people living alone, on a low or modest income
Capacity: 26 apartments, 13 are subsidized
Coverage area: MRC Roussillon
Fees: subsidized housing: 25% of income according to the provincial notice of assessment
Financing: provincial
Legal status: non-profit organization

HABITATIONS PAUL PRATT (LES)
300 Lamarre Street, Longueuil, Montérégie, QC, J4J 0A1
450 670-0006
Website: habitations-paul-pratt.com
Email: habpaulpratt@bellnet.ca
Eligibility: seniors who are autonomous or with a slight loss of autonomy
Capacity: 174 apartments
Coverage area: Longueuil
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: starting from $987 per month with services
Financing: self-financing, grants
Legal status: non-profit organization

HABITATIONS ST-MARC DE VERCHÈRES (LES)
215 des Prés Street, Saint-Marc-sur-Richelieu, Montérégie, QC, J0L 2E0
450 584-2284
Eligibility: Independent seniors on a low or modest income
Capacity: 17 apartments
Coverage area: Saint-Marc-sur-Richelieu
Financing: donations, self-financing
Legal status: non-profit organization

HABITATIONS TRIOLOGIS SAINT-CONSTANT (LES)
30 Saint-Pierre Street, Saint-Constant, Montérégie, QC, J5A 1B8
450 638-8333
Email: trilogis@outlook.com
Services: Subsidized housing for seniors, young families and people living alone. * 3½ and 4½ apartments. * Adapted housing for people with reduced mobility.
Eligibility: seniors 65 years and over, autonomous or with a slight loss of autonomy, young families and people living alone, on a low or modest income
Capacity: 44 apartments
Coverage area: MRC Roussillon
Fees: 25% of income based on provincial notice of assessment
Financing: provincial
Legal status: non-profit organization

HANDI-LOGEMENT DU HAUT-RICHELIEU
19 Donais Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J2W 2J7
450 201-0786 ext. 6 Fax: 450 359-9618
Website: www.handi-logement.org
Email: handilogement@videotron.ca


Eligibility: people with physical, sensory or organic disabilities, seniors on a low income
Capacity: 24 units: 12 3½, 10 4½, 2 5½
Coverage area: MRC Le Haut-Richelieu
Fees: 25% of the family income
Financing: federal, provincial
Legal status: non-profit organization

IAKHIHSOHTHA LODGE
95 Snye School Road, Akwesasne, Montérégie, QC, H0M 1A0
613 575-2507 Fax: 613 575-1267
Website: www.akwesasne.ca/health/iakhihsohtha-home
Email: iakhihsohtha@akwesasne.ca


Eligibility: Mohawk elders who have native status certificates and who require a minimum level of supervisory care
Capacity: long-term care: 20 beds, respite care: 8 beds, palliative care: 1 room
Coverage area: Akwesasne
Hours: 24 hours / 7 days
Fees: none
Financing: municipal
Legal status: municipal agency

INSTITUT NAZARETH ET LOUIS-BRAILLE
1111 Saint-Charles Street West, Suite 200, Longueuil, Montérégie, QC, J4K 5G4
1 800 361-7063 Fax: 450 463-0243
Website: www.inlb.qc.ca
Email: info.inlb@ssss.gouv.qc.ca


Eligibility: people living with a visual impairment
Coverage area: Montréal Island, Montérégie, Laval
Hours: Monday to Friday 8h00 to 17h00, store: Monday to Thursday 9h00 to 17h00
Financing: provincial
Legal status: parapublic organization
LAKESHORE LEGION HOUSING ASSOCIATION
404 Main Street, Hudson, Montérégie, QC, J0P 1H0
450 458-4810
Email: mcaavagnal@videotron.ca

Services: Affordable housing for seniors. * Studio, 3½ and 4½.
Eligibility: people 60 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 Friday 8h30 to 14h30
Financing: self-financing
Legal status: non-profit organization

MANOIR A. PIERRE LANCTÔT
95 de Carillon Street, Châteauguay, Montérégie, QC, J6J 5Z7
450 692-4767
Email: manoirlanctot@gmail.com

Services: Subsidized housing for seniors. * Possibility of 2 meals per week. * Social activities.
Eligibility: seniors living alone over 75 years old, autonomous and seniors over 65 years old, semi-autonomous, on a low or middle income
Capacity: 23 subsidized units, 23 non-subsidized units
Coverage area: Châteauguay
Fees: non-subsidized: variable according to the situation, subsidized: 25% of income according to the provincial notice of assessment
Financing: grants, self-financing
Legal status: non-profit organization

MANOIR DES MILLE FLEURS DE ROXTON FALLS
115 de la Rivière Street, Roxton, Montérégie, QC, J0H 1E0
450 548-2163

Services: Subsidized housing for seniors.
Eligibility: autonomous people 55 years of age and older on a low income
Capacity: 16 units
Coverage area: Roxton Falls
Fees: 25% of income according to the provincial notice of assessment, including heat and electricity
Financing: provincial
Legal status: non-profit organization

OFFICE D'HABITATION DE LA HAUTE-YAMASKA-ROUVILLE
100 Robinson Street South, Suite 127, Granby, Montérégie, QC, J2G 7L4
450 372-1300 Fax: 450 372-4145
Website: ohhyr.ca
Email: info@ohhyr.ca

Eligibility: individuals and families on a low and moderate income
Capacity: 574 units
Coverage area: MRC La Haute-Yamaska, MRC Rouville
Hours: Monday, Tuesday, Thursday and Friday 8h00 to 12h00 and 13h00 to 16h00, Wednesday 13h00 to 16h00
Financing: provincial, municipal
Legal status: municipal agency
OFFICE D'HABITATION DE LONGUEUIL
445 Labonté Street, Longueuil, Montérégie, QC, J4H 2P8
450 670-2733     Fax: 450 670-0084
Website: www.omhl.org
Email: omhl@omhl.org
Eligibility: individuals and families on a low and moderate income
Capacity: 3912 units
Coverage area: Longueuil agglomeration
Hours: Monday to Thursday 8h30 to 12h00 and 13h30 to 16h00, Friday 8h30 to 12h00
Financing: municipal, provincial
Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE BEAUHARNOIS
186 Saint-Louis Road, Beauharnois, Montérégie, QC, J6N 2H9
450 429-5798     Fax: 450 429-5363
Website: ville.beauharnois.qc.ca/logement-social
Email: directeur@omhbeauharnois.com
Eligibility: seniors 60 years and over, individuals 60 years and under and families
Capacity: 172 units
Coverage area: Saint-Étienne-de-Beauharnois
Fees: 25% of income, including heating, except for subsidized units
Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE CHÂTEAUGUAY
33 Saint-Joseph Boulevard, Châteauguay, Montérégie, QC, J6K 4P9
450 692-9652     Fax: 450 692-4387
Website: www.omhchateauguay.org
Email: omh@omhchateauguay.org
Services: Management and administration of housing and housing programs: Low-rent housing (HLM), Rent supplement program (PSL), Québec affordable housing program, Referral service, Accès Logis program.
Eligibility: individuals and families on a low or moderate income
Coverage area: Châteauguay
Hours: Monday, Tuesday and Thursday 9h00 to 12h00 and 13h00 to 16h00, Wednesday and Friday 13h00 to 16h00
Financing: grants
Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE MARGUERITE D'YOUVILLE
609 Marie-Victorin Road, Verchères, Montérégie, QC, J0L 2R0
450 583-3563     Fax: 450 849-1122
Email: infoomh@margueritedyouville.ca
Services: Manage and administrate housing and housing programs. * Low-rent housing (HLM). * Rent supplement program (PSL).
Eligibility: single individuals, seniors and families on a low or moderate income
Coverage area: MRC Marguerite-D’Youville
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: municipal
Legal status: municipal agency
OFFICE MUNICIPAL D'HABITATION DE MCMASTERVILLE
345 4th Avenue, Mcmasterville, Montérégie, QC, J3G 1R6
450 774-5188
Email: OMHmcmasterville@videotron.ca

Eligibility: people aged 50 and over on a low income
Capacity: 15 units
Coverage area: Mcmasterville
Financing: municipal
Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE SAINT-URBAIN-PREMIER
186 Saint-Louis Road, Beauharnois, Montérégie, QC, J6N 2H9
450 429-5798    Fax: 450 698-3356
Email: directeur@omhbeauharnois.com

Eligibility: individuals and families on a low and moderate income
Capacity: 10 units
Coverage area: Saint-Urbain-Premier
Financing: municipal
Legal status: municipal agency

OFFICE MUNICIPAL D'HABITATION DE SALABERRY-DE-VALLEYFIELD
80 Académie Street, Suite 1, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4X1
450 371-8660    Fax: 450 371-1426
Email: accueil@omhvalleyfield.ca

Eligibility: people and families on a low or moderate income
Capacity: 381 units
Coverage area: Salaberry-De-Valleyfield
Financing: municipal, provincial
Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DES MASKOUTAINS ET D'ACTON
1925 Pratte Avenue, Suite 100, Saint-Hyacinthe, Montérégie, QC, J2S 8R7
450 774-5188
Website: www.omhsthyacinthe.ca
Email: ohma@ohma.ca

Eligibility: individuals and families on a low and moderate income
Capacity: 843 units
Coverage area: MRC Acton, MRC les Maskoutains
Financing: provincial, municipal
Legal status: non-profit organization
OFFICE MUNICIPAL D'HABITATION DU BASSIN DE CHAMBLY
30 Lafontaine Street, Suite 211, Chambly, Montérégie, QC, J3L 3K1
450 658-0248 Fax: 450 658-9851
Email: direction@omhbdc.ca
Services: * Management and administration of housing and housing programs: Low-rent housing (HLM) and Rent supplement program (PSL).
Eligibility: individuals and families on a low and moderate income who are Canadian citizens or permanent residents and who have lived in the territory of the Communauté métropolitaine de Montréal for 12 months in the 24 months preceding their application
Coverage area: Province of Québec
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 9h00 to 12h00
Financing: municipal, provincial, federal
Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION HAUT-RICHELIEU
145 Latour Street, Suite 100, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 7T8
450 348-3831
Website: www.omhhr.com
Email: info@omhhr.com
Eligibility: housing: individuals, seniors and families on a low or moderate income who are Canadian citizens or permanent residents and who have lived in the territory of Saint-Jean-sur-Richelieu for 12 months in the 24 months preceding their application
Capacity: 726 units
Coverage area: Napierville, Hemmingford, Lacolle, Saint-Jean-sur-Richelieu, Mont-Saint-Grégoire, Saint-Alexandre
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h00
Financing: municipal, provincial, federal
Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION PIERRE-DE SAUREL
264 Robidoux Street, Sorel-Tracy, Montérégie, QC, J3P 7Y2
450 743-0033 Fax: 450 743-0034
Email: info@ohpierredesaurel.com
Eligibility: individuals and families on a low and moderate income
Capacity: 510 units
Coverage area: MRC Pierre-De Saurel
Hours: Monday to Thursday 8h00 to 12h00 and 13h30 to 16h30, Friday 8h00 to 12h00
Financing: provincial, municipal
Legal status: municipal agency

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.
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

OFFICE RÉGIONAL D’HABITATION DE LA VALLÉE-DU-RICHELIEU
250 Radisson Street, Mont-Saint-Hilaire, Montérégie, QC, J3H 2Z4
450 464-3696
Website: www.mrcvr.ca/services/vie-communautaire/orhvr
Email: info@orhvr.ca
Services: Grouping of Offices municipaux d’habitation that manage and administer housing and housing
programs. * Low-rent housing (HLM). * Rent supplement program (PSL). * Québec affordable housing
Eligibility: individuals and families on a low or moderate income
Coverage area: Beloeil, Otterburn Park, Mont-Saint-Hilaire, Saint-Basile-le-Grand and Saint-Jean-Baptiste
Hours: Monday to Thursday 9h00 to 11h30 and 13h30 to 16h00
Financing: municipal, provincial
Legal status: parapublic organization

RÉSIDENCE AUGUSTE HÉBERT
5 Cercle des Lilas, Beauharnois, Montérégie, QC, J6N 3M4
450 201-0786
Email: naomi.tremblay@frohme.org
Services: Subsidized housing for seniors.
Eligibility: autonomous seniors
Coverage area: Beauharnois
Fees: 25% of the income
Financing: grants, self-financing
Legal status: non-profit organization

RÉSIDENCE FLORENTINE-DANSEREAU
21 Saint-Pascal Street, Verchères, Montérégie, QC, J0L 2R0
450 583-0022     Fax: 450 583-6761
Email: direction@resfd.com
Services: Non-profit seniors’ residence. * Secure units for people with loss of cognitive autonomy or
Alzheimer’s. * 24-hour attendant, visiting doctors and nurses. * Drug supervision, call bells, internal elevators. *
Housekeeping chores, clothing and bedding maintenance. * Hair salon, community room, library. * Meals with
Eligibility: autonomous seniors or with reduced physical or cognitive autonomy (Alzheimer’s)
Capacity: 67 units
Coverage area: Province of Québec
Hours: office: Monday to Friday 8h00 to 16h00
Fees: variable depending on the units and services, subsidy opportunity for people on a low income, as well as
home support credit for all residents
Financing: donations, fundraising campaings, self-financing
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     Fax: 450 763-5557
Email: shcdl@videotron.ca
Services: Administration of subsidized housing for seniors. * Accès Logis program.
Eligibility: people 60 years and over, autonomous or with a slight loss of autonomy
Seniors

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

VILLAS DES MONTS DE SUTTON (LES)
33 Western Street, Sutton, Montérégie, QC, J0E 2K0
450 538-1291
Email: villasdesmonts@axion.ca

Eligibility: seniors 75 years and over, autonomous or with a slight loss of autonomy, on a low or modest income
Capacity: 40 units  
Coverage area: Sutton  
Hours: Monday to Thursday 9h00 to 15h30  
Fees: variable  
Financing: provincial, municipal, self-financing  
Legal status: non-profit organization

Intergenerational activities

AFFAIRE DE FAMILLE (UNE)
19 Bridge Street, Ormstown, Montérégie, QC, J0S 1K0
450 829-3782
Website: www.uneaffairedefamillehsl.com
Email: uaf.reception@gmail.com

Eligibility: parents, young adults, children, teenagers, seniors  
Coverage area: MRC du Haut-Saint-Laurent  
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00, closed in July and August  
Financing: self-financing, municipal  
Legal status: non-profit organization

BROSSARD PUBLIC LIBRARY
7855 San-Francisco Avenue, Brossard, Montérégie, QC, J4X 2A4
450 923-6350 Fax: 450 923-7042
Website: bibliotheque.brossard.ca
Email: bibliotheque@brossard.ca

CANDIAC PUBLIC LIBRARY
59 Haendel Road, Candiac, Montérégie, QC, J5R 1R7
450 635-6032     Fax: 450 635-0900
Website: candiac.ca/bibliotheca
Email: biblio@ville.candiac.qc.ca


Eligibility: general public

CENTRE COMMUNAUTAIRE DES AÎNÉS ET AÎNÉES DE LONGUEUIL
300 Lamarre Street, Suite 122, Longueuil, Montérégie, QC, J4J 0A1
450 677-6677     Fax: 450 677-3410
Website: www.ccaal.com
Email: info@ccaal.com


Eligibility: people 50 years old and over

CENTRE D’ACTION BÉNÉVOLE DE VALLEYFIELD
95 Salaberry Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2H5
450 373-2111
Website: cabvalleyfield.com
Email: info@cabvalleyfield.com
Seniors


**Eligibility:** adults, seniors, caregivers, organizations

**Coverage area:** Salaberry-de-Valleyfield, Saint-Stanislas-de-Kostka, caregivers: Salaberry-de-Valleyfield, Saint-Stanislas-de-Kostka, Beauharnois, Saint-Étienne-de-Beauharnois and Saint-Louis-de-Gonzague

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

**Fees:** meals: $7

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

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**CHÂTEAUGUAY PUBLIC LIBRARY**

25 Maple Boulevard, Châteauguay, Montérégie, QC, J6J 3P7

450 698-3080     Fax: 450 698-3077

Website: ville.chateauguay.qc.ca/en/library/home

Email: biblio@ville.chateauguay.qc.ca


**Coverage area:** Châteauguay

**Hours:** Monday 12h00 to 21h00, Tuesday and Wednesday 9h00 to 21h00, Thursday 9h00 to 20h00, Friday 9h00 to 17h00, Saturday and Sunday 12h00 to 17h00, summer: closed Saturday and Sunday

**Fees:** residents: none, non-residents: $70 per year

**Financing:** municipal

**Legal status:** municipal agency

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**DELSON PUBLIC LIBRARY**

1 1st Avenue, Delson, Montérégie, QC, J5B 1M9

450 632-1050 ext. 3700

Website: www.ville.delson.qc.ca/fr/services-municipaux/loisirs-et-culture/bibliotheque/

Email: biblio@ville.delson.qc.ca


**Coverage area:** Delson

**Hours:** Tuesday to Thursday 13h00 to 20h30, Friday and Saturday 10h00 to 16h00

**Fees:** residents: free

**Financing:** municipal

**Legal status:** municipal agency
MAISON DE LA FAMILLE DE LA VALLÉE DU RICHELIEU (LA)
91 Cartier Boulevard, Beloeil, Montérégie, QC, J3G 6R4
450 446-0852
Website: www.mfvr.ca
Email: reception@mfvr.ca


Eligibility: families, caregivers, seniors

Hours: office: Monday to Friday 8h30 to 16h00, daycare: Monday to Friday 8h30 to 15h30, Saturday 8h30 to 12h00, seniors pavilion: Monday to Thursday 13h00 to 16h00

Fees: annual membership card: $20

Financing: donations, fundraising campaigns, grants

Legal status: non-profit organization

MAISON DE LA FAMILLE LEMOYNE
1882 St-Georges Street, Suite 503, Longueuil, Montérégie, QC, J4P 3J4
450 465-3571
Website: www.maisondelafamillelemoyne.org
Email: mfl@bellnet.ca

Services: Education, helping relationship, welcoming and referrals for neighbourhood families.  * Educational daycare for youth 0 to 5 years old: Sourissimo (3 to 18 months old), Sourceaux (18 months to 3 years old) and Souris-Moi (3 to 5 years old).  * 7 weeks daycare during the summer: Lucioles (22 months to 3 years old) and Libellules (3 to 6 years old).  * Trotti-bouge: parent-child activities for 18 months to 3 years old.  * In-school activities for the 6 to 12 years old: homework help, Lire et faire lire program and collective kitchens.  * Les P'tits vendredis: recreational activities in the evening for youth 8 to 12 years old.  * Morning talk for parents.  * Welcome, listening and referral.  * Family activities.  * Espace-libre: community library for children, parents and the community of LeMoyne and surroundings, animations and workshops.  * Used items recovery and donations: toys, clothing for children and adults, etc.  * Possibility of volunteering and getting involved in the activities.  * Tax clinic for members.

Eligibility: parents, children 0 to 12 years, families, seniors
Coverage area: Longueuil agglomeration, priority to people living in LeMoyne and surrounding areas

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h30, Trotti-Bouge: Friday 9h00 to 10h00 and 10h30 to 11h30, talks: Tuesday 9h00 to 10h30

Fees: membership: $10, daycare: $5 per morning, activities: variable

Financing: Centraide Greater Montreal, provincial, federal, donations, self-financing

Legal status: non-profit organization

MAISON DES AÎNÉS DE LA PRAIRIE
500 Saint-Laurent Street, La Prairie, Montérégie, QC, J5R 5X2
450 444-6736
Website: maisondesaineslaprairie.org
Email: admin@maisondesaineslaprairie.org

Eligibility: people 50 years and over, at-home hairdressing: people 50 years and over in recovery and without a car or people 80 years and over
Coverage area: La Prairie, MRC Roussillon, at-home hairdressing: La Prairie
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, Friday 9h00 to 12h00
Fees: annual membership: $18 for La Prairie citizens, $21 for others, courses and hairdressing: variable
Financing: self-financing, provincial
Legal status: non-profit organization

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   Fax: 514 453-8961
Website: www.ndip.org/en/leisure-culture/library
Email: biblio@ndip.org

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
Financing: municipal
Legal status: municipal agency

PHARE DE LONGUEUIL (LE)
1795 Grant Street, Longueuil, Montérégie, QC, J4J 3V7
450 670-8889
Website: pharedelongueuil.com
Email: contact@pharedelongueuil.com

Eligibility: young adults 16 to 35 years old
Coverage area: Longueuil
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: donations
Legal status: non-profit organization

PROJET COMMUNIC-ACTION
1493 138 Road, Suite 3, Huntingdon, Montérégie, QC, J0S 1H0
450 264-5197   Fax: 450 264-8166
Website: www.projetcommunicaction.org
Email: info@projetcommunicaction.org

Eligibility: people 65 years and over with a loss of autonomy living at home
Coverage area: Huntingdon, Hinchinbrooke, Godmanchester, Dundee, Elgin, Saint-Anicet, Sainte-Barbe,Ormstown
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Fees: none
Financing: Centraide Sud-Ouest, provincial, self-financing, donations
Legal status: non-profit organization
SAINT-CONSTANT PUBLIC LIBRARY
162 Monchamp Boulevard, Saint-Constant, Montérégie, QC, J5A 2K8
450 638-2010 ext. 7233
Website: saint-constant.ca/fr/bibliotheque-municipale
Email: bibliotheque@saint-constant.ca
Eligibility: general public
Coverage area: Saint-Constant
Hours: Monday to Wednesday 12h00 to 20h00, Thursday 9h30 to 20h00, Friday 13h00 to 17h00, Saturday 10h00 to 15h00, Sunday 12h00 to 16h00
Fees: membership: free for residents, variable 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
Coverage area: Saint-Lazare
Hours: Tuesday to Friday 11h00 to 21h00, 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-PHILIPPE PUBLIC LIBRARY
2223 Édouard-VII Road, Saint-Philippe, Montérégie, QC, J0L 2K0
450 659-7701 ext. 233     Fax: 450 659-7702
Website: ville.saintphilippe.quebec/bibliotheque
Email: bibliotheque@ville.saintphilippe.quebec
Coverage area: Saint-Philippe
Hours: Tuesday to Thursday 10h00 to 20h00, Saturday 9h00 to 13h00, Sunday 13h00 to 17h00
Fees: residents: none
Financing: municipal
Legal status: municipal agency

SAINTE-CATHERINE PUBLIC LIBRARY
5365 Saint-Laurent Boulevard, Sainte-Catherine, Montérégie, QC, J5C 1A6
450 632-0590 ext. 5230
Website: www.ville.sainte-catherine.qc.ca/sports-culture-et-loisirs/bibliotheque
Email: bibliotheque@ville.sainte-catherine.qc.ca

**Coverage area**: Sainte-Catherine and surroundings

**Hours**: Monday 13h00 to 20h00, Tuesday 13h00 to 17h30, Wednesday and Thursday 10h00 to 20h00, Friday 10h00 to 17h30, Saturday and Sunday 10h00 to 15h00, summer: Monday 13h00 to 20h00, Tuesday 13h00 to 17h30, Wednesday and Thursday 10h00 to 20h00, Friday 10h00 to 17h30, Saturday 10h00 to 15h00

**Fees**: none

**Financing**: municipal

**Legal status**: municipal agency

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**SAINTE-JULIE PUBLIC LIBRARY**

1600 du Fer-à-Cheval Road, Sainte-Julie, Montérégie, QC, J3E 0A3

450 922-7070     Fax: 450 922-7077

**Website**: www.ville.sainte-julie.qc.ca/bibliotheque

**Email**: biblio@ville.sainte-julie.qc.ca


**Coverage area**: Sainte-Julie

**Hours**: Monday to Thursday 13h00 to 21h00, Friday 10h00 to 21h00, Saturday 10h00 to 17h00, Sunday 13h00 to 17h00

**Fees**: residents: none, non-residents: $85 per year per person, $200 per year per family

**Financing**: municipal

**Legal status**: municipal agency

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**ASSOCIATION VIVRE ET VIEILLIR CHEZ SOI DU BAS RICHELIEU**

105 Prince Street, Suite 112, Sorel-Tracy, Montérégie, QC, J3P 4J9

450 743-1584

**Website**: vivreetvieillirchezsoi.ca

**Email**: gcmer8@hotmail.com


**Eligibility**: people aged 50 and over

**Coverage area**: MRC Pierre-De Saurel

**Hours**: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, Friday 9h00 to 12h00

**Fees**: incapacity mandate: variable

**Financing**: donations, provincial, self-financing

**Legal status**: non-profit organization
CENTRE COMMUNAUTAIRE DES AÎNÉS ET AÎNÉES DE LONGUEUIL
300 Lamarre Street, Suite 122, Longueuil, Montérégie, QC, J4J 0A1
450 677-6677 Fax: 450 677-3410
Website: www.ccaal.com
Email: info@ccaal.com
Eligibility: people 50 years old and over
Coverage area: Longueuil
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00
Fees: annual membership: $10
Financing: provincial, Centraide of Greater Montréal
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE FARNHAM
1810 Principale Street East, Farnham, Montérégie, QC, J2N 1N4
450 293-3265 Fax: 450 293-1010
Website: www.cabfarnham.com
Email: direction@cabfarnham.com
Eligibility: people living with a disability, seniors, families, community organizations
Coverage area: Ange-Gardien, Farnham, Sainte-Brigide-D’iberville, Sainte-Sabine
Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00
Fees: none
Financing: Centraide Richelieu-Yamaska, provincial
Legal status: non-profit organization

GRAND RASSEMBLEMENT DES AÎNÉS DE VAUDREUIL ET SOULANGES
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: adjadmin@legraves.com
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
HELLENIC SOCIAL SERVICES OF QUÉBEC - SOUTH SHORE
5220 Grande-Allée, Longueuil, Montérégie, QC, J3Y 1A1
450 443-8197
Website: hcgm.org
Email: info@hcgm.org
Eligibility: people of various origins, particularly Greek
Coverage area: South Shore
Hours: Monday and Tuesday 9h00 to 19h00, Wednesday 9h00 to 17h00, Sunday 8h00 to 16h00
Financing: donations, grants, provincial
Legal status: non-profit organization

NATURAL CAREGIVERS OF THE HAUT SAINT-LAURENT (THE)
23A Sainte-Anne Street, Saint-Chrysostome, Montérégie, QC, J0S 1R0
450 826-1243
Website: www.aidantsnaturelshsl.com/en
Email: info@aidantsnaturelshsl.com
Eligibility: caregivers of a senior living at home
Coverage area: MRC Le Haut-Saint-Laurent
Hours: Monday to Friday 8h30 to 16h30
Fees: annual membership: $5
Financing: provincial, grants, donations
Legal status: non-profit organization

RADAR - RÉSEAU ACTIF DE DÉPISTAGE DES AÎNÉS À RISQUE
1702 Bourgogne Street, Chambly, Montérégie, QC, J3L 1Z2
450 658-8509
Website: www.projetradar.org
Email: info@projetradar.org
Services: Seeks to break the isolation of seniors. * Information and awareness. * Training to detect seniors likely to experience isolation, psychological distress or abuse. * Referral.
Eligibility: people 50 years and over in a situation of vulnerability
Coverage area: Montérégie
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00
Fees: none
Financing: municipal, donations
Legal status: non-profit organization

SINO-QUÉBEC CENTRE OF SOUTH SHORE
7209 Taschereau Boulevard, Suite 108, Brossard, Montérégie, QC, J4Y 1A1
450 445-6666     Fax: 450 445-8188
Website: www.famillechinoise.qc.ca/fr
Email: direction@centresinoquebec.com

Eligibility: Chinese and Asian communities
Coverage area: Montérégie
Hours: Monday to Friday 9h00 to 17h00
Fees: francization program and gambling addiction prevention program: free
Financing: grants, self-financing
Legal status: non-profit organization

Meals on Wheels

ACTION BÉNÉVOLE DE VARENNES
50 de la Fabrique Street, Varennes, Montérégie, QC, J3X 1R1
450 652-5256
Website: actionbenevolevarennes.org
Email: info@actionbenevolevarennes.org


Eligibility: people and families on a low income, people with loss of autonomy, isolated people, seniors
Coverage area: Varennes
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, Friday 9h00 to 12h00
Fees: variable
Financing: donations, grants
Legal status: non-profit organization

CARREFOUR COMMUNAUTAIRE L'ARC-EN-CIEL
96 Curé-Beauregard Street, Saint-Ours, Montérégie, QC, J0G 1P0
450 785-2874     Fax: 450 785-2876
Email: carrefourarcenciel@videotron.ca


Eligibility: families, teenagers, seniors
Coverage area: MRC Pierre-de-Saurel
Hours: Monday to Thursday 8h30 to 16h00, youth centre: summer, Monday and Thursday 18h00 to 21h00, Friday and Saturday 18h00 to 22h00
Financing: grants, self-financing
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE DES AÎNÉS VAUDREUIL-SOULANGES
12 Curé-Cholet Street, Saint-Polycarpe, Montérégie, QC, J0P 1X0
1 855 510-3548     Fax: 450 265-1144
Website: 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
Financing: provincial, self-financing
Legal status: non-profit organization
CENTRE COMMUNAUTAIRE L'ENTRAIDE PLUS
2437 Bourgogne Avenue, Chambly, Montérégie, QC, J3L 2A5
450 658-4469  Fax: 450 658-4469
Website: entraideplus.org
Email: info@entraideplus.org


Eligibility: people 50 years old and over, autonomous, disabled, sick or in loss of autonomy, caregivers

Capacity: Resto-Entre: 44 places

Coverage area: Chambly, Carignan, Richelieu, Saint-Mathias-sur-Richelieu, Sainte-Angèle-de-Monnoir, Marieville

Hours: Monday to Thursday 9h00 to 16h00, Friday 9h00 to 14h00, respite: Monday and Thursday 9h30 to 15h30, Resto-Entre: Monday to Friday 11h00 to 13h00

Fees: members: $20 per year, Resto-Entre: $6 for members, $7 for non-members

Financing: donations, grants

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE L'ENTRAIDE PLUS - SAINT-MATHIAS-SUR-RICHELIEU SITE
300 des Patriotes Road, Saint-Mathias-sur-Richelieu, Montérégie, QC, J3L 6Z5
514 798-6767  Fax: 450 658-4469
Website: www.entraideplus.org
Email: info@entraideplus.org


Eligibility: seniors aged 50 years and over who are autonomous, disabled, sick or in loss of autonomy, caregivers

Coverage area: Carignan, Chambly, Marieville, Richelieu, Saint-Mathias-Sur-Richelieu, Sainte-Angèle-de-Monnoir

Hours: Monday to Wednesday 11h00 to 14h00, Thursday 11h00 to 16h00

Fees: membership: $25 per year

Financing: donations, grants

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE MULTISERVICES UN COIN CHEZ NOUS
628 Notre-Dame Street, Saint-Chrysostome, Montérégie, QC, J0S 1R0
450 826-4425  Fax: 450 826-1000
Website: www.uncoincheznous.org
Email: ccmsuccn@cooptel.qc.ca


Eligibility: seniors, people with a loss of autonomy, disadvantaged people

Capacity: 100

Coverage area: MRC Le Haut-Saint-Laurent

Hours: Monday to Friday 7h30 to 16h30, Sunday 13h00 to 17h00

Fees: meals on wheels: $8, other services: free

Financing: grants, self-financing

Legal status: non-profit organization
Seniors

CENTRE D’ACTION BÉNÉVOLE D’IBERVILLE ET DE LA RÉGION
290 des Conseillers Avenue, Saint-Jean-sur-Richelieu, Montérégie, QC, J2X 1Z8
450 347-1172  Fax: 450 347-3572
Website: cabiberville.org
Email: info@cabiberville.org


Eligibility: people on a low income, seniors, people with a temporary or permanent loss of autonomy, people with a physical or intellectual disability, caregivers, volunteers, organizations, meals on wheels: reserved to the people 55 years and over, caregivers

Coverage area: Saint-Jean-sur-Richelieu: Iberville and Saint-Athanase neighbourhoods, Mont Saint-Grégoire

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00

Fees: meals on wheels: $6, annual membership card: $5

Financing: Centraide of Greater Montréal, donations, provincial, grants

Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE BEAUHARNOIS
600 Ellice Street, Suite 106, Beauharnois, Montérégie, QC, J6N 3P7
450 429-6453
Website: cabbeauharnois.com
Email: info@cabbeauharnois.com


Eligibility: seniors 65 years and over, seniors with a loss of autonomy

Coverage area: Beauharnois, Saint-Étienne-de-Beauharnois, Saint-Louis-de-Gonzague

Hours: Monday to Thursday 8h00 to 12h00 and 12h30 to 16h00, Friday 8h00 to 12h00

Fees: social activities: up to $5, meals: variable

Financing: Centraide Sud-Ouest du Québec, self-financing, donations

Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE BOUCHERVILLE
11 Louis-H.-La Fontaine Street North, Suite 201, Boucherville, Montérégie, QC, J4B 4Y3
450 655-9081
Website: www.cabboucherville.ca
Email: info@cabboucherville.ca


Eligibility: people living with permanent or temporary difficulties, ITMAV: people 50 years and over

Coverage area: Boucherville

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30

Fees: meals on wheels: $6, community kitchen: $20 maximum, frozen meals: $4

Financing: provincial, Centraide of Greater Montréal, donations, federal, self-financing

Legal status: non-profit organization
CENTRE D’ACTION BÉNÉVOLE DE CONTRECOEUR - À PLEIN COEUR
4956 Legendre Street, Contrecoeur, Montérégie, QC, J0L 1C0
450 587-8227     Fax: 450 401-1151
Website: www.cabcontrecoeur.ca
Email: cab.contrecoeur@videotron.ca
Coverage area: Contrecoeur and Verchères
Hours: centre: Monday to Friday 8h00 to 16h00, family depot: Monday to Friday 13h00 to 16h00, kitchen: Monday to Thursday 8h00 to 16h00
Fees: free
Financing: provincial, donations
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE LA FRONTIÈRE
12 Sainte-Marie Street, Lacolle, Montérégie, QC, J0J 1J0
450 246-2016     Fax: 450 246-2229
Email: centre.benev@hotmail.com
Eligibility: people in need, seniors
Coverage area: Lacolle, Clarenceville, Noyan, Saint-Bernard-de-Lacolle, Saint-Valentin, Saint-Paul-de-l’Île-aux-Noix, ITMAV: Lacolle, Saint-Paul-de-l’Île-aux-Noix, Saint-Valentin, Saint-Bernard-de-Lacolle
Hours: Monday to Thursday 7h00 to 16h00, Friday 7h30 to 11h30
Fees: meals-on-wheels: $5 hot meals, $4 frozen meals, community lunches: $10, transportation: variable
Financing: provincial, self-financing
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE LA VALLÉE-DU-RICHELIEU
288-A Radisson Street, Mont-Saint-Hilaire, Montérégie, QC, J3H 2Z4
450 467-9373     Fax: 450 467-3732
Website: www.cabvr.org
Email: cabvr@cabvr.org
Eligibility: people in need, volunteers and community organizations
Coverage area: Beloeil, McMasterville, Mont-Saint-Hilaire, Otterburn Park, Saint-Antoine-sur-Richelieu, Saint-Charles-sur-Richelieu, Saint-Denis-sur-Richelieu, Saint-Jean-Baptiste, Saint-Mathieu-de-Beloeil, Saint-Marc-sur-Richelieu
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00
Financing: provincial, Centraide Richelieu-Yamaska, donations
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE SAINT-CÉSAIRE
1100 Leclaire Street, Saint-Césaire, Montérégie, QC, J0L 1T0
450 469-3279     Fax: 450 469-0958
Website: www.cabacoeur.org
Email: services@cabacoeur.org

Eligibility: individuals and families on a low income, seniors, caregivers, volunteers

Coverage area: Saint-Césaire

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00, caregivers: 2nd Tuesday of the month, friendship lunch: 3rd Tuesday of the month

Fees: thrift shop: at low cost

Financing: provincial

Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE SAINT-HUBERT
3339 Grande Allée, Longueuil, Montérégie, QC, J4T 2S9
450 656-9110 Fax: 450 656-9115
Website: www.cab-saint-hubert.org
Email: info@cab-saint-hubert.org


Eligibility: people in need, people over 65 years old

Coverage area: Saint-Hubert

Hours: Monday to Friday 8h00 to 16h00

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE SAINT-JEAN-SUR-RICHELIEU
640 Dorchester Street, Office 301, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 5A4
450 347-7527 Fax: 450 347-7323
Website: www.cabstjean.org
Email: info@cabstjean.org


Eligibility: seniors, people on a low income, caregivers, volunteers

Coverage area: Saint-Blaise-Sur-Richelieu, Saint-Jean-Sur-Richelieu, Saint-Paul-De-L’île-Aux-Noix

Hours: Monday to Thursday 8h00 to 16h00

Fees: meals on wheels: variable, culinary workshops: $10 per workshop

Financing: provincial, self-financing, donations

Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE INTERACTION
100 Principale Street, Noyan, Montérégie, QC, JOJ 1B0
450 294-2646 Fax: 450 294-2145
Website: cabinteraction.ca
Email: info@cabinteraction.ca


Eligibility: individuals and families on a low income, volunteers

Coverage area: Noyan, Saint-Georges-De-Clarenceville, Northern tip of Henryville
CENTRE D’ACTION BÉNÉVOLE LES P’TITS BONHEURS
1665 Montarville Street, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 3T8
450 441-0807  Fax: 450 441-4667
Website: www.cabstbruno.org
Email: infocab.petitsbonheurs@cabstbruno.org
Eligibility: seniors, families, people in difficulty
Capacity: variable
Coverage area: Saint-Bruno-de-Montarville
Hours: Monday to Friday 8h30 to 16h30, thrift store: Monday, Tuesday, Wednesday, Friday and Saturday 10h00 to 16h00, Thursday 10h00 to 19h00
Fees: variable
Financing: provincial
Legal status: non-profit organization

CENTRE D’ENTRAIDE BÉNÉVOLE DE SAINT-AMABLE
297 Principale Street, Saint-Amable, Montérégie, QC, J0L 1N0
450 649-0604  Fax: 450 649-2301
Website: www.cebsa.org
Email: info@cebsa.org
Eligibility: people on a low income, seniors, people living with disabilities or ill people
Coverage area: Saint-Amable
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 15h00, thrift shop: Tuesday to Thursday 13h00 to 16h00, food assistance: Friday 10h30, community meals: 2nd and last Wednesday of every month 11h30, meals on wheels: Tuesday and Thursday mornings
Fees: food assistance: $15, community meals: $7, meals on wheels: $5
Financing: provincial, self-financing
Legal status: non-profit organization

CENTRE D’ENTRAIDE RÉGIONAL D’HENRYVILLE
791 Rang Saint-Jean-Baptiste, Henryville, Montérégie, QC, J0J 1E0
450 299-1117  Fax: 450 299-9742
Email: cerh1994@live.ca
Coverage area: Henryville, Sabrevois, Saint-Alexandre, Saint-Sébastien, Venise-en-Québec
Hours: family store: Monday to Friday 10h00 to 12h00 and 13h00 to 15h30
Financing: provincial, Centraide of Greater Montréal  
Legal status: non-profit organization

**CENTRE DE BÉNÉVOLAT D'ACTON VALE**  
1176 Bélair Street, Acton Vale, Montérégie, QC, J0H 1A0  
450 546-7332  Fax: 450 546-7212  
Website: www.centredebenevolatacton.com  
Email: direction@cbav.ca  

**Services:**  
- Food assistance.  
- Meals on wheels, delivery of hot and frozen meals.  
- Thrift store: various used clothing and household items.  
- Solidarity grocery store.  
- Collective kitchen.  
- Respite for caregivers.  
- Caregiver support group.  
- Transportation and accompaniment to medical appointments by a volunteer.  
- Help with forms and administrative procedures.  
- Tax clinic.  
- Room rental.  

**Eligibility:** families, people in vulnerable situations, seniors, caregivers, volunteers, meals on wheels: people aged 65 and over  

**Coverage area:** MRC Acton  
**Hours:** administration: Monday to Friday 8h00 to 16h00, thrift store: Monday to Friday 9h00 to 17h00, Saturday 9h00 to 12h00  
**Fees:** food assistance: free, meals on wheels: $6 per meal  
**Financing:** donations, self-financing  

**Legal status:** non-profit organization

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**CENTRE DE BÉNÉVOLAT DE LA RIVE-SUD - CANDIAC SITE**  
8 Saint-François-Xavier Road, Candiac, Montérégie, QC, J5R 1A2  
450 659-9651  Fax: 450 659-1271  
Website: www.benevolatrivesud.qc.ca  
Email: candiac@benevolatrivesud.qc.ca  

**Services:**  
- Homecare services  
- Meals on wheels: hot meals delivered at home.  
- Assistance with shopping.  
- Assistance with filling out forms.  
- Friendly visits and calls.  
- Training and support for caregivers.  
- Community action  
- Welcoming and referrals.  
- Tax clinic.  
- Toast and coffee: program to break seniors isolation.  
- Conferences.  

**Eligibility:** adults and seniors with a loss of autonomy or living alone or in convalescence  

**Coverage area:** Candiac, La Prairie, Saint-Constant, Sainte-Catherine, Saint-Mathieu, Saint-Philippe and Delson  
**Hours:** Monday to Thursday 8h30 to 16h30, administration: Monday to Friday 8h30 to 16h30  
**Fees:** meals-on-wheels: $6.50 per meal  
**Financing:** provincial  

**Legal status:** non-profit organization

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**CENTRE DE BÉNÉVOLAT DE LA RIVE-SUD - CHAMBLY SITE**  
1410 de Salaberry Avenue, Chambly, Montérégie, QC, J3L 1R7  
450 658-4325  Fax: 450 658-1694  
Website: benevolatrivesud.qc.ca  
Email: chambly@benevolatrivesud.qc.ca  

**Services:**  
- Home care services  
- Meals on wheels: hot meals delivered at home.  
- Assistance with shopping.  
- Assistance with filling out forms.  
- Friendly visits and calls.  
- Outreach work initiative for seniors living in a vulnerable situation (ITMAV).  
- Training and support for caregivers.  
- Medical accompaniment-transportation.  
- Community action  
- Welcoming and referral.  
- Tax clinic.  
- Conferences.  
- Material assistance  
- Loan of orthopedic equipment.  
- Coup de Pouce Family Counter: clothes, toys, kitchen items, small appliances.  
- Clothes or material assistance to organizations or individuals after assessment.  

**Eligibility:** meals on wheels: seniors 65 years and over, ill or convalescent people, people with physical or intellectual disability, single mothers, people in need, Coup de Pouce Family Counter: individuals, families on a low income  

**Coverage area:** Chambly, Carignan  
**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Seniors

Fees: meals on wheels: $6.50 per meal, clothing depot: variable
Financing: donations
Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE LA RIVE-SUD - LONGUEUIL SITE
16 Montcalm Street, Longueuil, Montérégie, QC, J4J 2K6
450 677-5281  Fax: 450 677-8067
Website: www.benevolatrivesud.qc.ca
Email: longueuil@benevolatrivesud.qc.ca


Eligibility: adults and seniors with a loss of autonomy, living alone or in convalescence
Coverage area: Longueuil, ITMAV: Vieux-Longueuil
Hours: Monday to Friday 8h30 to 16h30
Fees: meals on wheels: $6 per meal
Financing: provincial, Centraide of Greater Montréal
Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE LA RIVE-SUD - SAINT-LAMBERT SITE
45 Argyle Street, Saint-Lambert, Montérégie, QC, J4P 2H2
450 465-6130  Fax: 450 465-5638
Website: www.benevolatrivesud.qc.ca
Email: stlambert@benevolatrivesud.qc.ca


Eligibility: people 65 years and older, ill, in recovery or living with a physical or intellectual disability
Coverage area: Saint-Lambert, Greenfield Park, Le Moyné and Brossard
Hours: Monday to Friday 8h30 to 16h30, meals-on-wheels: Tuesday and Thursday 10h00 to 12h00, frozen meals: Thursday 10h00 to 12h00
Fees: meals on wheels: $6 per meal
Financing: provincial, Centraide of Greater Montréal
Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE SAINT-BASILE-LE-GRAND
50 Robert Road, Saint-Basile-le-Grand, Montérégie, QC, J3N 1L7
450 461-2111  Fax: 450 461-1588
Email: centredebenevolat@bellnet.ca


Eligibility: adults and seniors, people on a low income
Coverage area: Saint-Basile-le-Grand
Hours: Monday to Thursday 8h00 to 16h00, Friday 8h00 to 12h00, thrift store: Wednesday 18h00 to 20h30, Friday and Saturday 9h00 to 12h00
Fees: free or low cost, depending on the service
Financing: donations, grant, self-financing
Legal status: non-profit organization
CENTRE DE BÉNÉVOLAT DE ST-HYACINTHE (LE)
1015 Dessaulles Street, Saint-Hyacinthe, Montérégie, QC, J2S 2Y8
450 773-4966
Website: cbsh.ca
Email: infomad@cbsh.ca
Services: Home support * Meals on wheels. * PAIR program: automated reassurance phone calls. * Info-Stop
Eligibility: seniors, people and families on a low income, people in a vulnerable situation, volunteers, organizations
Coverage area: MRC Les Maskoutains
Hours: Monday to Friday 8h30 to 16h30, emergency food assistance: by appointment
Fees: variable
Financing: Centraide Richelieu-Yamaska, provincial, donations
Legal status: non-profit organization

COMITÉ DES USAGERS SAINT-URBAIN-PREMIER
13 Beaulieu Street, Saint-Urbain-Premier, Montérégie, QC, J0S 1Y0
450 427-3906
Email: thifil@hotmail.com
Services: * Meals on wheels. * Accompaniment and transportation service.
Eligibility: people with a loss of autonomy, people on a low income
Coverage area: Saint-Urbain-Premier
Fees: variable
Financing: donations
Legal status: non-profit organization

COMITÉ MIEUX VIEILLIR À SAINTE-MARTINE
Confidential Address
438 825-6873
Services: * Meals-on-wheels.
Eligibility: seniors, people who are ill, people on a low income or on welfare, young families
Coverage area: Sainte-Martine, Saint-Urbain-Premier
Hours: meals-on-wheels: Tuesday 11h00 to 12h00, two months vacation in the summer with resumption of service on Labour Day
Fees: meals on wheels: $7 for a complete meal
Financing: provincial, self-financing
Legal status: non-profit organization

COMITÉ POPOTE ROULANTE DE FARNHAM (LE)
415 de l'Hôtel-de-Ville Street, Farnham, Montérégie, QC, J2N 2H3
450 293-8333
Email: popotefarnham@hotmail.fr
Services: * Home delivery of hot and frozen meals.
Coverage area: Farnham
Financing: donations
Legal status: non-profit organization
COMPLEXE LE PARTAGE
547 Saint-Henri Street, La Prairie, Montérégie, QC, J5R 2S9
450 444-0803 Fax: 450 444-2621
Website: lepartage.info
Email: administration@lepartage.org


Eligibility: individuals and families on a low income, homeless people, people living with major health problems, refugees, immigrants

Coverage area: La Prairie

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00, food assistance: Thursday 9h30 to 11h30, 13h30 to 15h30 and 17h00 to 18h15

Fees: food assistance, collective kitchens and culinary workshops: variable, Christmas baskets: free

Financing: self-financing, Centraide of Greater Montréal, municipal, provincial, federal, donations

Legal status: non-profit organization

COMPLEXE LE PARTAGE - POINT DE SERVICE SAINT-CONSTANT
125 Saint-Pierre Street, Saint-Constant, Montérégie, QC, J5A 2G9
450 444-0803
Website: lepartage.info
Email: administration@lepartage.org


Eligibility: individuals and families on a low income, homeless people, people living with major health problems, refugees, immigrants

Coverage area: Saint-Constant

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00, food assistance: Thursday 13h30 to 15h30 and 17h00 to 18h15

Fees: food assistance, collective kitchens and culinary workshops: variable, Christmas baskets: free

Financing: self-financing, Centraide of Greater Montréal, municipal, provincial, federal, donations

Legal status: non-profit organization

COMPLEXE LE PARTAGE - POINT DE SERVICE SAINTE-CATHERINE
1080 Union Street, Sainte-Catherine, Montérégie, QC, J5C 1B3
450 444-0803
Website: lepartage.info
Email: administration@lepartage.org

Services: * Food assistance. * Christmas baskets.

Eligibility: individuals and families on a low income

Coverage area: Sainte-Catherine

Hours: food assistance: Thursday 9h30 to 11h30

Fees: food assistance: variable, Christmas baskets: free

Financing: self-financing, Centraide of Greater Montréal, municipal, provincial, federal

Legal status: non-profit organization

CROISÉE DE LONGUEUIL (LA)
1230 Green Street, Longueuil, Montérégie, QC, J4K 4Z5
450 677-8918 Fax: 450 677-3377
Website: www.lacroiseedelongueuil.qc.ca
Email: lacroisee@lacroiseedelongueuil.qc.ca

Eligibility: families or people on a low income

Coverage area: South Shore, food assistance: Notre-Dame-de-la-Garde, Saint-Georges, Saint-Antoine-de-Padoue, Sainte-Louise-de-Marillac, Saint-Jude parishes

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 15h30

Fees: food assistance and cooking classes: free, delivery of frozen meals La Petite Cuillère: minimum purchase required and variable fees according to distance

Financing: Centraide of Greater Montréal, federal, provincial, municipal, self-financing

Legal status: non-profit organization

ENVOLÉE (L’), CENTRE D’ACTION BÉNÉVOLE SAINTE-JULIE
695 Sainte-Julie Road, Sainte-Julie, Montérégie, QC, J3E 1W8
450 649-8874     Fax: 450 649-1362
Website: lenvolee.org
Email: info@lenvolee.org


Eligibility: seniors, people with a loss of autonomy, caregivers, families, community organizations

Coverage area: Sainte-Julie

Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00

Fees: meals on wheels: $6 for a complete meal

Financing: provincial, donations, fundraising campaigns, self-financing

Legal status: non-profit organization

HEMMINGFORD MEALS ON WHEELS
476 Frontière Street, Hemmingford, Montérégie, QC, J0L 1H0
450 247-3330

Services: Home delivery of full meals.

Eligibility: seniors

Coverage area: Hemmingford

Hours: delivery: Thursday 9h00 to 11h00

Fees: meal: $8, minimum of 3 meals per order

Financing: grants

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: sf14784@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
KAHNAWAKE SHAKOTIIA’TAKEHNHAS COMMUNITY SERVICES
Confidential Address
450 632-6880     Fax: 450 632-5116
Website: www.kscs.ca


Eligibility: Kahnawake residents
Coverage area: Kahnawake
Hours: Monday to Friday 8h30 to 16h30
Financing: grants
Legal status: non-profit organization

MARIEVILLE - CENTRE D’ACTION BÉNÉVOLE LA SEIGNEURIE DE MONNOIR
146 Ruisseau-Barré Road, Marieville, Montérégie, QC, J3M 1P2
450 460-2825     Fax: 450 460-4992
Website: www.cabsm.org
Email: info@cabsm.org


Eligibility: seniors, people who are ill or with a loss of autonomy, families in need, assistance with grocery shopping: people 70 years and over
Coverage area: Sainte-Angèle-de-Monnoir, Marieville, Richelieu, Saint-Mathias-sur-Richelieu, Rougemont
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: community meals: $8, meals on wheels: $7 per meal, coffee-meetings: $5
Financing: Centraide Richelieu-Yamaska, provincial, donations, fundraising campaigns, self-financing
Legal status: non-profit organization

MEALS ON WHEELS OF SAINT-LAMBERT
Confidential Address
450 672-1050

Services: At-home meal delivery.
Eligibility: seniors, people with limited mobility
Coverage area: Saint-Lambert
Hours: delivery: Tuesday and Thursday
Fees: $5 per meal
Financing: self-financing
Legal status: non-profit organization

PETITE FERME DE L’AUBERGE (LA)
728 Bachand Road, Roxton, Montérégie, QC, J0H 1E0
450 548-2736     Fax: 450 548-2227
Website: lapetitefermedelauberge.org
Email: lapetiteferme2001@yahoo.ca

Eligibility: men 18 and over who are struggling or homeless with addiction or mental health issues

Capacity: housing: 9 places in farm accommodation, food aid: 30 individuals or families per week

Coverage area: Montérégie: social reintegration, Roxton Falls and surroundings: food assistance

Hours: 7 days 7h00 to 21h00

Fees: housing: depending on income

Financing: self-financing

Legal status: non-profit organization

POPOTE CONSTANTE
330 Wilfrid-Lamarche Street, Saint-Constant, Montérégie, QC, J5A 1W2
450 632-2191

Services: * Meals on wheels: hot meals delivered at home.

Eligibility: seniors with a loss of autonomy, people with temporary or permanent health problems

Capacity: 48 meals a day

Coverage area: Saint-Constant, Sainte-Catherine, Delson

Hours: delivery: Tuesday and Thursday 8h00 to 12h00

Fees: hot meal: 5$

Financing: self-financing, municipal, fundraising campaigns

Legal status: non-profit organization

POPOTE ROULANTE DE BEDFORD (LA)
52 du Pont Street, PO Box 731, Bedford, Montérégie, QC, J0J 1A0
450 248-7053

Email: popote_de_bedford@hotmail.com


Eligibility: seniors, people living with disabilities, people in convalescence

Coverage area: Canton de Bedford, Stanbridge East, Saint-Ignace-de-Stanbridge, Notre-Dame-de-Stanbridge, Standridge Station, Saint-Armand, Pike River

Hours: Monday to Friday 8h00 to 14h00

Fees: $6 per meal

Financing: municipal, donations, grants

Legal status: non-profit organization

POPOTE ROULANTE DE BROSSARD
Confidential Address
450 445-4452 ext. 2430
Website: popoteroulante.tripod.com

Email: popoteroulantedebrossard@gmail.com

Services: * Home delivery of hot meals.

Eligibility: seniors, people who are ill or disabled, temporarily or permanently unable to prepare their meals

Capacity: 36 people

Coverage area: Brossard

Hours: Tuesday and Thursday

Fees: $5 per meal

Financing: self-financing, grants

Legal status: non-profit organization
POPOTE ROULANTE DE CHÂTEAUGUAY
Confidential Address
514 231-0379
Website: popoteroulantechateauguay.webnode.fr
Email: infopopote.chateauguay@gmail.com
Services: Home delivery of meals.
Eligibility: seniors with a loss of autonomy, ill or disabled
Coverage area: Châteauguay
Hours: Monday to Friday 8h00 to 18h00
Fees: $5 per meal
Financing: grants, provincial
Legal status: non-profit organization

POPOTE ROULANTE DE L’ANGE-GARDIEN
249 Saint-Joseph Street, Ange-Gardien, Montérégie, QC, J0E 1E0
450 293-5166
Services: * Meals on wheels: at home or at l’Ange-Gardien Community Centre. * Buffet service for funerals.
Eligibility: people 60 years old and over, people who are ill or recovering from illness, people who have just given birth
Coverage area: L’Ange-Gardien
Hours: Tuesday and Thursday
Fees: $4 per meal
Financing: provincial, self-financing
Legal status: non-profit organization

POPOTE ROULANTE DE SALABERRY-DE-VALLEYFIELD (LA)
282 Jacques Cartier Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4T1
450 747-3168
Email: reception@popotevalleyfield.com
Services: Preparation and home delivery of meals. * Hot and frozen meals. * Adapted meals for seniors: mashed meals, salt-free, sugar-free, gluten-free diet, etc.
Eligibility: people with a loss of autonomy, especially those aged 70 years and over, with physical disabilities, ill or convalescent
Coverage area: Salaberry-de-Valleyfield
Hours: Monday, Tuesday and Thursday 8h00 to 15h30, Wednesday and Friday 8h00 to 13h30
Fees: hot meals: $7, frozen meals: $6, adapted meals: $6
Financing: Centraide South-West of Québec, self-financing
Legal status: non-profit organization

ROYAL CANADIAN LEGION - BRANCH 94
205 Empire Street, Longueuil, Montérégie, QC, J4V 1T9
450 466-0308
Website: www.legion94.ca
Email: lindamorven@gmail.com
Eligibility: veterans and dependents, military in active service, general public, legion mobile meals: seniors, people with reduced mobility
Coverage area: Greenfield Park
Hours: Legion mobile meals: Wednesday
Fees: meals: 7$ for two meals
Financing: donations, provincial
Legal status: non-profit organization
Seniors

SERVICE D’ACTION BÉNÉVOLE AU COEUR DU JARDIN - NAPIERVILLE SITE
262-A de l’Église Street, Napierville, Montérégie, QC, J0J 1L0
450 245-7868
Website: sabjardin.org
Email: sabnap@hotmail.ca
Eligibility: volunteers, community organizations, caregivers, autonomous people in need
Coverage area: MRC Les Jardins-de-Napierville
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30
Fees: free or variable depending on the service
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

SOURIRE SANS FIN
2-A Sainte-Famille Street, Saint-Rémi, Montérégie, QC, J0L 2L0
450 454-5747  Fax: 450 454-5640
Website: souriresansfin.org
Email: info@souriresansfin.org
Eligibility: people on a low income, families, ITMAV project: seniors 55 and over
Capacity: 600 per year
Coverage area: MRC Les Jardins-de-Napierville
Hours: Monday to Friday 8h30 to 16h30, collective kitchen: Monday, Tuesday and Wednesday, meals on wheels: Tuesday 11h30
Fees: collective kitchen: $1.25 per portion, meals on wheels: $6 per meal, food bags: $2 per week per family
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

Seniors’ Advocacy and Assistance Associations

ACTION CONCERTATION VIEILLISSEMENT LONGUEUIL
201 Curé-Poirier Boulevard West, Longueuil, Montérégie, QC, J4J 2G4
450 651-9830 ext. 67447
Email: marie-lynee.brodeur.cisssme16@ssss.gouv.qc.ca
Services: Round table for the Vieux-Longueuil intersectoral organizations for seniors.
Eligibility: public, parapublic, community and associative organizations for seniors of the Vieux-Longueuil borough
Coverage area: Vieux-Longueuil
Financing: provincial
Legal status: non-profit organization

ASSOCIATION DES EMPLOYÉS RETRAITÉS DE LA VILLE DE SAINT-HYACINTHE
2290 du Couvent-de-Lorette Street, Saint-Hyacinthe, Montérégie, QC, J2T 4R3
Services: * Defense of rights and interests.
Seniors

Eligibility: retired employees of the city of Saint-Hyacinthe
Coverage area: Saint-Hyacinthe
Financing: municipal, donations
Legal status: non-profit organization

ASSOCIATION DES RETRAITÉS ET RETRAITÉES DE L'ÉDUCATION ET DES AUTRES SERVICES PUBLICS DU QUÉBEC - SUROÎT
394 Dufferin Street, Suite 202-A, Salaberry-de-Valleyfield, Montérégie, QC, J6S 2A8
450 373-1009
Email: areq.suroit@gmail.com
Eligibility: retired people from public sectors, members
Coverage area: Suroît: MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges
Fees: annual membership
Financing: self-financing
Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DE DÉFENSE DES DROITS DES PERSONNES RETRAITÉES ET PRÉRETRAITÉES - MONTS ET RIVIÈRES DE LA VALLÉE-DU-RICHELIEU
1702 Bourgogne Avenue, Chambly, Montérégie, QC, J3L 1Z2
450 658-8543
Website: www.aqdr.org
Email: aqdrmontsetrivieres@gmail.com
Services: Advocacy for seniors to improve their living conditions on matters such as income, housing, home, care, transportation and health.
Eligibility: retired and pre-retired people 50 years old and over
Coverage area: MRC de Rouville, MRC de La Vallée-du-Richelieu
Hours: Monday to Friday 9h00 to 16h00
Fees: annual membership: $20
Financing: membership fees
Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DE DÉFENSE DES DROITS DES PERSONNES RETRAITÉES ET PRÉRETRAITÉES - VALLEYFIELD-SUROÎT - CAAPA
110 Mathias Street, Suite 101, Salaberry-de-Valleyfield, Montérégie, QC, J6T 3L6
450 807-2232
Website: www.aqdr.org
Email: caapainfo@caapavalleyfield.org
Services: Advocacy for seniors to improve their living conditions on matters such as income, housing, home care, transportation and health. * Assistance and support centre. * In-home service if needed.
Eligibility: people aged 50 and over, their relatives
Coverage area: MRC Roussillon, MRC Les Jardins-de-Napierville, MRC Vaudreuil-Soulanges, MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30
Fees: none
Financing: self-financing, provincial, federal
Legal status: non-profit organization
ASSOCIATION VIVRE ET VIEILLIR CHEZ SOI DU BAS RICHELIEU

105 Prince Street, Suite 112, Sorel-Tracy, Montérégie, QC, J3P 4J9
450 743-1584
Website: vivreetvieillirchezsoi.ca
Email: gcmer8@hotmail.com


Eligibility: people aged 50 and over
Coverage area: MRC Pierre-De Saurel
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, Friday 9h00 to 12h00
Fees: incapacity mandate: variable
Financing: donations, provincial, self-financing
Legal status: non-profit organization

CENTRE D’ASSISTANCE ET D’ACCOMPAGNEMENT AUX PLAINTES - MONTÉRÉGIE - POINT DE SERVICE DE LONGUEUIL

150 Grant Street, Longueuil, Montérégie, QC, J4H 3H6
1 800 263-0670 Fax: 450 928-3722
Website: www.caapmonteregie.ca
Email: caap@caapmonteregie.ca


Eligibility: unsatisfied users who consider that their rights have been infringed
Coverage area: Montérégie
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization

CENTRE D’ASSISTANCE ET D’ACCOMPAGNEMENT AUX PLAINTES - MONTÉRÉGIE - POINT DE SERVICE DE SAINT-HYacinthe

1195 Saint-Antoine Street, Suite 108, Saint-Hyacinthe, Montérégie, QC, J2S 3K6
1 800 263-0670 Fax: 450 252-6621
Website: www.caapmonteregie.ca
Email: direction@caapmonteregie.ca


Eligibility: unsatisfied users who consider that their rights have been infringed
Coverage area: Montérégie
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization

CENTRE D’ASSISTANCE ET D’ACCOMPAGNEMENT AUX PLAINTES - MONTÉRÉGIE - POINT DE SERVICE DE SAINT-JEAN-SUR-RICHELIEU
125 Saint-Charles Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 2C4
1 800 263-0670 Fax: 450 347-2991
Website: caapmonteregie.ca/en
Email: caap@caapmonteregie.ca


Eligibility: unsatisfied users who consider that their rights have been infringed
Coverage area: Montérégie
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization

CLUB SANTÉ SUD-OUEST
8 du Canal Road West, Salaberry-de-Valleyfield, Montérégie, QC, J6S 6L3
450 373-5449

Services: * Monthly conferences on the physical, mental, psychological and spiritual health of seniors.

Eligibility: people 50 years old and over
Coverage area: Salaberry-de-Valleyfield and surrounding areas
Hours: 3rd Wednesday of the month at 13h00, September to May
Financing: subventions
Legal status: non-profit organization

COMMUNITY LEGAL CENTRE OF THE SOUTH SHORE
101 Roland-Therrien Boulevard, Suite 301, Longueuil, Montérégie, QC, J4H 4B9
450 928-7655 Fax: 450 928-7657
Website: ccjrs.com
Email: administration@ccjrs.com

Services: Legal aid services, free or at a low cost to eligible individuals, provided by family, matrimonial, youth protection, young offenders, criminal and penal, administrative, social, civil and immigration lawyers or notaries. * Representation before a first instance or appeal court, as plaintiff or defendant. * Assistance in certain cases expressly provided for in the Legal Aid Act. * Legal consultation. * Phone consultation, available 24/7, for detention or custody. * Legal information regarding rights and obligations of legal aid recipients. * Community involvement. * Complaints reception.

Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law
Coverage area: South Shore
Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website
Financing: provincial
Legal status: parapublic organization
FADOQ - RÉGION RICHELIEU-YAMASKA
2775 Bourdages Avenue North, Saint-Hyacinthe, Montérégie, QC, J2S 5S3
450 774-8111    Fax: 450 774-6161
Website: fadoqry.ca
Email: info@fadoqry.ca


Eligibility: people 50 years and over
Coverage area: MRC Acton, MRC Brome-Missisquoi, MRC La Haute-Yamaska, MRC La Vallée-du-Richelieu, MRC les Maskoutains, MRC Pierre-De Saurel et MRC Rouville
Hours: Monday 13h00 to 16h30, Tuesday to Thursday 8h30 to 12h00 and 13h00 to 16h30. Friday 8h30 to 12h00
Fees: membership: 30$ per year or 50$ for 2 years
Financing: self-financing, contributions, grants
Legal status: non-profit organization

FADOQ - RÉGION RIVE-SUD-SUROÎT
900 Industriel Boulevard, Suite 250, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 8J4
1 800 828-3344    Fax: 450 347-6385
Website: www.fadoq.ca/en/rive-sud-suroit
Email: fadoq@fadoqrrss.org


Eligibility: people 50 years and over
Coverage area: South Shore, Suroît
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: self-financing, contributions, grants
Legal status: non-profit organization

JUSTICE ALTERNATIVE ET MÉDIATION
181 Decelles Street, Granby, Montérégie, QC, J2G 7P6
1 450 777-4208    Fax: 450 777-6904
Website: www.jamed.org
Email: info@jamed.org

Services: Accompaniment and support to adolescents, citizens and organisations in the community, to resolve conflicts without resorting to the criminal justice system. * Coaching and supporting the adolescent offender through a process of reparation. * Mediation: intervention, training and accompaniment in conflict resolution, in the community and in schools. * Raising awareness about the mistreatment and intimidation of seniors. * Information and prevention workshops in schools. * Training and conferences in mediation.

Eligibility: minor offenders 12 to 17 years old, people concerned with offences committed by youth, schools and other community organizations, population of Granby
Coverage area: MRC Brome-Missisquoi, MRC La Haute-Yamaska, MRC Rouville
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: grants
Legal status: non-profit organization

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LEGAL AID OFFICE - CHÂTEAUGUAY
147 Saint-Jean-Baptiste Boulevard, Châteauguay, Montérégie, QC, J6K 3B1
450 691-4325  Fax: 450 699-0496
Website: ccjrs.com/bureaux/chateauguay
Email: chateauguay@ccjrs.com
Services: Free or low cost legal services to financially eligible individuals. * Receive and process legal aid requests.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible and with a legal need that is covered by the Law
Coverage area: Châteauguay, Saint-Constant, Delson, Kahnawake
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website
Financing: provincial
Legal status: parapublic organization

LEGAL AID OFFICE - CIVIL LAW - LONGUEUIL
101 Roland-Therrien Boulevard, Suite 200, Longueuil, Montérégie, QC, J4H 4B9
450 928-7659  Fax: 450 928-7670
Website: ccjrs.com/bureaux/longueuil-civil
Email: longueuilcivil@ccjrs.com
Services: Free or low cost legal services concerning familial or civil rights to financially eligible individuals. * Receives and processes legal aid requests.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible and with a legal need that is covered by the Law
Coverage area: Boucherville, Brossard, Candiac, Greenfield Park, La Prairie, Longueuil, Saint-Amable, Saint-Basile-le-Grand, Saint-Bruno-de-Montarville, Saint-Hubert, Saint-Lambert, Sainte-Julie-de-Verchères, Varennes, Verchères
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website
Financing: provincial
Legal status: parapublic organization

LEGAL AID OFFICE - SALABERRY-DE-VALLEYFIELD
151 Salaberry Street West, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2H8
450 370-3064  Fax: 450 370-3068
Website: ccjrs.com/bureaux/salaberry-de-valleyfield
Email: valleyfield@ccjrs.com
Services: Free or low cost legal services to eligible individuals. * Receives and processes legal aid request.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law
Coverage area: MRC Beauharnois-Salaberry, Vaudreuil-Dorion
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website
Financing: provincial
Legal status: parapublic organization

REGROUPEMENT POUR LA SANTÉ DES AÎNÉS PIERRE-DE SAUREL
71 De Ramezay Street, Suite 109, Sorel-Tracy, Montérégie, QC, J3P 3Z1
450 855-3737
Website: rsaps.ca
Email: rsaps@videotron.ca

Eligibility: people 50 years old and over

Coverage area: MRC Pierre-De Saurel

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 15h30

Fees: membership card: $10, breakfast conferences: $5 per member, workshops: free or variables fees

Financing: contributions, provincial

Legal status: non-profit organization

TABLE DE CONCERTATION DES AÎNÉS DES JARDINS-DE-NAPIERVILLE

Confidential Address
450 454-4671 ext. 6218

Email: melanie.courchesne.cisssmo16@ssss.gouv.qc.ca

Services: Grouping of associations and organizations offering services for seniors. * Concertation and representation. * Support to the development of projects targeting living standards improvement.

Eligibility: community organizations from the institutional or parapublic sector working offering services to seniors

Coverage area: MRC Les Jardins-de-Napierville

Financing: municipal

Legal status: non-profit organization

TABLE RÉGIONALE DE CONCERTATION DES AÎNÉS DE LA MONTÉRÉGIE

2601 Bourgogne Avenue, Chambly, Montérégie, QC, J3L 2A9
450 447-5885

Website: trcam.ca

Email: info@trcam.ca


Eligibility: seniors' organizations

Coverage area: Montérégie

Hours: by appointment

Fees: none

Financing: provincial

Legal status: non-profit organization

Volunteer Transportation

ACTION BÉNÉVOLE DE VARENNES - ACCOMPANIMENT-TRANSPORTATION

50 de la Fabrique Street, Varennes, Montérégie, QC, J3X 1R1
450 652-5256

Website: actionbenevolenvarennes.org/services/acompaniment-et-transport

Email: info@actionbenevolenvarennes.org

Services: * Transportation and accompaniment to medical appointments and shopping by volunteers.

Eligibility: seniors 60 years and over, people who are unable to drive for their appointments

Coverage area: Varennes

Hours: appointment: Monday to Friday, Saturday and Sunday occasionally

Fees: gas fees: $0.45 per km

Financing: donations, grants

Legal status: non-profit organization
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

ASSOCIATION VIVRE ET VIEILLIR CHEZ SOI DU BAS RICHELIEU - ACCOMPAGNEMENT-TRANSPORT
105 Prince Street, Suite 112, Sorel-Tracy, Montérégie, QC, J3P 4J9
450 743-1584
Website: vivreetvieillirchezsoi.ca
Email: info@vivreetvieillirchezsoi.ca
Services: * Transportation and accompaniment to appointments by volunteers, long distance transportation to medical appointments.
Eligibility: people 50 years old and over
Coverage area: MRC Pierre-De Saurel, transportation and accompaniment in the MRC Pierre-De Saurel and by appointment in Montreal and Saint-Hyacinthe
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, by appointment only
Fees: variable
Financing: donations, provincial, self-financing
Legal status: Select Legal Status

BALADEUR RENÉ DE LONGUEUIL
1901 Claude Street, Longueuil, Montérégie, QC, J4G 1Y5
450 341-0909
Website: baladeurrenedelongueuil.org
Email: info@baladeurrenedelongueuil.org
Services: Adapted group transportation via minibus for errands and recreational activities.
Eligibility: organizations who offer services to seniors with reduced mobility
Capacity: 2 minibuses with a capacity of 18 passengers each
Coverage area: Longueuil
Fees: variable
Financing: grants, self-financing
Legal status: non-profit organization

CARREFOUR COMMUNAUTAIRE L’ARC-EN-CIEL - TRANSPORTATION
96 Curé-Beauregard Street, Saint-Ours, Montérégie, QC, J0G 1P0
450 785-2874 Fax: 450 785-2876
Email: carrefourarcenciel@videotron.ca
Services: * Transportation to outings and medical appointments by volunteers.
Eligibility: medical transportation: general population, transportation to outings: persons 60 years of age and older
Coverage area: Saint-Ours, transportation in MRC Pierre-de Saurel, Saint-Hyacinthe, Montréal
Hours: Monday to Thursday 8h30 to 16h00
Fees: $7 for a round-trip to Sorel-Tracy, $20 for a round-trip to Saint-Hyacinthe, $40 for a round-trip to Montreal
Financing: grants, self-financing
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE L'ENTRAIDE PLUS - SAINT-MATHIAS-SUR-RICHELIEU SITE
300 des Patriotes Road, Saint-Mathias-sur-Richelieu, Montérégie, QC, J3L 6Z5
514 798-6767 Fax: 450 658-4469
Website: www.entraideplus.org
Email: info@entraideplus.org
Eligibility: seniors aged 50 years and over who are autonomous, disabled, sick or in loss of autonomy, caregivers
Coverage area: Carignan, Chambly, Marievile, Richelieu, Saint-Mathias-Sur-Richelieu, Sainte-Angèle-de-Monnoir
Hours: Monday to Wednesday 11h00 to 14h00, Thursday 11h00 to 16h00
Fees: membership: $25 per year
Financing: donations, grants
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE MULTISERVICES UN COIN CHEZ NOUS - TRANSPORTATION
628 Notre-Dame Street, Saint-Chrysostome, Montérégie, QC, J0S 1R0
450 826-4425 Fax: 450 826-1000
Website: www.uncoincheznous.org
Email: ccmsuccn@cooptel.qc.ca
Services: * Transportation to medical appointments and activities by volunteers.
Eligibility: seniors, people with a loss of autonomy
Coverage area: MRC Le Haut-Saint-Laurent
Hours: Monday to Friday 7h30 to 16h30, Sunday 13h00 to 17h00
Fees: none
Financing: grants, self-financing
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE D'IBERVILLE ET DE LA RÉGION - ACCOMPANIMENT-TRANSPORTATION
290 des Conseillers Avenue, Saint-Jean-sur-Richelieu, Montérégie, QC, J2X 1Z8
450 347-1172 Fax: 450 347-3572
Website: cabiberville.org
Email: info@cabiberville.org
Services: * Transportation and accompaniment for medical appointments and shopping by a volunteer.
Eligibility: seniors, transportation and accompaniment for shopping: people with a loss of autonomy 55 years and over
Coverage area: Saint-Jean-sur-Richelieu: Iberville and Saint-Athanase neighbourhoods, Mont Saint-Grégoire
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, June to September: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00
Fees: medical transportation: $0.47 by kilometer, transportation for shopping: $0.47 by kilometer and minimal fee of $7
Financing: Centraide of Greater Montréal, donations, provincial
Legal status: non-profit organization
CENTRE D’ACTION BÉNÉVOLE DE BEAUHARNOIS - ACCOMPANIMENT-TRANSPORTATION
600 Ellice Street, Suite 106, Beauharnois, Montérégie, QC, J6N 3P7
450 429-6453
Website: cabbeauharnois.com
Email: info@cabbeauharnois.com
Services: * Transportation and accompaniment for medical appointments and shopping by volunteers.
Eligibility: seniors 65 years and over, people with a loss of autonomy, people with cancer or dialysis treatment
Coverage area: Beauharnois, Saint-Étienne-de-Beauharnois, Saint-Louis-de-Gonzague
Hours: Monday to Friday 8h00 to 15h30
Fees: gas cost, no fees for parking, fee for meals if the volunteer must stay on location: $8 for breakfast, $12 for lunch and $15 for dinner
Financing: provincial, self-financing, donations
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE BOUCHERVILLE - ACCOMPANIMENT-TRANSPORTATION
11 Louis-H. la Fontaine Street North, Suite 201, Boucherville, Montérégie, QC, J4B 4Y2
450 655-9081
Website: www.cabboucherville.ca
Email: info@cabboucherville.ca
Services: * Transportation and accompaniment for medical appointments and grocery shopping by volunteers.
Eligibility: people living with permanent or temporary difficulties, seniors, caregivers
Coverage area: Boucherville
Fees: $8 for Boucherville, $0.45 per km for other destinations
Financing: provincial, Centraide of Greater Montréal, donations, federal, self-financing
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE CONTRECOEUR - À PLEIN COEUR - TRANSPORTATION
5037 Legendre Street, Contrecoeur, Montérégie, QC, J0L 1C0
450 587-8227 Fax: 450 401-1151
Website: cabcontrecoeur.ca
Email: cab.contrecoeur@videotron.ca
Services: * Transportation for medical appointments and for shopping by volunteers.
Eligibility: mostly seniors
Coverage area: Contrecoeur and Verchères, medical transportation appointments: Greater Montréal, shopping: Contrecoeur
Hours: Monday to Friday
Fees: free for social assistance recipients, others: $0.40 per km
Financing: provincial, donations
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE FARNHAM - ACCOMPANIMENT-TRANSPORTATION
1810 Principale East Street, Farnham, Montérégie, QC, J2N 1N4
450 293-3265 Fax: 450 293-1010
Website: www.cabfarnham.com
Email: direction@cabfarnham.com
Eligibility: for everyone
Coverage area: Ange-Gardien, Farnham, Sainte-Brigide-d'Iberville, Sainte-Sabine
Hours: accompaniment-transportation for shopping: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00, medical accompaniment-transportation: Monday to Sunday depending on the needs
Fees: people registered in the social solidarity program: none, unregistered people: $0.59 per kilometer
Financing: Centraide Richelieu-Yamaska, provincial
Legal status: non-profit organization
Seniors

CENTRE D’ACTION BÉNÉVOLE DE LA FRONTIÈRE
12 Sainte-Marie Street, Lacolle, Montérégie, QC, J0J 1J0
450 246-2016 Fax: 450 246-2229
Email: centre.benev@hotmail.com


Eligibility: people in need, seniors

Coverage area: Lacolle, Clarenceville, Noyan, Saint-Bernard-de-Lacolle, Saint-Valentin, Saint-Paul-de-l’Île-aux-Noix, ITMAV: Lacolle, Saint-Paul-de-l’Île-aux-Noix, Saint-Valentin, Saint-Bernard-de-Lacolle

Hours: Monday to Thursday 7h00 to 16h00, Friday 7h30 to 11h30

Fees: meals-on-wheels: $5 hot meals, $4 frozen meals, community lunches: $10, transportation: variable

Financing: provincial, self-financing

Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE LA VALLÉE-DU-RICHELIEU - ACCOMPANIMENT-TRANSPORTATION
288-A Radisson Street, Mont-Saint-Hilaire, Montérégie, QC, J3H 2Z4
450 467-9373 Fax: 450 467-3732
Website: www.cabvr.org
Email: cabvr@cabvr.org

Services: * Accompaniment and transportation for medical appointments and grocery-shopping by volunteers.

Eligibility: people in need

Coverage area: Beloeil, McMasterville, Mont-Saint-Hilaire, Otterburn Park, Saint-Antoine-sur-Richelieu, Saint-Charles-sur-Richelieu, Saint-Denis-sur-Richelieu, Saint-Jean-Baptiste, Saint-Mathieu-de-Beloeil, Saint-Marc-sur-Richelieu

Hours: Monday to Friday 8h30 à 12h00 et 13h00 à 16h00

Fees: variable, depending on the location of the appointment

Financing: provincial, Centraide Richelieu-Yamaska, donations

Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE SAINT-CÉSAIRE - ACCOMPANIMENT-TRANSPORTATION
1100 Leclaire, Saint-Césaire, Montérégie, QC, J0L 1T0
450 469-3279 ext. 232 Fax: 450 469-0958
Website: www.cabacoeur.org
Email: services@cabacoeur.org

Services: * Transportation and accompaniment to medical appointments and errands by a volunteer.

Eligibility: medical accompaniment-transportation: people 55 years old and over, people receiving the Social Assistance Program, errands accompaniment: people 55 years and over

Coverage area: Saint-Césaire, medical accompaniment-transportation: accompaniment and transport anywhere, on a case by case basis, accompaniment to the errands: Saint-Césaire

Hours: administration: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00, accompaniment-transportation: by appointment

Fees: medical accompaniment-transportation: $0.43 per km, errands accompaniment: $6 minimum, $0.50 per additional trip

Financing: provincial, self-financing

Legal status: non-profit organization
Seniors

CENTRE D’ACTION BÉNÉVOLE DE SAINT-HUBERT - ACCOMPANIMENT-TRANSPORTATION
3339 Grande Allée, Longueuil, Montérégie, QC, J4T 2S9
450 656-9110 Fax: 450 656-9115
Website: www.cab-saint-hubert.org
Email: info@cab-saint-hubert.org
Services: * Accompaniment and transportation to medical appointments by volunteers.
Eligibility: autonomous people over 60 years old
Coverage area: Saint-Hubert
Hours: Monday to Friday 8h00 to 16h00
Fees: $0.50 per km, fixed minimum: $5
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE SAINT-JEAN-SUR-RICHELIEU - ACCOMPANIMENT-
TRANSPORTATION
640 Dorchester Street, Room 301, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 5A4
450 347-7527 ext. 21
Website: cabstjean.org/pages/accompagnement-transport-medical
Email: info@cabstjean.org
Services: * Transportation and accompaniment to medical appointments and groceries by a volunteer.
Eligibility: people aged 65 and over
Coverage area: Saint-Blaise-Sur-Richelieu, Saint-Jean-Sur-Richelieu (excluding the Iberville and Saint-
Athanase sectors), Saint-Paul-de-l’Île-aux-Noix
Hours: Monday to Thursday 8h00 to 16h30
Fees: variable
Financing: provincial, self-financing, donations
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE VALLEYFIELD
95 Salaberry Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2H5
450 373-2111
Website: cabvalleyfield.com
Email: info@cabvalleyfield.com
Services: Seniors * Visiting, sponsoring and caring calls. * Bonjour quotidien program: safety and comfort calls.
Eligibility: adults, seniors, caregivers, organizations
Coverage area: Salaberry-de-Valleyfield, Saint-Stanislas-de-Kostka, caregivers: Salaberry-de-Valleyfield, Saint-Stanislas-de-Kostka, Beauharnois, Saint-Étienne-de-Beauharnois and Saint-Louis-de-Gonzague
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: meals: $7
Financing: provincial, self-financing
Legal status: non-profit organization
Seniors

CENTRE D’ACTION BÉNÉVOLE DE VALLEYFIELD - ACCOMPANIMENT-TRANSPORTATION
95 Salaberry Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2H5
450 373-2111
Website: cabvalleyfield.com
Email: info@cabvalleyfield.com
Services: * Accompaniment and transportation to medical appointments by volunteers.
Eligibility: people 65 years and over with a loss of autonomy
Coverage area: Salaberry-de-Valleyfield, Saint-Stanislas-de-Kostka, appointments: Montérégie, Montréal
Hours: Monday to Friday 8h30 to 16h30
Fees: according to the destination
Financing: provincial, self-financing
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DU BAS RICHELIEU - ACCOMPANIMENT-TRANSPORTATION
70 Élizabeth Street, Sorel-Tracy, Montérégie, QC, J3P 4G5
450 743-4310
Website: www.cab-basrichelieu.org/1239/Accompagnement_médical.html
Email: transport-medical@cab-basrichelieu.org
Services: * Transportation and accompaniment to medical appointments by volunteers.
Eligibility: seniors, persons in slight temporary or permanent loss of autonomy
Coverage area: MRC Pierre-De Saurel
Hours: Monday to Thursday 8h30 to 12h00 and 13h30 to 16h00, Friday 8h30 to 12h00
Fees: variable
Financing: Centraide Richelieu-Yamaska, donations, provincial
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DU GRAND CHÂTEAUGUAY - ACCOMPANIMENT-TRANSPORTATION
10 Gilmour Street, Châteauguay, Montérégie, QC, J6J 1K4
450 699-6289
Website: www.cabchateauguay.org
Email: info@cabgc.org
Services: Volunteer accompaniment and transportation service. * Accompaniment to medical appointments. * Accompaniment for grocery shopping or essential errands. * Accompaniment for compassionate visits.
Eligibility: people aged 50 and over with a loss of physical or cognitive autonomy
Coverage area: Châteauguay, Saint-Urbain-Premier, Saint-Isidore, Sainte-Martine, Mercier, Léry, appointments: Greater Montréal
Hours: Monday to Friday, by appointment
Fees: variables depending on the destination
Financing: federal, provincial, donations
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE INTERACTION - TRANSPORTATION
100 Principale Street, Noyan, Montérégie, QC, J0J 1B0
450 294-2646     Fax: 450 294-2145
Website: cabinteraction.ca
Email: info@cabinteraction.ca
Services: * Transport to medical appointments by a volunteer.
Eligibility: people with a slight temporary or permanent loss of autonomy
Capacity: 1 person at a time
Coverage area: Noyan, Saint-Georges-De-Clarenceville, pointe Nord de Henryville
Hours: Monday to Thursday 8h00 to 16h30
Fees: variable with the possibility of reduced rates for clients on a low income, social assistance recipients: free
Financing: provincial, donations  
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 LES P’TITS BONHEURS - ACCOMPANIMENT-TRANSPORTATION  
1665 Montarville Street, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 3T8  
450 441-0807  Fax: 450 441-4667  
Website: www.cabstbruno.org  
Email: infocab.petitsbonheurs@cabstbruno.org  
Services: * Accompaniment and transportation to medical appointments by volunteers.  
Eligibility: people with mobility impairments or loss of independence who are unable to travel on public transportation  
Coverage area: Saint-Bruno-de-Montarville, appointments: neighbouring regions (Saint-Hyacinthe, Montréal) according to needs  
Fees: fixed fees according to the destination  
Financing: provincial  
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: cabs@videotron.ca  
Services: * Medical accompaniment and transportation by volunteers.  
Eligibility: seniors, 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: $0.05 per km, others: $0.47 per km  
Financing: donations, grants, self-financing  
Legal status: non-profit organization
CENTRE D'ENTRAIDE BÉNÉVOLE DE SAINT-AMABLE - ACCOMPANIMENT-TRANSPORTATION
297 Principale Street, Saint-Amable, Montérégie, QC, J0L 1N0
450 649-0604 ext. 31   Fax: 450 649-2301
Website: www.cebsa.org
Email: info@cebsa.org
Services: * Accompaniment and transportation for medical appointments and grocery shopping by volunteers.
Eligibility: people on a low income, seniors, people living with disabilities, ill people
Coverage area: Saint-Amable
Hours: Monday to Thursday 8h30 to 16h30
Fees: fixed rates according to the destination
Financing: provincial, self-financing
Legal status: non-profit organization

CENTRE D'ENTRAIDE RÉGIONAL D'HENRYVILLE - ACCOMPAGNEMENT-TRANSPORT
791, Saint-Jean-Baptiste Street, Henryville, Montérégie, QC, J0J 1E0
450 299-1117   Fax: 450 299-9742
Email: cerh1998@live.ca
Services: Transportation and accompaniment to medical appointments by volunteers.
Eligibility: seniors and people with a loss of autonomy
Coverage area: Henryville, Sabrevois, Saint-Alexandre, Saint-Sébastien, Venise-en-Québec
Hours: by appointment
Fees: variable
Financing: provincial, Centraide of Greater Montreal
Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT D'ACTON VALE - ACCOMPANIMENT-TRANSPORTATION
1176 Bélair Street, Acton Vale, Montérégie, QC, J0H 1A0
450 546-7332
Email: direction@cbav.ca
Services: * Transportation and accompaniment to medical appointments by a volunteer.
Eligibility: seniors
Coverage area: MRC Acton, medical appointments: necessarily outside the MRC Acton
Hours: administration: Monday to Friday 8h00 to 16h00
Financing: donations, self-financing
Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE LA RIVE-SUD - CHAMBLY SITE - ACCOMPANIMENT-TRANSPORTATION
1410 de Salaberry Avenue, Chambly, Montérégie, QC, J3L 1R7
450 658-4325   Fax: 450 658-1694
Website: www.benevolatrivesud.qc.ca
Email: chambly@benevolatrivesud.qc.ca
Services: * Accompaniment-transportation for medical appointments and errands by volunteers.
Eligibility: seniors 65 years and over, ill or convalescent people
Coverage area: Chambly, Carignan, appointments: neighbouring regions (Montréal, Longueuil, Laval, etc.) according to need
Hours: Monday to Friday 8h30 to 16h30, evenings and weekends according to availabilities
Fees: $0.45 per km, trips less than 11 km long: $5
Financing: donations
Legal status: non-profit organization
CENTRE DE BÉNÉVOLAT DE LA RIVE-SUD - POINT DE SERVICE DE CANDIAC - ACCOMPANIMENT-TRANSPORTATION
8 Saint-Francois-Xavier Road, Candiac, Montérégie, QC, J5R 1A2
450 659-9651    Fax: 450 659-1271
Website: benevolatrivesud.qc.ca
Email: candiac@benevolatrivesud.qc.ca
Services: * Transportation and accompaniment to medical appointments and errands by volunteers.
Eligibility: adults and seniors with a loss of autonomy, living alone or convalescent
Coverage area: Candiac, La Prairie, Saint-Constant, Sainte-Catherine, Saint-Mathieu, Saint-Philippe and Delson, appointments: South Shore, Montréal
Hours: day, evening and weekend according to availabilities
Fees: $0.45 per km, parking fees for some hospitals
Financing: provincial, self-financing
Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE LA RIVE-SUD - POINT DE SERVICE DE LONGUEUIL - ACCOMPANIMENT-TRANSPORTATION
16 Montcalm Street, Longueuil, Montérégie, QC, J4J 2K6
450 677-5281    Fax: 450 677-8067
Website: www.benevolatrivesud.qc.ca
Email: longueuil@benevolatrivesud.qc.ca
Services: * Accompaniment-transportation for medical appointments and errands by volunteers.
Eligibility: adults and seniors with a loss of autonomy, living alone or in convalescence
Coverage area: Longueuil (except for Saint-Hubert), appointments: Montréal, Montérégie
Hours: Monday to Friday 8h30 to 16h30
Fees: $0.50 per km
Financing: donations, self-financing
Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE LA RIVE-SUD - SAINT-LAMBERT SITE - ACCOMPANIMENT-TRANSPORTATION
45 Argyle Street, Saint-Lambert, Montérégie, QC, J4P 2H2
450 465-6130    Fax: 450 465-5638
Website: www.benevolatrivesud.qc.ca
Email: stlambert@benevolatrivesud.qc.ca
Services: * Accompaniment and transportation to medical appointments and errands by volunteers.
Eligibility: people over 65 years old, ill or convalescent people
Coverage area: Saint-Lambert, Greenfield Park, Le Moyne and Brossard, appointments: Greater Montréal
Hours: Monday to Friday 8h30 to 16h30, evenings and weekends according to availabilities
Fees: $0.50 per km
Financing: provincial, Centraide of Greater Montréal
Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE SAINT-BASILE-LE-GRAND
50 Robert Road, Saint-Basile-le-Grand, Montérégie, QC, J3N 1L7
450 461-2111    Fax: 450 461-1588
Email: centredebenevolat@bellnet.ca
Eligibility: adults and seniors, people on a low income
Coverage area: Saint-Basile-le-Grand
Seniors

**CENTRE DE BÉNÉVOLAT DE SAINT-BASILE-LE-GRAND - ACCOMPANIMENT-TRANSPORTATION**

50 Robert Street, Saint-Basile-le-Grand, Montérégie, QC, J3N 1L7  
**450 461-2111**  
**Fax:** 450 461-1588  
**Email:** centredebenevolat@bellnet.ca

**Services:** * Medical transportation by volunteers.  
**Eligibility:** general public  
**Coverage area:** Saint-Basile-le-Grand  
**Hours:** Monday to Thursday 8h00 to 16h00, Friday 8h00 to 12h00, more according to availabilities  
**Fees:** $5 to $25 according to the destination  
**Financing:** grants, donations, self-financing  
**Legal status:** non-profit organization

**CENTRE DE BÉNÉVOLAT DE ST-HYACINTHE (LE) - ACCOMPAGNEMENT-TRANSPORT**

1015 Dessaulles Street, Saint-Hyacinthe, Montérégie, QC, J2S 2Y8  
**450 250-2874 ext. 202**  
**Website:** cbsh.ca  
**Email:** infomad@cbsh.ca

**Services:** * Transport and accompaniment to medical appointments, by volunteers.  
**Eligibility:** seniors and people with a loss of autonomy  
**Coverage area:** MRC Les Maskoutains  
**Hours:** Monday to Friday 8h30 to 16h30  
**Fees:** according to the distance covered  
**Financing:** Centraide Richelieu-Yamaska, provincial, donations, grants  
**Legal status:** non-profit organization

**CLUB SAINT-LUC DE VERCHÈRES**

1045 Marie-Victorin Boulevard, PO Box 737, Verchères, Montérégie, QC, J0L 2R0  
**514 709-3627**  
**Website:** sites.google.com/site/clubstlucdevercheres  
**Email:** clubstlucdevercheres@gmail.com

**Services:** * Promotion of home care for seniors.  
* Tour of banks, a grocery store and drugstore.  
* Cultural and recreational activities with transportation.  
* Loan of orthopedic equipment: canes, wheelchairs, walkers, etc.  
**Eligibility:** seniors 55 years and over, fully or partially autonomous  
**Coverage area:** Calixa-Lavallée, Verchères  
**Fees:** equipment loan: free, transportation by minibus for activities: $5  
**Financing:** provincial, municipal, fundraising campaigns  
**Legal status:** non-profit organization

**CLUB SAINT-LUC DE VERCHÈRES - ACCOMPANIMENT-TRANSPORTATION**

1045 Marie-Victorin Boulevard, PO Box 737, Verchères, Montérégie, QC, J0L 2R0  
**514 709-3627**  
**Email:** clubstlucdevercheres@gmail.com

**Services:** * Transportation and accompaniment to medical appointments and errands by volunteers.  
**Eligibility:** seniors 55 years and over, fully or partially autonomous  
**Coverage area:** Calixa-Lavallée and Verchères, appointments: Montérégie, Greater Montréal  
**Fees:** free
Seniors

Financing: provincial, municipal, fundraising campaigns
Legal status: non-profit organization

COMITÉ MIEUX VIEILLIR À SAINTE-MARTINE - ACCOMPANIMENT-TRANSPORTATION
Confidential Address
438 825-6873
Services: * Transportation and accompaniment to medical and paramedical appointments by volunteers.
Eligibility: seniors, people who are ill, people on a low income or on welfare, people who don't have a car
Coverage area: Sainte-Martine, Saint-Urbain-Premier, appointments: Montérégie, Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: 20$, welfare: free
Financing: provincial, self-financing
Legal status: non-profit organization

COOPÉRATIVE DE SOLIDARITÉ EN SERVICE D'AIDE À DOMICILE MOBIL'AIDE - ACCOMPANIMENT
55 5th Avenue, Saint-Jean-sur-Richelieu, Montérégie, QC, J2X 1T1
450 346-1011 Fax: 450 346-2655
Email: info@mobilaide.com
Services: * Accompaniment for errands by employees.
Eligibility: seniors 65 years and over, people referred by the CISSS Montérégie-Centre
Coverage area: CLSC de la Vallée-des-Forts et du Richelieu
Hours: Monday to Friday 7h30 to 16h00
Fees: between $7.56 and $19 per hour, plus travel expenses
Financing: provincial, self-financing
Legal status: non-profit organization

COOPÉRATIVE DE SOUTIEN À DOMICILE DU PAYS DES VERGERS - ACCOMPANIMENT-TRANSPORTATION
175 Principale Street, Suite 7, Cowansville, Montérégie, QC, J2K 3L9
450 266-5484 Fax: 450 266-1919
Website: soutienadomicile.coop
Email: info@soutienadomicile.coop
Services: * Accompaniment and transportation to errands by employees.
Coverage area: MRC Brome-Missisquoi, Sainte-Brigide-d'Iberville, Ange-Gardien
Hours: Monday to Friday 8h00 to 16h00
Fees: transportation: $0.50 per km
Financing: self-financing
Legal status: cooperative

COUP DE POUCE DES MOISSONS - ACCOMPANIMENT-TRANSPORTATION
196 Saint-Louis Road, Beauharnois, Montérégie, QC, J6N 2J1
1 888 429-4229 Fax: 450 429-6364
Website: cpmaide.ca
Email: direction@cpmaide.ca
Services: * Accompaniment and transport for running errands by employees.
Eligibility: seniors, people who are ill, living with a disability or with a loss of autonomy
Coverage area: MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Roussillon
Hours: Monday to Friday, by appointment
Fees: starting from $25.50 per hour, transportation: $0.50/km
Financing: provincial, self-financing
Legal status: non-profit organization
ENVOléE (L’), CENTRE D’ACTION BÉNÉVole SAINTE-JULIE
695 Sainte-Julie Road, Sainte-Julie, Montérégie, QC, J3E 1W8
450 649-8874 Fax: 450 649-1362
Website: lenvolee.org
Email: info@lenvolee.org
Eligibility: seniors, people with a loss of autonomy, caregivers, families, community organizations
Coverage area: Sainte-Julie
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00
Fees: meals on wheels: $6 for a complete meal
Financing: provincial, donations, fundraising campaigns, self-financing
Legal status: non-profit organization

ENVOléE (L’), CENTRE D’ACTION BÉNÉVole SAINTE-JULIE - ACCOMPANIMENT-TRANSPORTATION
695 Sainte-Julie Road, Sainte-Julie, Montérégie, QC, J3E 1W8
450 649-8874 Fax: 450 649-1362
Website: lenvolee.org
Email: info@lenvolee.org
Services: * Accompaniment and transportation by volunteers for medical appointments, small errands in Sainte-Julie and for shopping at Promenades Saint-Bruno.
Eligibility: seniors, people with a loss of autonomy or in convalescence
Coverage area: Sainte-Julie
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00
Fees: variable
Financing: provincial, donations, fundraising campaigns
Legal status: non-profit organization

GROUPE LE TOURNANT - ACCOMPANIMENT-TRANSPORTATION
29 Diderot Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J2W 3C7
514 771-8572 Fax: 450 348-1410
Email: letournant@hotmail.ca
Services: * Transportation and accompaniment to medical appointments by volunteers.
Eligibility: people living with a serious illness, people in palliative care, caregivers, volunteers
Coverage area: Carignan, Chambly, MRC Le Haut-Richelieu
Financing: grants
Legal status: non-profit organization

JOYEUX RETRAITÉS (LES) - TRANSPORTATION
1 Curé-Poirier Boulevard East, Longueuil, Montérégie, QC, J4J 2C6
450 463-7100 ext. 2404
Website: www.lesjoyeuxretraites.com
Email: joyeuxretraites@outlook.fr
Services: * Transportation to medical appointments by volunteers.
Eligibility: people 50 years and over
Coverage area: Longueuil
Hours: medical transportation: 7 days, during the day
Fees: membership: $10, medical transportation: $10
**FINANCING:** contributions, provincial, self-financing

**LEGAL STATUS:** non-profit organization

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**KAHNAWAKE SHAKOTIIA’TAKEHNHAS COMMUNITY SERVICES**

Confidential Address

450 632-6880   Fax: 450 632-5116

Website: www.kscs.ca

**SERVICES:**
- Psychological support
- Emergency phone line for crisis situations
- Individual, crisis, couple and family psychosocial counselling
- Anger management
- Support for addiction issues
- Anxiety support group
- Various health programs
- Sexual health training and support
- Youth protection
- Our Gang: after-school activities program for children 6 to 12 years old
- Teen group: empowerment to become better global citizens while giving back to the community
- Education: Traditional cultural teachings
- Parenthood: Support to foster families
- Prenatal workshops
- Workshops for parenting teens
- Parent-child workshops
- Parenting skills workshops: Nobody’s Perfect program for parents of children 0 to 6 years old
- Family violence prevention
- Seniors: Day activities program for seniors
- Counselling for seniors
- Home and nursing care for seniors
- Turtle Bay Elders’ Lodge
- Food assistance
- Meals on wheels
- Mental health: Support and activities for people living with mental health problems or physical disabilities

**ELIGIBILITY:**
- Kahnawake residents

**COVERAGE AREA:**
- Kahnawake

**HOURS:**
- Monday to Friday 8h30 to 16h30

**FINANCING:**
- grants

**LEGAL STATUS:** non-profit organization

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**MAISON DES AÎNÉS DE LA PRAIRIE**

500 Saint-Laurent Street, La Prairie, Montérégie, QC, J5R 5X2

450 444-6736

Website: maisondesaineslaprairie.org

Email: admin@maisondesaineslaprairie.org

**SERVICES:**
- Community centre for seniors
- Educational, social and cultural activities
- Sporting and wellness activities
- English and Spanish courses
- Computer courses
- Intergenerational projects
- At-home hairdressing
- Community meals
- Monthly breakfast
- Group transportation for errands and shopping
- Conferences and discussions

**ELIGIBILITY:**
- people 50 years and over
- at-home hairdressing: people 50 years and over in recovery and without a car or people 80 years and over

**COVERAGE AREA:**
- La Prairie, MRC Roussillon
- at-home hairdressing: La Prairie

**HOURS:**
- Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00
- Friday 9h00 to 12h00

**FEES:**
- Annual membership: $18 for La Prairie citizens, $21 for others
- Courses and hairdressing: variable

**FINANCING:**
- self-financing, provincial

**LEGAL STATUS:** non-profit organization

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**MAISON INTERNATIONALE DE LA RIVE-SUD**

2500 Lapinière Boulevard, Brossard, Montérégie, QC, J4Z 3V1

450 445-8777   Fax: 450 445-1222

Website: mirs.qc.ca

Email: info@mirs.qc.ca

**SERVICES:**
- Assistance to newcomers and public refugees
- Support and help in all facets of integration
- Various forms, school registration, housing search, etc.
- Information and referral to local service organizations
- Full-time and part-time francization program
- Employment services for people with low levels of education
- Intercultural twinning
- Translation and certification of documents
- Bank of interpreters
- Language courses: English, Italian, Spanish
- Room rental
- Daycare
- Volunteerism
- Tax clinic

**ELIGIBILITY:**
- Immigrants and refugees

**COVERAGE AREA:**
- South Shore

**HOURS:**
- Monday to Friday 9h00 to 17h00

**FEES:**
- variable costs for some services: certification of documents, translation, daycare
Financing: provincial, federal, self-financing  
Legal status: non-profit organization

MOSAÏQUE (LA), CENTRE D’ACTION BÉNÉVOLE ET COMMUNAUTAIRE - ACCOMPANIMENT-TRANSPORTATION  
1650 de l’Église Avenue, Longueuil, Montérégie, QC, J4P 2C8  
450 465-1803     Fax: 450 465-5440  
Website: www.lamosaique.org  
Email: info@lamosaique.qc.ca  
Services: * Accompaniment and transportation to medical appointments by volunteers.  
Eligibility: people in need, socially isolated people  
Coverage area: Brossard, Greenfield Park, LeMoyne, Saint-Lambert  
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30  
Fees: variable according to the gas prices and the location of the beneficiary, volunteer and appointment  
Financing: donations, grants, self-financing  
Legal status: non-profit organization

ORGANISME VOUÉ AUX PERSONNES ATTEINTES DE CANCER - ACCOMPANIMENT-TRANSPORTATION  
320 Larocque Road, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4C2  
450 371-5400     Fax: 450 371-5455  
Website: ovpac.org  
Email: info@ovpac.org  
Services: * Transportation and accompaniment to oncology centres by volunteers.  
Eligibility: people living with cancer  
Coverage area: MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges, MRC Roussillon, appointments: Greater Montréal  
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 13h30  
Fees: membership fee: $15, transportation: $60 round-trip  
Financing: provincial, contributions, self-financing  
Legal status: non-profit organization

PROJET COMMUNIC-ACTION - ACCOMPANIMENT-TRANSPORTATION  
1493 138 Road, Suite 3, Godmanchester, Montérégie, QC, J0S 1H0  
450 264-5197  
Website: projetcommunicaction.org  
Email: info@projetcommunicaction.org  
Services: Accompaniment-transportation for visits, local activities and shopping.  
Eligibility: seniors 65 years and over with a loss of autonomy living at home  
Coverage area: Dundee, Elgin, Godmanchester, Hinchinbrooke, Huntingdon, Saint-Anicet, Sainte-Barbe, Ormstown  
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00  
Fees: none  
Financing: Centraide Sud-Ouest, provincial, self-financing, donations  
Legal status: non-profit organization

RESSOURCE-FAMILLE  
91 Cartier Boulevard, Beloeil, Montérégie, QC, J3G 6R4  
514 503-5904  
Website: www.mfvr.ca/ressourcefamille  
Email: ressourcefamille@mfvr.ca  
Services: Accompaniment for families by psychosocial workers.  
* Listening and support.  
* Meetings at home.  
* Referral and information.  
* Transport assistance.
Eligibility: families


Hours: office hours: Monday to Friday 8h30 to 16h00

Fees: none

Financing: donations, fundraising campaigns, grants

Legal status: non-profit organization

SANTÉ MENTALE QUÉBEC - HAUT-RICHELIEU - TRANSPORTATION

198 Mercier Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 6G9
450 346-5736  Fax: 450 346-2075
Email: direction.smq-hr@bellnet.ca

Services: * Medical transportation by volunteers.

Eligibility: adults living with mental health issues

Coverage area: MRC Le Haut-Richelieu, MRC Rouville, Carignan, Chambly, MRC Rousillon

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h00, Friday 8h00 to 12h00

Fees: transportation fees: $0.45 per km

Financing: provincial

Legal status: non-profit organization

SERVICE D'ACCOMPAGNEMENT BÉNÉVOLE ET COMMUNAUTAIRE

1493-2 Road 138, Huntingdon, Montérégie, QC, J0S 1H0
450 264-1131  Fax: 450 264-1131
Website: www.sabecduhsl.com
Email: sabec2641131@hotmail.com

Services: * Medical transportation and accompaniment. * Home support.

Eligibility: seniors, people with a temporary or permanent loss of autonomy, any person who has a medical appointment and that lives in the MRC du Haut-Saint-Laurent.


Hours: administration: Monday to Friday 9h00 to 16h30, transport and accompaniment: 7 days, by appointment

Fees: variable between $10 and $80, reduced rate for car sharing, social aid providers: $5

Financing: Centraide Sout-West of Québec, municipal, donations, provincial, self-financing

Legal status: non-profit organization

SERVICE D’ACTION BÉNÉVOLE AU COEUR DU JARDIN - ACCOMPAGNIMENT-TRANSPORTATION

1030 Notre-Dame Street, Saint-Rémi, Montérégie, QC, J0L 2L0
450 454-6567  Fax: 450 454-6567
Website: sabjardin.org
Email: sab.stremi@bellnet.ca

Services: * Medical transportation and accompaniment by volunteers.

Eligibility: autonomous seniors and people living with an illness

Coverage area: MRC Les Jardins-de-Napierville, appointments: according to the need

Hours: day, evening and weekend according to availabilities

Fees: $4 minimum, 39 km or less: $0.50 per km, 40 km or more: $0.45 per km

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization
SERVICE D'ACTION BÉNÉVOLE AU COEUR D'UN JARDIN - NAPIERVILLE SITE - ACCOMPANIMENT-TRANSPORTATION
262-A de l'Église Street, Napierville, Montérégie, QC, J0J 1L0
450 245-7868
Website: sabjardin.org
Email: sabnap@hotmail.ca
Services: * Medical transportation and accompaniment by volunteers.
Eligibility: autonomous people in need
Coverage area: MRC Les Jardins-de-Napierville, appointments: according to the need
Hours: day, evening and weekend according to availabilities
Fees: $5 minimum, 39 km or less: $0.50 per km, 40 km or more: $0.45 per km
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

SERVICE D'ACTION BÉNÉVOLE AU COEUR D'UN JARDIN - POINT DE SERVICE HEMMINGFORD - ACCOMPANIMENT-TRANSPORTATION
476 Frontière Street, Hemmingford, Montérégie, QC, J0L 1H0
450 247-2893 Fax: 450 247-2893
Website: sabjardin.org
Email: sabhemfrd@hotmail.com
Services: * Medical transportation and accompaniment by volunteers.
Eligibility: autonomous people in need
Coverage area: MRC Les Jardins-de-Napierville, appointments: according to the need
Hours: by appointment
Fees: $4 minimum, 39 km or less: $0.50 per km, 40 km or more: $0.45 per km
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

SERVICE D'AIDE DOMESTIQUE JARDINS-ROUSSILLON - ACCOMPANIMENT-TRANSPORTATION
23 Montée des Bouleaux, Suite 100, Saint-Constant, Montérégie, QC, J5A 1B6
1 877 629-0817 Fax: 450 993-0730
Website: www.sadjardins-roussillon.com
Email: info@sadjardins-roussillon.com
Services: * Transportation and accompaniment for errands by employees.
Eligibility: seniors, people with loss of autonomy, disabled or ill
Coverage area: Candiac, Delson, La Prairie, Sainte-Catherine, Saint-Constant, Saint-Isidore, Saint-Mathieu, Saint-Philippe, MRC les Jardins-de-Napierville
Hours: Monday to Friday 8h00 to 17h00
Fees: transportation: $0.45 per km, hourly fees according to the income
Financing: provincial, self-financing
Legal status: non-profit organization

SERVICE DE BÉNÉVOLAT DU CENTRE D'HÉBERGEMENT DOCTEUR-AIMÉ-LEDUC
80 du Marché Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1P5
450 373-4818 ext. 135 or 139
Website: www.santemonteregie.qc.ca/installations/chsld-docteur-aime-leduc
Email: vanessa.grimard.cisssmo16@ssss.gouv.qc.ca
Eligibility: general public
Coverage area: Salaberry-de-Valleyfield
Hours: Monday to Sunday 9h00 to 19h00
Seniors

Fees: none
Financing: provincial, municipal
Legal status: parapublic organization

TAXIBUS DE SALABERRY-DE-VALLEYFIELD
51 Hébert Street, Salaberry-de-Valleyfield, Montérégie, QC, J6S 2R5
450 370-0600   Fax: 450 371-9383
Website: www.stsv.ca
Email: info@taxibusvalleyfield.com
Services: Personalized public transportation.
Coverage area: Salaberry-de-Valleyfield
Hours: transportation: 7 days, 5h20 to 22h10, by reservation, office: Monday to Friday 8h00 to 18h00
Fees: registration: $5
Financing: municipal, provincial, self-financing
Legal status: non-profit organization
Sex and gender

LGBTQ ASSOCIATIONS

MEN’S ASSOCIATIONS

WOMEN’S CENTRES

WOMEN’S ASSOCIATIONS
LGBTQ associations

CENTRE DES FEMMES DE LONGUEUIL
1529 Lafayette Boulevard, Longueuil, Montérégie, QC, J4K 3B6
450 670-0111     Fax: 450 670-9749
Website: www.centredefemmeslongueuil.org
Email: info@centredefemmeslongueuil.org

Services: * Reception, listening and referral. * Ad hoc or short term individual support. * Popular education activities and outings. * Diverse workshops: self-knowledge, health, self-defense, etc. * Various support groups: for women who have violent behaviour, support in the separation, women of sexual and gender diversity, etc. * Computer lab. * Library and documentation centre. * Collective actions and citizen involvement (animation, committees, etc.).

Eligibility: women

Coverage area: agglomeration of Longueuil

Hours: Monday to Wednesday 9h00 to 16h30, Thursday 9h00 to 20h30

Fees: none

Financing: grants, donations

Legal status: non-profit organization

FIERTÉ AGRICOLE
Confidential Address
450 768-6995
Website: www.fierteagricole.org
Email: info@fierteagricole.org


Eligibility: people from LGBT communities

Coverage area: Province of Québec

Financing: donations, provincial, contributions

Legal status: non-profit organization

JAG - JEUNES ADULTES GAI.E.S
1195 Saint-Antoine Street, Suite 305, Saint-Hyacinthe, Montérégie, QC, J2S 3K6
450 774-1349     Fax: 450 261-0983
Website: lejag.org
Email: info@lejag.org

Services: Community organization providing awareness, support and referrals for people who are affected by emotional, sexual or gender diversity, who has questions about it. * Individual counselling: by phone, in person, by video conference (Messenger or Teams). * Group meetings. * Workshops, conferences. * Social activities. * Workshops in schools aiming at demystifying homosexuality and bisexuality. * Workshops and conferences in schools (primary, high school, Cégep) and community organizations on the importance of allies and on different sexual orientations and gender diversity. * Training for health, school and community workers. * Representation: stands, round tables.

Eligibility: people who are affected by emotional, sexual or gender diversity, who has questions about it

Coverage area: Montérégie East

Hours: Monday to Friday 9h00 to 17h00

Fees: people younger than 18: free, people over 18: $5 per year

Financing: membership fees, donations, municipal, provincial

Legal status: non-profit organization
JEUNES ADULTES GAI-E-S - LONGUEUIL SERVICE POINT
1320 de Chambly Road, Longueuil, Montérégie, QC, J4J 3X3
450 774-1349
Website: lejag.org
Email: info@lejag.org
Services: Community organization providing awareness, support and referrals for people who are affected by emotional, sexual or gender diversity, who has questions about it. * Individual counselling: by phone, in person, by video conference (Messenger or Teams). * Group meetings. * Workshops, conferences. * Social activities. * Workshops in schools aiming at demystifying homosexuality and bisexuality. * Workshops and conferences in schools (primary, high school, Cégep) and community organizations on the importance of allies and on different sexual orientations and gender diversity. * Training for health, school and community workers. * Representation: stands, round tables.
Eligibility: people who are affected by emotional, sexual or gender diversity, who has questions about it
Coverage area: Montérégie Centre
Hours: Monday to Friday 9h00 to 17h00
Fees: people younger than 18: free, people over 18: $5 per year
Financing: membership fees, donations, provincial, municipal
Legal status: non-profit organization

JEUNES ADULTES GAI-E-S - SALABERRY-DE-VALLEYFIELD SERVICE POINT
107 Jacques-Cartier Street Suite 11, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4R8
450 774-1349
Website: lejag.org
Email: info@lejag.org
Services: Community organization providing awareness, support and referrals for people who are affected by emotional, sexual or gender diversity, who has questions about it. * Individual counselling: by phone, in person, by video conference (Messenger or Teams). * Group meetings. * Workshops, conferences. * Social activities. * Workshops in schools aiming at demystifying homosexuality and bisexuality. * Workshops and conferences in schools (primary, high school, Cégep) and community organizations on the importance of allies and on different sexual orientations and gender diversity. * Training for health, school and community workers. * Representation: stands, round tables.
Eligibility: people who are affected by emotional, sexual or gender diversity, who has questions about it
Coverage area: Montérégie-West
Hours: Monday to Friday 9h00 to 17h00
Fees: people younger than 18: free, people over 18: $5 per year
Financing: membership fees, donations, provincial, municipal
Legal status: non-profit organization

Men’s associations

ENTRAIDE POUR HOMMES (L’)
551 Sir-Wilfrid-Laurier Boulevard, Suite 204, Beloeil, Montérégie, QC, J3G 4J1
1 833 651-4447 Fax: 450 651-4448
Website: www.entraidepourhommes.org
Email: info@entraidepourhommes.org
Eligibility: men 18 years old and over
Coverage area: Montérégie: service points in Beloeil, Longueuil and Saint-Hyacinthe
Hours: phone: Monday to Friday 10h00 to 16h00, individual meetings and intervention groups: Monday to Friday, morning and evening
Fees: according to the income
Financing: provincial, Centraide Richelieu-Yamaska, self-financing, donations

Legal status: non-profit organization

ENTRAIDE POUR HOMMES (L’) - POINT DE SERVICE BELOEIL
551 Sir Wilfrid Laurier Boulevard, Suite 204, Beloeil, Montérégie, QC, J3G 4J1
450 651-4447    Fax: 450 651-4448
Website: www.entraidepourhommes.org
Email: info@entraidepourhommes.org


Eligibility: men 18 and over

Coverage area: Montérégie, service points in Longueuil, Beloeil and Saint-Hyacinthe

Hours: Monday and Thursday 10h00 to 21h00, Tuesday 13h00 to 17h00, Friday 10h00 to 16h00

Fees: depending on income

Financing: provincial, self-financing, donations, Centraide

Legal status: non-profit organization

ENTRAIDE POUR HOMMES (L’) - POINT DE SERVICE GRAND LONGUEUIL
1078 Sainte-Hélène Street, Longueuil, Montérégie, QC, J4K 3R9
450 651-4447    Fax: 450 651-4448
Website: www.entraidepourhommes.org
Email: info@entraidepourhommes.org


Eligibility: men over 18 years old

Coverage area: Montérégie, service points in Longueuil, Beloeil and Saint-Hyacinthe

Hours: phone and individual meetings: Monday to Thursday 10h00 to 20h00, Friday 10h00 to 16h00, individual meetings and intervention groups: Monday to Thursday, morning and evening

Fees: according to the income

Financing: provincial, Centraide Richelieu-Yamaska, self-financing, donations

Legal status: non-profit organization

GROUPE DE PARTAGE POUR HOMMES DE LA MONTÉRÉGIE
Confidential Address
514 299-3210
Website: gphm.ca
Email: groupepartagehommes@gmail.com


Eligibility: men with emotional and relational difficulties

Capacity: 10 to 12 people per meeting

Coverage area: Montérégie

Hours: phone: 24 hours / 7 days, meetings: Monday to Thursday 19h00 to 22h00

Fees: membership: $20 per year, support group: voluntary contribution of $10 per meeting

Financing: membership fees, donations

Legal status: non-profit organization
MAISON LE PASSEUR
113 Charlotte Street, Sorel-Tracy, Montérégie, QC, J3P 1G9
450 743-8403    Fax: 450 743-8825
Website: www.maisonlepasser.com
Email: info@maisonlepasser.com
Services: Support and intervention for men in difficulty, experiencing violence or engaging in violent behaviour.
* Violence prevention and awareness. * Company assistance service for employees showing violent behavior at work.
Eligibility: men living in difficult situations that can degenerate into conjugal violence (bereavement, depression, job loss, break-up, etc.), men who are victims or perpetrators of domestic violence, businesses with employees who exhibit violent behaviour
Coverage area: MRC Pierre-De Saurel, Sorel-Tracy and surroundings
Hours: Monday, Thursday and Friday 9h00 to 17h00, Tuesday and Wednesday 9h00 to 20h00
Fees: cost proportional to the client's income
Financing: provincial
Legal status: non-profit organization

RESSOURCE POUR HOMMES DE LA HAUTE-YAMASKA
739 Dufferin Street, Granby, Montérégie, QC, J2H 2H5
450 777-6680    Fax: 450 777-5788
Website: www.rhhy.qc.ca
Email: info@rhhy.qc.ca
Eligibility: men 14 years old and over
Coverage area: Granby, Haute-Yamaska, Brome-Missisquoi, Acton, Rouville
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30
Fees: according to income
Financing: provincial
Legal status: non-profit organization

Women’s centres

AINSI SOIT-ELLE - CENTRE DE FEMMES
1224 Notre-Dame Street, Chambly, Montérégie, QC, J3L 1K3
450 447-3576    Fax: 450 447-8242
Email: ainsisotelte.org@hotmail.com
Eligibility: women
Coverage area: CLSC du Richelieu
Hours: Monday, Wednesday and Thursday 8h30 to 16h30, Tuesday 13h00 to 16h30
Fees: members: $10 each year
Financing: provincial, self-financing, donations, fundraising campaigns
Legal status: non-profit organization

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AIINSI SOIT-ELLE - CENTRE DE FEMMES
1224 Notre-Dame Street, Chambly, Montérégie, QC, J3L 1K3
450 447-3576  Fax: 450 447-8242
Email: ainsisoitelle.org@hotmail.com
Eligibility: women
Coverage area: CLSC du Richelieu
Hours: Monday, Wednesday and Thursday 8h30 to 16h30, Tuesday 13h00 to 16h30
Fees: members: $10 each year
Financing: provincial, self-financing, donations, fundraising campaigns
Legal status: non-profit organization

ASSOCIATION DES FEMMES D'ICI ET D'AILLEURS
5400 Payer Boulevard, Suite 4, Longueuil, Montérégie, QC, J3Y 1J4
514 583-9664
Website: femmesdicietdailleurs.webs.com
Email: afia-st-hubert@hotmail.com
Eligibility: immigrant women of all origins and ages
Coverage area: agglomeration of Longueuil
Hours: variable depending on the activities, phoneline: 7 days 9h00 to 21h00
Fees: variable depending on the activities
Financing: self-financing, fundraising campaigns, donations
Legal status: non-profit organization

CENTRE DE FEMMES DU HAUT-RICHELIEU
390 Georges-Phaneuf Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 1K2
450 346-0662  Fax: 450 346-9195
Website: www.centrefemmeshautrichelieu.ca
Email: registrariat@cfhr.ca
Eligibility: women 18 years and over
Coverage area: MRC Le Haut-Richelieu
Hours: Monday to Wednesday 8h30 to 12h00 and 13h00 to 16h30, Thursday 8h30 to 12h00 and 13h00 to 20h30, Friday 8h30 to 12h00
Fees: annual membership: $5, intervention and referral: free
Financing: provincial, municipal, Centraide of Greater Montréal, federal
Legal status: non-profit organization

CENTRE DE FEMMES ENTRE AILES
1611-A Principale Street, Sainte-Julie, Montérégie, QC, J3E 1W7
450 649-0658
Website: www.entreailes.org
Email: entreailes@entreailes.org
Eligibility: women
Capacity: 300
Sex and gender

**Coverage area:** Boucherville, Calixa-Lavallée, Contrecoeur, Saint-Amable, Saint-Bruno-de-Montarville, Sainte-Julie, Verchères, Varennes

**Hours:** Monday 8h30 to 12h00 and 13h15 to 16h30, Tuesday 13h30 to 16h30, Wednesday and Thursday 8h30 to 12h00 and 13h15 to 16h30, occasional activities in the evening: see program

**Fees:** annual membership: maximum $10

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

**CENTRE DE FEMMES L'AUTONOMIE EN SOIE**

270 de la Concorde Avenue North, Saint-Hyacinthe, Montérégie, QC, J2S 4N5

450 252-0010  Fax: 450 252-0020

Website: www.cfautonomieensoie.wordpress.com

Email: info@fcaes@gmail.com


**Eligibility:** women over 14 years old

**Coverage area:** Saint-Hyacinthe and surroundings

**Hours:** Monday and Tuesday 13h00 to 16h00, Wednesday and Thursday 9h00 to 12h00 and 13h00 to 16h00

**Fees:** membership card: $7 per year, activities and services: free or low fee

**Financing:** contributions, self-financing, grants

**Legal status:** non-profit organization

**CENTRE DE FEMMES L'ÉCLAIRCIE**

1025 Centrale Street, Sainte-Catherine, Montérégie, QC, J5C 1A2

450 638-1131  Fax: 450 638-1132

Website: www.centrededefemmesleclaircie.com

Email: info@eclaircie.org


**Eligibility:** women, children 5 years old and under

**Capacity:** 15

**Coverage area:** Candiac, Delson, La Prairie, Saint-Constant, Saint-Mathieu, Saint-Philippe, Sainte-Catherine

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

**Fees:** free or low cost for some activities

**Financing:** grants, self-financing, donations

**Legal status:** non-profit organization

**CENTRE DE FEMMES L'ESSENTIELLE**

231 Brillon Street, Beloeil, Montérégie, QC, J3G 2T5

450 467-3418  Fax: 450 467-1749

Website: www.cfessentielle.org

Email: essentielle@videotron.ca


**Eligibility:** women

**Coverage area:** MRC La Vallée-du-Richelieu and surroundings

**Hours:** Monday 8h30 to 12h00, Tuesday to Thursday 8h30 to 12h00 and 13h15 to 16h30, community meal: Wednesday 12h00

**Fees:** free

**Financing:** contributions, provincial, fundraising campaigns, self-financing

**Legal status:** non-profit organization
CENTRE DE FEMMES LA MARG'ELLE
87 Perras Street, Saint-Rémi, Montérégie, QC, J0L 2L0
450 454-1199  Fax: 450 454-6910
Email: info@centredefemmeslamargelle.org
Eligibility: women 14 years old and over
Capacity: 40
Coverage area: MRC Les Jardins de Napierville
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: very small fees
Financing: provincial
Legal status: non-profit organization

CENTRE DE FEMMES LA MOISSON
321 Grand Boulevard, L'Île-Perrot, Montérégie, QC, J7V 4X3
514 453-8720
Website: www.centredefemmeslamoisson.com/en
Email: lamoisson1@videotron.ca
Eligibility: women
Coverage area: Vaudreuil-Soulanges
Hours: Monday to Thursday 8h30 to 16h30
Fees: free
Financing: provincial
Legal status: non-profit organization

CENTRE DES FEMMES DE LONGUEUIL
1529 Lafayette Boulevard, Longueuil, Montérégie, QC, J4K 3B6
450 670-0111  Fax: 450 670-9749
Website: www.centredefemmeslongueuil.org
Email: info@centredefemmeslongueuil.org
Services: * Reception, listening and referral. * Ad hoc or short term individual support. * Popular education activities and outings. * Diverse workshops: self-knowledge, health, self-defense, etc. * Various support groups: for women who have violent behaviour, support in the separation, women of sexual and gender diversity, etc. * Computer lab. * Library and documentation centre. * Collective actions and citizen involvement (animation, committees, etc.).
Eligibility: women
Coverage area: agglomeration of Longueuil
Hours: Monday to Wednesday 9h00 to 16h30, Thursday 9h00 to 20h30
Fees: none
Financing: grants, donations
Legal status: non-profit organization

CERCLES DE FERMIÈRES DU QUÉBEC (LES)
1193 Maisonneuve Street, Longueuil, Montérégie, QC, J4K 2S7
450 442-3983  Fax: 450 442-4363
Website: cfq.qc.ca
Email: cerfer@cfq.qc.ca
Eligibility: women aged 14 years old and over
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Fees: annual subscription to the Actuelle magazine: $30
Financing: self-financing, contributions
Legal status: non-profit organization

CLUB DE LECTURE LES BOUQUINEUSES DE VALLEYFIELD
62 des Dominicaines Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2V4
450 371-2870
Email: marierocque@hotmail.com
Services: Monthly meeting for literary analysis and discussion. * Conferences.
Eligibility: women
Coverage area: Salaberry-de-Valleyfield
Hours: September to June: 1st Thursday of the month 18h00
Fees: $35 per year
Financing: membership fees
Legal status: non-profit organization

COM’FEMME
6035 Adam Street, Brossard, Montérégie, QC, J4Z 1A9
450 676-7719
Website: www.comfemme.org
Email: cf.membres@outlook.com
Eligibility: women 18 years and over
Coverage area: Brossard, Longueuil, Saint-Lambert
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 17h00
Fees: annual membership: $12
Financing: provincial, self-financing
Legal status: non-profit organization

CONTACT'L DE VARENNES
2016 René-Gaultier Boulevard, Suite 4, Varennes, Montérégie, QC, J3X 1E9
450 652-0004
Website: www.contactl.org
Email: contactL@contactL.org
Eligibility: adult women, immigrant women, women living with a disability
Coverage area: Boucherville, Saint-Amable, Sainte-Julie, Varennes, Verchères
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00
Fees: annual membership: $15, activities: variable
Financing: provincial, municipal, fundraising campaigns
Legal status: non-profit organization
D’MAIN DE FEMMES
77 Saint-Charles Street, Salaberry-de-Valleyfield, Montérégie, QC, J6S 3Z9
450 371-1500
Website: www.dmaindefemmes.org
Email: information.dmf@gmail.com
Eligibility: women
Coverage area: MRC de Beaulharnois-Salaberry
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30
Fees: membership: $5 per year, free activities
Financing: fundraising campaigns, grants
Legal status: non-profit organization

QUARTIER DES FEMMES (LE)
71 Principale Street, Châteauguay, Montérégie, QC, J6K 1G1
450 692-9805     Fax: 450 692-8243
Website: quartierdesfemmes.com/en
Email: info@quartierdesfemmes.com
Eligibility: women
Coverage area: CLSC Jardins-Roussillon
Hours: Monday to Friday 8h30 to 16h30, open in the evening according to activities
Fees: none, minimal fees for some activities
Financing: Centraide of Greater Montréal, provincial, federal, donations, contributions
Legal status: non-profit organization

RESSOURCES-FEMMES DE LA RÉGION D’ACTON
1018 Daigneault Street, Acton Vale, Montérégie, QC, J0H 1A0
450 546-3366
Website: www.ressources-femmes.org
Email: coordinatrice@ressources-femmes.org
Eligibility: women
Coverage area: MRC Acton
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: psychosocial support: free, educational activities: free or variable, membership: $10 per year or 7 hours of volunteering
Financing: provincial, contributions, fundraising campaigns, self-financing
Legal status: non-profit organization
Women’s associations

**AINSI SOIT-ELLE - CENTRE DE FEMMES**
1224 Notre-Dame Street, Chambly, Montérégie, QC, J3L 1K3
450 447-3576  Fax: 450 447-8242  Email: ainsisoielle.org@hotmail.com

**Services**: Centre providing assistance, listening and meetings. * Individual consultation related to various problems: violence, illness, bereavement, addiction, mental health, psychological distress, relational conflicts, financial difficulties, etc. * Phone listening line. * Socio-legal and medical accompaniment in the steps following a sexual assault, in a situation of violence, during a separation or divorce, etc. * Self-help group. * Meeting with a lawyer by appointment. * Access to computer stations. * Information and referral. * Workshops and thematic conferences.

**Eligibility**: women
**Coverage area**: CLSC du Richelieu
**Hours**: Monday, Wednesday and Thursday 8h30 to 16h30, Tuesday 13h00 to 16h30
**Fees**: members: $10 each year
**Financing**: provincial, self-financing, donations, fundraising campaigns
**Legal status**: non-profit organization

**ASSOCIATION DES FEMMES D'ICI ET D'AILLEURS**
5400 Payer Boulevard, Suite 4, Longueuil, Montérégie, QC, J3Y 1J4
514 583-9664
Website: femmediciedailleurs.webs.com
Email:afia-st-hubert@hotmail.com


**Eligibility**: immigrant women of all origins and ages
**Coverage area**: agglomeration of Longueuil
**Hours**: variable depending on the activities, phoneline: 7 days 9h00 to 21h00
**Fees**: variable depending on the activities
**Financing**: self-financing, fundraising campaigns, donations
**Legal status**: non-profit organization
ASSOCIATION FÉMININE D’ÉDUCATION ET D’ACTION SOCIALE - RICHELIEU-YAMASKA
650 Girouard Street East, Saint-Hyacinthe, Montérégie, QC, J2S 2Y2
450 796-5808 Fax: 450 773-7015
Website: www.afeas.qc.ca
Email: afeasry@cgocable.ca
Eligibility: women 16 years old and over
Coverage area: MRC Acton, MRC La Vallée-du-Richelieu and MRC Les Maskoutains
Fees: annual membership: $35
Financing: contributions, grants, provincial
Legal status: non-profit organization

CENTRE DE FEMMES DU HAUT-RICHELIEU
390 Georges-Phaneuf Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 1K2
450 346-0662 Fax: 450 346-9195
Website: www.centrefemmeshautrichelieu.ca
Email: registriariat@cfhr.ca
Eligibility: women 18 years and over
Coverage area: MRC Le Haut-Richelieu
Hours: Monday to Wednesday 8h30 to 12h00 and 13h00 to 16h30, Thursday 8h30 to 12h00 and 13h00 to 20h30, Friday 8h30 to 12h00
Fees: annual membership: $5, intervention and referral: free
Financing: provincial, municipal, Centraide of Greater Montréal, federal
Legal status: non-profit organization

CENTRE DE FEMMES ENTRE AILES
1611-A Principale Street, Sainte-Julie, Montérégie, QC, J3E 1W7
450 649-0658
Website: www.entreailes.org
Email: entreailes@entreailes.org
Eligibility: women
Capacity: 300
Coverage area: Boucherville, Calixa-Lavallée, Contrecoeur, Saint-Amable, Saint-Bruno-de-Montarville, Sainte-Julie, Verchères, Varennes
Hours: Monday 8h30 to 12h00 and 13h15 to 16h30, Tuesday 13h30 to 16h30, Wednesday and Thursday 8h30 to 12h00 and 13h15 to 16h30, occasional activities in the evening: see program
Fees: annual membership: maximum $10
Financing: provincial, self-financing
Legal status: non-profit organization

CENTRE DE FEMMES L’AUTONOMIE EN SOIE
270 de la Concorde Avenue North, Saint-Hyacinthe, Montérégie, QC, J2S 4N5
450 252-0010 Fax: 450 252-0020
Website: www.cfautonomieensoie.wordpress.com
Email: infofas@gmail.com
Eligibility: women over 14 years old
Coverage area: Saint-Hyacinthe and surroundings
Hours: Monday and Tuesday 13h00 to 16h00, Wednesday and Thursday 9h00 to 12h00 and 13h00 to 16h00
Fees: membership card: $7 per year, activities and services: free or low fee
Financing: contributions, self-financing, grants
Legal status: non-profit organization

CENTRE DE FEMMES L’ÉCLAIRCIE
1025 Centrale Street, Sainte-Catherine, Montérégie, QC, J5C 1A2
450 638-1131 Fax: 450 638-1132
Website: www.centredefemmesleclaircie.com
Email: info@eclaircie.org
Eligibility: women, children 5 years old and under
Capacity: 15
Coverage area: Candiac, Delson, La Prairie, Saint-Constant, Saint-Mathieu, Saint-Philippe, Sainte-Catherine
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: free or low cost for some activities
Financing: grants, self-financing, donations
Legal status: non-profit organization

CENTRE DE FEMMES L’ÉSSENTIELLE
231 Brillon Street, Beloeil, Montérégie, QC, J3G 2T5
450 467-3418 Fax: 450 467-1749
Website: www.cfessentielle.org
Email: essentielle@videotron.ca
Eligibility: women
Coverage area: MRC La Vallée-du-Richelieu and surroundings
Hours: Monday 8h30 to 12h00, Tuesday to Thursday 8h30 to 12h00 and 13h15 to 16h30, community meal: Wednesday 12h00
Fees: free
Financing: contributions, provincial, fundraising campaigns, self-financing
Legal status: non-profit organization

CENTRE DE FEMMES LA MARG’ELLE
87 Perras Street, Saint-Rémi, Montérégie, QC, J0L 2L0
450 454-1199 Fax: 450 454-6910
Email: info@centredefemmeslamargelle.org
Eligibility: women 14 years old and over
Capacity: 40
Coverage area: MRC Les Jardins de Napierville
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: very small fees
Financing: provincial
Legal status: non-profit organization
CENTRE DE FEMMES LA MOISSON
321 Grand Boulevard, L’Île-Perrot, Montérégie, QC, J7V 4X3
514 453-8720
Website: www.centredefemmeslamoisson.com/en
Email: lamoisson1@videotron.ca
Eligibility: women
Coverage area: Vaudreuil-Soulanges
Hours: Monday to Thursday 8h30 to 16h30
Fees: free
Financing: provincial
Legal status: non-profit organization

CENTRE DES FEMMES DE LONGUEUIL
1529 Lafayette Boulevard, Longueuil, Montérégie, QC, J4K 3B6
450 670-0111     Fax: 450 670-9749
Website: www.centredefemmeslongueuil.org
Email: info@centredefemmeslongueuil.org
Services: * Reception, listening and referral. * Ad hoc or short term individual support. * Popular education activities and outings. * Diverse workshops: self-knowledge, health, self-defense, etc. * Various support groups: for women who have violent behaviour, support in the separation, women of sexual and gender diversity, etc. * Computer lab. * Library and documentation centre. * Collective actions and citizen involvement (animation, committees, etc.).
Eligibility: women
Coverage area: agglomeration of Longueuil
Hours: Monday to Wednesday 9h00 to 16h30, Thursday 9h00 to 20h30
Fees: none
Financing: grants, donations
Legal status: non-profit organization

CERCLES DE FERMIÈRES DU QUÉBEC (LES)
1193 Maisonneuve Street, Longueuil, Montérégie, QC, J4K 2S7
450 442-3983     Fax: 450 442-4363
Website: cfq.qc.ca
Email: cerfer@cfq.qc.ca
Eligibility: women aged 14 years old and over
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Fees: annual subscription to the Actuelle magazine: $30
Financing: self-financing, contributions
Legal status: non-profit organization

CLUB DE LECTURE LES BOUQUINEUSES DE VALLEYFIELD
62 des Dominicaines Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2V4
450 371-2870
Email: marierocque@hotmail.com
Services: Monthly meeting for literary analysis and discussion. * Conferences.
Eligibility: women
Coverage area: Salaberry-de-Valleyfield
Sex and gender

Hours: September to June: 1st Thursday of the month 18h00
Fees: $35 per year
Financing: membership fees
Legal status: non-profit organization

COMMISSION DE L’ÉQUITÉ SALARIALE - LONGUEUIL
25 La Fayette Boulevard, Longueuil, Montérégie, QC, J4K 5B7
1 844 838-0808 Fax: 514 864-6756
Website: www.cnesst.gouv.qc.ca/en
Email: equite.salariale@ces.gouv.qc.ca

Services: Support and assistance to employers who must achieve pay equity in their company and to employees wishing to obtain information or exercise their rights. * Front-line telephone service to answer general questions on the application of the Pay Equity Act. * Specialized assistance to understand more complex or technical aspects of the Act. * Conciliation services to promote the settlement of disagreements. * Investigations following complaints or different subjected by the parties or on its own initiative. * Software package to achieve pay equity: computer tool that allows employers to realize their pay equity exercise autonomously, available on the website. * Information lectures on Pay Equity Act and its application, available upon request for groups of employers, employees, or any other grouping wishing to obtain information on pay equity. * Tool development and training accessible free of charge in all regions of Québec. * Research activities.

Eligibility: employees, mostly women who occupy predominantly female job classes, accredited associations and employers
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

COMMISSION DE L’ÉQUITÉ SALARIALE - SAINT-JEAN-SUR-RICHELIEU
145 Saint-Joseph Boulevard, 3rd Floor, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 1W5
1 844 838-0808 Fax: 514 864-6756
Website: www.cnesst.gouv.qc.ca/en
Email: equite.salariale@ces.gouv.qc.ca

Services: Support and assistance to employers who must achieve pay equity in their company and to employees wishing to obtain information or exercise their rights. * Front-line telephone service to answer general questions on the application of the Pay Equity Act. * Specialized assistance to understand more complex or technical aspects of the Act. * Conciliation services to promote the settlement of disagreements. * Investigations following complaints or different subjected by the parties or on its own initiative. * Software package to achieve pay equity: computer tool that allows employers to realize their pay equity exercise autonomously, available on the website. * Information lectures on Pay Equity Act and its application, available upon request for groups of employers, employees, or any other grouping wishing to obtain information on pay equity. * Tool development and training accessible free of charge in all regions of Québec. * Research activities.

Eligibility: employees, mostly women who occupy predominantly female job classes, accredited associations and employers
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

COMMISSION DE L’ÉQUITÉ SALARIALE - VALLEYFIELD
9 Nicholson Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4M4
1 844 838-0808 Fax: 514 864-6756
Website: www.cnesst.gouv.qc.ca/en
Email: equite.salariale@ces.gouv.qc.ca
Sex and gender

Services: Support and assistance to employers who must achieve pay equity in their company and to employees wishing to obtain information or exercise their rights. * Front-line telephone service to answer general questions on the application of the Pay Equity Act. * Specialized assistance to understand more complex or technical aspects of the Act. * Conciliation services to promote the settlement of disagreements. * Investigations following complaints or different subjected by the parties or on its own initiative. * Specialized assistance to understand more complex or technical aspects of the Act. * Conciliation services to promote the settlement of disagreements. * Investigations following complaints or different subjected by the parties or on its own initiative. * Front-line telephone service to answer general questions on the application of the Pay Equity Act. * Specialized assistance to understand more complex or technical aspects of the Act. * Conciliation services to promote the settlement of disagreements. * Investigations following complaints or different subjected by the parties or on its own initiative. * Software package to achieve pay equity: computer tool that allows employers to realize their pay equity exercise autonomously, available on the website. * Information lectures on Pay Equity Act and its application, available upon request for groups of employers, employees, or any other grouping wishing to obtain information on pay equity. * Tool development and training accessible free of charge in all regions of Québec. * Research activities.  

Eligibility: employees, mostly women who occupy predominantly female job classes, accredited associations and employers

Coverage area: province of Québec

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: provincial government agency

COMMISSION DE L’ÉQUITÉ SALARIALE - YAMASKA

2710 Bachand Street, Saint-Hyacinthe, Montérégie, QC, J2S 8B6

1 844 838-0808 Fax: 514 864-6756

Website: www.cnestg.gouv.qc.ca/en

Email: equite.salariale@ces.gouv.qc.ca

Services: Support and assistance to employers who must achieve pay equity in their company and to employees wishing to obtain information or exercise their rights. * Front-line telephone service to answer general questions on the application of the Pay Equity Act. * Specialized assistance to understand more complex or technical aspects of the Act. * Conciliation services to promote the settlement of disagreements. * Investigations following complaints or different subjected by the parties or on its own initiative. * Specialized assistance to understand more complex or technical aspects of the Act. * Conciliation services to promote the settlement of disagreements. * Investigations following complaints or different subjected by the parties or on its own initiative. * Front-line telephone service to answer general questions on the application of the Pay Equity Act. * Specialized assistance to understand more complex or technical aspects of the Act. * Conciliation services to promote the settlement of disagreements. * Investigations following complaints or different subjected by the parties or on its own initiative. * Software package to achieve pay equity: computer tool that allows employers to realize their pay equity exercise autonomously, available on the website. * Information lectures on Pay Equity Act and its application, available upon request for groups of employers, employees, or any other grouping wishing to obtain information on pay equity. * Tool development and training accessible free of charge in all regions of Québec. * Research activities.  

Eligibility: employees, mostly women who occupy predominantly female job classes, accredited associations and employers

Coverage area: province of Québec

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: provincial government agency

CONTACT'L DE VARENNES

2016 René-Gaultier Boulevard, Suite 4, Varennes, Montérégie, QC, J3X 1E9

450 652-0004

Website: www.contactl.org

Email: contactL@contactL.org


Eligibility: adult women, immigrant women, women living with a disability

Coverage area: Boucherville, Saint-Amable, Sainte-Julie, Varennes, Verchères

Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00

Fees: annual membership: $15, activities: variable

Financing: provincial, municipal, fundraising campaigns

Legal status: non-profit organization
D’MAIN DE FEMMES
77 Saint-Charles Street, Salaberry-de-Valleyfield, Montérégie, QC, J6S 3Z9
450 371-1500
Website: www.dmaindefemmes.org
Email: information.dmf@gmail.com
Eligibility: women
Coverage area: MRC de Beauharnois-Salaberry
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30
Fees: membership: $5 per year, free activities
Financing: fundraising campaigns, grants
Legal status: non-profit organization

D’UN COUVERT À L’AUTRE
1301 Sainte-Hélène Street, Longueuil, Montérégie, QC, J4K 3S4
450 928-9898
Website: www.duncouvertalautre.org/index.html
Email: duncouvertalautre@gmail.com
Eligibility: people living with schizophrenia or with other mental illnesses with psychotic symptoms
Coverage area: Longueuil
Hours: Monday to Friday 8h00 to 17h00, printing shop: Monday to Thursday 8h00 to 17h00
Financing: grants
Legal status: non-profit organization

FEMMES REGROUPÉES EN OPTIONS NON TRADITIONNELLES
Confidential Address
514 944-2030
Website: www.front.qc.ca
Email: mdupuis60@outlook.com
Services: Advocacy in terms of integration, retention and development of women working or wishing to work in jobs not traditionally occupied by women. * Information and referrals regarding studies, job access, conditions to maintain employment and promotions. * Awareness, education and consultation.
Eligibility: women
Coverage area: Province of Québec
Hours: variable, on call
Financing: grants
Legal status: non-profit organization

QUARTIER DES FEMMES (LE)
71 Principale Street, Châteauguay, Montérégie, QC, J6K 1G1
450 692-9805 Fax: 450 692-8243
Website: quartierdesfemmes.com/en
Email: info@quartierdesfemmes.com
Sex and gender


**Eligibility:** women

**Coverage area:** CLSC Jardins-Roussillon

**Hours:** Monday to Friday 8h30 to 16h30, open in the evening according to activities

**Fees:** none, minimal fees for some activities

**Financing:** Centraide of Greater Montréal, provincial, federal, donations, contributions

**Legal status:** non-profit organization

**QUÉBEC NATIVE WOMEN**

Confidential Address

1 800 363-0322    Fax: 450 632-9280

**Website:** faq-qnw.org/en

**Email:** info@faq-qnw.org


**Eligibility:** native women living on and off reserve, their families and communities

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h00 to 16h00

**Fees:** none

**Financing:** federal, provincial

**Legal status:** non-profit organization

**RESSOURCES-FEMMES DE LA RÉGION D'ACTON**

1018 Daigneault Street, Acton Vale, Montérégie, QC, J0H 1A0

450 546-3366

**Website:** www.ressources-femmes.org

**Email:** coordinatrice@ressources-femmes.org


**Eligibility:** women

**Coverage area:** MRC Acton

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

**Fees:** psychosocial support: free, educational activities: free or variable, membership: $10 per year or 7 hours of volunteering

**Financing:** provincial, contributions, fundraising campaigns, self-financing

**Legal status:** non-profit organization

**TABLE DE CONCERTATION DES GROUPES DE FEMMES DE LA MONTÉRÉGIE**

95 Lorne Avenue, Saint-Lambert, Montérégie, QC, J4P 2G7

450 671-5095

**Website:** www.tcgfm.qc.ca

**Email:** info@tcgfm.qc.ca

**Services:** * Information circulation, sharing of expertise and class actions. * Advocacy of women's groups in the Montérégie.

**Eligibility:** organizations working with women or with a women component

**Coverage area:** Montérégie
Hours: variable
Financing: provincial, grants, donations
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

AIDE PÉDAGOGIQUE AUX ADULTES ET AUX JEUNES DE SAINTE-HYACINTHE
900 Saint-Antoine Street, Saint-Hyacinthe, Montérégie, QC, J2S 3K1
450 261-0384
Website: www.apaj.ca
Email: info@apaj.ca


Eligibility: people living with problem of illiteracy
Coverage area: Saint-Hyacinthe
Hours: Monday to Thursday 9h00 to 17h00
Fees: small fee for the collective kitchen
Financing: provincial
Legal status: non-profit organization

ASSOCIATION DE LA VALLÉE DU RICHELIEU POUR LA DÉFICIENCE INTELLECTUELLE
625 Lechasseur Street, Beloeil, Montérégie, QC, J3G 2L3
450 467-8644
Website: www.avrdi.org
Email: avrdibeloeil@gmail.com


Eligibility: people aged over 13 years old with mild or moderate intellectual disabilities and with or without an autism spectrum disorder
Capacity: depending on the activities, between 10 and 100 people
Coverage area: MRC La Vallée-du-Richelieu
Hours: Monday to Saturday 9h00 to 16h30
Fees: variable depending on the activity
Financing: donations, provincial, self-financing
Legal status: non-profit organization

BISTRO CULTUREL COEUR DE VILLAGE
680 Rang Saint-Régis, Saint-Isidore, Montérégie, QC, J0L 2A0
514 400-5351     Fax: 450 992-0633
Website: coeurdevillage.wordpress.com
Email: coeurdevillage@videotron.ca


Eligibility: youth, adults, seniors
Capacity: 100
Coverage area: MRC Roussillon
Hours: Wednesday to Sunday 11h00 to 17h00
Fees: annual membership: $20
Financing: self-financing, contributions, grants
Legal status: non-profit organization
BOUCHERVILLE - LOISIR, CULTURE ET VIE COMMUNAUTAIRE

490 Lake Road, Boucherville, Montérégie, QC, J4B 6X3
450 449-8640  Fax: 450 449-7109
Website: boucherville.ca/sports
Email: infoloisirs@boucherville.ca

Services: * Community, sociocultural and sporting activities. * Aquatic centre and swimming pools, art centre, sport centre, arena, ice rinks, parks and playgrounds. * Summer day camp. * Events, shows and exhibitions. * Coordination with community organizations.

Coverage area: Boucherville
Fees: variable
Legal status: municipal agency

BOUCHERVILLE PUBLIC LIBRARY

501 du Lac Road, Boucherville, Montérégie, QC, J4B 6V6
450 449-8650  Fax: 450 449-6865
Website: bibliotheque.ville.boucherville.qc.ca
Email: bibliotheque@boucherville.ca


Coverage area: Boucherville
Hours: Monday to Wednesday 10h00 to 21h00, Thursday and Friday 12h00 to 21h00, Saturday and Sunday 10h00 to 17h00, summer: closed on Saturday
Financing: municipal
Legal status: municipal agency

BROSSARD - RECREATION AND CULTURE

2001 de Rome Boulevard, Brossard, Montérégie, QC, J4W 3K5
450 923-6311
Website: www.brossard.ca/loisir-et-culture/activites-et-inscriptions


Coverage area: Brossard
Fees: variable
Financing: municipal
Legal status: municipal agency

BROSSARD PUBLIC LIBRARY

7855 San-Francisco Avenue, Brossard, Montérégie, QC, J4X 2A4
450 923-6350  Fax: 450 923-7042
Website: bibliotheque.brossard.ca
Email: bibliotheque@brossard.ca


Coverage area: Brossard
CANDIAC PUBLIC LIBRARY
59 Haendel Road, Candiac, Montérégie, QC, J5R 1R7
450 635-6032   Fax: 450 635-0900
Website: candiac.ca/bibliothéque
Email: biblio@ville.candiac.qc.ca


Eligibility: general public

Coverage area: Candiac

Hours: Tuesday and Thursday 10h00 to 20h00, Wednesday and Friday 13h00 to 20h00, Saturday 10h00 to 16h30, Sunday 12h00 to 16h30, summer: closed on Sunday

Fees: registration: free for residents, variable for non-residents

Financing: municipal

Legal status: municipal agency

CARREFOUR MOUSSEAU
230 des Ormeaux Boulevard, Longueuil, Montérégie, QC, J4L 1J4
450 468-4926   Fax: 450 468-1485
Website: www.carrefourmousseau.org
Email: cmousseau1990@videotron.ca


Eligibility: families, children 3 months to 5 years old, youth 8 to 12 years old, vulnerable, low-income or isolated adults, seniors, language course: children with language or attention problems

Capacity: 300 people

Coverage area: Vieux-Longueuil borough

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00

Fees: annual membership: $5, activities: 2 to $8, daycare: free, respite care: $7 per day

Financing: grants, donations, self-financing

Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE VALLEYFIELD
95 Salaberry Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2H5
450 373-2111
Website: cabvalleyfield.com
Email: info@cabvalleyfield.com
Services: Seniors * Visiting, sponsoring and caring calls. * Bonjour quotidien program: safety and comfort calls.

Eligibility: adults, seniors, caregivers, organizations
Coverage area: Salaberry-de-Valleyfield, Saint-Stanislas-de-Kostka, caregivers: Salaberry-de-Valleyfield, Saint-Stanislas-de-Kostka, Beauharnois, Saint-Étienne-de-Beauharnois and Saint-Louis-de-Gonzague

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Fees: meals: $7

Financing: provincial, self-financing

Legal status: non-profit organization
CLUB DE LECTURE LES BOUQUINEUSES DE VALLEYFIELD
62 des Dominicaines Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2V4
450 371-2870
Email: marierocque@hotmail.com
Services: Monthly meeting for literary analysis and discussion. * Conferences.
Eligibility: women
Coverage area: Salaberry-de-Valleyfield
Hours: September to June: 1st Thursday of the month 18h00
Fees: $35 per year
Financing: membership fees
Legal status: non-profit organization

COTEAU-DU-LAC - JULES-FOURNIER LIBRARY
3 du Parc Street, Coteau-du-Lac, Montérégie, QC, JOP 1B0
450 763-2763      Fax: 450 763-2495
Email: bibliotheque@coteau-du-lac.com
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

FADOQ - BOUCHERVILLE
31 Pierre-Boucher Street, Boucherville, Montérégie, QC, J4B 5A8
450 655-5014      Fax: 450 655-1454
Website: fadoqboucherville.org
Email: fadoqboucherville@videotron.ca
Eligibility: seniors 50 years and over
Coverage area: Boucherville
Hours: Monday to Thursday 10h00 to 16h00, summer: Tuesday to Thursday 13h00 to 16h00
Fees: membership: $25
Financing: contributions, self-financing
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.reseaubibliomontregie.qc.ca/fr/bibliothèques-horaire-et-localisation/b19/bibliothèque-des-
cèdres-gaby-farmer-denis
Email: cedres@reseaubibliomontregie.qc.ca
Exhibitions, 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
GUEULART
678 Saint-Régis Road, Saint-Isidore, Montérégie, QC, J0L 2A0
514 400-5351     Fax: 450 992-0633
Website: www.gueulart.com
Email: gueulart678@gmail.com
Eligibility: artists, general public
Capacity: 100
Coverage area: Province of Québec
Hours: variable
Financing: donations
Legal status: non-profit organization

HEMMINGFORD COMMUNITY LIBRARY
552 Goyette Avenue, Hemmingford, Montérégie, QC, J0L 1H0
450 247-0010
Website: mabibliotheque.ca/hemmingford
Email: bibliotheque@hemmingford.ca
Coverage area: Hemmingford
Hours: Tuesday 14h00 to 17h00, Wednesday 14h00 to 20h00, Saturday 10h00 to 14h00, summer: Tuesday 15h00 to 17h00, Wednesday 14h00 to 17h00, Thursday 18h30 to 20h30, Saturday 9h00 to 12h00
Financing: municipal
Legal status: municipal agency

INFO HEMMINGFORD COMMUNITY BULLETIN
Confidential Address
450 247-2479
Website: infohemmingford.org/en
Email: infohemmingford@gmail.com
Services: Community bulletin. * Promotion of sustainable development.
Eligibility: citizens, community organizations, businesses
Coverage area: Hemmingford
Fees: subscription: $5 per year or $20 for life
Financing: provincial, municipal, contributions, self-financing
Legal status: non-profit organization

JOIE DE VIVRE DE L'ÂGE D'OR DE BROSSARD
3310 Bernard Avenue, Brossard, Montérégie, QC, J4Z 2B6
450 672-6720
Website: scadie.com/joiedevivre
Eligibility: seniors 50 years and over
Coverage area: Brossard
Hours: variable according to activities
Fees: membership: $6 per year
Financing: self-financing
Legal status: non-profit organization
JOYEUX RETRAITÉS (LES)
1 Curé-Poirier Boulevard East, Longueuil, Montérégie, QC, J4J 2C6
450 463-7100 ext. 2404
Website: www.lesjoyeuxretraites.com
Email: joyeuxretraites@outlook.fr
Eligibility: people 50 years and over
Coverage area: Longueuil and surroundings
Hours: administration: Wednesday 9h00 to 11h30
Fees: membership: $10 renewable in May
Financing: contributions, provincial
Legal status: non-profit organization

LA MAISON AMÉRINDIENNE
510 des Trentes Montée, Mont-Saint-Hilaire, Montérégie, QC, J3H 2R8
450 464-2500     Fax: 450 464-0071
Website: www.maisonamerindienne.com
Email: info@maisonamerindienne.com
Eligibility: general population, day camps: children 6 to 12 years old, educational programs: preschool, primary, secondary and post-secondary level
Coverage area: Province of Québec
Hours: Monday to Friday 9h00 to 17h00, Saturday and Sunday 13h00 to 17h00
Fees: variable
Financing: self-financing
Legal status: non-profit organization

LA PRAIRIE PUBLIC LIBRARY
500 Saint-Laurent Street, La Prairie, Montérégie, QC, J5R 5X2
450 444-6710
Website: www.ville.laprairie.qc.ca/activites/loisirs-et-culture/bibliotheque-leo-lecavalier
Email: biblio@ville.laprairie.qc.ca
Eligibility: general public
Coverage area: La Prairie
Hours: Tuesday and Thursday 9h30 to 20h30, Wednesday 13h30 to 20h30, Friday 13h30 to 18h00, Saturday 10h00 to 16h30, Sunday 13h30 to 16h30, summer: Monday and Wednesday 13h30 to 20h30, Tuesday and Thursday 9h30 to 20h30, Friday 13h30 to 18h00, Saturday 13h30 to 16h30
Fees: membership: free for residents, variable for non-residents
Financing: municipal
Legal status: municipal agency

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-communaute/bibliotheque
Email: bibliodescoteaux@videotron.ca

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

MAISON DES JEUNES DE SAINT-BRUNO
1425 Goyer Street, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 3Z4
450 441-1989

Website: mdjstbruno.org

Email: maisondesjeunesst-bruno@videotron.ca


Eligibility: youth 11 to 17 years old

Coverage area: Saint-Bruno-de-Montarville

Hours: school year: Monday to Thursday 15h00 to 20h00, Friday 15h00 to 21h00, summer: Monday to Friday 13h00 to 21h00, collective suppers: Wednesday 17h00 to 19h00

Fees: free, variables fees for outings

Financing: donations, self-financing, grants

Legal status: non-profit organization

MAISON INTERNATIONALE DE LA RIVE-SUD - CAFÉ DES AÎNÉS
2500 Lapinière Boulevard, Brossard, Montérégie, QC, J4Z 3V1
450 445-8777 ext. 235 Fax: 450 445-1222

Website: mirs.qc.ca

Email: jb.henry@mirs.qc.ca


Eligibility: senior immigrants

Capacity: 70

Coverage area: South Shore

Hours: Monday to Friday 9h00 to 17h00

Fees: membership card: $30, subscription to activities: variable

Financing: self-financing, provincial, contributions

Legal status: non-profit organization

MONTÉRÉGIE WEST COMMUNITY NETWORK - CHÂTEAUGUAY
255 D'Anjou Boulevard, Suite 203, Châteauguay, Montérégie, QC, J6J 2R4
450 691-1444

Website: www.mwcn.ca

Email: info@mwcn.ca


Eligibility: English-speaking community groups, citizens of all ages

Coverage area: MRC Les Jardins-de-Napierville, MRC Roussillon, MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

Hours: Monday to Thursday 8h30 to 16h30
MONTÉRÉGIE WEST COMMUNITY NETWORK - HEMMINGFORD
476 Frontière Street, Hemmingford, Montérégie, QC, J0L 1H0
514 249-5539
Website: www.mwcn.ca
Email: info@mwcn.ca
Eligibility: English-speaking community groups, citizens of all ages
Coverage area: MRC Les Jardins-de-Napierville, MRC Roussillon, MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges
Fees: membership: $10 per year
Financing: federal, provincial, donations
Legal status: non-profit organization

MONTÉRÉGIE WEST COMMUNITY NETWORK - HUNTINGDON WELLNESS CENTRE
72 Dalhousie Street, Huntingdon, Montérégie, QC, J0S 1H0
450 264-3596
Website: mwcn.ca
Email: info@mwcn.ca
Eligibility: English-speaking community groups, citizens of all ages
Coverage area: MRC Les Jardins-de-Napierville, MRC Roussillon, MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges
Hours: Monday to Thursday 8h30 to 16h30
Fees: membership: $10 per year
Financing: federal, provincial, donations
Legal status: non-profit organization

MONTÉRÉGIE WEST COMMUNITY NETWORK - VAUDREUIL-SOULANGES
117D Cardinal-Léger Boulevard, Pincourt, Montérégie, QC, J7W 7A8
514 425-0399
Website: www.mwcn.ca
Email: info@mwcn.ca
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 Les Jardins-de-Napierville, MRC Roussillon, MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges
Hours: Monday to Thursday 8h30 to 16h30
Fees: membership: $10 per year
Financing: federal, provincial, donations
Legal status: non-profit organization
MOSAÏQUE (LA), CENTRE D’ACTION BÉNÉVOLE ET COMMUNAUTAIRE
1650 de l’Église Avenue, Longueuil, Montérégie, QC, J4P 2C8
450 465-1803     Fax: 450 465-5440
Website: www.lamosaique.org
Email: info@lamosaique.qc.ca


Eligibility: volunteers, people in need, community organizations and organizations in the health and social services network

Coverage area: agglomeration of Longueuil

Hours: administration: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30, thrift store: Tuesday to Saturday 10h00 to 17h00, shopping trips: twice a month

Fees: thrift store: variable low prices, other services: low cost or free

Financing: donations, grants, self-financing

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


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: membership card: $25 per year for a single person, $30 per year for a couple, $35 per year 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     Fax: 514 453-8961
Website: www.ndip.org/en/leisure-culture/library
Email: biblio@ndip.org


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

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
Coverage area: Pincourt
Hours: Monday to Thursday 10h00 to 20h30, Friday 10h00 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
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-BRUNO-DE-MONTARVILLE PUBLIC LIBRARY
82 Seigneurial Boulevard West, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 5N7
450 645-2950  Fax: 450 441-8485
Website: biblio.stbruno.ca
Email: bibliotheque@stbruno.ca
Coverage area: Saint-Bruno-de-Montarville
Hours: Monday to Friday 9h00 to 20h00, Saturday and Sunday 10h00 to 17h00, summer: Monday to Friday 9h00 to 20h00, Saturday 10h00 to 17h00, Sunday 13h00 to 17h00
Fees: residents: free, non-residents: $43 per person or $74 per families
Financing: municipal
Legal status: municipal agency

SAINT-CONSTANT PUBLIC LIBRARY
162 Monchamp Boulevard, Saint-Constant, Montérégie, QC, J5A 2K8
450 638-2010 ext. 7233
Website: saint-constant.ca/fr/bibliotheque-municipale
Email: bibliotheque@saint-constant.ca

**Eligibility:** general public

**Coverage area:** Saint-Constant

**Hours:** Monday to Wednesday 12h00 to 20h00, Thursday 9h30 to 20h00, Friday 13h00 to 17h00, Saturday 10h00 to 15h00, Sunday 12h00 to 16h00

**Fees:** membership: free for residents, variable for non-residents

**Financing:** municipal

**Legal status:** municipal agency

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**SAINT-LAMBERT PUBLIC LIBRARY**

490 Mercille Avenue, Saint-Lambert, Montérégie, QC, J4P 2L5

450 466-3910

**Website:** bibliotheque.saint-lambert.ca

**Email:** bibliotheque@saint-lambert.ca


**Eligibility:** general public

**Coverage area:** Saint-Lambert

**Hours:** Monday and Friday 12h00 to 18h00, Tuesday to Thursday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00

**Fees:** subscription: free for residents, variable for non-residents

**Financing:** municipal

**Legal status:** municipal agency

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**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


**Coverage area:** Saint-Lazare

**Hours:** Tuesday to Friday 11h00 to 21h00, 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

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**SAINT-PATRICE-DE-SHERRINGTON - MUNICIPAL LIBRARY**

234 des Loisirs Street, Saint-Patrice-de-Sherrington, Montérégie, QC, J0L 2N0

450 454-0474 ext. 201

**Website:** st-patrice-sherrington.com/Loisirs/Bibliotheque

**Email:** bibliotheque@sherr.ca


**Coverage area:** Saint-Patrice-de-Sherrington
SAINT-PHILIPPE PUBLIC LIBRARY
2223 Édouard-VII Road, Saint-Philippe, Montérégie, QC, J0L 2K0
450 659-7701 ext. 233 Fax: 450 659-7702
Website: ville.saintphilippe.quebec/bibliothèque
Email: bibliothèque@ville.saintphilippe.quebec


Coverage area: Saint-Philippe

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


Coverage area: Saint-Zotique

SAINTE-CATHERINE PUBLIC LIBRARY
5365 Saint-Laurent Boulevard, Sainte-Catherine, Montérégie, QC, J5C 1A6
450 632-0590 ext. 5230
Website: www.ville.sainte-catherine.qc.ca/sports-culture-et-loisirs/bibliotheque
Email: bibliotheque@ville.sainte-catherine.qc.ca


Coverage area: Sainte-Catherine and surroundings

Hours: Tuesday to Thursday 10h00 to 18h00, Wednesday and Friday 12h00 to 20h00, Saturday 10h00 to 16h00

Fees: none
Financing: municipal
Legal status: municipal agency
SAINTE-JULIE PUBLIC LIBRARY
1600 du Fer-à-Cheval Road, Sainte-Julie, Montérégie, QC, J3E 0A3
450 922-7070  Fax: 450 922-7077
Website: www.ville.sainte-julie.qc.ca/bibliotheque
Email: biblio@ville.sainte-julie.qc.ca


Coverage area: Sainte-Julie
Hours: Monday to Thursday 13h00 to 21h00, Friday 10h00 to 21h00, Saturday 10h00 to 17h00, Sunday 13h00 to 17h00
Fees: residents: none, non-residents: $85 per year per person, $200 per year per family

Financing: municipal

Legal status: municipal agency

TÉLÉVISION RIVE-SUD
893 Guimond Boulevard, Longueuil, Montérégie, QC, J4G 2M7
450 655-9925
Website: www.tvrs.ca
Email: info@tvrs.ca

Services: Regional television channel. * Production of special events.

Coverage area: South Shore
Hours: 9h00 to 17h00

Financing: municipal, provincial, self-financing

Legal status: non-profit organization

TROUPE DE THÉÂTRE ADAPTÉ LES PAS POUR RIRE
748 Grande-Île Avenue, Salaberry-de-Valleyfield, Montérégie, QC, J6S 3N8
438 502-1220
Website: lespaspourrire.com
Email: info@lespaspourrire.com

Services: * Adapted theater workshops. * Creation, preparation and animation of an original play. * Show-assembler for the adapted groups and the work platforms of the school and social network. * Participation in events and activities: festivals, Journées de la culture, la Fête Différente, FRAS challenge, etc.

Eligibility: adults 18 years and older living with an intellectual disability and adjustment difficulties

Coverage area: MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

Hours: Tuesday 19h00 to 21h00, September to June

Fees: membership card: $5, theater workshop: $5

Financing: donations, grants

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


Coverage area: Vaudreuil-Dorion

Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00

Fees: membership: Vaudreuil-Dorion residents: free, Vaudreuil-sur-le-Lac residents: $75, non-residents: $135
Clubs and social events

**AFFAIRE DE FAMILLE (UNE)**
19 Bridge Street, Ormstown, Montérégie, QC, J0S 1K0
450 829-3782
Website: www.uneaffairedefamillehsl.com
Email: uaf.reception@gmail.com


Eligibility: parents, young adults, children, teenagers, seniors
Coverage area: MRC du Haut-Saint-Laurent
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00, closed in July and August
Financing: self-financing, municipal
Legal status: non-profit organization

**ÂGE D’OR SAINT-JEAN BAPTISTE-MARIE-VIANNEY DE CHÂTEAUGUAY**
8 Rainville Street, Châteauguay, Montérégie, QC, J6K 1H7
450 699-4362

Eligibility: seniors 50 years old and over
Coverage area: Châteauguay
Hours: Wednesday 11h00 to 16h00, Thursday 8h30 to 18h00, community meals: 1 Thursday per month until 22h30
 Fees: membership card: $25
Financing: membership fees
Legal status: non-profit organization

**AINÉS DE MAISONNEUVE (LES)**
420 Victoria Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 6J6
450 370-4866
Email: remi.vaillancourt@icloud.com

Eligibility: people 65 years old and over
Capacity: 85
Coverage area: MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges
Hours: Monday to Friday 12h00 to 17h00
Fees: membership: $40
Financing: provincial, federal, foundations, membership fees
Legal status: non-profit organization

**ASSOCIATION DES DEVENUS SOURDS ET DES MALENTENDANTS DU QUÉBEC - SECTEUR SUD-OUEST**
35 Grande-Île Street, Suite 1, Salaberry-de-Valleyfield, Montérégie, QC, J6S 3L9
450 377-5941    Fax: 450 377-4293
Email: adsmqsos@gmail.com

Eligibility: people who became deaf and hearing impaired
Coverage area: MRC Le Haut-Saint-Laurent, MRC Beauharnois-Salaberry, MRC Vaudreuil-Soulanges, MRC Roussillon
Hours: Monday to Friday 8h00 to 16h00
Fees: annual membership: $25
Financing: membership fees
Legal status: non-profit organization

ASSOCIATION DES FEMMES D'ICI ET D'AILLEURS
5400 Payer Boulevard, Suite 4, Longueuil, Montérégie, QC, J3Y 1J4
514 583-9664
Website: femmesdicetdaileurs.webs.com
Email: afia-st-hubert@hotmail.com


Eligibility: immigrant women of all origins and ages
Coverage area: agglomeration of Longueuil
Hours: variable depending on the activities, phoneline: 7 days 9h00 to 21h00
Fees: variable depending on the activities
Financing: self-financing, fundraising campaigns, donations
Legal status: non-profit organization

ASSOCIATION L'AIDE AUX VIEUX AMIS
1235 du Tremblay Road, Suite 732, Longueuil, Montérégie, QC, J4N 1T7
450 679-5003

Services: * Telephone listening. * Home and hospital visits. * Food assistance and activities during the holidays.

Eligibility: seniors over 70 years old who are isolated, disadvantaged or with a physical or intellectual disability
Coverage area: Longueuil
Financing: self-financing
Legal status: non-profit organization

ASSOCIATION QUÉBEC-FRANCE (L') - CHAMBLY - VALLÉE-DU-RICHELIEU
Confidential Address
450 906-1065
Website: www.quebecfrancecvr.org
Email: info@quebecfrance.qc.ca


Eligibility: francophiles, French language defenders
Coverage area: Province of Quebec
Fees: variable depending on the membership type
Financing: membership fees
Legal status: non-profit organization
ASSOCIATION QUÉBEC-FRANCE - MONTÉRÉGIE

Confidential Address
Website: www.quebecfrance-monteregie.org
Email: qfmonteregie@gmail.com
Eligibility: francophiles and French language defenders
Coverage area: Montérégie
Fees: variable according to the membership type
Financing: contributions, self-financing
Legal status: non-profit organization

CAFÉ LIBERTÉ 50 DE SAINT-PHILIPPE (LE)
2235 Édouard-VII Road, Saint-Philippe, Montérégie, QC, J0L 2K0
450 659-4108
Email: cafe.lib50.stphilippe@gmail.com
Eligibility: people 50 years old and over
Coverage area: Saint-Philippe
Fees: annual membership: $20
Financing: Membership fees
Legal status: non-profit organization

CARREFOUR DES AÎNÉS DE BOUCHERVILLE
1075 Lionel-Daunais Street, Boucherville, Montérégie, QC, J4B 8N5
450 449-8103
Website: carrefourdesainesboucherville.ca
Email: carrefourdesainesboucherville@gmail.com
Eligibility: seniors 50 years and over
Coverage area: Boucherville
Hours: variable
Fees: annual membership: $25
Financing: membership fees
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE DES AÎNÉS ET AÎNÉES DE LONGUEUIL
300 Lamarre Street, Suite 122, Longueuil, Montérégie, QC, J4J 0A1
450 677-6677    Fax: 450 677-3410
Website: www.ccaal.com
Email: info@ccaal.com
Eligibility: people 50 years old and over
Coverage area: Longueuil
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00
Fees: annual membership: $10
Financing: provincial, Centraide of Greater Montréal
Legal status: non-profit organization
CENTRE COMMUNAUTAIRE L’ENTRAIDE PLUS
2437 Bourgogne Avenue, Chambly, Montérégie, QC, J3L 2A5
450 658-4469  Fax: 450 658-4469
Website: entraideplus.org
Email: info@entraideplus.org


Eligibility: people 50 years old and over, autonomous, disabled, sick or in loss of autonomy, caregivers

Capacity: Resto-Entre: 44 places

Coverage area: Chambly, Carignan, Richelieu, Saint-Mathias-sur-Richelieu, Sainte-Angèle-de-Monnoir, Marieville

Hours: Monday to Thursday 9h00 to 16h00, Friday 9h00 to 14h00, respite: Monday and Thursday 9h30 to 15h30, Resto-Entre: Monday to Friday 11h00 to 13h00

Fees: members: $20 per year, Resto-Entre: $6 for members, $7 for non-members

Financing: donations, grants

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE L’ENTRAIDE PLUS - SAINT-MATHIAS-SUR-RICHELIEU SITE
300 des Patriotes Road, Saint-Mathias-sur-Richelieu, Montérégie, QC, J3L 6Z5
514 798-6767  Fax: 450 658-4469
Website: www.entraideplus.org
Email: info@entraideplus.org


Eligibility: seniors aged 50 years and over who are autonomous, disabled, sick or in loss of autonomy, caregivers

Coverage area: Carignan, Chambly, Marieville, Richelieu, Saint-Mathias-Sur-Richelieu, Sainte-Angèle-de-Monnoir

Hours: Monday to Wednesday 11h00 to 14h00, Thursday 11h00 to 16h00

Fees: membership: $25 per year

Financing: donations, grants

Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE D’IBERVILLE ET DE LA RÉGION
290 des Conseillers Avenue, Saint-Jean-sur-Richelieu, Montérégie, QC, J2X 1Z8
450 347-1172  Fax: 450 347-3572
Website: cabiberville.org
Email: info@cabiberville.org


Eligibility: people on a low income, seniors, people with a temporary or permanent loss of autonomy, people with a physical or intellectual disability, caregivers, volunteers, organizations, meals on wheels: reserved to the people 55 years and over, caregivers

Coverage area: Saint-Jean-sur-Richelieu: Iberville and Saint-Athanase neighbourhoods, Mont Saint-Grégoire

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00

Fees: meals on wheels: $6, annual membership card: $5

Financing: Centraide of Greater Montréal, donations, provincial, grants

Legal status: non-profit organization

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CENTRE D’ACTION BÉNÉVOLE DE BOUCHERVILLE
11 Louis-H.-La Fontaine Street North, Suite 201, Boucherville, Montérégie, QC, J4B 4Y3
450 655-9081
Website: www.cabboucherville.ca
Email: info@cabboucherville.ca
Eligibility: people living with permanent or temporary difficulties, ITMAV: people 50 years and over
Coverage area: Boucherville
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30
Fees: meals on wheels: $6, community kitchen: $20 maximum, frozen meals: $4
Financing: provincial, Centraide of Greater Montréal, donations, federal, self-financing
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE FARNHAM
1810 Principale Street East, Farnham, Montérégie, QC, J2N 1N4
450 293-3265 Fax: 450 293-1010
Website: www.cabfarnham.com
Email: direction@cabfarnham.com
Eligibility: people living with a disability, seniors, families, community organizations
Coverage area: Ange-Gardien, Farnham, Sainte-Brigide-D'iberville, Sainte-Sabine
Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00
Fees: none
Financing: Centraide Richelieu-Yamaska, provincial
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DU GRAND CHÂTEAUGUAY
10 Gilmour Street, Châteauguay, Montérégie, QC, J6J 1K4
450 699-6289
Website: www.cabgc.org
Email: info@cabgc.org
Eligibility: people 50 years old and over, people with a loss of autonomy, caregivers, people on a low income
Coverage area: Châteauguay, Saint-Urbain-Premier, Saint-Isidore, Sainte-Martine, Mercier, Léry
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 15h00
Financing: federal, provincial, donations
Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE SAINT-BASILE-LE-GRAND
50 Robert Road, Saint-Basile-le-Grand, Montérégie, QC, J3N 1L7
450 461-2111  Fax: 450 461-1588
Email: centredebenevolat@bellnet.ca


Eligibility: adults and seniors, people on a low income
Coverage area: Saint-Basile-le-Grand
Hours: Monday to Thursday 8h00 to 16h00, Friday 8h00 to 12h00, thrift store: Wednesday 18h00 to 20h30, Friday and Saturday 9h00 to 12h00
Fees: free or low cost, depending on the service
Financing: donations, grant, self-financing
Legal status: non-profit organization

CENTRE DE FEMMES DU HAUT-RICHELIEU
390 Georges-Phaneuf Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 1K2
450 346-0662  Fax: 450 346-9195
Website: www.centrefemmeshautrichelieu.ca
Email: registrariat@cfhr.ca


Eligibility: women 18 years and over
Coverage area: MRC Le Haut-Richelieu
Hours: Monday to Wednesday 8h30 to 12h00 and 13h00 to 16h30, Thursday 8h30 to 12h00 and 13h00 to 20h30, Friday 8h30 to 12h00
Fees: annual membership: $5, intervention and referral: free
Financing: provincial, municipal, Centraide of Greater Montréal, federal
Legal status: non-profit organization

CENTRE DE FEMMES ENTRE AILES
1611-A Principale Street, Sainte-Julie, Montérégie, QC, J3E 1W7
450 649-0658
Website: www.entreailes.org
Email: entreailes@entreailes.org


Eligibility: women
Capacity: 300
Coverage area: Boucherville, Calixa-Lavallée, Contrecoeur, Saint-Amable, Saint-Bruno-de-Montarville, Sainte-Julie, Verchères, Varennes
Hours: Monday 8h30 to 12h00 and 13h15 to 16h30, Tuesday 13h30 to 16h30, Wednesday and Thursday 8h30 to 12h00 and 13h15 to 16h30, occasional activities in the evening: see program
Fees: annual membership: maximum $10
Financing: provincial, self-financing
Legal status: non-profit organization
CENTRE DE FEMMES L'AUTONOMIE EN SOIE
270 de la Concorde Avenue North, Saint-Hyacinthe, Montérégie, QC, J2S 4N5
450 252-0010      Fax: 450 252-0020
Website: www.cfautonomieensoie.wordpress.com
Email: info@cfautonomieensoie.com
Eligibility: women over 14 years old
Coverage area: Saint-Hyacinthe and surroundings
Hours: Monday and Tuesday 13h00 to 16h00, Wednesday and Thursday 9h00 to 12h00 and 13h00 to 16h00
Fees: membership card: $7 per year, activities and services: free or low fee
Financing: contributions, self-financing, grants
Legal status: non-profit organization

CENTRE DE FEMMES L'ÉCLAIRCIE
1025 Centrale Street, Sainte-Catherine, Montérégie, QC, J5C 1A2
450 638-1131     Fax: 450 638-1132
Website: www.centredefemmesleclaircie.com
Email: info@eclaircie.org
Eligibility: women, children 5 years old and under
Capacity: 15
Coverage area: Candiac, Delson, La Prairie, Saint-Constant, Saint-Mathieu, Saint-Philippe, Sainte-Catherine
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: free or low cost for some activities
Financing: grants, self-financing, donations
Legal status: non-profit organization

CENTRE DE FEMMES L'ESSENTIELLE
231 Brillon Street, Beloeil, Montérégie, QC, J3G 2T5
450 467-3418     Fax: 450 467-1749
Website: www.cfessentielle.org
Email: essentielle@videotron.ca
Eligibility: women
Coverage area: MRC La Vallée-du-Richelieu and surroundings
Hours: Monday 8h30 to 12h00, Tuesday to Thursday 8h30 to 12h00 and 13h15 to 16h30, community meal: Wednesday 12h00
Fees: free
Financing: contributions, provincial, fundraising campaigns, self-financing
Legal status: non-profit organization

CENTRE DES AÎNÉS JOHANNAIS (LE)
125 Jacques-Cartier Street North, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 8C9
450 347-4500
Email: centredesaines@hotmail.com
Services: Recreational activities for people 50 years old and over.
Eligibility: seniors 50 years and over
Coverage area: Saint-Jean-sur-Richelieu
Hours: Monday to Friday 9h00 to 17h00
Fees: membership: variable
Financing: municipal, membership fees
Legal status: non-profit organization

CENTRE DES FEMMES DE LONGUEUIL
1529 Lafayette Boulevard, Longueuil, Montérégie, QC, J4K 3B6
450 670-0111  Fax: 450 670-9749
Website: www.centredefemmeslongueuil.org
Email: info@centredefemmeslongueuil.org

Services: * Reception, listening and referral. * Ad hoc or short term individual support. * Popular education activities and outings. * Diverse workshops: self-knowledge, health, self-defense, etc. * Various support groups: for women who have violent behaviour, support in the separation, women of sexual and gender diversity, etc. * Computer lab. * Library and documentation centre. * Collective actions and citizen involvement (animation, committees, etc.).

Eligibility: women
Coverage area: agglomeration of Longueuil
Hours: Monday to Wednesday 9h00 to 16h30, Thursday 9h00 to 20h30
Fees: none
Financing: grants, donations
Legal status: non-profit organization

CERCLES DE FERMIÈRES DU QUÉBEC (LES)
1193 Maisonneuve Street, Longueuil, Montérégie, QC, J4K 2S7
450 442-3983  Fax: 450 442-4363
Website: cfq.qc.ca
Email: cerfer@cfq.qc.ca


Eligibility: women aged 14 years old and over
Coverage area: Province of Québec
Hours: Monday to Friday 8h30 to 16h30
Fees: annual subscription to the Actuelle magazine: $30
Financing: self-financing, contributions
Legal status: non-profit organization

CHÂTEAUGUAY HORIZON COMMUNITY ASSOCIATION
317 Brault Street, Châteauguay, Montérégie, QC, J6J 4M9
Website: chateauguayhorizon.weebly.com
Email: chateauguayhorizon@gmail.com


Eligibility: Black community of Châteauguay
Coverage area: Châteauguay
Fees: membership: family $20, individual $15
Financing: self-financing
Legal status: non-profit organization
CLUB ÂGE D'OR SAINT-JUDE
930 du Centre Street, Saint-Jude, Montérégie, QC, J0H 1P0
450 250-2485 Fax: 450 924-0953
Website: fadoqstjude.com/home
Email: info@agedorstjude.com
Eligibility: seniors
Coverage area: MRC Les Maskoutains
Fees: yearly membership
Financing: donations, provincial, contributions
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
145 Valade Street, Les Cèdres, Montérégie, QC, J7T 1S9
450 452-2257 Fax: 450 452-4605
Email: danielprevost@videotron.ca
Eligibility: seniors 50 years and over
Coverage area: Les Cèdres and surroundings
Hours: dinner: 3rd Thursday of the month, bean bags: Wednesday
Fees: membership: $10 per year, dancing dinners: $17
Financing: contributions
Legal status: non-profit organization

CLUB DE L'ÂGE D'OR DE SAINT-BRUNO
1741 Montarville Street, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 3V2
450 461-0127
Email: dianeaubin@sympatico.ca
Eligibility: seniors 50 years old and over
Coverage area: Saint-Bruno-de-Montarville
Hours: Monday to Thursday 13h00 to 16h00
Fees: FADOQ annual membership: $25
Financing: self-financing
Legal status: non-profit organization
CLUB DE L’ÂGE D’OR DE SAINTE-THÉRÈSE-DE-DELSON
1 1st Avenue, Delson, Montérégie, QC, J5B 1M9
450 632-1050 ext. 3702
Email: jeancboisvert@gmail.com
Services: Recreational and social activities.
Eligibility: people 45 years and over
Capacity: 400 members
Coverage area: Delson
Fees: membership: $13 per year
Financing: self-financing, membership fees
Legal status: non-profit organization

CLUB DE L’ÂGE D’OR DE ST-PHILIPPE
2235 Édouard-VII Road, Saint-Philippe, Montérégie, QC, J0L 2K0
450 907-6187
Services: * Social and recreational activities: cards, bingo, etc. * Annual outings and parties: Christmas, sugar shack, etc.
Eligibility: seniors 50 years old and over
Coverage area: MRC Roussillon
Hours: Wednesday 12h30 to 17h00
Fees: annual membership: $15
Financing: municipal, donations, membership fees
Legal status: non-profit organization

CLUB DE L’ÂGE D’OR MOISSON IMPÉRISSABLE
412C Saint-Michel Place, Saint-Michel, Montérégie, QC, J0L 2J0
450 454-3186
Eligibility: seniors
Coverage area: Saint-Michel
Hours: dinners: every two months, activities: variable
Fees: membership: $25, activities: variable
Financing: membership fees
Legal status: non-profit organization

CLUB DE L’ÂGE D’OR ST-GRÉGOIRE LE GRAND
45 Rang de la Montagne, Mont-Saint-Grégoire, Montérégie, QC, J0J 1K0
450 346-6489
Services: * Social and recreational activities: line dancing, card games, petanque. * Outings and trips.
Eligibility: people 50 years old and over
Coverage area: Montérégie
Hours: petanque: Tuesday and Thursday evening
Fees: annual membership: $25
Financing: contributions
Legal status: non-profit organization

CLUB DE LECTURE LES BOQUINEUSES DE VALLEYFIELD
62 des Dominicaines Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2V4
450 371-2870
Email: marierocque@hotmail.com
Services: Monthly meeting for literary analysis and discussion. * Conferences.
Eligibility: women
Coverage area: Salaberry-de-Valleyfield
Hours: September to June: 1st Thursday of the month 18h00
Fees: $35 per year
Financing: membership fees
Legal status: non-profit organization

CLUB DES AÎNÉS DE BEAUHARNOIS
600 Ellice Street, Suite 316, Beauharnois, Montérégie, QC, J6N 3P7
450 429-6377
Email: bobby_145@hotmail.com
Services: * Social and recreational activities for seniors: line dancing, cards, bowling, petanque. * Physical fitness and yoga.
Eligibility: people 50 years and over
Coverage area: Beauharnois
Fees: FADOQ membership: $25 per year
Financing: contributions
Legal status: non-profit organization

CLUB FADOQ DE BROSSARD
3205-2 Rome Boulevard, Brossard, Montérégie, QC, J4Y 1R2
450 443-3355
Website: clubfadoqdebrossard.org
Email: info@clubfadoqdebrossard.org
Eligibility: people 50 years and over
Coverage area: Brossard
Hours: office: Monday 12h30 to 16h00, Tuesday and Thursday 18h00 to 19h30, Wednesday 9h30 to 11h30
Fees: FADOQ membership: $25 for one year, $45 for two years
Financing: membership fees
Legal status: non-profit organization

CLUB LE RENDEZ-VOUS DE CHÂTEAUGUAY
319 Brault Street, Châteauguay, Montérégie, QC, J6J 4M9
450 692-2190
Website: rendezvouschateauguay.club
Email: clubrvchat@gmail.com
Eligibility: people 45 years and over
Coverage area: Province of Québec
Fees: membership: $30 per year, 80 years and over: $15
Financing: self-financing, contributions
Legal status: non-profit organization

CLUB NITRO
30 Jeanne-D'Arc Street, Salaberry-de-Valleyfield, Montérégie, QC, J6S 4P5
450 371-7594
Email: fadoqnitro@cgocable.ca
Services: * Recreational activities for seniors.
Eligibility: people 50 years old and over
Coverage area: Salaberry-de-Valleyfield
Financing: grants
Legal status: non-profit organization

CLUB SAINT-LUC DE VERCHÈRES
1045 Marie-Victorin Boulevard, PO Box 737, Verchères, Montérégie, QC, J0L 2R0
514 709-3627
Website: sites.google.com/site/clubstlucdevercheres
Email: clubstlucdevercheres@gmail.com
Services: Promotion of home care for seniors. * Tour of banks, a grocery store and drugstore. * Cultural and recreational activities with transportation. * Loan of orthopedic equipment: canes, wheelchairs, walkers, etc.
Eligibility: seniors 55 years and over, fully or partially autonomous
Coverage area: Calixa-Lavallée, Verchères
Fees: equipment loan: free, transportation by minibus for activities: $5
Financing: provincial, municipal, fundraising campaigns
Legal status: non-profit organization

CLUB SOCIAL DE GENTILLY
1545 Jacques-Cartier East Boulevard, Longueuil, Montérégie, QC, J4M 2X1
450 647-5968
Eligibility: people 35 years old and over
Coverage area: Greater Montréal
Hours: Monday 13h00 to 16h00, closed from June to September
Financing: self-financing
Legal status: non-profit organization

COEUR POUR LES AUTRES (UN)
836 Le Moyne Street West, Longueuil, Montérégie, QC, J4K 1G3
514 909-4523
Website: www.uncoeurpourlesautres.org/en
Email: andre@uncoeurpourlesautres.org
Eligibility: itinerant or homeless people, people in difficulty
Capacity: 250
Coverage area: Ville-Marie
Hours: food distribution: Wednesday 18h00 to 20h00 at Émilie-Gamelin Park, corner of De Maisonneuve Boulevard and Berri Street
Fees: none
Financing: donations
Legal status: non-profit organization

COEURS VAILLANTS DE ST-ISIDORE (LES)
13 Richer Street, Saint-Isidore, Montérégie, QC, J0L 2A0
450 454-9286
Eligibility: seniors 50 years and over
Coverage area: Saint-Isidore
Hours: dancing: Tuesday 19h00 to 20h00, bean bags: Thursday 19h00 to 21h00, dinners: 3rd Friday of September, December, February and May
Fees: membership: $25
Financing: membership fees, donations
Legal status: non-profit organization

COM’FEMME
6035 Adam Street, Brossard, Montérégie, QC, J4Z 1A9
450 676-7719
Website: www.comfemme.org
Email: cf.membres@outlook.com
Eligibility: women 18 years and over
Coverage area: Brossard, Longueuil, Saint-Lambert
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 17h00
Fees: annual membership: $12
Financing: provincial, self-financing
Legal status: non-profit organization

CONTACT’L DE VARENNES
2016 René-Gaultier Boulevard, Suite 4, Varennes, Montérégie, QC, J3X 1E9
450 652-0004
Website: www.contactl.org
Email: contactL@contactL.org
Eligibility: adult women, immigrant women, women living with a disability
Coverage area: Boucherville, Saint-Amable, Sainte-Julie, Varennes, Verchères
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00
Fees: annual membership: $15, activities: variable
Financing: provincial, municipal, fundraising campaigns
Legal status: non-profit organization

CUISINES DE L’AMITIÉ
2210 André Street, Suite 1, Brossard, Montérégie, QC, J4Z 2Z8
450 443-6770
Website: cuisinesdelamitie.org
Email: cuisinesdelamitie@gmail.com
Eligibility: seniors, people on a low income, collective kitchens: general population
Coverage area: Brossard and surroundings
Hours: sale of meals: Monday to Wednesday and Friday 9h00 to 15h00, Thursday 9h00 to 16h00, collective kitchens: Tuesday to Friday during the daytime
Fees: collective kitchens: $8 for 3 meals, 1 soup and 1 dessert, membership card: $10 per year
Financing: self-financing, provincial, donations
Legal status: non-profit organization

D’MAIN DE FEMMES
77 Saint-Charles Street, Salaberry-de-Valleyfield, Montérégie, QC, J6S 3Z9
450 371-1500
Website: www.dmaindefemmes.org
Email: information.dmf@gmail.com

Eligibility: women

Coverage area: MRC de Beauharnois-Salaberry

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30

Fees: membership: $5 per year, free activities

Financing: fundraising campaigns, grants

Legal status: non-profit organization

DIOCÈSE DE SAINT-HYACINTHE

1900 Girouard Street West, Saint-Hyacinthe, Montérégie, QC, J2S 7B4

450 773-8581    Fax: 450 774-1895

Website: www.ecdsh.org

Email: communications@ecdsh.org

Services: Diocesan activities. * List of parishes: www.ecdsh.org/paroisses


Financing: donations

Legal status: non-profit organization

DIOCÈSE DE SAINT-JEAN-LONGUEUIL

740 Sainte-Foy Boulevard, Longueuil, Montérégie, QC, J4J 1Z3

450 679-1100    Fax: 450 679-1102

Website: www.dsjl.org

Email: dsjl@diocese-st-jean-longueuil.org

Services: * Information on parishes, listening and referral services and food assistance according to areas.

Eligibility: general public

Coverage area: Longueuil agglomeration

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00

Fees: none

Financing: fundraising campaigns

Legal status: non-profit organization

DIOCÈSE DE VALLEYFIELD

11 de l’Église Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1J5

450 373-8122    Fax: 450 371-0000

Website: www.diocesevalleyfield.org/fr/homepage

Email: info@diocesevalleyfield.org

Services: Diocesan activities. * List of parishes: www.diocesevalleyfield.org/fr/paroisses

Coverage area: MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges, Châteauguay, Hemmingford

Hours: Monday to Thursday 9h00 to 12h00 and 13h30 to 16h30

Financing: donations

Legal status: non-profit organization

FADOQ - BOUCHERVILLE

31 Pierre-Boucher Street, Boucherville, Montérégie, QC, J4B 5A8

450 655-5014    Fax: 450 655-1454

Website: fadoqboucherville.org

Email: fadoqboucherville@videotron.ca

**Eligibility:** seniors 50 years and over

**Coverage area:** Boucherville

**Hours:** Monday to Thursday 10h00 to 16h00, summer: Tuesday to Thursday 13h00 to 16h00

**Fees:** membership: $25

**Financing:** contributions, self-financing

**Legal status:** non-profit organization

**FADOQ - CLARENCEVILLE/NOYAN**

1 Tourangeau Street, Noyan, Montérégie, QC, J0J 1B0

450 294-2307

**Services:** Social and recreational activities: outings, Christmas celebration, line dancing, petanque, bowling, daytrips, etc.

**Eligibility:** seniors

**Coverage area:** Saint-Georges-de-Clarenceville, Noyan

**Legal status:** non-profit organization

**FADOQ - CLUB DE L’ÂGE D’OR DE LA PRAIRIE**

500 Saint-Laurent Street, La Prairie, Montérégie, QC, J5R 5X2

450 444-1077

**Services:** Social and recreational activities. * Bingo, card games, cribble, bean bag toss. * Dance lessons, line dancing.

**Eligibility:** people 50 years old and over

**Coverage area:** Montérégie

**Hours:** Tuesday and Thursday, closed from June to August

**Fees:** annual membership: $25

**Financing:** self-financing, membership fees

**Legal status:** non-profit organization

**FADOQ - CLUB DE L’ÂGE D’OR DE SAINT-MATHIEU**

299 Saint-Édouard Road, Saint-Mathieu, Montérégie, QC, J0L 2H0

450 659-6083

**Services:** Recreational and leisure activities for seniors. * Community suppers. * Card games, petanque, etc.

**Eligibility:** seniors

**Capacity:** 90 members

**Coverage area:** Saint-Mathieu

**Hours:** variable

**Fees:** membership: $25

**Financing:** membership fees

**Legal status:** non-profit organization

**FADOQ - NAPIERVILLE**

262B de l’Église Street, Napierville, Montérégie, QC, J0J 1L0

450 245-0468

**Email:** fadoq.napierville@gmail.com

**Services:** Social and recreational activities. * Bingo, card games, petanque, etc.

**Eligibility:** people 50 years and over

**Coverage area:** Napierville

**Hours:** Tuesday and Thursday, Bingo: 2nd and 4th Friday of the month, closed from June to August

**Fees:** membership: $25

**Financing:** contributions

**Legal status:** non-profit organization

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FADOQ - RÉGION RICHELIEU-YAMASKA
2775 Bourdages Avenue North, Saint-Hyacinthe, Montérégie, QC, J2S 5S3
450 774-8111  Fax: 450 774-6161
Website: fadoqry.ca
Email: info@fadoqry.ca
Eligibility: people 50 years and over
Coverage area: MRC Acton, MRC Brome-Missisquoi, MRC La Haute-Yamaska, MRC La Vallée-du-Richelieu, MRC les Maskoutains, MRC Pierre-De Saurel et MRC Rouville
Hours: Monday 13h00 to 16h30, Tuesday to Thursday 8h30 to 12h00 and 13h00 to 16h30. Friday 8h30 to 12h00
Fees: membership: 30$ per year or 50$ for 2 years
Financing: self-financing, contributions, grants
Legal status: non-profit organization

FADOQ - RÉGION RIVE-SUD-SUROÎT
900 Industriel Boulevard, Suite 250, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 8J4
1 800 828-3344  Fax: 450 347-6385
Website: www.fadoq.ca/en/rive-sud-suroit
Email: fadoq@fadoqrrss.org
Eligibility: people 50 years and over
Coverage area: South Shore, Suroît
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: self-financing, contributions, grants
Legal status: non-profit organization

FADOQ - RÉGION SHERRINGTON
234 des Loisirs Street, Saint-Patrice-de-Sherrington, Montérégie, QC, J0L 2N0
450 454-4129
Eligibility: seniors 50 years and over
Coverage area: Saint-Patrice-de-Sherrington
Hours: Monday, Tuesday and Thursday 13h00 to 16h00, dance classes: Wednesday 13h00 to 15h30 at the community centre
Fees: membership: $25
Financing: membership fees
Legal status: non-profit organization

FADOQ - SAINT-ÉDOUARD
405 Montée Lussier, Saint-Édouard, Montérégie, QC, J0L 1Y0
450 454-2681
Services: Social and recreational activities for seniors.
Eligibility: seniors 50 years old and over
Coverage area: Saint-Édouard
Hours: variable
Fees: annual membership: $25
Financing: membership fees, self-financing
Legal status: non-profit organization

FADOQ - SAINT-RÉMI
25 Saint-Sauveur Street, Saint-Rémi, Montérégie, QC, J0L 2L0
450 992-1388
Email: fadoqstremi@gmail.com
Eligibility: seniors
Coverage area: Saint-Rémi
Hours: variable
Fees: membership fee: $25
Financing: membership fees
Legal status: non-profit organization

FIERTÉ AGRICOLE
Confidential Address
450 768-6995
Website: www.fierteagricole.org
Email: info@fierteagricole.org
Eligibility: people from LGBT communities
Coverage area: Province of Québec
Financing: donations, provincial, contributions
Legal status: non-profit organization

GRENIER AUX TROUVAILLES - PARTAGE SANS FAIM
2 de l'Église Street South, Lacolle, Montérégie, QC, J0J 1J0
450 246-4032 Fax: 450 246-4044
Website: grenierauxtouvalies.org
Email: info@grenierauxtrouvailles.org
Eligibility: individuals and families on a low income, young people at risk of committing or who have committed acts of delinquency
Hours: Wednesday to Friday 12h00 to 17h00, Saturday 10h00 to 16h00
Fees: membership: $8 per year
Financing: donations, self-financing, fundraising campaigns
Legal status: non-profit organization

INTERMISSION DE LONGUEUIL (L’)
Confidential Address
450 679-7070
Email: mmaxye@hotmail.com
Services: * Social and recreational activities: friendly dinners, dinner dances, brunches, hiking, bowling, seasonal activities, etc.
Eligibility: lonely people aged 50 year old and over

1502
Coverage area: Montérégie
Hours: activities and dinners: Saturday, brunch: Sunday 9h00 to 12h30
Fees: membership: $15, activities: $1 for members, $2 for non-members
Financing: membership fees, municipal
Legal status: non-profit organization

JAG - JEUNES ADULTES GAI.E.S
1195 Saint-Antoine Street, Suite 305, Saint-Hyacinthe, Montérégie, QC, J2S 3K6
450 774-1349 Fax: 450 261-0983
Website: lejag.org
Email: info@lejag.org
Services: Community organization providing awareness, support and referrals for people who are affected by emotional, sexual or gender diversity, who has questions about it. * Individual counselling: by phone, in person, by video conference (Messenger or Teams). * Group meetings. * Workshops, conferences. * Social activities. * Workshops in schools aiming at demystifying homosexuality and bisexuality. * Workshops and conferences in schools (primary, high school, Cégep) and community organizations on the importance of allies and on different sexual orientations and gender diversity. * Training for health, school and community workers. * Representation: stands, round tables.
Eligibility: people who are affected by emotional, sexual or gender diversity, who has questions about it
Coverage area: Montérégie East
Hours: Monday to Friday 9h00 to 17h00
Fees: people younger than 18: free, people over 18: $5 per year
Financing: membership fees, donations, municipal, provincial
Legal status: non-profit organization

JEUNES ADULTES GAI-E-S - LONGUEUIL SERVICE POINT
1320 de Chambly Road, Longueuil, Montérégie, QC, J4J 3X3
450 774-1349
Website: lejag.org
Email: info@lejag.org
Services: Community organization providing awareness, support and referrals for people who are affected by emotional, sexual or gender diversity, who has questions about it. * Individual counselling: by phone, in person, by video conference (Messenger or Teams). * Group meetings. * Workshops, conferences. * Social activities. * Workshops in schools aiming at demystifying homosexuality and bisexuality. * Workshops and conferences in schools (primary, high school, Cégep) and community organizations on the importance of allies and on different sexual orientations and gender diversity. * Training for health, school and community workers. * Representation: stands, round tables.
Eligibility: people who are affected by emotional, sexual or gender diversity, who has questions about it
Coverage area: Montérégie Centre
Hours: Monday to Friday 9h00 to 17h00
Fees: people younger than 18: free, people over 18: $5 per year
Financing: membership fees, donations, provincial, municipal
Legal status: non-profit organization

JEUNES ADULTES GAI-E-S - SALABERRY-DE-VALLEYFIELD SERVICE POINT
107 Jacques-Cartier Street Suite 11, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4R8
450 774-1349
Website: lejag.org
Email: info@lejag.org
Services: Community organization providing awareness, support and referrals for people who are affected by emotional, sexual or gender diversity, who has questions about it. * Individual counselling: by phone, in person, by video conference (Messenger or Teams). * Group meetings. * Workshops, conferences. * Social activities. * Workshops in schools aiming at demystifying homosexuality and bisexuality. * Workshops and conferences in schools (primary, high school, Cégep) and community organizations on the importance of allies and on different sexual orientations and gender diversity. * Training for health, school and community workers. * Representation: stands, round tables.

Eligibility: people who are affected by emotional, sexual or gender diversity, who has questions about it

Coverage area: Montérégie-West

Hours: Monday to Friday 9h00 to 17h00

Fees: people younger than 18: free, people over 18: $5 per year

Financing: membership fees, donations, provincial, municipal

Legal status: non-profit organization

JOIE DE VIVRE DE L’ÂGE D’OR DE BROSSARD

3310 Bernard Avenue, Brossard, Montérégie, QC, J4Z 2B6

450 672-6720

Website: scadie.com/joiedevivre


Eligibility: seniors 50 years and over

Coverage area: Brossard

Hours: variable according to activities

Fees: membership: $6 per year

Financing: self-financing

Legal status: non-profit organization

JOYEUX RETRAITÉS (LES)

1 Curé-Poirier Boulevard East, Longueuil, Montérégie, QC, J4J 2C6

450 463-7100 ext. 2404

Website: www.lesjoyeuxretraites.com

Email: joyeuxretraites@outlook.fr


Eligibility: people 50 years and over

Coverage area: Longueuil and surroundings

Hours: administration: Wednesday 9h00 to 11h30

Fees: membership: $10 renewable in May

Financing: contributions, provincial

Legal status: non-profit organization

KAHNAWAKE SHAKOTIIA'TAKEHNHAS COMMUNITY SERVICES

Confidential Address

450 632-6880    Fax: 450 632-5116

Website: www.kscs.ca

Eligibility: Kahnawake residents
Coverage area: Kahnawake
Hours: Monday to Friday 8h30 to 16h30
Financing: grants
Legal status: non-profit organization

LUNCH CLUB SOLEIL
3205 Rome Boulevard, Brossard, Montérégie, QC, J4Y 1R2
438 289-6315
Email: lunchclubsoleil@yahoo.com

Services: Break down the isolation of seniors and encourage the maintenance of their independence. * Activities and outing: physical fitness, knitting and dance. * Community meals.

Eligibility: autonomous seniors
Capacity: between 60 and 70 members, waiting list
Coverage area: Brossard, Saint-Hubert, Greenfield Park
Hours: Tuesday 9h30 to 15h00, variable, closed during summer
Fees: membership fees: $10, activities: $7 a day
Financing: provincial, membership fees, donations
Legal status: non-profit organization

MAISON DES TOURNESOLS
1720 De Gaulle Street, Longueuil, Montérégie, QC, J4T 1M9
450 445-9290    Fax: 450 445-2815
Website: maisondestournesols.org
Email: info@maisondestournesols.org

Services: Day centre dedicated to seniors. * Seniors Program: weekly meetings, community meals, social and information activities, theme days. * Alzheimer's Respite Program: respite day offered from Monday to Friday to caregivers of people with cognitive disorders, including Alzheimer's disease. * Maison des Tournesols Mobile: individualized, punctual and adapted accompaniment service. * Volunteer Program: opportunities for involvement in the kitchen, reception, delivery and transportation or administrative support.

Eligibility: retirees and seniors
Capacity: 120
Coverage area: South Shore
Hours: Monday to Friday 8h30 to 16h00
Fees: membership: $20 per year, activities: variable, seniors program: community meal $10, transportation $6 (depending on availability)
Financing: provincial, foundations
Legal status: non-profit organization

MAISON INTERNATIONALE DE LA RIVE-SUD
2500 Lapinière Boulevard, Brossard, Montérégie, QC, J4Z 3V1
450 445-8777    Fax: 450 445-1222
Website: mirs.qc.ca
Email: info@mirs.qc.ca

**Eligibility:** immigrants and refugees

**Coverage area:** South Shore

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** variable costs for some services: certification of documents, translation, daycare

**Financing:** provincial, federal, self-financing

**Legal status:** non-profit organization

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**MAISON INTERNATIONALE DE LA RIVE-SUD - CAFÉ DES AÎNÉS**

2500 Lapinière Boulevard, Brossard, Montérégie, QC, J4Z 3V1

450 445-8777 ext. 235  Fax: 450 445-1222

**Website:** mirs.qc.ca

**Email:** jb.henry@mirs.qc.ca


**Eligibility:** senior immigrants

**Capacity:** 70

**Coverage area:** South Shore

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** membership card: $30, subscription to activities: variable

**Financing:** self-financing, provincial, contributions

**Legal status:** non-profit organization

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**MOSAÏQUE (LA), CENTRE D’ACTION BÉNÉVOLE ET COMMUNAUTAIRE**

1650 de l’Église Avenue, Longueuil, Montérégie, QC, J4P 2C8

450 465-1803  Fax: 450 465-5440

**Website:** www.lamosaique.org

**Email:** info@lamosaique.qc.ca


**Eligibility:** volunteers, people in need, community organizations and organizations in the health and social services network

**Coverage area:** agglomeration of Longueuil

**Hours:** administration: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30, thrift store: Tuesday to Saturday 10h00 to 17h00, shopping trips: twice a month

**Fees:** thrift store: variable low prices, other services: low cost or free

**Financing:** donations, grants, self-financing

**Legal status:** non-profit organization

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**REGROUPEMENT POUR LA SANTÉ DES AÎNÉS PIERRE-DE SAUREL**

71 De Ramezay Street, Suite 109, Sorel-Tracy, Montérégie, QC, J3P 3Z1

450 855-3737

**Website:** rsaps.ca

**Email:** rsaps@videotron.ca

1506

Eligibility: people 50 years old and over

Coverage area: MRC Pierre-De Saurel

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 15h30

Fees: membership card: $10, breakfast conferences: $5 per member, workshops: free or variables fees

Financing: contributions, provincial

Legal status: non-profit organization

REPAS DU PASSANT (LE)
700 Sainte-Foy Boulevard, Longueuil, Montérégie, QC, J4J 5E9
450 679-5114 Fax: 450 679-5492
Email: lerepasdupassant@videotron.ca


Eligibility: people on a low income and general public

Capacity: 123

Coverage area: food assistance: Notre-Dame-de-Grâces, Saint-Pierre-Apôtre and Saint-Charles-Borromée sectors, other services: Longueuil

Hours: Monday to Thursday 9h00 to 16h00, meals: 11h30 to 13h00

Fees: meal: children under 12 years old $1.50, adults $4, solidarity price: $6, lunch card: $55 for 20 meals, $32.50 for 10 meals, $18.75 for 5 meals

Financing: donations, self-financing, grants

Legal status: non-profit organization

REPAS PARTAGÉS - ÎLE-PERROT
150 Perrot Boulevard, L’Île-Perrot, Montérégie, QC, J7V 3G1
514 453-1228
Website: www.legraves.com


Eligibility: people 50 years and over

Coverage area: L’Île-Perrot

Hours: 4th Wednesday of the month

Fees: $12

Financing: self-financing, provincial

Legal status: non-profit organization

REPAS PARTAGÉS - LES CÈDRES
145 Valade Street, Les Cèdres, Montérégie, QC, J7T 1S9
450 452-4287
Website: www.legraves.com

Services: Community meals. * Line dancing.

Eligibility: people 50 years and over

Coverage area: Les Cèdres

Hours: 1st Tuesday of the month

Fees: $12

Financing: self-financing, provincial

Legal status: non-profit organization
REPAS PARTAGÉS - PINCOURT-TERRASSE-VAUDREUIL
375 Cardinal-Léger Boulevard, Pincourt, Montérégie, QC, J7V 9H6
514 453-8406
Website: www.legraves.com
Eligibility: people 50 years and over
Coverage area: Pincourt, Terrasse-Vaudreuil
Hours: 3rd Tuesday of the month
Fees: $12
Financing: self-financing, provincial
Legal status: non-profit organization

REPAS PARTAGÉS - SAINT-LAZARE
1980 Sainte-Angélique Road, Saint-Lazare, Montérégie, QC, J7T 2Y7
450 424-1953
Website: www.legraves.com
Services: Community meals. * Card games, bingo.
Eligibility: people 50 years and over
Coverage area: Saint-Lazare
Hours: 3rd Tuesday of the month 11h00 to 14h00
Fees: $12
Financing: self-financing, provincial
Legal status: non-profit organization

RESSOURCES-FEMMES DE LA RÉGION D’ACTON
1018 Daigneault Street, Acton Vale, Montérégie, QC, J0H 1A0
450 546-3366
Website: www.ressources-femmes.org
Email: coordonnatrice@ressources-femmes.org
Eligibility: women
Coverage area: MRC Acton
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: psychosocial support: free, educational activities: free or variable, membership: $10 per year or 7 hours of volunteering
Financing: provincial, contributions, fundraising campaigns, self-financing
Legal status: non-profit organization

SAINT-LAMBERT COUNCIL FOR SENIORS
574 Notre-Dame Avenue, Saint-Lambert, Montérégie, QC, J4P 2K9
450 671-1757 Fax: 450 923-6608
Website: www.stlambertseniors.ca
Email: maisond@videotron.ca
Eligibility: people aged 55 years old and over
Coverage area: Saint-Lambert
Hours: Monday to Friday 9h00 to 16h00 from September to June
Fees: annual membership: $35
SOUTH SHORE BLACK COMMUNITY ASSOCIATION
725 Provencher Boulevard, Brossard, Montérégie, QC, J4W 1Y5
Email: ssbca.info@gmail.com
Eligibility: people of the black community, their spouses of another community
Coverage area: South Shore
Fees: annual membership: maximum of $20 per family
Financing: membership fees
Legal status: non-profit organization

UNI-CLUB (L')
Confidential Address
450 448-1514
Services: * Dance classes. * Dances.
Eligibility: seniors
Capacity: 185 people
Coverage area: Greater Montréal
Fees: dance class: $10, dinner dance: $30
Financing: self-financing
Legal status: non-profit organization

Community recreation centres

9E GROUPE SCOUT ST-THOMAS DE VILLENEUVE
4775 Quevillon Street, Longueuil, Montérégie, QC, J3Y 2V3
450 676-9620
Website: www.9egroupescout.ca
Email: info@9egroupescout.ca
Eligibility: youth 7 to 26 years old, adults of all ages
Coverage area: Saint-Hubert
Fees: variable
Financing: contributions, fundraising campaigns
Legal status: non-profit organization

ACTION JEUNESSE ROUSSILLON
58 Prince Street, Saint-Constant, Montérégie, QC, J5A 1H5
450 993-1616
Website: www.mdjsaintconstant.com
Email: mdjsaintconstant@gmail.com
Eligibility: youth 12 to 17 years old
Coverage area: Saint-Constant
Hours: Wednesday to Saturday 18h00 to 21h00
Financing: provincial
Legal status: non-profit organization

ACTION SANTÉ 50 ANS ET PLUS
1075 Lionel-Daunais Street, Boucherville, Montérégie, QC, J4B 8N5
514 649-0833
Website: www.actionsante50.com
Email: actionsante50@hotmail.com
Services: * Adapted sport activities for seniors: volleyball, fitness, stretching, cardio.
Eligibility: people 50 years old and over
Coverage area: agglomeration of Longueuil
Hours: classes: 8h00, 10h00, 13h00, 15h00 and 19h00
Fees: variable
Financing: self-financing
Legal status: non-profit organization

ADOMISSILE (L’) - MAISON DES JEUNES - SAINT-RÉMI
100 de la Gare Street, Saint-Rémi, Montérégie, QC, J0L 2L0
450 454-6657     Fax: 450 454-3618
Website: adomissile.com
Email: mdj@adomissile.com
Eligibility: youth 12 to 17 years old
Coverage area: Saint-Isidore, Saint-Michel, Saint-Rémi, Sainte-Clotilde
Hours: Monday to Thursday 16h00 to 21h00, Friday 16h00 to 22h30
Fees: annual membership: $5
Financing: provincial, municipal, self-financing
Legal status: non-profit organization

ARC ASSITANCE AND REFERRAL CENTER
106 Churchill Boulevard, 2nd floor, Longueuil, Montérégie, QC, J4V 2L9
514 605-9500
Website: arc-hss.ca
Email: arcinformation2@gmail.com
Eligibility: english-speaking people
Coverage area: South Shore
Hours: office: Monday to Friday 8h30 to 16h30
Financing: foundations, provincial
Legal status: non-profit organization

BAMBINERIE DE BOUCHERVILLE (LA)
1075 Lionel-Daunais Street, Suite 108, Boucherville, Montérégie, QC, J4B 8N5
450 641-2366
Website: bambinerie.com
Email: info@bambinerie.com

Eligibility: families and children
Coverage area: Boucherville
Hours: Monday to Friday 9h00 to 16h00
Fees: annual membership: $10 per family
Financing: municipal, self-financing
Legal status: non-profit organization

BOUCHERVILLE - LOISIR, CULTURE ET VIE COMMUNAUTAIRE
490 Lake Road, Boucherville, Montérégie, QC, J4B 6X3
450 449-8640    Fax: 450 449-7109
Website: boucherville.ca/sports
Email: infoloisirs@boucherville.ca

Services: * Community, sociocultural and sporting activities. * Aquatic centre and swimming pools, art centre, sport centre, arena, ice rinks, parks and playgrounds. * Summer day camp. * Events, shows and exhibitions. * Coordination with community organizations.

Coverage area: Boucherville
Fees: variable
Legal status: municipal agency

BROSSARD - RECREATION AND CULTURE
2001 de Rome Boulevard, Brossard, Montérégie, QC, J4W 3K5
450 923-6311
Website: www.brossard.ca/loisir-et-culture/activites-et-inscriptions


Coverage area: Brossard
Fees: variable
Financing: municipal
Legal status: municipal agency

BUTTE (LA)
132 des Trinitaires Montée, Saint-Basile-le-Grand, Montérégie, QC, J3N 1C3
450 461-8067
Website: www.labutte.org
Email: infomdj@labutte.org

Services: Place for meetings, services and referrals for youth. * Organization of sports and cultural activities.
Eligibility: youth aged 12 to 17 years old
Capacity: 56

Coverage area: Saint-Basile-Le-Grand
Hours: school period: Wednesday to Friday 15h00 to 21h00, Saturday 12h00 to 21h00, summer period: Wednesday and Thursday 12h00 to 21h00, Friday and Saturday 12h00 to 22h00, Sunday 12h00 to 18h00
Financing: provincial, municipal, donations
Legal status: non-profit organization

CAFÉ LIBERTÉ 50 DE SAINT-PHILIPPE (LE)
2235 Édouard-VII Road, Saint-Philippe, Montérégie, QC, J0L 2K0
450 659-4108
Email: cafe.lib50.stphilippe@gmail.com
Sports, Recreation and Culture

**Services:** * Social and recreational activities for seniors. * Physical activities. * Outings. * Conferences.

**Eligibility:** people 50 years old and over

**Coverage area:** Saint-Philippe

**Fees:** annual membership: $20

**Financing:** Membership fees

**Legal status:** non-profit organization

**CARDIO-ACTIFS DU HAUT-SAINT-LAURENT**

24 York Street, Suite 101, Huntingdon, Montérégie, QC, J0S 1H0

579 491-3411

**Website:** cardio-actifs.webnode.fr

**Email:** cardioactifs@gmail.com


**Eligibility:** seniors, people recovering from a heart injury, general population

**Coverage area:** MRC du Haut-Saint-Laurent

**Hours:** Monday, Wednesday and Friday 8h00 to 16h00, Tuesday and Thursday 8h00 to 20h00

**Fees:** membership: $10 per year

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

**CARREFOUR DES ÂNÉS DE BOUCHERVILLE**

1075 Lionel-Daunais Street, Boucherville, Montérégie, QC, J4B 8N5

450 449-8103

**Website:** carrefourdesainesboucherville.ca

**Email:** carrefourdesainesboucherville@gmail.com

**Services:** * Promotion of seniors’ individual autonomy. * Cultural and educational activities: language classes, etc. * Adapted physical activities. * Christmas concert-lunch. * Occasional community meals.

**Eligibility:** seniors 50 years and over

**Coverage area:** Boucherville

**Hours:** variable

**Fees:** annual membership: $25

**Financing:** membership fees

**Legal status:** non-profit organization

**CARREFOUR JEUNESSE D’IBERVILLE**

375 Bessette Avenue, Saint-Jean-sur-Richelieu, Montérégie, QC, J2X 2N8

450 347-4419

**Email:** mdjiberville@hotmail.com


**Eligibility:** youth 12 to 17 years old

**Coverage area:** Iberville sector of Saint-Jean-sur-Richelieu

**Hours:** variable

**Fees:** none

**Financing:** grants, provincial, donations

**Legal status:** non-profit organization

**CENTRE AMITIÉ-JEUNESSE CHAMBLY**

505 Brassard Boulevard, Chambly, Montérégie, QC, J3L 4N5

450 658-6810

**Email:** mdj_caj@bellnet.ca

Eligibility: youth from 10 to 17 years old, monthly theme dances: youth from 10 to 13 years old

Coverage area: Chambly

Hours: Tuesday 10h50 to 11h50 and 14h40 to 18h00, Wednesday and Thursday 10h50 to 11h50 and 14h40 to 19h00, Friday 10h50 to 11h50 and 14h40 to 20h00

Fees: annual member card: $40

Financing: donations

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE LE TRAIT D’UNION
3100 Mousseau Street, Longueuil, Montérégie, QC, J4L 4P1
450 647-1107 Fax: 450 647-4245
Website: www.cctu.ca
Email: info@cctu.ca


Eligibility: seniors, youth and adults

Capacity: 200

Coverage area: Longueuil

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

Financing: self-financing, grants

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE MULTISERVICES UN COIN CHEZ NOUS
628 Notre-Dame Street, Saint-Chrysostome, Montérégie, QC, J0S 1R0
450 826-4425 Fax: 450 826-1000
Website: www.uncoinechez nous.org
Email: ccmsucn@cooptel.qc.ca


Eligibility: seniors, people with a loss of autonomy, disadvantaged people

Capacity: 100

Coverage area: MRC Le Haut-Saint-Laurent

Hours: Monday to Friday 7h30 to 16h30, Sunday 13h00 to 17h00

Fees: meals on wheels: $8, other services: free

Financing: grants, self-financing

Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE VALLEYFIELD
95 Salaberry Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2H5
450 373-2111
Website: cabvalleyfield.com
Email: info@cabvalleyfield.com

Eligibility: adults, seniors, caregivers, organizations

Coverage area: Salaberry-de-Valleyfield, Saint-Stanislas-de-Kostka, caregivers: Salaberry-de-Valleyfield, Saint-Stanislas-de-Kostka, Beauharnois, Saint-Étienne-de-Beauharnois and Saint-Louis-de-Gonzague

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Fees: meals: $7

Financing: provincial, self-financing

Legal status: non-profit organization

CENTRE DE LA FAMILLE SAINT-PIE
70 Saint-François Avenue, Saint-Pie, Montérégie, QC, J0H 1W0
450 772-6828

Website: www.centredelafamillestpie.com

Email: centredelafamillestpie@gmail.com


Eligibility: families, children, youth, seniors

Capacity: 25

Coverage area: MRC Les Maskoutains

Hours: Monday to Wednesday 9h00 to 18h00, Thursday 9h00 to 20h00, Friday 8h00 to 12h00 and 14h30 to 18h00

Fees: membership card: $10 per family per year

Financing: provincial, municipal, Centraide Richelieu-Yamaska

Legal status: non-profit organization

CENTRE DES AÎNÉS JOHANNAIS (LE)
125 Jacques-Cartier Street North, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 8C9
450 347-4500

Email: centredesaines@hotmail.com

Services: Recreational activities for people 50 years old and over.

Eligibility: seniors 50 years and over

Coverage area: Saint-Jean-sur-Richelieu

Hours: Monday to Friday 9h00 to 17h00

Fees: membership: variable

Financing: municipal, membership fees

Legal status: non-profit organization

CENTRE NOTRE-DAME DE FATIMA
2464 Perrot Boulevard, Vaudreuil-Dorion, Montérégie, QC, J7V 8P4
514 453-7600 ext. 221     Fax: 514 453-7601

Website: mon-camp.ca/en

Email: info@mon-camp.ca

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:  housing: 110, for a day: 400

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

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CLUB DE L’ÂGE D’OR DE SAINT-BRUNO

1741 Montarville Street, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 3V2
450 461-0127
Email: dianeaubin@sympatico.ca


Eligibility:  seniors 50 years old and over

Coverage area:  Saint-Bruno-de-Montarville

Hours:  Monday to Thursday 13h00 to 16h00

Fees:  FADOQ annual membership: $25

Financing:  self-financing

Legal status:  non-profit organization

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CLUB DES AÎNÉS DE BEAUHARNOIS

600 Ellice Street, Suite 316, Beauharnois, Montérégie, QC, J6N 3P7
450 429-6377
Email: bobby_145@hotmail.com

Services:  * Social and recreational activities for seniors: line dancing, cards, bowling, petanque.  * Physical fitness and yoga.

Eligibility:  people 50 years and over

Coverage area:  Beauharnois

Fees:  FADOQ membership: $25 per year

Financing:  contributions

Legal status:  non-profit organization

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CLUB FADOQ DE BROSSARD

3205-2 Rome Boulevard, Brossard, Montérégie, QC, J4Y 1R2
450 443-3355
Website: clubfadoqdebrossard.org
Email: info@clubfadoqdebrossard.org


Eligibility:  people 50 years and over

Coverage area:  Brossard

Hours:  office: Monday 12h30 to 16h00, Tuesday and Thursday 18h00 to 19h30, Wednesday 9h30 to 11h30

Fees:  FADOQ membership: $25 for one year, $45 for two years

Financing:  membership fees

Legal status:  non-profit organization
CLUB LE RENDEZ-VOUS DE CHÂTEAUGUAY
319 Brault Street, Châteauguay, Montérégie, QC, J6J 4M9
450 692-2190
Website: rendezvouschateauguay.club
Email: clubrvchat@gmail.com
Eligibility: people 45 years and over
Coverage area: Province of Québec
Fees: membership: $30 per year, 80 years and over: $15
Financing: self-financing, contributions
Legal status: non-profit organization

COLONIE SAINTE-JEANNE D’ARC
10020 Marie-Victorin Road, Contrecoeur, Montérégie, QC, J0L 1C0
1 800 363-0098     Fax: 450 743-8879
Website: csjd.qc.ca
Email: info@csjd.qc.ca
Eligibility: young girls 6 to 16 years old
Coverage area: Greater Montréal
Hours: secretariat: Monday to Friday 9h00 to 17h00
Fees: variable
Financing: Centraide of Greater Montréal, provincial, fundraising campaigns, grants, donations
Legal status: non-profit organization

CROISÉE DE LONGUEUIL (LA)
1230 Green Street, Longueuil, Montérégie, QC, J4K 4Z5
450 677-8918     Fax: 450 677-3377
Website: www.lacroiseedelongueuil.qc.ca
Email: lacroisee@lacroiseedelongueuil.qc.ca
Eligibility: families or people on a low income
Coverage area: South Shore, food assistance: Notre-Dame-de-la-Garde, Saint-Georges, Saint-Antoine-de-Padoue, Sainte-Louise-de-Marillac, Saint-Jude parishes
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 15h30
Fees: food assistance and cooking classes: free, delivery of frozen meals La Petite Cuillère: minimum purchase required and variable fees according to distance
Financing: Centraide of Greater Montréal, federal, provincial, municipal, self-financing
Legal status: non-profit organization

DELSON - SERVICE DES LOISIRS
100 de Delson Avenue, Delson, Montérégie, QC, J5B 1S3
450 632-1050 ext. 3100     Fax: 450 635-0627
Website: www.ville.delson.qc.ca/fr/services-municipaux/loisirs-et-culture
Email: loisirs@ville.delson.qc.ca
Coverage area: Delson
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 13h00
FADOQ - BOUCHERVILLE
31 Pierre-Boucher Street, Boucherville, Montérégie, QC, J4B 5A8
450 655-5014  Fax: 450 655-1454
Website: fadoqboucherville.org
Email: fadoqboucherville@videotron.ca

Eligibility: seniors 50 years and over
Coverage area: Boucherville
Hours: Monday to Thursday 10h00 to 16h00, summer: Tuesday to Thursday 13h00 to 16h00
Fees: membership: $25
Financing: contributions, self-financing
Legal status: non-profit organization

FADOQ - LES COTEaux
Confidential Address
450 217-7793

Eligibility: seniors 50 years and over
Hours: variable
Fees: membership card: $25 per year, outings: variable
Financing: self-financing
Legal status: non-profit organization

FADOQ - SAINT-EDOUARD
405 Montée Lussier, Saint-Édouard, Montérégie, QC, J0L 1Y0
450 454-2681

Services: Social and recreational activities for seniors.
Eligibility: seniors 50 years old and over
Coverage area: Saint-Édouard
Hours: variable
Fees: annual membership: $25
Financing: membership fees, self-financing
Legal status: non-profit organization

GRENIER AUX TROUVAILLES - PARTAGE SANS FAIM
2 de l'Église Street South, Lacolle, Montérégie, QC, J0J 1J0
450 246-4032  Fax: 450 246-4044
Website:grenierauxtrouvailles.org
Email: info@grenierauxtrouvailles.org

Eligibility: individuals and families on a low income, young people at risk of committing or who have committed acts of delinquency


Hours: Wednesday to Friday 12h00 to 17h00, Saturday 10h00 to 16h00

Fees: membership: $8 per year

Financing: donations, self-financing, fundraising campaigns

Legal status: non-profit organization

HELLENIC SOCIAL SERVICES OF QUÉBEC - SOUTH SHORE
5220 Grande-Allée, Longueuil, Montérégie, QC, J3Y 1A1
450 443-8197
Website: hcgm.org
Email: info@hcgm.org


Eligibility: people of various origins, particularly Greek

Coverage area: South Shore

Hours: Monday and Tuesday 9h00 to 19h00, Wednesday 9h00 to 17h00, Sunday 8h00 to 16h00

Financing: donations, grants, provincial

Legal status: non-profit organization

INTERMISSION DE LONGUEUIL (L’)
Confidential Address
450 679-7070
Email: mmaxye@hotmail.com

Services: * Social and recreational activities: friendly dinners, dinner dances, brunches, hiking, bowling, seasonal activities, etc.

Eligibility: lonely people aged 50 year old and over

Coverage area: Montérégie

Hours: activities and dinners: Saturday, brunch: Sunday 9h00 to 12h30

Fees: membership: $15, activities: $1 for members, $2 for non-members

Financing: membership fees, municipal

Legal status: non-profit organization

JOYEUX RETRAITÉS (LES)
1 Curé-Poirier Boulevard East, Longueuil, Montérégie, QC, J4J 2C6
450 463-7100 ext. 2404
Website: www.lesjoyeuxretraites.com
Email: joyeuxretraites@outlook.fr


Eligibility: people 50 years and over

Coverage area: Longueuil and surroundings

Hours: administration: Wednesday 9h00 to 11h30

Fees: membership: $10 renewable in May

Financing: contributions, provincial

Legal status: non-profit organization
LA PIAULE - MAISON DES JEUNES DE BOUCHERVILLE
540 du Lac Road, Boucherville, Montérégie, QC, J4B 6X3
450 449-8346
Website: www.mdjboucherville.ca
Email: la.piaule@videotron.ca
Eligibility: youth 12 to 17 years old
Coverage area: Boucherville, Longueuil, Sainte-Julie, Saint-Amable, Varennes
Hours: Monday to Thursday and Sunday 15h00 to 21h00, Friday and Saturday 15h00 to 22h00, summer: 7 days, 15h00 to 22h00, collective kitchen: Wednesday
Fees: none
Financing: federal, provincial, municipal, self-financing
Legal status: non-profit organization

LOISIRS DU VIEUX-LONGUEUIL (LES)
735 Saint-Jean Street, Longueuil, Montérégie, QC, J4H 2Y8
450 646-6720
Website: loisirsduvieuxlongueuil.com
Email: info@loisirsduvl.com
Services: * Cultural activities: line, social and country dancing, dancing for kids, guitar and ukulele, language courses (English, Spanish, Italian), sewing, knitting, etc. * Physical training: abs-glutes, cardio-boxe, stretching, meditation, pound, tai chi, zumba, yoga, etc. * Recreational sports: badminton, floor hockey, volleyball and soccer for kids.
Eligibility: residents, general public
Coverage area: Longueuil
Hours: Monday to Thursday 9h00 to 16h00, Friday 9h00 to 13h00
Fees: variable
Financing: self-financing, municipal
Legal status: non-profit organization

LUNCH CLUB SOLEIL
3205 Rome Boulevard, Brossard, Montérégie, QC, J4Y 1R2
438 289-6315
Email: lunchclubsoleil@yahoo.com
Services: Break down the isolation of seniors and encourage the maintenance of their independence. * Activities and outing: physical fitness, knitting and dance. * Community meals.
Eligibility: autonomous seniors
Capacity: between 60 and 70 members, waiting list
Coverage area: Brossard, Saint-Hubert, Greenfield Park
Hours: Tuesday 9h30 to 15h00, variable, closed during summer
Fees: membership fees: $10, activities: $7 a day
Financing: provincial, membership fees, donations
Legal status: non-profit organization

MACADAM SUD
895 Sainte-Hélène Street, Longueuil, Montérégie, QC, J4K 3R7
450 677-9021 Fax: 450 677-4741
Website: macadamsud.org
Email: info@macadamsud.org

** Eligibility:** youth 12 to 35 years old marginalized or at risk of marginalization, Squat: youth 12 to 17 years old, Espace-jeunes: youth 15 to 35 years old, any person in distress

**Coverage area:** Longueuil, Brossard

**Hours:** services: variable, administration: Monday to Friday 9h00 to 17h00

**Fees:** none

**Financing:** federal, provincial, fundraising campaigns, foundations, municipal, Centraide of Greater Montréal

**Legal status:** non-profit organization

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**MAISON DE JEUNES DES QUATRE LIEUX**

2002 Union Avenue, Saint-Césaire, Montérégie, QC, J0L 1T0

450 469-0110    Fax: 450 469-1221

Email: mdj4lieux@gmail.com


** Eligibility:** youth 11 to 17 years old

**Coverage area:** Ange-Gardien, Rougemont, Saint-Césaire, Saint-Paul-d'Abbotsford

**Hours:** variable

**Fees:** annual membership: $7

**Financing:** Centraide Richelieu-Yamaska, fundraising campaigns, donations, provincial, municipal

**Legal status:** non-profit organization

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**MAISON DE JEUNES L'ESCALIER EN MON TEMPS**

5964 Auteuil Avenue, Brossard, Montérégie, QC, J4Z 1N2

450 656-9690

Website: www.mdjbrossard.org

Email: coordo@mdjbrossard.org

**Services:** Supervised meeting place. * Information and referral. * Prevention and education activities. * Social, recreational and sports activities. * Homework assistance. * Integration of youth 10 to 12 years old. * Community refrigerator: self-service food sharing.

** Eligibility:** youth 10 to 17 years old

**Coverage area:** Brossard

**Hours:** youth 10 to 12 years old: Tuesday 16h00 to 20h00, youth 11 to 17 years old: Wednesday 16h00 to 21h00, youth 12 to 17 years old: Thursday 16h00 to 21h00, Friday 16h00 to 22h00, Saturday 15h00 to 22h00, summer period: youth 10 to 12 years old: Tuesday 14h00 to 21h00, youth 11 to 17 years old: Wednesday 14h00 to 21h00, youth 12 to 17 years old: Monday, Thursday and Friday 14h00 to 21h00

**Fees:** none

**Financing:** self-financing, provincial, federal, grants

**Legal status:** non-profit organization

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**MAISON DE JEUNES SAC-ADO**

3025 de Lyon Street, Longueuil, Montérégie, QC, J4L 3R6

450 677-7254

Email: intervenants.sacado@gmail.com

Eligibility: youth 12 to 17 years old
Capacity: 40 people
Coverage area: Longueuil
Hours: Tuesday and Wednesday 15h00 to 20h00, Thursday and Friday 15h00 to 21h00
Fees: none
Financing: provincial, federal, self-financing
Legal status: non-profit organization

MAISON DE JONATHAN (LA)
81 Saint-Jean Street, Longueuil, Montérégie, QC, J4H 2W8
450 670-4099  Fax: 450 670-4129
Website: lamaisondejonathan.ca
Email: info@lamaisondejonathan.ca

Services: Intervention with teenagers experiencing personal, social, familial or educational difficulties to promote school retention. * School workshops: French, English and mathematics. * Sports, recreational and artistic activities: pyrography, stained-glass, drawing, painting, carpentry, scale models, cooking, piano, guitar and physical training. * External services and prevention of addictions: workshops for young people in secondary school, for teachers, school and community workers.

Eligibility: youth 12 to 17 years old
Capacity: 45 young people
Coverage area: Marie-Victorin and des Patriotes School Service Centres
Hours: Tuesday to Thursday 8h00 to 16h30, Friday 8h00 to 13h30
Fees: registration and activities: $100
Financing: provincial, Centraide of Greater Montréal, donations, foundations
Legal status: non-profit organization

MAISON DE LA FAMILLE COWANSVILLE RÉGION
1159 Sud Street, Cowansville, Montérégie, QC, J2K 2Y7
450 815-1110
Website: www.maisondelafamillecowansville.com
Email: maisondelafamillecowansville@gmail.com


Eligibility: families and parents of children 0 to 12 years old, daycare: children 18 months to 5 years old, stimulation workshops: children 3 to 5 years old
Coverage area: Cowansville
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00
Fees: membership card: $20 per family per year, daycare, respite and activities: free for members
Financing: contributions
Legal status: non-profit organization

MAISON DE LA FAMILLE DES MASKOUTAINS
2130 Mailhot Avenue, Saint-Hyacinthe, Montérégie, QC, J2S 9E1
450 771-4010  Fax: 450 250-0272
Website: www.mfm.qc.ca
Email: accueil@mfm.qc.ca

Eligibility: families, seniors, caregivers, children, immigrants, refugees

Coverage area: MRC Les Maskoutains

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

Fees: membership card: $10 per year, drop-in respite: free, educational childcare services: $20 per 4-week session, including meals, Tablette et cie: free for members, $5 per 4-month session for non-members, community meals: variable

Financing: provincial, donations, grants, membership fees

Legal status: non-profit organization

MAISON DE LA JEUNESSE 12-17 DE VALLEYFIELD
42, Anderson Street, Salaberry-de-Valleyfield, Montérégie, QC, J6S 0L1
450 373-6788
Website: mdjvalleyfield.com
Email: direction@mdjvalleyfield.com


Eligibility: youth 12 to 17 years old

Coverage area: Salaberry-de-Valleyfield

Hours: reception and administration: Monday to Friday 9h00 to 16h00, regular intervention and animation schedule: Monday to Thursday 16h30 to 21h00, Friday 16h30 to 22h00, Saturday 14h00 to 21h00, summer intervention and animation schedule: Monday to Thursday 13h00 to 21h00, Friday 13h00 to 22h00, Saturday 13h00 to 18h00

Legal status: non-profit organization

MAISON DE QUARTIER FONROUGE
301 Cuvillier Street East, Longueuil, Montérégie, QC, J4L 4T7
450 646-8800
Website: mqfonrouge.ca
Email: fonrouge@videotron.ca


Coverage area: Longueuil

Hours: administration: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: municipal

Legal status: non-profit organization

MAISON DES ÂNÉS DE LA PRAIRIE
500 Saint-Laurent Street, La Prairie, Montérégie, QC, J5R 5X2
450 444-6736
Website: maisondesaineslaprairie.org
Email: admin@maisondesaineslaprairie.org
Eligibility: people 50 years and over, at-home hairdressing: people 50 years and over
Coverage area: La Prairie, MRC Roussillon, at-home hairdressing: La Prairie
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, Friday 9h00 to 12h00
Fees: annual membership: $18 for La Prairie citizens, $21 for others, courses and hairdressing: variable
Financing: self-financing, provincial
Legal status: non-profit organization

MAISON DES ENFANTS MARIE-ROSE
600 Ellice Street, Suite 333, Beauharnois, Montérégie, QC, J6N 3P7
450 395-0704
Website: lamaisondesenfantsmarierose.wordpress.com
Email: maisondesenfantsmarierose@videotron.ca
Services: After school and pedagogical support organization for 5 to 12 years old. * Culinary workshops, horticulture, garden. * Courses of piano, guitar, drums, clarinet, singing, dance, yoga, cinema and theater. * Pause Art: program that allows expelled students to do school work and make art in a calm environment. * Lunch Club every day and 5 to 7 family conferences. * Family dinners. * Benefit concerts and children's party at each session. * Le Pain des enfants: solidarity artisanal bakery.
Eligibility: children 3 to 12 years old, their family
Capacity: 25 children per day and 12 families per month
Coverage area: MRC Beauharnois-Salaberry
Hours: Monday to Friday 9h00 to 17h00
Fees: membership card: $10, workshops: $55 per workshop for the semester, lunches: $4 per meal
Financing: grants, foundations
Legal status: non-profit organization

MAISON DES JEUNES CHÂTELOIS
180 Mercier Street, Châteauguay, Montérégie, QC, J6J 5X2
450 698-3343  Fax: 450 698-3344
Email: infomdjc@videotron.ca
Eligibility: youth 11 to 17 years old, street work: people of all ages
Coverage area: Châteauguay
Hours: school year: Tuesday to Thursday 15h00 to 17h00 and 18h00 to 20h30, Friday and Saturday 15h00 to 17h00 and 18h00 to 22h30, summer: Monday to Thursday 15h00 to 17h00 and 18h00 to 22h30, Friday and Saturday 15h00 to 17h00 and 18h00 to 23h00
Financing: provincial, self-financing, municipal
Legal status: non-profit organization

MAISON DES JEUNES D'ACTON VALE (LA)
1400 Landry Street, Acton Vale, Montérégie, QC, J0H 1A0
450 546-2927
Website: mdjactonvale.ca
Email: infomdjaxton@gmail.com
Eligibility: youth from 12 to 17 years old

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**Coverage area:** MRC d’Acton

**Hours:** Tuesday to Saturday 14h00 to 22h00, office: Monday to Friday 8h45 to 17h45

**Fees:**
- Youth centre rental: Tuesday to Saturday $200 per day, Sunday and Monday $150 per day
- Basement space rental: Tuesday to Saturday $125 per day, Sunday and Monday $75 per day

**Financing:** municipal, donations

**Legal status:** non-profit organization

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**MAISON DES JEUNES DE BEAUHARNOIS**

21 Saint-Joseph Street, Beauharnois, Montérégie, QC, J6N 0P3

450 225-6878

Website: mdjbeauharnois.ca

Email: mdjbeauharnois@videotron.ca


**Eligibility:** youth 12 to 17 years old

**Coverage area:** Beauharnois

**Hours:** Wednesday and Thursday 18h00 to 21h00, Friday 18h00 to 22h00 and Saturday 14h00 to 17h00 and 18h00 to 22h00, homework assistance: Tuesday and Thursday 16h00 to 18h00, administration: Tuesday to Friday 9h00 to 17h00

**Fees:** free

**Financing:** municipal, provincial, self-financing

**Legal status:** non-profit organization

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**MAISON DES JEUNES DE BEAUJEU (LA)**

89 de l’Église Street North, Lacolle, Montérégie, QC, J0J 1J0

450 246-8764

Website: www.mdjbeaujeu.com

Email: mdjbeaujeu@gmail.com


**Eligibility:** youth 12 to 17 years old, some activities include youth 10 to 12 years old

**Capacity:** 30 people

**Coverage area:** Lacolle

**Hours:** Tuesday 16h00 to 21h00, homework assistance: school period, Tuesday and Thursday 16h00 to 18h00

**Financing:** provincial, grants

**Legal status:** non-profit organization

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**MAISON DES JEUNES DE CONTRECOEUR**

1400 des Saules Street, Contrecoeur, Montérégie, QC, J0L 1C0

450 587-2830

Email: mdjcontrecoeur@videotron.ca

**Services:** Meeting place for youth. * Sporting and cultural activities. * Volunteering.

**Eligibility:** youth 12 to 17 years old

**Coverage area:** Contrecoeur

**Hours:** Tuesday to Thursday 18h00 to 21h00, Friday 18h00 to 23h00, Saturday 14h00 to 17h00 and 18h00 to 23h00

**Fees:** none

**Financing:** provincial, municipal, donations

**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
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 LA PRAIRIE
565 Notre-Dame Street, La Prairie, Montérégie, QC, J5R 5E5
450 444-6717
Website: maisondesjeunes.ca
Email: mdjlaprairieequipe@videotron.ca
Eligibility: youth 12 to 17 years old
Coverage area: La Prairie
Hours: Tuesday, Wednesday and Thursday 18h00 to 21h00, Friday and Saturday 18h00 to 22h00
Fees: life membership: $10
Financing: provincial, municipal, self-financing
Legal status: non-profit organization

MAISON DES JEUNES DE LONGUEUIL (LA)
540 King-George Street, Longueuil, Montérégie, QC, J4J 2V7
450 468-5907  Fax: 450 468-6074
Email: m.d.j.longueuil@hotmail.com
Eligibility: youth 12 to 17 years old
Capacity: 329 people
Coverage area: Longueuil
Hours: Monday to Friday 15h00 to 21h00
Fees: none
Financing: provincial, municipal, fundraising campaigns, donations, grants
Legal status: non-profit organization

MAISON DES JEUNES DE MARIEVILLE
1972 du Pont Street, Marieville, Montérégie, QC, J3M 1J8
450 708-0635
Email: mdjmarienville@hotmail.com
Eligibility: youth from 12 to 17 years old
Sports, Recreation and Culture

Coverage area: Marieville
Hours: Tuesday to Friday 16h00 to 21h00
Financing: provincial, municipal, Centraide Richelieu-Yamaska, donations
Legal status: non-profit organization

MAISON DES JEUNES DE RIGAUD (LA)
96 Saint-Jean-Baptiste Street East, Rigaud, Montérégie, QC, J0P 1P0
450 451-9937
Email: mdjderigaud@bell.net
Eligibility: youth 11 to 18 years old
Capacity: 30
Coverage area: Rigaud and surroundings
Hours: Tuesday and Wednesday 15h00 to 20h00, Thursday 15h00 to 20h30, Friday 18h00 to 21h00, one Saturday per month 10h00 to 17h00, pedagogical days: 14h00 to 18h00, phone reception: Tuesday to Thursday 13h00 to 16h00
Fees: free
Financing: provincial, Centraide du Sud-Ouest, municipal, federal, foundations
Legal status: non-profit organization

MAISON DES JEUNES DE SAINT-BRUNO
1425 Goyer Street, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 3Z4
450 441-1989
Website: mdjstbruno.org
Email: maisondesjeunesst-bruno@videotron.ca
Eligibility: youth 11 to 17 years old
Coverage area: Saint-Bruno-de-Montarville
Hours: school year: Monday to Thursday 15h00 to 20h00, Friday 15h00 to 21h00, summer: Monday to Friday 13h00 to 21h00, collective suppers: Wednesday 17h00 to 19h00
Fees: free, variables fees for outings
Financing: donations, self-financing, grants
Legal status: non-profit organization

MAISON DES JEUNES DE SAINT-PHILIPPE
2245 Édouard VII Road, Saint-Philippe, Montérégie, QC, J0L 2K0
450 659-0428     Fax: 450 659-7701
Website: www.mdj-saint-philippe.com
Email: maisondesjeunes.stp@outlook.com
Eligibility: youth 12 to 17 years old
Coverage area: Saint-Philippe
Hours: Tuesday to Thursday 18h00 to 21h00, Friday 18h00 to 23h00, Sunday 12h00 to 19h00, summer: Tuesday 18h00 to 22h00, Wednesday and Thursday 14h00 to 17h00 and 18h00 to 22h00, Friday 18h00 to 23h00, Sunday 12h00 to 19h00
Fees: subscription: $5
**MAISON DES JEUNES DE SAINTE-JULIE**
1581 du Fer-à-Cheval Road, Sainte-Julie, Montérégie, QC, J3E 1G5
450 649-3031
Website: www.mdjsaintejulie.com
Email: info@mdj-stejulie.ca

**Services:** Place for meeting and prevention. * Community, social, cultural and sports activities. * Mediation for parents and teenagers: reception, listening and referral. * Homework assistance. * Outreach work. * Babysitting course.

**Eligibility:** youth 9 to 17 years old

**Coverage area:** Sainte-Julie

**Hours:** Tuesday to Thursday 16h30 to 21h00, Friday 16h30 to 22h00, Saturday 14h00 to 22h00, summer schedule: Monday and Tuesday 14h00 to 20h00, Wednesday to Saturday 14h00 to 22h00

**Fees:** none

**Financing:** provincial, municipal, federal

**Legal status:** non-profit organization

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**MAISON DES JEUNES DE VARENNES**
135 du Petit Bois Road, Varennes, Montérégie, QC, J3X 1P7
450 652-6941
Website: www.mdjvarennes.net
Email: info@mdjvarennes.net

**Services:** Meeting place for youth. * Social, recreational, cultural and sports activities. * Listening, helping relationship, accompaniment. * Work in the community. * Information, prevention and awareness workshops.

**Eligibility:** youth from 12 to 17 years old

**Coverage area:** Varennes

**Hours:** Monday to Friday 16h00 to 21h00, Tuesday and Thursday 12h00 to 13h00

**Fees:** none

**Financing:** municipal, provincial, federal, self-financing

**Legal status:** non-profit organization

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**MAISON DES JEUNES DE VERCHÈRES**
41 Calixa-Lavallée Street, Suite A, Verchères, Montérégie, QC, J0L 2R0
450 583-5201     Fax: 450 583-5201
Website: www.mdjvercheres.org
Email: mdjvercheres@videotron.ca


**Eligibility:** youth 12 to 17 years old

**Coverage area:** Calixa-Lavallée, Verchères

**Hours:** school year: Monday 10h00 to 17h00 (office only), Tuesday to Thursday 17h00 to 21h00, Friday 15h30 to 22h00, Saturday 14h00 to 22h00, summer: Tuesday to Saturday 14h00 to 22h00

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization
MAISON DES JEUNES DES QUATRE FENÊTRES - MAISON DE BELOEIL
1060 Saint-Joseph Street, Beloeil, Montérégie, QC, J3G 6C6
450 536-9096
Website: www.mdj4f.ca
Email: direction@mdj4f.ca
Services: Meeting place, support and referral. * Organization of sporting, cultural and volunteering activities. * Homework help. * Cooperative young entrepreneurs to work. * Online discussion group on Discord.
Eligibility: youth 12 to 17 years old
Coverage area: Mont-Saint-Hilaire, Beloeil, McMasterville, Otterburn Park
Hours: Wednesday and Thursday 18h00 to 21h00, Friday and Saturday 18h00 to 22h00, Sunday 13h30 to 17h00
Financing: Centraide, federal, provincial, fundraising campaigns
Legal status: non-profit organization

MAISON DES JEUNES DES QUATRE FENÊTRES - MAISON DE MONT-SAINT-HILAIRE
100 Michel Street, Mont-Saint-Hilaire, Montérégie, QC, J3H 3R3
450 464-8224
Website: www.mdj4f.ca
Email: direction@mdj4f.ca
Eligibility: youth 12 to 17 years old
Coverage area: Mont-Saint-Hilaire, Beloeil, McMasterville, Otterburn Park
Hours: Thursday 18h00 to 21h00, Friday 18h00 to 22h00, Saturday 16h00 to 18h00, Sunday 13h30 to 17h00
Fees: free, variables fees for outings
Financing: Centraide Richelieu-Yamaska, provincial, federal, fundraising campaigns
Legal status: non-profit organization

MAISON DES JEUNES ÉQUINOX
5185 Saint-Laurent Boulevard, Sainte-Catherine, Montérégie, QC, J5C 1A6
450 632-5122  Fax: 450 632-1680
Website: mdjequinox.ca
Email: direction@mdjequinox.ca
Eligibility: youth 12 to 17 years old, certain times for youth 10 to 11 years old
Coverage area: Sainte-Catherine and surroundings
Hours: school year: Tuesday to Thursday 16h00 to 21h00, Friday 16h00 to 22h00, Saturday 14h00 to 21h00, youth 10 to 11 years old: Monday 15h00 to 17h30, summer: Tuesday to Friday 14h00 to 17h00 and 18h00 to 22h00, Saturday 14h00 to 21h00, youth 10 to 11 years old: Monday 15h00 to 17h30
Fees: none
Financing: municipal, provincial
Legal status: non-profit organization

MAISON DES JEUNES L’ANTIDOTE DE CANDIAC
125 Haendel Road, Candiac, Montérégie, QC, J5R 1R7
450 638-1761
Website: www.mdj-antidote.qc.ca
Email: antidote@mdj-antidote.qc.ca
Services: Meeting and discussions place promoting individual and collective creative expression through the promotion of health, healthy lifestyles and participatory democracy. * Workshops, outings and sports. * Listening, support and counselling. * Wi-Fi zone. * Indoor and outdoor skateboarding areas. * Gym, reading room, music room, video games room and kitchen.
Eligibility: youth 12 to 17 years old
Coverage area: Candiac
Hours: Tuesday to Thursday 16h00 to 20h45, Friday 16h00 to 21h45, Saturday 13h00 to 21h45, summer time: Tuesday to Friday 13h00 to 21h45
Fees: none
Financing: provincial, municipal
Legal status: non-profit organization

MAISON DES JEUNES LE BREAK
210 16th Avenue West, Venise-en-Québec, Montérégie, QC, J0J 2K0
438 808-5001
Website: assisto.ca/ressource/maison-des-jeunes-le-break
Email: mdjlebreak@outlook.com
Eligibility: youth from 11 to 17 years old
Capacity: 20
Coverage area: Henryville, Saint-Georges-de-Clarenceville, Saint-Sébastien, Venise-en-Québec
Hours: Wednesday and Thursday 18h00 to 21h00, Friday 18h00 à 22h00, Saturday 13h00 to 18h00, Sunday 18h00 to 21h00
Fees: none
Financing: municipal, provincial
Legal status: non-profit organization

MAISON DES JEUNES LES CÈDRES
145 Valade Street, Les Cèdres, Montérégie, QC, J7T 1A1
450 452-0215
Email: mdjlescedres@gmail.com
Eligibility: youth 12 to 17 years old
Coverage area: Les Cèdres
Hours: Tuesday, Wednesday and Thursday 18h00 to 21h00, Friday 18h00 to 22h00
Financing: provincial
Legal status: non-profit organization

MAISON DES JEUNES MERCIÉROIS
4 Faubert Street, Mercier, Montérégie, QC, J6R 1E2
450 201-5151
Email: mdjmercier@videotron.ca
Eligibility: youth 12 to 17 years old
Coverage area: Mercier
Hours: Wednesday to Saturday 16h00 to 22h00
Financing: municipal, provincial
Legal status: non-profit organization

MAISON DES JEUNES SYMPHOLIE
65 Boardman Street, Delson, Montérégie, QC, J5B 2B8
450 632-1050 ext. 3120
Email: mdjsympholie2@hotmail.com
**Services:** Place for meeting, services and referral. * Sporting and cultural activities. * Volunteering. * Homework assistance. * Outings.

**Eligibility:** youth 12 to 17 years old, homework assistance: 9 years old and over

**Capacity:** 300

**Coverage area:** Delson

**Hours:** Tuesday to Thursday 16h00 to 21h00, Friday 16h00 to 22h00, Saturday 13h00 to 22h00, homework assistance for 9 to 12 years old: Tuesday and Thursday 15h00 to 18h00, 11 years old only: Friday 15h00 to 18h00

**Fees:** life membership: $5

**Financing:** municipal, provincial, self-financing

**Legal status:** non-profit organization

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**MAISON DES TOURNESOLS**

1720 De Gaulle Street, Longueuil, Montérégie, QC, J4T 1M9

450 445-9290   Fax: 450 445-2815

**Website:** maisondestournesols.org

**Email:** info@maisondestournesols.org

**Services:** Day centre dedicated to seniors. * Seniors Program: weekly meetings, community meals, social and information activities, theme days. * Alzheimer's Respite Program: respite day offered from Monday to Friday to caregivers of people with cognitive disorders, including Alzheimer's disease. * Maison des Tournesols Mobile: individualized, punctual and adapted accompaniment service. * Volunteer Program: opportunities for involvement in the kitchen, reception, delivery and transportation or administrative support.

**Eligibility:** retirees and seniors

**Capacity:** 120

**Coverage area:** South Shore

**Hours:** Monday to Friday 8h30 to 16h00

**Fees:** membership: $20 per year, activities: variable, seniors program: community meal $10, transportation $6 (depending on availability)

**Financing:** provincial, foundations

**Legal status:** non-profit organization

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**MAISON INTERNATIONALE DE LA RIVE-SUD - CAFÉ DES AÎNÉS**

2500 Lapinière Boulevard, Brossard, Montérégie, QC, J4Z 3V1

450 445-8777 ext. 235   Fax: 450 445-1222

**Website:** mirs.qc.ca

**Email:** jb.henry@mirs.qc.ca


**Eligibility:** senior immigrants

**Capacity:** 70

**Coverage area:** South Shore

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** membership card: $30, subscription to activities: variable

**Financing:** self-financing, provincial, contributions

**Legal status:** non-profit organization

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**MAISONNETTE BERTHELET (LA)**

1254 Blainville Street, Longueuil, Montérégie, QC, J4M 1H6

450 448-4418

**Website:** lamaisonnetteberthelet.org

**Email:** info@lamaisonnetteberthelet.org
**Services:** * Support and referral. * Information on tenants' rights and advocacy of people living in HLM. * Cultural, sports and recreational activities for youth 5 to 17 years old. * Homework assistance. * Coffee-meetings and workshops for adults. * Distribution of food baskets.

**Eligibility:** people on a low income or immigrants

**Capacity:** 85 families

**Coverage area:** Gentilly neighbourhood

**Hours:** Tuesday to Friday 9h00 to 20h30, variable according to activities

**Financing:** provincial, federal, municipal

**Legal status:** non-profit organization

**MATINÉES MÈRES-ENFANTS**

99 du Centre-Civique Street, Mont-Saint-Hilaire, Montérégie, QC, J3H 4X4

514 800-6737

**Website:** lesmatinees.com

**Email:** lesmatinees@gmail.com


**Eligibility:** parents with children from 0 to 5 years old, fitness classes: mothers

**Coverage area:** Montérégie

**Hours:** conferences and coffee chats: Tuesday and Thursday 9h00 to 11h30, fitness class: Monday and Wednesday 9h00 to 11h00

**Fees:** membership: $20 per session for residents of Mont Saint-Hilaire and Otterburn Park, $35 per session for non-residents, activities: variable

**Financing:** self-financing, provincial, municipal

**Legal status:** non-profit organization

**MISSION NEW GENERATION**

1423 Provencher Boulevard, Brossard, Montérégie, QC, J4W 1Z3

450 486-7667     Fax: 450 486-6283

**Website:** missionnouvellegeneration.org

**Email:** info@missionnouvellegeneration.org


**Coverage area:** Montérégie, Montréal Island

**Hours:** food assistance: Thursday 13h00 to 18h00, Tuesday 15h00 to 19h00

**Fees:** food assistance: $10 per year, $15 per food basket

**Financing:** 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


**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: membership card: $25 per year for a single person, $30 per year for a couple, $35 per year for families
Financing: fundraising campaigns, contributions
Legal status: non-profit organization

PETITS BOUTS (LES)
525 Latour Street, Longueuil, Montérégie, QC, J3Y 6A9
450 462-8975
Website: www.petitsbouts.com
Email: infopetitsbouts@gmail.com
Eligibility: children 3 to 5 years old
Capacity: 12 children per group
Coverage area: Longueuil
Hours: Monday to Friday 9h00 to 11h00
Financing: municipal, donations, self-financing
Legal status: non-profit organization

PORTE OUVERTE, MAISON DES JEUNES (LA)
3825 Adélaïde Street, Longueuil, Montérégie, QC, J3Y 4X1
450 656-6789     Fax: 450 656-6621
Website: www.mdjlaporteouverte.org
Email: lpo.mdj@videotron.ca
Services: Meeting place with leisure and thematic activities. * Listening, support, information and referral. * Prevention and awareness. * Other service point at 3527 Mance Street.
Eligibility: youth 9 to 17 years old
Capacity: 275
Coverage area: Saint-Hubert
Hours: Mance Street for 12 to 17 years old: Monday to Friday 15h00 to 21h00, Adélaïde Street for 12 to 17 years old: Monday to Wednesday and Friday 15h00 to 21h00, Saturday 11h00 to 17h00, Mance Street for 9 to 11 years old: Tuesday to Thursday 16h00 to 19h00, Friday 15h30 to 19h00, Saturday 11h00 to 16h00
Fees: membership card: $5
Financing: provincial, membership fees
Legal status: non-profit organization

REGROUPEMENT POUR LA SANTÉ DES AÎNÉS PIERRE-DE SAUREL
71 De Ramezay Street, Suite 109, Sorel-Tracy, Montérégie, QC, J3P 3Z1
450 855-3737
Website: rsaps.ca
Email: rsaps@videotron.ca
Eligibility: people 50 years old and over
Coverage area: MRC Pierre-De Saurel
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 15h30
Fees: membership card: $10, breakfast conferences: $5 per member, workshops: free or variables fees
Financing: contributions, provincial
Legal status: non-profit organization
RESSOURCES SAINT-JEAN-VIANNEY
2255 Cartier Street, Suite 090, Longueuil, Montérégie, QC, J4K 4E8
450 646-6722
Website: www.rsjv.org
Email: direction@rsjv.org
Eligibility: children, adults, seniors, families
Coverage area: Saint-Jean-Vianney neighborhood outlined by Curé-Poirier Boulevard to the North, Jacques-Cartier Boulevard to the South, Notre-Dame-de-Grâce Street to the East and Taschereau Boulevard to the West
Hours: administration: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, activities: variable, Monday to Friday 18h00 to 22h00, Saturday 9h00 to 22h00
Fees: variable
Financing: provincial, federal, self-financing, donations
Legal status: non-profit organization

SAINT-LAMBERT COUNCIL FOR SENIORS
574 Notre-Dame Avenue, Saint-Lambert, Montérégie, QC, J4P 2K9
450 671-1757     Fax: 450 923-6608
Website: www.stlambertseniors.ca
Email: maisond@videotron.ca
Eligibility: people aged 55 years old and over
Coverage area: Saint-Lambert
Hours: Monday to Friday 9h00 to 16h00 from September to June
Fees: annual membership: $35
Financing: self-financing
Legal status: non-profit organization

SENIORS RESPITE MONTÉRÉGIE
83 Churchill Boulevard, Longueuil, Montérégie, QC, J4V 3L8
450 486-4722
Website: www.adultdaycare.ca
Email: info@seniorsrespitemonteregie.ca
Eligibility: caregivers of seniors, day centre: people 50 years old and over, autonomous or with a loss of cognitive or physical autonomy related to Alzheimer's disease, Parkinson's disease, dementia or intellectual disability
Capacity: day centre: 20 people
Coverage area: agglomeration of Longueuil
Hours: office: Monday to Friday 9h30 to 16h30, day centre: Monday to Friday 9h30 to 16h00, at-home respite: 7 days
Fees: variable
Financing: donations, self-financing
Legal status: non-profit organization
SERVICE D'ACTION BÉNÉVOLE AU COEUR DU JARDIN - HEMMINGFORD SITE
476 Frontière Street, Hemmingford, Montérégie, QC, J0L 1H0
450 247-2893
Website: sabjardin.org
Email: sabhemmingford@hotmail.com


Eligibility: seniors, people in need, volunteers, community organizations

Coverage area: Hemmingford

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30

Fees: none, community dinner: variable

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

SERVICE D'ACTION BÉNÉVOLE AU COEUR DU JARDIN - NAPIERVILLE SITE
262-A de l'Église Street, Napierville, Montérégie, QC, J0J 1L0
450 245-7868
Website: sabjardin.org
Email: sabnap@hotmail.ca


Eligibility: volunteers, community organizations, caregivers, autonomous people in need

Coverage area: MRC Les Jardins-de-Napierville

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30

Fees: free or variable depending on the service

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

SERVICE D'ACTION BÉNÉVOLE AU COUR DU JARDIN
1030 Notre-Dame Street, Saint-Rémi, Montérégie, QC, J0L 2L0
450 454-6567     Fax: 450 454-6567
Website: sabjardin.org
Email: sab.stremi@bellnet.ca


Eligibility: volunteers, community organizations, autonomous caregivers, seniors and people in need

Coverage area: MRC Les Jardins-de-Napierville

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Fees: frozen meals: main meal $3, soup $2, dessert $1, free delivery every 15 days, minibus grocery shopping: $4, monthly breakfast: $3

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization
SOCIÉTÉ POUR L’ÉPANOUISSEMENT DES JEUNES DE ST-AMABLE (LA)
915 Normandie Street, Saint-Amable, Montérégie, QC, J0L 1N0
450 922-3673
Email: mdjstamable@videotron.ca

Eligibility: youth 12 to 17 years old
Capacity: 99
Coverage area: Saint-Amable
Hours: school year: Wednesday to Friday 15h00 to 21h00, Saturday 13h00 to 21h00, student café: Monday to Friday 12h30 to 13h30, summer: Monday to Friday 13h00 to 21h00
Fees: none
Financing: municipal, provincial, fundraising campaigns, self-financing, donations
Legal status: non-profit organization

SOURIRE SANS FIN
2-A Sainte-Famille Street, Saint-Rémi, Montérégie, QC, J0L 2L0
450 454-5747  Fax: 450 454-5640
Website: souriresansfin.org
Email: info@souriresansfin.org

Eligibility: people on a low income, families, ITMAV project: seniors 55 and over
Capacity: 600 per year
Coverage area: MRC Les Jardins-de-Napierville
Hours: Monday to Friday 8h30 to 16h30, collective kitchen: Monday, Tuesday and Wednesday, meals on wheels: Tuesday 11h30
Fees: collective kitchen: $1.25 per portion, meals on wheels: $6 per meal, food bags: $2 per week per family
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

SOUTH SHORE BLACK COMMUNITY ASSOCIATION
725 Provencher Boulevard, Brossard, Montérégie, QC, J4W 1Y5
Email: ssbca.info@gmail.com

Eligibility: people of the black community, their spouses of another community
Coverage area: South Shore
Fees: annual membership: maximum of $20 per family
Financing: membership fees
Legal status: non-profit organization
Day camps and specialized camps

**ACTIVITÉS PRÉSCOLAIRES DE BROSSARD**
1025 des Prairies Road, Brossard, Montérégie, QC, J4Y 2Y7
450 619-7765
Website: www.activitesprescolaires.com
Email: activitesprescolaires@yahoo.com


**Eligibility:** children 2 to 5 years old

**Coverage area:** Brossard

**Financing:** self-financing, municipal, fundraising campaigns

**Legal status:** non-profit organization

**APPRENDRE EN COEUR**
25 Saint-Sauveur Street, Saint-Rémi, Montérégie, QC, J0L 2L0
450 454-0400
Website: apprendreencoeur.org
Email: apprendreencoeur@gmail.com


**Eligibility:** families with children 0 to 5 years old

**Coverage area:** MRC Les Jardins-de-Napierville

**Hours:** Monday to Friday 9h00 to 16h00, by appointment

**Fees:** programs and workshops: free, summer camp: $5 for a half-day

**Financing:** grants, fundraising campaigns

**Legal status:** non-profit organization

**BEAUHARNOIS - LOISIRS, CULTURE ET VIE COMMUNAUTAIRE**
660 Ellice Street, Suite 100, Beauharnois, Montérégie, QC, J6N 1Y1
450 429-3546 ext. 242     Fax: 450 429-2478
Website: ville.beauharnois.qc.ca
Email: loisirs@ville.beauharnois.qc.ca

**Services:** * Sociocultural and sports activities: baseball, hockey, dance, pétanque, soccer, tennis, zumba. * Community activities: artistic workshops, bingo, cribbage, qi-gong, scouts. * Arena, swimming pool, community center, multifunctional center. * Summer day camp.

**Coverage area:** Beauharnois

**Fees:** variable

**Financing:** municipal

**Legal status:** municipal agency

**BOUCHERVILLE - LOISIR, CULTURE ET VIE COMMUNAUTAIRE**
490 Lake Road, Boucherville, Montérégie, QC, J4B 6X3
450 449-8640     Fax: 450 449-7109
Website: boucherville.ca/sports
Email: infoloisirs@boucherville.ca

**Services:** * Community, sociocultural and sporting activities. * Aquatic centre and swimming pools, art centre, sport centre, arena, ice rinks, parks and playgrounds. * Summer day camp. * Events, shows and exhibitions. * Coordination with community organizations.

**Coverage area:** Boucherville

**Fees:** variable
Legal status: municipal agency

BROSSARD - RECREATION AND CULTURE
2001 de Rome Boulevard, Brossard, Montérégie, QC, J4W 3K5
450 923-6311
Website: www.brossard.ca/loisir-et-culture/activites-et-inscriptions


Coverage area: Brossard
Fees: variable
Financing: municipal

Legal status: municipal agency

CANDIAC - LOISIRS
59 Haendel Road, Candiac, Montérégie, QC, J5R 1R7
450 635-6020
Website: candiac.ca/culture-et-loisirs
Email: loisirs@ville.candiac.qc.ca


Coverage area: Candiac
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 13h00
Fees: variable
Financing: municipal

Legal status: municipal agency

CARREFOUR DIGNITÉ (SAINT-JEAN)
939-D du Séminaire Boulevard North, Saint-Jean-sur-Richelieu, Montérégie, QC, J3A 1B6
450 359-9525     Fax: 450 359-9525
Email: patro9@videotron.ca


Eligibility: families on a low income, gamblers
Coverage area: Saint-Jean-sur-Richelieu
Hours: clothing depot: Monday 9h00 to 13h00, food aid: Tuesday 9h30 to 10h30, Friday 13h00 to 14h00
Fees: none
Financing: grants, donations

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE LE TRAIT D’UNION
3100 Mousseau Street, Longueuil, Montérégie, QC, J4L 4P1
450 647-1107     Fax: 450 647-4245
Website: www.cctu.ca
Email: info@cctu.ca


Eligibility: seniors, youth and adults
Capacity: 200
Coverage area: Longueuil
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

Fees: none
Financing: grants, donations

Legal status: non-profit organization

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Financing: self-financing, grants  
Legal status: non-profit organization

**CHÂTEAUGAY VALLEY LITERACY COUNCIL**  
Confidential Address  
450 698-0342  
Website: cvlc-chateauguay.weebly.com  
Email: cvlc.chateauguay@gmail.com  
Eligibility: adults, families, children, seniors  
Coverage area: Châteauguay and surrounding areas  
Hours: Monday to Thursday 9h00 to 17h00  
Fees: free or low cost  
Financing: provincial, grants, donations, municipal, fundraising campaigns  
Legal status: non-profit organization

**CHÂTEAUGUAY - ENTERTAINMENT, SPORTS AND CULTURE**  
15 Maple Boulevard, Châteauguay, Montérégie, QC, J6J 3P7  
450 698-3000  
Website: ville.chateauguay.qc.ca/en  
Email: info@ville.chateauguay.qc.ca  
Coverage area: Châteauguay  
Hours: Monday and Tuesday 12h00 to 20h00, Wednesday and Thursday 12h00 to 18h00, Friday 12h00 to 17h00, Saturday 9h00 to 17h00, summer schedule: Monday 10h00 to 20h00, Tuesday to Friday 10h00 to 16h00  
Fees: variable, passeport-loisir: $8 per resident and $14 per resident family for 2 years, $70 per year for non-residents  
Financing: municipal  
Legal status: municipal agency

**CHÂTEAUGUAY HORIZON COMMUNITY ASSOCIATION**  
317 Brault Street, Châteauguay, Montérégie, QC, J6J 4M9  
Website: chateauguayhorizon.weebly.com  
Email: chateauguayhorizon@gmail.com  
Eligibility: Black community of Châteauguay  
Coverage area: Châteauguay  
Fees: membership: family $20, individual $15  
Financing: self-financing  
Legal status: non-profit organization

**CLÉ DES CHAMPS SAINTE-JULIE (LA)**  
27 du Plateau Street, Sainte-Julie, Montérégie, QC, J3E 3N6  
514 567-9333  
Website: lacdc.ca  
Email: info@lacdc.ca
Sports, Recreation and Culture

**Services:** * Organization of cultural, sports and recreational activities. * Various monthly outings. * Annual outing of two days in an adapted summer camp. * Summer day camp.

**Eligibility:** youth living with an intellectual disability or an autism spectrum disorder, with or without physical disabilities

**Coverage area:** Sainte-Julie

**Hours:** September to May: Saturday 9h30 to 15h00, summer day camp: late June to mid-August, Monday to Thursday 7h30 to 17h30

**Fees:** $50 per season, day camp: $90 per week

**Financing:** donations, municipal

**Legal status:** non-profit organization

**COLONIE DES GRÈVES DE CONTRECOEUR**

10350 Marie-Victorin Road, Contrecoeur, Montérégie, QC, J0L 1C0

450 742-4767     Fax: 450 742-3841

**Website:** www.coloniedesgreves.com

**Email:** info@coloniedesgreves.com


**Eligibility:** families

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 8h30 to 17h00, Saturday and Sunday 9h00 to 17h00, schedule subject to change according to seasons and activities

**Fees:** camp: according to the income

**Financing:** self-financing

**Legal status:** non-profit organization

**COLONIE SAINTE-JEANNE D'ARC**

10020 Marie-Victorin Road, Contrecoeur, Montérégie, QC, J0L 1C0

1 800 363-0098     Fax: 450 743-8879

**Website:** csjd.qc.ca

**Email:** info@csjd.qc.ca

**Services:** Summer camp for young girls. * Sports and artistic activities. * 6 or 9-night stay. * Free transportation from Montréal to the Colonie. * Financial aid program.

**Eligibility:** young girls 6 to 16 years old

**Coverage area:** Greater Montréal

**Hours:** secretariat: Monday to Friday 9h00 to 17h00

**Fees:** variable

**Financing:** Centraide of Greater Montréal, provincial, fundraising campaigns, grants, donations

**Legal status:** non-profit organization

**CORNE D’ABONDANCE - ENTRAIDE ALIMENTAIRE ET SOLIDARITÉ (LA)**

2391 de Bourgogne Avenue, Chambly, Montérégie, QC, J3L 2A5

450 447-3414

**Website:** cornedabondance.com

**Email:** info@cornedabondance.com


**Eligibility:** families, adults and seniors on a low income, children, teenagers

**Capacity:** 7 participants per kitchen

**Coverage area:** Carignan, Chambly, Marieville, Richelieu, Rougemont, Saint-Césaire, Saint-Mathias-Sur-Richelieu, Sainte-Angèle-De-Monnoir
Sports, Recreation and Culture

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
Coverage area: Coteau-du-Lac
Financing: municipal
Legal status: non-profit organization

CROISÉE DE LONGUEUIL (LA)
1230 Green Street, Longueuil, Montérégie, QC, J4K 4Z5
450 677-8918  Fax: 450 677-3377
Website: www.lacroiseedelongueuil.qc.ca
Email: lacroisee@lacroiseedelongueuil.qc.ca
Eligibility: families or people on a low income
Coverage area: South Shore, food assistance: Notre-Dame-de-la-Garde, Saint-Georges, Saint-Antoine-de-Padoue, Sainte-Louise-de-Marillac, Saint-Jude parishes
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 15h30
Fees: food assistance and cooking classes: free, delivery of frozen meals La Petite Cuillère: minimum purchase required and variable fees according to distance
Financing: Centraide of Greater Montréal, federal, provincial, municipal, self-financing
Legal status: non-profit organization

DELSION - SERVICE DES LOISIRS
100 de Delson Avenue, Delson, Montérégie, QC, J5B 1S3
450 632-1050 ext. 3100  Fax: 450 635-0627
Website: www.ville.delson.qc.ca/fr/services-municipaux/loisirs-et-culture
Email: loisirs@ville.delson.qc.ca
Coverage area: Delson
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 13h00
Fees: variable, citizen card: free
Financing: municipal
Legal status: municipal agency

GROUPE ACTION NOUVELLE VIE
740 Saint-Charles Street East, Longueuil, Montérégie, QC, J4H 1C2
450 646-5815 ext. 3221  Fax: 450 646-3509
Website: actionnv.com
Email: info@actionnv.com

Eligibility: men, women and families on a low income

Coverage area: Boucherville, Brossard, Chambly, Greenfield Park, La Prairie, Longueuil, Saint-Amable, Saint-Bruno-De-Montarville, Saint-Hubert, Saint-Lambert, Sainte-Julie, Varennes

Hours: services: Tuesday to Thursday 9h00 to 16h00, weekly food aid and emergency food aid: Tuesday and Thursday 12h30 to 15h00

Fees: weekly food aid and emergency food assistance: $10, $15 or $20 per food basket depending on the number of people, back-to-school supplies: $10 for each child

Financing: donations, self-financing, fundraising campaigns, foundations, grants

Legal status: non-profit organization

HOME-START CHAMPLAIN
78 Saint-Louis Street, Longueuil, Montérégie, QC, J4R 2L4
450 923-4138
Website: premierspasenglish.weebly.com
Email: info@premierspaschamplain.org


Eligibility: families with children under 12 years old

Coverage area: South Shore

Hours: Monday to Friday 9h00 to 16h00

Fees: workshops: variable

Financing: provincial

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. * Summer day camp. * Events.

Coverage area: Hudson

Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, Friday 9h00 to 12h00

Fees: variable

Financing: municipal

Legal status: municipal agency

L’ÎLE-PERROT - SERVICE DES LOISIRS
150 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


Coverage area: L’Île-Perrot
Sports, Recreation and Culture

**LA MAISON AMÉRINDIENNE**
510 des Trentes Montée, Mont-Saint-Hilaire, Montérégie, QC, J3H 2R8
450 464-2500  Fax: 450 464-0071
Website: www.maisonamerindienne.com
Email: info@maisonamerindienne.com


**Eligibility:** general population, day camps: children 6 to 12 years old, educational programs: preschool, primary, secondary and post-secondary level

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 17h00, Saturday and Sunday 13h00 to 17h00

**Fees:** variable

**Financing:** self-financing

**Legal status:** non-profit organization

**LA PIAULE - MAISON DES JEUNES DE BOUCHERVILLE**
540 du Lac Road, Boucherville, Montérégie, QC, J4B 6X3
450 449-8346
Website: www.mdjboucherville.ca
Email: la.piaule@videotron.ca

**Services:** * Meeting, support and listening place. * Recreational, sports and training activities. * Collective kitchen. * DosAdos camp. * Pendragon: medieval role play offered several times during the year.

**Eligibility:** youth 12 to 17 years old

**Coverage area:** Boucherville, Longueuil, Sainte-Julie, Saint-Amable, Varennes

**Hours:** Monday to Thursday and Sunday 15h00 to 21h00, Friday and Saturday 15h00 to 22h00, summer: 7 days, 15h00 to 22h00, collective kitchen: Wednesday

**Fees:** none

**Financing:** federal, provincial, municipal, self-financing

**Legal status:** non-profit organization

**LA PRAIRIE - SERVICE DES LOISIRS**
500 Saint-Laurent Street, La Prairie, Montérégie, QC, J5R 5X2
450 444-6700
Website: www.ville.laprairie.qc.ca
Email: loisirs@ville.laprairie.qc.ca

**Services:** * Community, sociocultural and sporting activities. * Arena, multi-purpose centre, swimming pool, parks, ice rinks and playgrounds. * Coordination with community organizations. * Summer day camp. * Community gardens. * Activities and events. * Room rental.

**Coverage area:** La Prairie

**Hours:** Monday 8h15 to 12h00 and 13h00 to 20h30, Tuesday to Thursday 8h15 to 12h00 and 13h00 to 16h30, Friday 8h15 to 17h00

**Fees:** variable

**Financing:** municipal

**Legal status:** municipal agency
LES COTEAX - 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


Coverage area: Les Coteaux

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, summer: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h45, Friday 8h00 to 12h00

Financing: municipal

Legal status: municipal agency

MAISON DE LA FAMILLE DE LA VALLÉE DU RICHELIEU (LA)
91 Cartier Boulevard, Beloeil, Montérégie, QC, J3G 6R4
450 446-0852
Website: www.mfvr.ca
Email: reception@mfvr.ca


Eligibility: families, caregivers, seniors


Hours: office: Monday to Friday 8h30 to 16h00, daycare: Monday to Friday 8h30 to 15h30, Saturday 8h30 to 12h00, seniors pavilion: Monday to Thursday 13h00 to 16h00

Fees: annual membership card: $20

Financing: donations, fundraising campaigns, grants

Legal status: non-profit organization

MAISON DE LA FAMILLE DES MASKOUTAINS
2130 Mailhot Avenue, Saint-Hyacinthe, Montérégie, QC, J2S 9E1
450 771-4010  Fax: 450 250-0272
Website: www.mfm.qc.ca
Email: accueil@mfm.qc.ca


Eligibility: families, seniors, caregivers, children, immigrants, refugees

Coverage area: MRC Les Maskoutains

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

Fees: membership card: $10 per year, drop-in respite: free, educational childcare services: $20 per 4-week session, including meals, Tablette et cie: free for members, $5 per 4-month session for non-members, community meals: variable
Financing: provincial, donations, grants, membership fees
Legal status: non-profit organization

MAISON DE LA FAMILLE LA PARENTR'AIDE
2060 Holmes Street, Longueuil, Montérégie, QC, J4T 1R8
450 923-9333
Website: laparentraide.ca
Email: info@laparentraide.ca
Services: Provides parents with support and tools to enable them to better perform their role as educators and improve the quality of life for their family. * Workshops for parents of children 0 to 5 years: YAPP program, luncheons, Vie de famille, De la discipline à l'amour, Éveil musical, Langagibou. * Baby food workshops. * Daycare for children 0 to 5 years. * Parent-child workshops for children 0 to 5 years: Moments magiques, Exp'art, Mes 5 sens et moi, La boîte à outils, Grouille et gribouille, Tand'aime, Passeport. * Workshops for parents of children 5 to 12 years: Full Parent, Vie de famille, De la discipline à l'amour, Jalousie et rivalité frère/sœur, Parler pour que les enfants écoutent. * Parent-youth workshop for youth 5 to 12 years: Estime de soi. * Workshop for parents of teenagers 12 to 17 years: Parents d'ado, Une traversée. * Flash papa. * Individual meetings. * Summer day camp for children 5 to 11 years old. * Kindergarten preparation day camp for 4 years old children.
Eligibility: parents of children 0 to 17 years old
Coverage area: Greenfield Park, Longueuil, LeMoyne, Saint-Hubert
Hours: Monday to Friday 8h30 to 16h30
Fees: annual membership: $20

MAISON DE LA FAMILLE VAUDREUIL-SOULANGES
1210 Principale Street, Saint-Zotique, Montérégie, QC, J0P 1Z0
450 217-2177
Website: www.maisondelafamillevs.ca
Email: info@mfvs.ca
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 DE QUARTIER FONROUGE
301 Cuvillier Street East, Longueuil, Montérégie, QC, J4L 4T7
450 646-8800
Website: mqlonrouge.ca
Email: fonrouge@videotron.ca
MAISON LA VIREVOLTE
335 Le Moyne Street West, Longueuil, Montérégie, QC, J4H 1W4
450 651-1901    Fax: 450 651-9125
Website: www.maisonlavirevolte.com
Email: info@maisonlavirevolte.com


Eligibility: families living in the borough of Vieux-Longueuil, in particular those living in HLMs

Coverage area: Vieux-Longueuil

Hours: Monday to Friday 9h00 to 17h00

Fees: membership: $5 per family or $2 per person, other fees for specific activities

Financing: Centraide of Greater Montréal, federal, provincial

Legal status: non-profit organization

MISSION NEW GENERATION
1423 Provencher Boulevard, Brossard, Montérégie, QC, J4W 1Z3
450 486-7667    Fax: 450 486-6283
Website: missionnouvellegeneration.org
Email: info@missionnouvellegeneration.org


Coverage area: Montérégie, Montréal Island

Hours: food assistance: Thursday 13h00 to 18h00, Tuesday 15h00 to 19h00

Fees: food assistance: $10 per year, $15 per food basket

Financing: donations

Legal status: non-profit organization

MOUVEMENT SEM (SENSIBILISATION POUR UNE ENFANCE MEILLEURE)
366-368 Laurier Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 6L3
450 348-0209    Fax: 450 348-9665
Website: mouvementsem.org
Email: reception@mouvementsem.com


Eligibility: children, teenagers, parents

Coverage area: Montérégie

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, availability in the evening by appointment, homework help: 15h00 to 18h00

Fees: $20 per year

Financing: provincial, federal, Centraide of Greater Montréal, 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
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: membership card: $25 per year for a single person, $30 per year for a couple, $35 per year for families
Financing: fundraising campaigns, contributions
Legal status: non-profit organization

NAPIERVILLE - SAINT-CYPRIEN-DE-NAPIERVILLE - LEISURE SERVICES
325 Saint-Louis Street, Napierville, Montérégie, QC, J0J 1L0
450 245-3983 Fax: 450 245-7782
Website: www.napierville.ca
Email: glaplante@napierville.ca
Coverage area: Napierville, Saint-Cyprien-de-Napierville
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
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
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

**RESSOURCES SAINT-JEAN-VIANNEY**  
2255 Cartier Street, Suite 090, Longueuil, Montérégie, QC, J4K 4E8  
450 646-6722  
Website: www.rsjv.org  
Email: direction@rsjv.org

**Eligibility:** children, adults, seniors, families  
**Coverage area:** Saint-Jean-Vianney neighborhood outlined by Curé-Poirier Boulevard to the North, Jacques-Cartier Boulevard to the South, Notre-Dame-de-Grâce Street to the East and Taschereau Boulevard to the West  
**Hours:** administration: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, activities: variable, Monday to Friday 18h00 to 22h00, Saturday 9h00 to 22h00  
**Fees:** variable  
**Financing:** provincial, federal, self-financing, donations  
**Legal status:** non-profit organization

**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

**Coverage area:** Rigaud  
**Financing:** municipal  
**Legal status:** municipal agency

**RIVIÈRE-BEAUDETTE - LEISURE AND CULTURE**  
663 Frontière Road, 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  
**Hours:** Monday to Thursday 8h30 to 16h00, Friday 8h30 to 12h00  
**Financing:** municipal  
**Legal status:** municipal agency

**SAINT-BASILE-LE-GRAND - SERVICE DES LOISIRS, DE LA CULTURE ET DE LA VIE COMMUNAUTAIRE**  
Centre communautaire Lise-B.-Boisvert, 103 Montpellier Avenue, Saint-Basile-le-Grand, Montérégie, QC, J3N 1C6  
450 461-8000 ext. 8600  
Website: www.ville.saint-basile-le-grand.qc.ca/ville/services-municipaux/service-loisirs-culture-vie-communautaire  
Email: loisirs@villesblg.ca
SAINT-BRUNO-DE-MONTARVILLE - LEISURE, CULTURE AND COMMUNITY LIFE
1605 Montarville Street, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 3T8
450 645-2940
Website: stbruno.ca/activites-et-loisirs
Email: loisir@stbruno.ca


Coverage area: Saint-Bruno-de-Montarville
Hours: Monday to Thursday 8h15 to 12h00 and 13h00 to 16h30, Friday 8h15 to 12h30
Fees: variable
Financial: municipal
Legal status: municipal agency

SAINT-CLET - LEISURE
4 du Moulin Street, Saint-Clet, Montérégie, QC, J0P 1S0
450 456-3900 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
Financial: municipal
Legal status: municipal agency

SAINT-CONSTANT - LEISURE DEPARTMENT
330 Wilfrid-Lamarche Street, Saint-Constant, Montérégie, QC, J5A 2S2
450 638-2010 ext. 7200 Fax: 450 635-8415
Website: saint-constant.ca
Email: loisirs@saint-constant.ca

Coverage area: Saint-Constant
Hours: Monday to Thursday 8h00 to 17h00, Friday 8h00 to 13h00
Fees: variable
Financial: municipal
Legal status: municipal agency

SAINT-ISIDORE - LOISIRS ET VIE COMMUNAUTAIRE
671 Saint-Régis Road, Saint-Isidore, Montérégie, QC, J0L 2A0
450 454-3919
Website: www.municipalite.saint-isidore.qc.ca
Email: loisirs@municipalite.saint-isidore.qc.ca
Services: * Sporting and recreational activities. * Community centre, parks, ice rink, sports fields. * Summer day camp. * Events.

Coverage area: Saint-Isidore

Hours: Monday to Wednesday 8h30 to 16h30, Thursday 8h30 to 16h30 and 19h00 to 21h00, Friday 8h30 to 12h00

Fees: variable

Financing: municipal

Legal status: municipal agency

SAINT-JACQUES-LE-MINEUR - LOISIRS ET CULTURE

91 Principale Street, Saint-Jacques-le-Mineur, Montérégie, QC, J0J 1Z0

450 347-5446

Website: www.saint-jacques-le-mineur.ca/loisirs-et-culture.html

Email: info@sjlm.ca


Coverage area: Saint-Jacques-le-Mineur

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00

Fees: variable

Financing: municipal

Legal status: non-profit organization

SAINT-LAMBERT - RECREATION, SPORTS AND COMMUNITY SERVICES

600 Oak Avenue, Saint-Lambert, Montérégie, QC, J4P 2R6

450 466-3890

Website: www.saint-lambert.ca/en

Email: loisirs@saint-lambert.ca


Coverage area: Saint-Lambert

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 19h30, Friday 8h30 to 12h00

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


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-MATHIEU - SERVICE DES LOISIRS
299 Saint-Édouard Road, Saint-Mathieu, Montérégie, QC, J0L 2H0
450 632-9528 ext. 225    Fax: 450 632-9544
Website: municipalite.saint-mathieu.qc.ca
Email: loisirs@municipalite.saint-mathieu.qc.ca
Coverage area: Saint-Mathieu
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h30, Friday 9h00 to 12h00
Fees: variable
Financing: municipal
Legal status: municipal agency

SAINT-MICHEL - LOISIRS, CULTURE ET VIE COMMUNAUTAIRE
1700 Principale Street, Saint-Michel, Montérégie, QC, J0L 2J0
450 454-4502
Website: municipalite-saint-michel.ca/loisirs-et-cultures
Email: loisirs@mst-michel.ca
Services: * Sporting, recreational and sociocultural activities. * Community centre, parks, sports fields. * Summer day camp. * Hall rental.
Coverage area: Saint-Michel
Fees: variable
Financing: municipal
Legal status: municipal agency

SAINT-PATRICE-DE-SHERRINGTON - LOISIRS ET VIE COMMUNAUTAIRE
300 Saint-Patrice Street, Saint-Patrice-de-Sherrington, Montérégie, QC, J0L 2N0
450 454-4959 ext. 202
Website: st-patrice-sherrington.com
Email: loisirs@sherr.ca
Coverage area: Saint-Patrice-de-Sherrington
Fees: variable
Financing: municipal
Legal status: municipal agency

SAINT-PHILIPPE - LOISIRS, CULTURE ET VIE COMMUNAUTAIRE
2225 Édouard-VII Road, Saint-Philippe, Montérégie, QC, J0L 2K0
450 659-7701 ext. 258    Fax: 450 659-7702
Website: ville.saintphilippe.quebec/programmation-loisirs
Email: loisirs@ville.saintphilippe.quebec
Coverage area: Saint-Philippe
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00
Fees: variable
Financing: municipal
Legal status: municipal agency
SAINT-RÉMI - SERVICE DES LOISIRS
25 Saint-Sauveur Street, Saint-Rémi, Montérégie, QC, J0L 2L0
450 454-3993 ext. 5345   Fax: 450 454-7978
Website: www.saint-remi.ca/loisirs-et-culture
Email: loisirs@ville.saint-remi.qc.ca
Coverage area: Saint-Rémi
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h30 to 13h00
Fees: variable
Financing: municipal
Legal status: municipal agency

SAINT-TÉLESPHORE - LOISIRS
1425 340 Road, Saint-Téléscope, 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-Téléscope
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
Coverage area: Saint-Zotique
Financing: municipal
Legal status: municipal agency

SAINTE-CATHERINE - SPORTS, CULTURE, LEISURE AND COMMUNITY LIFE
5365 Saint-Laurent Boulevard, Sainte-Catherine, Montérégie, QC, J5C 1A6
450 632-0590 ext. 5210   Fax: 450 632-9908
Website: www.ville.sainte-catherine.qc.ca/sports-culture-et-loisirs
Email: sports-culture@vdsc.ca
Coverage area: Sainte-Catherine
Hours: Monday to Thursday 8h30 to 19h30, Friday 8h30 to 16h30
Fees: variable
Financing: municipal
Legal status: municipal agency

SAINTE-CLOTILDE - LOISIRS ET CULTURE
2452 de l’Église Road, Sainte-Clotilde, Montérégie, QC, J0L 1W0
450 826-3129   Fax: 450 826-3217
Website: www.ste-clotilde.ca/fr/loisirs-et-culture/activites
Email: info@ste-clotilde.ca
Services: * Community, socio-cultural and sports activities. * Community centre, arena, skating rinks, parks and sports fields. * Summer day camp.

Coverage area: Sainte-Clotilde

Hours: Monday to Thursday 8h00 to 12h00 and 12h30 to 16h30, Friday 8h00 to 12h00

Fees: variable

Financing: municipal

Legal status: Select Legal Status

SAINTE-JULIE - LOISIRS
1580 du Fer-à-Cheval Road, Sainte-Julie, Montérégie, QC, J3E 2M1
450 922-7122
Website: www.ville.sainte-julie.qc.ca
Email: loisirs@ville.sainte-julie.qc.ca


Coverage area: Sainte-Julie

Hours: Monday to Thursday 8h00 to 19h00, Friday 8h00 to 16h00

Fees: variable

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


Coverage area: Sainte-Justine-de-Newton

Fees: variable

Financing: municipal

Legal status: municipal agency

TABLÉE DES CHEFS (LA)
930 Curé-Poirier Boulevard East, Longueuil, Montérégie, QC, J4J 4X1
450 748-1638     Fax: 450 748-1680
Website: www.tableedeschefs.org/en
Email: info@tableedeschefs.org

Services: * Redistribution of food surplus from the hotel, restaurant and institution network (HRI) in order to feed people in need. * Sustainable food brokerage service. * Development of culinary education for teenagers through culinary training programs in high schools (les Brigades Culinaires) and youth centres (Cuisine ton avenir). * Culinary day camp for children. * Corporate culinary workshop. * Food chores in cooking schools: preparation of meals that are distributed in community organization.

Eligibility: people coping with food insecurity, culinary programs: youth 12 to 17 years old, culinary camp: youth 10 to 15 years old

Capacity: unlimited

Coverage area: Canada

Hours: Monday to Friday 8h30 to 16h30

Fees: free, various prices for cooking schools

Financing: donations, self-financing

Legal status: non-profit organization
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
Coverage area: Terrasse-Vaudreuil
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: loisirsculture@ville.vaudreuil-dorion.qc.ca
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, Vaudreuil-sur-le-Lac, Montérégie, QC, J7V 8P3
450 455-1133 ext. 6     Fax: 450 455-8614
Website: www.vsll.ca
Email: loisirs@vsll.ca
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

9E GROUPE SCOUT ST-THOMAS DE VILLENEUVE
4775 Quevillon Street, Longueuil, Montérégie, QC, J3Y 2V3
450 676-9620
Website: www.9egroupescout.ca
Email: info@9egroupescout.ca
Eligibility: youth 7 to 26 years old, adults of all ages
Coverage area: Saint-Hubert
Fees: variable
Financing: contributions, fundraising campaigns
Legal status: non-profit organization

ADOMISSILE (L’) - MAISON DES JEUNES - SAINT-RÉMI
100 de la Gare Street, Saint-Rémi, Montérégie, QC, J0L 2L0
450 454-6657 Fax: 450 454-3618
Website: adomissile.com
Email: mdj@adomissile.com
Eligibility: youth 12 to 17 years old
Coverage area: Saint-Isidore, Saint-Michel, Saint-Rémi, Sainte-Clotilde
Hours: Monday to Thursday 16h00 to 21h00, Friday 16h00 to 22h30
Fees: annual membership: $5
Financing: provincial, municipal, self-financing
Legal status: non-profit organization

AFFAIRE DE FAMILLE (UNE)
19 Bridge Street, Ormstown, Montérégie, QC, J0S 1K0
450 829-3782
Website: www.uneaffairedefamillehsl.com
Email: uaf.reception@gmail.com
Eligibility: parents, young adults, children, teenagers, seniors
Coverage area: MRC du Haut-Saint-Laurent
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00, closed in July and August
Financing: self-financing, municipal
Legal status: non-profit organization

AGADOUCE SAINT-HUBERT
2485 Georges-Jutras Terrasse, basement, Longueuil, Montérégie, QC, J3Y 3R4
514 792-0107
Email: agadouce@outlook.com
Services: * Weekly crafts meetings: knitting, sewing, weaving, etc. * Funding of humanitarian work through the sale of creations.
Eligibility: women 55 years old and over
Coverage area: Brossard, Greenfield Park, Longueuil, Saint-Hubert
Hours: Monday 13h00 to 16h00
Fees: free
Financing: self-financing
Legal status: non-profit organization

AIDE PÉDAGOGIQUE AUX ADULTES ET AUX JEUNES DE SAINTE-HYACINTHE
900 Saint-Antoine Street, Saint-Hyacinthe, Montérégie, QC, J2S 3K1
450 261-0384
Website: www.apaj.ca
Email: info@apaj.ca
Eligibility: people living with problem of illiteracy
Coverage area: Saint-Hyacinthe
Hours: Monday to Thursday 9h00 to 17h00
Fees: small fee for the collective kitchen
Financing: provincial
Legal status: non-profit organization

AÎNÉS DE MAISONNEUVE (LES)
420 Victoria Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 6J6
450 370-4866
Email: remi.vaillancourt@icloud.com
Eligibility: people 65 years old and over
Capacity: 85
Coverage area: MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges
Hours: Monday to Friday 12h00 to 17h00
Fees: membership: $40
Financing: provincial, federal, foundations, membership fees
Legal status: non-profit organization

ALPHABÉTISATION IOTA
200 Saint-Louis Street, Longueuil, Montérégie, QC, J4R 2L6
450 466-0076 ext. 223
Website: alphaiota.alphabetisation.ca
Email: direction@alphaiota.ca
Services: * Literacy. * Computer initiation workshops for beginners: computer, tablet, smartphone, web browsing, emails, social media, Internet security, tools for French, etc. * Lessons, individualized and for small groups, adapted to the needs and backgrounds of the participants. * On-site recovery of books. * Annual sale of books.
Eligibility: adults coping with illiteracy, poorly educated, 18 years and over, computer workshops: adults with at least a secondary 2
Coverage area: South Shore
Hours: Monday to Thursday 8h45 to 16h00, computer workshops: Monday, Wednesday and Thursday
Fees: $5 per session
Financing: donations, provincial, federal, municipal, fundraising campaigns
Legal status: non-profit organization

ARDOISE, GROUPE POPULAIRE EN ALPHABÉTISATION (L’)
50 du Roi Street, Suite 110, Sorel-Tracy, Montérégie, QC, J3P 4M7
450 780-1016
Email: info@lardoisealphabetisationpopulaire.org
Eligibility: people with low literacy skills or with difficulties reading and writing
Coverage area: Sorel-Tracy
Hours: Monday to Thursday 8h30 to 16h30
Fees: none
Financing: grants
Legal status: non-profit organization
ASSOCIATION DES DEVENUS SOURDS ET DES MALENTENDANTS DU QUÉBEC - SECTEUR SUD-OUEST

35 Grande-Île Street, Suite 1, Salaberry-de-Valleyfield, Montérégie, QC, J6S 3L9
450 377-5941 Fax: 450 377-4293
Email: adsmqso@gmail.com


Eligibility: people who became deaf and hearing impaired

Coverage area: MRC Le Haut-Saint-Laurent, MRC Beauharnois-Salaberry, MRC Vaudreuil-Soulanges, MRC Roussillon

Hours: Monday to Friday 8h00 to 16h00

Fees: annual membership: $25

Financing: membership fees

Legal status: non-profit organization

ASSOCIATION DES FEMMES D’ICI ET D’AILLEURS

5400 Payer Boulevard, Suite 4, Longueuil, Montérégie, QC, J3Y 1J4
514 583-9664
Website: femmesdiciedailleurs.webs.com
Email: afia-st-hubert@hotmail.com


Eligibility: immigrant women of all origins and ages

Coverage area: agglomeration of Longueuil

Hours: variable depending on the activities, phoneline: 7 days 9h00 to 21h00

Fees: variable depending on the activities

Financing: self-financing, fundraising campaigns, donations

Legal status: non-profit organization

ASSOCIATION QUÉBEC-FRANCE - MONTÉRÉGIE

Confidential Address
Website: www.quebecfrance-monteregie.org
Email: qfmonteregie@gmail.com


Eligibility: francophiles and French language defenders

Coverage area: Montérégie

Fees: variable according to the membership type

Financing: contributions, self-financing

Legal status: non-profit organization

AU COEUR DES MOTS

12 Sainte-Marie Street, Lacolle, Montérégie, QC, J0J 1J0
450 246-4131 Fax: 450 246-2908
Email: aucoeurdesmotsalpha@hotmail.com

Eligibility: people 16 years old and over, families
Coverage area: MRC Le Haut-Richelieu, MRC Les Jardins-de-Napierville
Hours: Monday to Thursday 9h00 to 16h00
Fees: none
Financing: provincial
Legal status: non-profit organization

AUX SOURCES DU BASSIN DE CHAMBLY
1369 Bourgogne Avenue, Chambly, Montérégie, QC, J3L 1Y4
450 658-1568 Fax: 450 658-0823
Website: www.as-bc.org
Email: info@as-bc.org
Eligibility: food assistance: people in need, friperie du bassin: open to all
Coverage area: Carignan, Chambly
Hours: food: Tuesday, Wednesday and Friday 9h00 to 12h00 and 13h00 to 16h00, Thursday until 17h30, friperie du bassin: Monday, Tuesday, Wednesday, Saturday and Sunday 9h00 to 16h00, Thursday and Friday 9h00 to 20h00, administration: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00
Financing: self-financing, donations, provincial
Legal status: non-profit organization

BIRD PROTECTION QUÉBEC
Confidential Address
514 637-2141
Website: pqspb.org/bpqpoq
Email: birdprotectionquebec@gmail.com
Eligibility: bird watchers
Coverage area: Province of Québec
Fees: membership: variable
Financing: membership fees, donations
Legal status: non-profit organization

BOUFFE DU CARREFOUR (LA)
3780 Grande-Allée, Longueuil, Montérégie, QC, J4T 2V7
450 926-2386
Website: labouffeducarrefour.org
Email: info@labouffeducarrefour.org
Coverage area: Saint-Hubert and surroundings
Hours: Monday to Friday 8h30 to 16h00
Fees: variable according to the service
Financing: grants, self-financing
Legal status: non-profit organization
BROSSARD PUBLIC LIBRARY
7855 San-Francisco Avenue, Brossard, Montérégie, QC, J4X 2A4
450 923-6350   Fax: 450 923-7042
Website: bibliotheque.brossard.ca
Email: bibliotheque@brossard.ca


Coverage area: Brossard
Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00, summer: Monday to Friday 10h00 to 21h00, Saturday 12h00 to 17h00
Fees: residents: free, non-residents: $80
Financing: municipal
Legal status: municipal agency

CANDIAC PUBLIC LIBRARY
59 Haendel Road, Candiac, Montérégie, QC, J5R 1R7
450 635-6032   Fax: 450 635-0900
Website: candiac.ca/bibliotheque
Email: biblio@ville.candiac.qc.ca


Eligibility: general public
Coverage area: Candiac
Hours: Tuesday and Thursday 10h00 to 20h00, Wednesday and Friday 13h00 to 20h00, Saturday 10h00 to 16h30, Sunday 12h00 to 16h30, summer: closed on Sunday
Fees: registration: free for residents, variable for non-residents
Financing: municipal
Legal status: municipal agency

CARREFOUR FAMILIAL DE SAINTE-JULIE
461 Saint-Joseph Boulevard, Suite 93, Sainte-Julie, Montérégie, QC, J3E 1W8
450 922-7179
Website: www.carrefourfamilialsj.org
Email: info@carrefourfamilialsj.org


Eligibility: families, mothers-to-be
Coverage area: Sainte-Julie
Hours: daycare: Tuesday to Friday 9h00 to 16h00, activities according to the program
Fees: variable fees depending on the activities and chosen services
Financing: grants, fundraising campaigns
Legal status: non-profit organization

CENTRE ALPHA-SOURD RIVE-SUD
2010 Chambly Road, Suite B, Longueuil, Montérégie, QC, J4J 3Y2
438 806-5149
Website: www.casourdrivesud.org
Email: info@casourdrivesud.org
Eligibility: deaf and deaf-blind people
Capacity: 25
Coverage area: Montérégie
Hours: Wednesday and Friday 8h00 to 15h00
Fees: none
Financing: provincial
Legal status: non-profit organization

CENTRE ALPHA-SOURD RIVE-SUD - LONGUEUIL POINT OF SERVICE
450 Chambly Road, Suite 200, Longueuil, Montérégie, QC, J4H 3L7
438 382-3488     TTY: 438 382-3488
Website: www.dalc.alphasourd.org
Email: dalc@alphasourd.org
Eligibility: deaf and deaf-blind people
Capacity: 50
Coverage area: Montérégie
Hours: Tuesday 13h00 to 16h00 and Thursday 13h00 to 21h00
Fees: none
Financing: provincial
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE L'ENTRAIDE PLUS
2437 Bourgogne Avenue, Chambly, Montérégie, QC, J3L 2A5
450 658-4469     Fax: 450 658-4469
Website: entraideplus.org
Email: info@entraideplus.org
Eligibility: people 50 years old and over, autonomous, disabled, sick or in loss of autonomy, caregivers
Capacity: Resto-Entre: 44 places
Coverage area: Chambly, Carignan, Richelieu, Saint-Mathias-sur-Richelieu, Sainte-Angèle-de-Monnoir, Marieville
Hours: Monday to Thursday 9h00 to 16h00, Friday 9h00 to 14h00, respite: Monday and Thursday 9h30 to 15h30, Resto-Entre: Monday to Friday 11h00 to 13h00
Fees: members: $20 per year, Resto-Entre: $6 for members, $7 for non-members
Financing: donations, grants
Legal status: non-profit organization
CENTRE COMMUNAUTAIRE LE TRAIT D'UNION
3100 Mousseau Street, Longueuil, Montérégie, QC, J4L 4P1
450 647-1107  Fax: 450 647-4245
Website: www.cctu.ca
Email: info@cctu.ca
Eligibility: seniors, youth and adults
Capacity: 200
Coverage area: Longueuil
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Financing: self-financing, grants
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE FARNHAM
1810 Principale Street East, Farnham, Montérégie, QC, J2N 1N4
450 293-3265  Fax: 450 293-1010
Website: www.cabfarnham.com
Email: direction@cabfarnham.com
Eligibility: people living with a disability, seniors, families, community organizations
Coverage area: Ange-Gardien, Farnham, Sainte-Brigide-D'iberville, Sainte-Sabine
Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00
Fees: none
Financing: Centraide Richelieu-Yamaska, provincial
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE SAINT-JEAN-SUR-RICHELIEU
640 Dorchester Street, Office 301, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 5A4
450 347-7527  Fax: 450 347-7323
Website: www.cabstjean.org
Email: info@cabstjean.org
Eligibility: seniors, people on a low income, caregivers, volunteers
Coverage area: Saint-Blaise-Sur-Richelieu, Saint-Jean-Sur-Richelieu, Saint-Paul-De-L'île-Aux-Noix
Hours: Monday to Thursday 8h00 to 16h00
Fees: meals on wheels: variable, culinary workshops: $10 per workshop
Financing: provincial, self-financing, 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: cabs@videotron.ca
Eligibility: seniors, people in need, thrift store: general public
Coverage area: Côteau-du-Lac, Les Côteaux, Rivière-Beaudette, Saint-Clet, Saint-Polycarpe, Saint-Éphrem, Saint-Zotique, Sainte-Justine-de-Newton, Sainte-Marthe
Hours: office: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00, thrift store: Tuesday to Friday 9h30 to 16h00 and Saturday 9h30 to 15h00
Financing: donations, grants, self-financing
Legal status: non-profit organization

CENTRE D’ÉDUCATION POPULAIRE
18 d’Anjou Boulevard, Châteauguay, Montérégie, QC, J6K 1B7
450 699-9955
Email: cep@videotron.ca
Eligibility: people 16 years and over who no longer attend school on a regular basis
Coverage area: Greater Châteauguay: Beauharnois, Châteauguay, Kahnawake, Léry, Mercier, Saint-Isidore, Saint-Rémi, Saint-Urbain-Premier, Sainte-Martine
Hours: Monday to Friday 8h30 to 16h30
Fees: membership: $15
Financing: provincial
Legal status: non-profit organization

CENTRE DE LA FAMILLE SAINT-PIE
70 Saint-François Avenue, Saint-Pie, Montérégie, QC, J0H 1W0
450 772-6828
Website: www.centredelafamillestpie.com
Email: centredelafamillestpie@gmail.com
Eligibility: families, children, youth, seniors
Capacity: 25
Coverage area: MRC Les Maskoutains
Hours: Monday to Wednesday 9h00 to 18h00, Thursday 9h00 to 20h00, Friday 8h00 to 12h00 and 14h30 to 18h00
Fees: membership card: $10 per family per year
Financing: provincial, municipal, Centraide Richelieu-Yamaska
Legal status: non-profit organization

CERCLES DE FERMIÈRES DU QUÉBEC (LES)
1193 Maisonneuve Street, Longueuil, Montérégie, QC, J4K 2S7
450 442-3983   Fax: 450 442-4363
Website: cfq.qc.ca
Email: cerfer@cfq.qc.ca

Eligibility: women aged 14 years old and over

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 16h30

Fees: annual subscription to the Actuelle magazine: $30

Financing: self-financing, contributions

Legal status: non-profit organization

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CLUB ÂGE D’OR SAINT-JUDE

930 du Centre Street, Saint-Jude, Montérégie, QC, J0H 1P0

450 250-2485 Fax: 450 924-0953

Website: fadoqstjude.com/home

Email: info@agedorstjude.com


Eligibility: seniors

Coverage area: MRC Les Maskoutains

Fees: yearly membership

Financing: donations, provincial, contributions

Legal status: non-profit organization

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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

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CLUB DE L’ÂGE D’OR DE ST-PHILIPPE

2235 Édouard-VII Road, Saint-Philippe, Montérégie, QC, J0L 2K0

450 907-6187

Services: * Social and recreational activities: cards, bingo, etc. * Annual outings and parties: Christmas, sugar shack, etc.

Eligibility: seniors 50 years old and over

Coverage area: MRC Roussillon

Hours: Wednesday 12h30 to 17h00

Fees: annual membership: $15

Financing: municipal, donations, membership fees

Legal status: non-profit organization

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CLUB DE L’ÂGE D’OR ST-GRÉGOIRE LE GRAND

45 Rang de la Montagne, Mont-Saint-Grégoire, Montérégie, QC, J0J 1K0

450 346-6489

Services: * Social and recreational activities: line dancing, card games, petanque. * Outings and trips.

Eligibility: people 50 years old and over

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1562
Coverage area: Montérégie
Hours: petanque: Tuesday and Thursday evening
Fees: annual membership: $25
Financing: contributions
Legal status: non-profit organization

CLUB FADOQ DE BROSSARD
3205-2 Rome Boulevard, Brossard, Montérégie, QC, J4Y 1R2
450 443-3355
Website: clubfadoqdebrossard.org
Email: info@clubfadoqdebrossard.org
Eligibility: people 50 years and over
Coverage area: Brossard
Hours: office: Monday 12h30 to 16h00, Tuesday and Thursday 18h00 to 19h30, Wednesday 9h30 to 11h30
Fees: FADOQ membership: $25 for one year, $45 for two years
Financing: membership fees
Legal status: non-profit organization

CLUB LE RENDEZ-VOUS DE CHÂTEAUGUAY
319 Brault Street, Châteauguay, Montérégie, QC, J6J 4M9
450 692-2190
Website: rendezvouschateauguay.club
Email: clubrvchat@gmail.com
Eligibility: people 45 years and over
Coverage area: Province of Québec
Fees: membership: $30 per year, 80 years and over: $15
Financing: self-financing, contributions
Legal status: non-profit organization

CLUB SOCIAL DE GENTILLY
1545 Jacques-Cartier East Boulevard, Longueuil, Montérégie, QC, J4M 2X1
450 647-5968
Eligibility: people 35 years old and over
Coverage area: Greater Montréal
Hours: Monday 13h00 to 16h00, closed from June to September
Financing: self-financing
Legal status: non-profit organization

COLONIE DES GRÈVES DE CONTRECOEUR
10350 Marie-Victorin Road, Contrecoeur, Montérégie, QC, J0L 1C0
450 742-4767     Fax: 450 742-3841
Website: www.coloniedesgreves.com
Email: info@coloniedesgreves.com

Eligibility: families

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 17h00, Saturday and Sunday 9h00 to 17h00, schedule subject to change according to seasons and activities

Fees: camp: according to the income

Financing: self-financing

Legal status: non-profit organization

COMITÉ ACTION POPULAIRE LEMOYNE
1058 Bernard-Darche Street, Longueuil, Montérégie, QC, J4R 1T5
450 486-1400

Website: caplemoyne.org
Email: capl.infos@gmail.com


Eligibility: people in need

Capacity: 40

Coverage area: Montérégie, food assistance: LeMoyne and surroundings

Hours: Monday 9h00 to 17h00, Tuesday to Thursday 9h00 to 15h30, Friday 9h00 to 12h00, food assistance: Monday from 14h00 to 17h00, distribution takes place while stocks last

Fees: variables, food assistance: none

Financing: grants

Legal status: non-profit organization

COMPLEXE LE PARTAGE
547 Saint-Henri Street, La Prairie, Montérégie, QC, J5R 2S9
450 444-0803 Fax: 450 444-2621

Website: lepartage.info
Email: administration@lepartage.org


Eligibility: individuals and families on a low income, homeless people, people living with major health problems, refugees, immigrants

Coverage area: La Prairie

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00, food assistance: Thursday 9h30 to 11h30, 13h30 to 15h30 and 17h00 to 18h15

Fees: food assistance, collective kitchens and culinary workshops: variable, Christmas baskets: free

Financing: self-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, computer, conversation, equivalency test for high school degree, mentoring. * French as a second language learning: beginner classes.

Eligibility: literacy: adults aged 16 years and over, French learning: immigrants
Coverage area: Hudson, L'Île-Cadieux, L'Île-Perrot, Notre-Dame-de-l'Île-Perrot, Ouest-de-l'Île, Pincourt, Terrasse-Vaudreuil, Vaudreuil-Dorion, West Island

Hours: office: Monday to Wednesday 8h00 to 18h00, Thursday 8h00 to 18h00, courses: day and evening during the week

Fees: classes: free, literacy classes: $30 one-time registration fee

Financing: provincial

Legal status: non-profit organization

CORNÉ D'ABONDANCE - ENTRAIDE ALIMENTAIRE ET SOLIDARITÉ (LA)
2391 de Bourgogne Avenue, Chambly, Montérégie, QC, J3L 2A5
450 447-3414

Website: cornedabondance.com

Email: info@cornedabondance.com


Eligibility: families, adults and seniors on a low income, children, teenagers

Capacity: 7 participants per kitchen

Coverage area: Carignan, Chambly, Marieville, Richelieu, Rougemont, Saint-Césaire, Saint-Mathias-Sur-Richelieu, Sainte-Angèle-De-Monnoir

Hours: Monday, Tuesday and Friday to Sunday 8h30 to 16h30, Wednesday and Thursday 18h30 to 21h30

Fees: $10 per year

Financing: Centraide of Greater Montréal, provincial, self-financing

Legal status: non-profit organization

CORPORATION DE DÉVELOPPEMENT DE LA RIVIÈRE NOIRE
26 du Marché Street, Roxton, Montérégie, QC, J0H 1E0
514 588-5510

Website: www.riviere-noire.org

Email: dg.cdrn@riviere-noire.org

Services: Promoting environmental preservation. * Workshops to educate and raise awareness about environmental protection in the classroom and outdoors. * Carrying out sustainable and environmental development activities and projects in collaboration with local stakeholders. * Shoreline planting and characterization service.

Coverage area: MRC d'Acton

Financing: grants

Legal status: non-profit organization

CRESO CENTRE-CONSEIL EN EMPLOI
139 Victoria Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1A4
450 377-4889     Fax: 450 377-5199

Website: www.creso-emploi.ca

Email: information@creso-emploi.ca


Eligibility: adults, immigrants, reception and employment assistance for immigrant people: immigrants who have lived in Québec for less than 5 years

Capacity: 5

Coverage area: Salaberry-de-Valleyfield, Beauharnois and Huntingdon
CUISINES DE L’AMITIÉ
2210 André Street, Suite 1, Brossard, Montérégie, QC, J4Z 2Z8
450 443-6770
Website: cuisinesdelamitie.org
Email: cuisinesdelamitie@gmail.com

- **Services:** * Collective kitchens. * Culinary workshops. * Low-cost fresh or frozen meals sale on-site. * Café en toute Amitié: discussion group for people 50 years and over.
- **Eligibility:** seniors, people on a low income, collective kitchens: general population
- **Coverage area:** Brossard and surroundings
- **Hours:** sale of meals: Monday to Wednesday and Friday 9h00 to 15h00, Thursday 9h00 to 16h00, collective kitchens: Tuesday to Friday during the daytime
- **Fees:** collective kitchens: $8 for 3 meals, 1 soup and 1 dessert, membership card: $10 per year
- **Financing:** self-financing, provincial, donations

ÉDUC À TOUT - CHAMBLY
620 Sénécal Street, Chambly, Montérégie, QC, J3L 1N9
450 460-5433
Email: educatout146@outlook.com

Eligibility: people 10 to 70 years old
Coverage area: Carignan, Chambly, Marieville, Richelieu, Rougemont, Saint-Césaire, Saint-Hubert, Saint-Hyacinthe, Saint-Mathias-sur-Richelieu, Saint-Paul d'Abbotsford, Sainte-Angèle-de-Monnoir
Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: provincial
Legal status: non-profit organization

ÉDUC À TOUT - SAINT-CÉSAIRE
2002 de l'Union Avenue, Saint-Césaire, Montérégie, QC, J0L 1T0
450 460-5433
Email: educatout146@outlook.com
Eligibility: people 10 to 70 years old
Coverage area: Carignan, Chambly, Marieville, Richelieu, Rougemont, Saint-Césaire, Saint-Hubert, Saint-Hyacinthe, Saint-Mathias-sur-Richelieu, Saint-Paul d'Abbotsford, Sainte-Angèle-de-Monnoir
Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: provincial
Legal status: non-profit organization

FADOQ - BOUCHERVILLE
31 Pierre-Boucher Street, Boucherville, Montérégie, QC, J4B 5A8
450 655-5014     Fax: 450 655-1454
Website: fadoqboucherville.org
Email: fadoqboucherville@videotron.ca
Eligibility: seniors 50 years and over
Coverage area: Boucherville
Hours: Monday to Thursday 10h00 to 16h00, summer: Tuesday to Thursday 13h00 to 16h00
Fees: membership: $25
Financing: contributions, self-financing
Legal status: non-profit organization

FADOQ - CLARENCEVILLE/NOYAN
1 Tourangeau Street, Noyan, Montérégie, QC, J0J 1B0
450 294-2307
Email: fadoqstremi@gmail.com
Eligibility: seniors
Coverage area: Saint-Georges-de-Clarenceville, Noyan
Legal status: non-profit organization

FADOQ - SAINT-RÉMI
25 Saint-Sauveur Street, Saint-Rémi, Montérégie, QC, J0L 2L0
450 992-1388
Email: fadoqstremi@gmail.com
Eligibility: seniors
Coverage area: Saint-Rémi
Hours: variable  
Fees: membership fee: $25  
Financing: membership fees  
Legal status: non-profit organization

FORMATIO  
3205 de Rome Boulevard, Brossard, Montérégie, QC, J4Y 1R2  
450 656-3348 ext. 1  
Website: www.formatio.info  
Email: info@formatio.info  
Services: Computer training.  * Training for groups of up to 6 participants.  * On-site classrooms and possibility to give training in the offices of other organizations or companies.  * Private classes.  * Computer club.  
Eligibility: adults  
Coverage area: South Shore  
Hours: office: Monday to Friday 9h00 to 17h00, trainings: Monday to Friday 9h00 to 21h00  
Fees: training: with or without fees  
Financing: municipal, donations, fundraising campaigns  
Legal status: non-profit organization

G.E.M.E. GROUPE D’ENTRAIDE POUR UN MIEUX-ÊTRE - LA PRAIRIE  
462 Saint-Paul Street, La Prairie, Montérégie, QC, J5R 2R5  
450 332-4463  
Website: www.groupegeme.com  
Email: lucie.bergeron@groupegeme.com  
Eligibility: people 18 years and over living with anxiety disorders: stress, simple or social phobia, agoraphobia, panic disorder, burnout, depression, post-traumatic stress  
Capacity: support groups: 15 to 33 people  
Coverage area: Province of Québec  
Hours: office: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, groups schedule: on the website  
Fees: contributions  
Financing: provincial, levées de fonds, cotisations, autofinancements  
Legal status: non-profit organization

G.E.M.E. GROUPE D’ENTRAIDE POUR UN MIEUX-ÊTRE - LONGUEUIL  
1085 Sainte-Foy Boulevard, Suite 232, Longueuil, Montérégie, QC, J4K 1W7  
450 332-4463  
Website: www.groupegeme.com  
Email: lucie.bergeron@groupegeme.com  
Eligibility: people 18 years and over with anxiety disorders: stress, simple or social phobia, agoraphobia, panic disorder, burnout, depression, post-traumatic stress  
Capacity: support groups: 15 to 33 people  
Coverage area: Province of Québec  
Hours: office: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, groups schedule: on the website  
Fees: membership fees  
Financing: provincial, fundraising campaigns, membership fees, self-financing  
Legal status: non-profit organization
Sports, Recreation and Culture

G.E.M.E. GROUPE D'ENTRAIDE POUR UN MIEUX-ÊTRE - SAINT-BRUNO
53 de la Rabastalière Road East, Room 121, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 3T5
450 332-4463
Website: www.groupegeme.com
Email: lucie.bergeron@groupegeme.com
Eligibility: people 18 years and over with anxiety disorders: stress, simple or social phobia, agoraphobia, panic disorder, burnout, depression, post-traumatic stress
Capacity: support groups: 15 to 33 people
Coverage area: Province of Québec
Hours: office: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, groups schedule: on the website
Fees: contributions
Financing: provincial, fundraising campaigns, membership fees, self-financing
Legal status: non-profit organization

G.E.M.E. GROUPE D'ENTRAIDE POUR UN MIEUX-ÊTRE - SAINT-HUBERT
525 Latour Street, Longueuil, Montérégie, QC, J3Y 6A9
450 332-4463
Website: www.groupegeme.com
Email: lucie.bergeron@groupegeme.com
Eligibility: people 18 years and over with anxiety disorders: stress, simple or social phobia, agoraphobia, panic disorder, burnout, depression, post-traumatic stress
Capacity: support groups: 15 to 33 people
Coverage area: Province of Québec
Hours: office: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, groups schedule: on the website
Fees: contributions
Financing: provincial, fundraising campaigns, membership fees, self-financing
Legal status: non-profit organization

G.E.M.E. GROUPE D'ENTRAIDE POUR UN MIEUX-ÊTRE - SAINT-JEAN-SUR-RICHELIEU
177 Longueuil Street, 2nd floor, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 6P2
450 332-4463
Website: www.groupegeme.com
Email: lucie.bergeron@groupegeme.com
Eligibility: people 18 years and over living with anxiety disorders: stress, simple or social phobia, agoraphobia, panic disorder, burnout, depression, post-traumatic stress
Capacity: support groups: 15 to 33 people
Coverage area: Province of Québec
Hours: office: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, groups schedule: on the website
Fees: contributions
Financing: provincial, fundraising campaigns, membership fees, self-financing
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: cedres@reseaubibliomonteregie.qc.ca
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

GRENIER AUX TROUVAILLES - PARTAGE SANS FAIM
2 de l'Église Street South, Lacolle, Montérégie, QC, J0J 1J0
450 246-4032    Fax: 450 246-4044
Website: grenierauxtrouvailles.org
Email: info@grenierauxtrouvailles.org
Eligibility: individuals and families on a low income, young people at risk of committing or who have committed acts of delinquency
Hours: Wednesday to Friday 12h00 to 17h00, Saturday 10h00 to 16h00
Fees: membership: $8 per year
Financing: donations, self-financing, fundraising campaigns
Legal status: non-profit organization

HELLENIC SOCIAL SERVICES OF QUÉBEC - SOUTH SHORE
5220 Grande-Allée, Longueuil, Montérégie, QC, J3Y 1A1
450 443-8197
Website: hcgm.org
Email: info@hcgm.org
Eligibility: people of various origins, particularly Greek
Coverage area: South Shore
Hours: Monday and Tuesday 9h00 to 19h00, Wednesday 9h00 to 17h00, Sunday 8h00 to 16h00
Financing: donations, grants, provincial
Legal status: non-profit organization
HEMMINGFORD COMMUNITY LIBRARY
552 Goyette Avenue, Hemmingford, Montérégie, QC, J0L 1H0
450 247-0010
Website: mabibliotheque.ca/hemmingford
Email: bibliothque@hemmingford.ca
Coverage area: Hemmingford
Hours: Tuesday 14h00 to 17h00, Wednesday 14h00 to 20h00, Saturday 10h00 to 14h00, summer: Tuesday 15h00 to 17h00, Wednesday 14h00 to 17h00, Thursday 18h30 to 20h30, Saturday 9h00 to 12h00
Financing: municipal
Legal status: municipal agency

IOHAI:IO EDUCATION AND TRAINING INSTITUTE
16 Iohahi:io Road, Akwesasne, Montérégie, QC, H0M 1A1
613 575-2754     Fax: 613 575-1478
Website: iohaiio.ambe.ca
Email: info.iohahiio@ambe.ca
Eligibility: Akwesasne Mohawks
Coverage area: Akwesasne
Financing: municipal, federal
Legal status: municipal agency

JOIE DE VIVRE DE L’ÂGE D’OR DE BROSSARD
3310 Bernard Avenue, Brossard, Montérégie, QC, J4Z 2B6
450 672-6720
Website: scadie.com/joiedevivre
Eligibility: seniors 50 years and over
Coverage area: Brossard
Hours: variable according to activities
Fees: membership: $6 per year
Financing: self-financing
Legal status: non-profit organization

JOYEUX RETRAITÉS (LES)
1 Curé-Poirier Boulevard East, Longueuil, Montérégie, QC, J4J 2C6
450 463-7100 ext. 2404
Website: www.lesjoyeuxretraites.com
Email: joyeuxretraites@outlook.fr
Eligibility: people 50 years and over
Coverage area: Longueuil and surroundings
Hours: administration: Wednesday 9h00 to 11h30
Fees: membership: $10 renewable in May
Financing: contributions, provincial
Legal status: non-profit organization
LA MAISON AMÉRINDIENNE
510 des Trentes Montée, Mont-Saint-Hilaire, Montérégie, QC, J3H 2R8
450 464-2500    Fax: 450 464-0071
Website: www.maisonamerindienne.com
Email: info@maisonamerindienne.com


Eligibility: general population, day camps: children 6 to 12 years old, educational programs: preschool, primary, secondary and post-secondary level

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00, Saturday and Sunday 13h00 to 17h00

Fees: variable

Financing: self-financing

Legal status: non-profit organization

LOISIRS DU VIEUX-LONGUEUIL (LES)
735 Saint-Jean Street, Longueuil, Montérégie, QC, J4H 2Y8
450 646-6720
Website: loisirsduvieuxlongueuil.com
Email: info@loisirsdulv.com

Services: * Cultural activities: line, social and country dancing, dancing for kids, guitar and ukulele, language courses (English, Spanish, Italian), sewing, knitting, etc. * Physical training: abs-glutes, cardio-boxe, stretching, meditation, pound, tai chi, zumba, yoga, etc. * Recreational sports: badminton, floor hockey, volleyball and soccer for kids.

Eligibility: residents, general public

Coverage area: Longueuil

Hours: Monday to Thursday 9h00 to 16h00, Friday 9h00 to 13h00

Fees: variable

Financing: self-financing, municipal

Legal status: non-profit organization

LONGUEUIL - GEORGES-DOR PUBLIC LIBRARY
2760 de Chambly Road, Longueuil, Montérégie, QC, J4L 1M6
450 463-7180
Website: www.longueuil.quebec/fr/services/bibliotheques
Email: bibliotheques@longueuil.quebec


Coverage area: Longueuil

Hours: Tuesday to Thursday 10h00 to 21h00, Friday 10h00 to 18h00, Saturday and Sunday 10h00 to 17h00, summer: Tuesday to Thursday 10h00 to 21h00, Friday 10h00 to 18h00, Saturday 10h00 to 17h00

Fees: residents: none, non-residents: $66 per year for people under 18 years old, $138 per year for people 18 years old and over

Financing: municipal

Legal status: municipal agency

LONGUEUIL PUBLIC LIBRARIES NETWORK - CLAUDE-HENRI-GRIGNON LIBRARY
1660 Bourassa Street, Longueuil, Montérégie, QC, J4J 3A4
450 463-7180    Fax: 450 646-6710
Website: longueuil.quebec/fr/bibliotheque-claude-henri-grignon

Coverage area: Longueuil
Hours: Tuesday 10h00 to 21h00, Wednesday and Thursday 13h00 to 21h00, Friday 13h00 to 18h00, Saturday and Sunday 10h00 to 17h00, summer: closed on Sunday
Fees: subscription: free for residents, variables for non-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: lamagiedesmots.com
Email: comdelamagie@outlook.com
Eligibility: people 16 years and over
Hours: Monday to Friday day or evening, Saturday and Sunday on request
Fees: none
Financing: provincial
Legal status: non-profit organization

MAISON DE JEUNES DES QUATRE LIEUX
2002 Union Avenue, Saint-Césaire, Montérégie, QC, J0L 1T0
450 469-0110  Fax: 450 469-1221
Email: mdj4lieux@gmail.com
Eligibility: youth 11 to 17 years old
Coverage area: Ange-Gardien, Rougemont, Saint-Césaire, Saint-Paul-d'Abbotsford
Hours: variable
Fees: annual membership: $7
Financing: Centraide Richelieu-Yamaska, fundraising campaigns, donations, provincial, municipal
Legal status: non-profit organization

MAISON DE LA FAMILLE DES MASKOUTAINS
2130 Mailhot Avenue, Saint-Hyacinthe, Montérégie, QC, J2S 9E1
450 771-4010  Fax: 450 250-0272
Website: www.mfm.qc.ca
Email: accueil@mfm.qc.ca

**Eligibility:** families, seniors, caregivers, children, immigrants, refugees

**Coverage area:** MRC Les Maskoutains

**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 17h00

**Fees:** membership card: $10 per year, drop-in respite: free, educational childcare services: $20 per 4-week session, including meals, Tablette et cie: free for members, $5 per 4-month session for non-members, community meals: variable

**Financing:** provincial, donations, grants, membership fees

**Legal status:** non-profit organization

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**MAISON DES AÎNÉS DE LA PRAIRIE**

500 Saint-Laurent Street, La Prairie, Montérégie, QC, J5R 5X2

450 444-6736

**Website:** maisondesaineslaprairie.org

**Email:** admin@maisondesaineslaprairie.org


**Eligibility:** people 50 years and over, at-home hairdressing: people 50 years and over in recovery and without a car or people 80 years and over

**Coverage area:** La Prairie, MRC Roussillon, at-home hairdressing: La Prairie

**Hours:** Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, Friday 9h00 to 12h00

**Fees:** annual membership: $18 for La Prairie citizens, $21 for others, courses and hairdressing: variable

**Financing:** self-financing, provincial

**Legal status:** non-profit organization

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**MAISON DES ENFANTS MARIE-ROSE**

600 Ellice Street, Suite 333, Beauharnois, Montérégie, QC, J6N 3P7

450 395-0704

**Website:** lamaisondesenfantsmarierose.wordpress.com

**Email:** maisondesenfantsmarierose@videotron.ca

**Services:** After school and pedagogical support organization for 5 to 12 years old. * Culinary workshops, horticulture, garden. * Courses of piano, guitar, drums, clarinet, singing, dance, yoga, cinema and theater. * Pause Art: program that allows expelled students to do school work and make art in a calm environment. * Lunch Club every day and 5 to 7 family conferences. * Family dinners. * Benefit concerts and children's party at each session. * Le Pain des enfants: solidarity artisanal bakery.

**Eligibility:** children 3 to 12 years old, their family

**Capacity:** 25 children per day and 12 families per month

**Coverage area:** MRC Beauharnois-Salaberry

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** membership card: $10, workshops: $55 per workshop for the semester, lunches: $4 per meal

**Financing:** grants, foundations

**Legal status:** non-profit organization
MAISON DES JEUNES D’ACTON VALE (LA)
1400 Landry Street, Acton Vale, Montérégie, QC, J0H 1A0
450 546-2927
Website: mdjactonvale.ca
Email: infomdjacton@gmail.com
Eligibility: youth from 12 to 17 years old
Coverage area: MRC d’Acton
Hours: Tuesday to Saturday 14h00 to 22h00, office: Monday to Friday 8h45 to 17h45
Fees: youth centre rental: Tuesday to Saturday $200 per day, Sunday and Monday $150 per day, basement space rental: Tuesday to Saturday $125 per day, Sunday and Monday $75 per day
Financing: municipal, donations
Legal status: non-profit organization

MAISON DES JEUNES DE BEAUHARNOIS
21 Saint-Joseph Street, Beauharnois, Montérégie, QC, J6N 0P3
450 225-6878
Website: mdjbeauharnois.ca
Email: mdjbeauharnois@videotron.ca
Eligibility: youth 12 to 17 years old
Coverage area: Beauharnois
Hours: Wednesday and Thursday 18h00 to 21h00, Friday 18h00 to 22h00 and Saturday 14h00 to 17h00 and 18h00 to 22h00, homework assistance: Tuesday and Thursday 16h00 to 18h00, administration: Tuesday to Friday 9h00 to 17h00
Fees: free
Financing: municipal, provincial, self-financing
Legal status: non-profit organization

MAISON DES JEUNES DE LA PRAIRIE
565 Notre-Dame Street, La Prairie, Montérégie, QC, J5R 5E5
450 444-6717
Website: maisondesjeunes.ca
Email: mdjlaprairiequipe@videotron.ca
Eligibility: youth 12 to 17 years old
Coverage area: La Prairie
Hours: Tuesday, Wednesday and Thursday 18h00 to 21h00, Friday and Saturday 18h00 to 22h00
Fees: life membership: $10
Financing: provincial, municipal, self-financing
Legal status: non-profit organization

MAISON DES JEUNES DE MARIEVILLE
1972 du Pont Street, Marieville, Montérégie, QC, J3M 1J8
450 708-0635
Email: mdjmarieville@hotmail.com

Sports, Recreation and Culture
Eligibility: youth from 12 to 17 years old
Coverage area: Marieville
Hours: Tuesday to Friday 16h00 to 21h00
Financing: provincial, municipal, Centraide Richelieu-Yamaska, donations
Legal status: non-profit organization

**MAISON DES JEUNES DE SAINT-BRUNO**
1425 Goyer Street, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 3Z4
450 441-1989
Website: mdjstbruno.org
Email: maisondesjeunesst-bruno@videotron.ca
Eligibility: youth 11 to 17 years old
Coverage area: Saint-Bruno-de-Montarville
Hours: school year: Monday to Thursday 15h00 to 20h00, Friday 15h00 to 21h00, summer: Monday to Friday 13h00 to 21h00, collective suppers: Wednesday 17h00 to 19h00
Fees: free, variables fees for outings
Financing: donations, self-financing, grants
Legal status: non-profit organization

**MAISON INTERNATIONALE DE LA RIVE-SUD**
2500 Lapinière Boulevard, Brossard, Montérégie, QC, J4Z 3V1
450 445-8777 Fax: 450 445-1222
Website: mirs.qc.ca
Email: info@mirs.qc.ca
Eligibility: immigrants and refugees
Coverage area: South Shore
Hours: Monday to Friday 9h00 to 17h00
Fees: variable costs for some services: certification of documents, translation, daycare
Financing: provincial, federal, self-financing
Legal status: non-profit organization

**MAISON INTERNATIONALE DE LA RIVE-SUD - CAFÉ DES AÎNÉS**
2500 Lapinière Boulevard, Brossard, Montérégie, QC, J4Z 3V1
450 445-8777 ext. 235 Fax: 450 445-1222
Website: mirs.qc.ca
Email: jb.henry@mirs.qc.ca
Eligibility: senior immigrants
Capacity: 70
Coverage area: South Shore
**MAISON TREMPLIN DE LONGUEUIL (LA)**

267 Toulouse Street, Longueuil, Montérégie, QC, J4L 4X1  
450 442-4019  
Website: www.maisontremplin.com  
Email: info@maisontremplin.com  

**Services:**  
* Stimulation programs for children 0 to 5 years old.  
* Daycare and respite for children 0 to 5 years old.  
* Educational program and homework assistance for children 6 to 12 years old.  
* Cooking workshops for children 6 to 12 years old.  
* Information, listening and referral for parents.  
* Parenting skills workshops.  
* Socioprofessional integration.  
* Low-cost meals.  
* Cooked meals to go.  
* Thrift store.  
* Volunteering.  
* Bonhomme à lunettes service point: affordable prescription glasses.  

**Eligibility:**  
services: all, activities: families and children 0 to 12 years old  

**Coverage area:** Vieux-Longueuil  

**Hours:** Monday to Thursday 8h30 to 16h00, Friday 8h30 to 12h00  

**Fees:** membership: $7 per year per family with children, $5 per adult, activities: variable  

**Financing:**  
Centraide of Greater Montréal, federal, provincial, self-financing, donations  

**Legal status:** non-profit organization

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**MOISSON MASKOUTAINE (LA)**

2540 Saint-Charles Street, Saint-Hyacinthe, Montérégie, QC, J2T 1W2  
450 261-1110  
Website: lamoissonmaskoutaine.qc.ca  
Email: info@lamoissonmaskoutaine.qc.ca  

**Services:**  
* Support for community organizations offering food banks and collective kitchens.  
* Redistribution of food to member organizations.  
* Collective kitchens.  
* Cooking workshops in the fall.  
* Conservation workshops.  

**Eligibility:** community organizations, collective kitchens and workshops: everyone  

**Coverage area:** MRC des Maskoutains  

**Hours:** Monday to Friday 8h00 to 11h30 and 13h00 to 16h00  

**Financing:**  
Centraide Richelieu-Yamaska, donations, fundraising campaigns, municipal  

**Legal status:** non-profit organization

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**MONTÉRÉGIE WEST COMMUNITY NETWORK - CHÂTEAUGUAY**

255 D'Anjou Boulevard, Suite 203, Châteauguay, Montérégie, QC, J6J 2R4  
450 691-1444  
Website: www.mwcn.ca  
Email: info@mwcn.ca  

**Services:**  
* Development of the English-speaking community.  
* Networking and partnerships.  
* Health promotion.  
* Advocacy.  
* Knitting club.  
* Financial literacy.  
* French and English conversation workshops.  
* Lending library: English books and audio books.  
* Book club.  
* Café-rencontre.  
* Social and educational events and activities.  

**Eligibility:** English-speaking community groups, citizens of all ages  

**Coverage area:** MRC Les Jardins-de-Napierville, MRC Roussillon, MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges  

**Hours:** Monday to Thursday 8h30 to 16h30  

**Fees:** membership: $10 per year  

**Financing:** federal, provincial, donations  

**Legal status:** non-profit organization
MONTÉRÉGIE WEST COMMUNITY NETWORK - HEMMINGFORD

476 Frontière Street, Hemmingford, Montérégie, QC, J0L 1H0
514 249-5539
Website: www.mwcn.ca
Email: info@mwcn.ca


Eligibility: English-speaking community groups, citizens of all ages
Coverage area: MRC Les Jardins-de-Napierville, MRC Roussillon, MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges
Fees: membership: $10 per year
Financing: federal, provincial, donations
Legal status: non-profit organization

MONTÉRÉGIE WEST COMMUNITY NETWORK - HUNTINGDON WELLNESS CENTRE

72 Dalhousie Street, Huntingdon, Montérégie, QC, J0S 1H0
450 264-3596
Website: mwcn.ca


Eligibility: English-speaking community groups, citizens of all ages
Coverage area: MRC Les Jardins-de-Napierville, MRC Roussillon, MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges
Hours: Monday to Thursday 8h30 to 16h30
Fees: membership: $10 per year
Financing: federal, provincial, donations
Legal status: non-profit organization

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


Eligibility: general public
Capacity: 2 classes of students at a time
Coverage area: MRC Vaudreuil-Soulanges
Hours: Tuesday to Friday 9h00 to 16h30, summer: Tuesday to Friday 9h00 to 16h30, Saturday and Sunday 13h00 to 16h30
Fees: membership card: $25 per year for a single person, $30 per year for a couple, $35 per year for families
Financing: fundraising campaigns, contributions
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
Sports, Recreation and Culture

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 public events providing advices and information.

Coverage area: Canada

Hours: bird care: Monday to Sunday 9h00 to 17h00, visit: Monday to Sunday 10h00 to 16h00

Fees: wild bird cares and treatments: none, educational programs: variable (reduced for non-profit organization), events: variable

Financing: self-financing, donations, grants

Legal status: non-profit organization

PARTAGE SAINT-FRANÇOIS-DE-SALES
1800 Vianney Street, Longueuil, Montérégie, QC, J4J 4T2
450 468-4545
Website: partagelongueuil.com
Email: mpsfds1800@gmail.com


Eligibility: people and families on a low income

Coverage area: Saint-François-de-Sales parish

Hours: administration: Monday to Thursday 9h00 to 12h00 and 13h00 to 15h00

Fees: none

Financing: donations, self-financing, fundraising campaigns

Legal status: non-profit organization

PLEINS RAYONS
790 du Sud Street, Cowansville, Montérégie, QC, J2K 2Y3
450 263-5300
Website: pleinsrayons.ca/en
Email: administration@pleinsrayons.ca

Services: Social integration for young adults living with an autism spectrum disorder or an intellectual disability. * Socioprofessional integration program. * Workstations: carpentry, sewing, bicycle shop, clothing recovery, etc. * Helping Brigade: exterior maintenance of homes for people 65 years old and over. * Agricultural Brigade: team of apprentices who help regional farmers to accomplish different tasks and learn about agricultural work. * Therapeutic leisure activities. * On-site recovery of sewing material, wood and carpentry tools, mecanic tools, bicycle parts and used bicycles.

Eligibility: young adults 15 years and older living with an autism spectrum disorder or an intellectual disability

Coverage area: MRC Brome-Missisquoi, MRC La Haute-Yamaska

Hours: Monday to Thursday 9h00 to 16h00

Financing: donations

Legal status: non-profit organization

REGROUPEMENT POUR LA SANTÉ DES AÎNÉS PIERRE-DE SAUREL
71 De Ramezay Street, Suite 109, Sorel-Tracy, Montérégie, QC, J3P 3Z1
450 855-3737
Website: rsaps.ca
Email: rsaps@videotron.ca


Eligibility: people 50 years old and over
Coverage area: MRC Pierre-De Saurel
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 15h30
Fees: membership card: $10, breakfast conferences: $5 per member, workshops: free or variables fees
Financing: contributions, provincial
Legal status: non-profit organization

RESSOURCES SAINT-JEAN-VIANNEY
2255 Cartier Street, Suite 090, Longueuil, Montérégie, QC, J4K 4E8
450 646-6722
Website: www.rsjv.org
Email: direction@rsjv.org
Eligibility: children, adults, seniors, families
Coverage area: Saint-Jean-Vianney neighborhood outlined by Curé-Poirier Boulevard to the North, Jacques-Cartier Boulevard to the South, Notre-Dame-de-Grâce Street to the East and Taschereau Boulevard to the West
Hours: administration: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, activities: variable, Monday to Friday 18h00 to 22h00, Saturday 9h00 to 22h00
Fees: variable
Financing: provincial, federal, self-financing, donations
Legal status: non-profit organization

RESSOURCES-FEMMES DE LA RÉGION D’ACTON
1018 Daigneault Street, Acton Vale, Montérégie, QC, J0H 1A0
450 546-3366
Website: www.ressources-femmes.org
Email: coordonnatrice@ressources-femmes.org
Eligibility: women
Coverage area: MRC Acton
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: psychosocial support: free, educational activities: free or variable, membership: $10 per year or 7 hours of volunteering
Financing: provincial, contributions, fundraising campaigns, self-financing
Legal status: non-profit organization

SAINT-BRUNO-DE-MONTARVILLE PUBLIC LIBRARY
82 Seigneurial Boulevard West, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 5N7
450 645-2950     Fax: 450 441-8485
Website: biblio.stbruno.ca
Email: bibliothque@stbruno.ca
Coverage area: Saint-Bruno-de-Montarville
SAINT-CONSTANT PUBLIC LIBRARY
162 Monchamp Boulevard, Saint-Constant, Montérégie, QC, J5A 2K8
450 638-2010 ext. 7233
Website: saint-constant.ca/fr/bibliothèque-municipale
Email: bibliothèque@saint-constant.ca
Eligibility: general public
Coverage area: Saint-Constant
Hours: Monday to Wednesday 12h00 to 20h00, Thursday 9h30 to 20h00, Friday 13h00 to 17h00, Saturday 10h00 to 15h00, Sunday 12h00 to 16h00
Fees: membership: free for residents, variable for non-residents
Financing: municipal
Legal status: municipal agency

SAINT-ISIDORE PUBLIC LIBRARY
693 Saint-Régis Road, Saint-Isidore, Montérégie, QC, J0L 2A0
450 992-1323
Website: www.reseaubibliomontregie.qc.ca/fr/bibliotheques-horaire-et-localisation/b44/bibliotheque-de-saint-isidore
Email: biblio@st-isidore.ca
Capacity: 50
Coverage area: Saint-Isidore
Hours: Monday and Thursday 19h00 to 20h30, Tuesday 13h00 to 16h00, Saturday 10h00 to 12h00, summer: closed on Thursday and Saturday
Fees: free
Financing: municipal
Legal status: municipal agency

SAINT-LAMBERT COUNCIL FOR SENIORS
574 Notre-Dame Avenue, Saint-Lambert, Montérégie, QC, J4P 2K9
450 671-1757 Fax: 450 923-6608
Website: www.stlambertseniors.ca
Email: maisond@videotron.ca
Eligibility: people aged 55 years old and over
Coverage area: Saint-Lambert
Hours: Monday to Friday 9h00 to 16h00 from September to June
Fees: annual membership: $35
Financing: self-financing
Legal status: non-profit organization
SAINT-MATHIEU PUBLIC LIBRARY
299 Saint-Édouard Road, Saint-Mathieu, Montérégie, QC, J0L 2H0
450 632-9528 ext. 3
Website: municipalite.saint-mathieu.qc.ca/bibliotheque
Email: mathieu@reseaubibliomonteregie.qc.ca
Coverage area: Saint-Mathieu
Hours: Tuesday 10h00 to 16h00 and 18h30 to 20h30, Thursday 18h30 to 20h30
Fees: membership: free for residents
Financing: municipal
Legal status: municipal agency

SAINT-MICHEL MUNICIPAL LIBRARY
440 Saint-Michel Place, Saint-Michel, Montérégie, QC, J0L 2J0
450 454-7995
Website: www.reseaubibliomonteregie.qc.ca/fr/bibliotheques-horaire-et-localisation/b25/bibliotheque-de-saint-michel-CLAIRE-LAURE
Email: bibliotheque@mst-michel.ca
Coverage area: Saint-Michel
Hours: Monday, Thursday and Friday 14h00 to 17h00, Tuesday and Wednesday 14h00 to 20h00, Saturday 10h00 to 14h00
Fees: subscription: none
Financing: municipal
Legal status: municipal agency

SAINT-PHILIPPE PUBLIC LIBRARY
2223 Édouard-VII Road, Saint-Philippe, Montérégie, QC, J0L 2K0
450 659-7701 ext. 233     Fax: 450 659-7702
Website: ville.saintphilippe.quebec/bibliotheque
Email: bibliotheque@ville.saintphilippe.quebec
Coverage area: Saint-Philippe
Hours: Tuesday to Thursday 10h00 to 20h00, Saturday 9h00 to 13h00, Sunday 13h00 to 17h00
Fees: residents: none
Financing: municipal
Legal status: municipal agency

SAINTE-CATHERINE PUBLIC LIBRARY
5365 Saint-Laurent Boulevard, Sainte-Catherine, Montérégie, QC, J5C 1A6
450 632-0590 ext. 5230
Website: www.ville.sainte-catherine.qc.ca/sports-culture-et-loisirs/bibliotheque
Email: bibliotheque@ville.sainte-catherine.qc.ca
SAINTE-JULIE PUBLIC LIBRARY
1600 du Fer-à-Cheval Road, Sainte-Julie, Montérégie, QC, J3E 0A3
450 922-7070 Fax: 450 922-7077
Website: www.ville.sainte-julie.qc.ca/bibliotheque
Email: biblio@ville.sainte-julie.qc.ca
Coverage area: Sainte-Julie
Hours: Monday to Thursday 13h00 to 21h00, Friday 10h00 to 21h00, Saturday 10h00 to 17h00, Sunday 13h00 to 17h00
Fees: residents: none, non-residents: $85 per year per person, $200 per year per family
Financing: municipal
Legal status: municipal agency

SERVICE ALIMENTAIRE COMMUNAUTAIRE
50 Webb Street, Suite 15, Salaberry-de-Valleyfield, Montérégie, QC, J6T 6L5
450 377-5551 Fax: 450 377-5551
Website: www.lesac-valleyfield.org
Email: le.sacintervenant@oricom.ca
Eligibility: people on a low income
Coverage area: Salaberry-de-Valleyfield
Hours: Monday to Thursday 8h30 to 11h50 and 13h00 to 16h20, Friday 8h30 to 11h50 and 13h00 to 15h50
Fees: food assistance: free, cooked meals: $3 per meal or $20 for 7 meals
Financing: fundraising campaigns
Legal status: non-profit organization

SERVICE D’ACTION BÉNÉVOLE AU COEUR DU JARDIN - HEMMINGFORD SITE
476 Frontière Street, Hemmingford, Montérégie, QC, J0L 1H0
450 247-2893
Website: sabjardin.org
Email: sabhemmingford@hotmail.com
Eligibility: seniors, people in need, volunteers, community organizations
Coverage area: Hemmingford
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30
Fees: none, community dinner: variable
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization
SERVICE D’ACTION BÉNÉVOLE AU COUR DU JARDIN
1030 Notre-Dame Street, Saint-Rémi, Montérégie, QC, J0L 2L0
450 454-6567    Fax: 450 454-6567
Website: sabjardin.org
Email: sab.stremi@bellnet.ca

Services:

Eligibility: volunteers, community organizations, autonomous caregivers, seniors and people in need

Coverage area: MRC Les Jardins-de-Napierville
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: frozen meals: main meal $3, soup $2, dessert $1, free delivery every 15 days, minibus grocery shopping: $4, monthly breakfast: $3
Financing: Centraide of Greater Montréal, provincial
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:

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

SOURIRE SANS FIN
2-A Sainte-Famille Street, Saint-Rémi, Montérégie, QC, J0L 2L0
450 454-5747    Fax: 450 454-5640
Website: souriresansfin.org
Email: info@souriresansfin.org

Services:

Eligibility: people on a low income, families, ITMAV project: seniors 55 and over
Capacity: 600 per year
Coverage area: MRC Les Jardins-de-Napierville
Hours: Monday to Friday 8h30 to 16h30, collective kitchen: Monday, Tuesday and Wednesday, meals on wheels: Tuesday 11h30
Fees: collective kitchen: $1.25 per portion, meals on wheels: $6 per meal, food bags: $2 per week per family
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization
TABLEE DES CHEFS (LA)
930 Curé-Poirier Boulevard East, Longueuil, Montérégie, QC, J4J 4X1
450 748-1638     Fax: 450 748-1680
Website: www.tableedeschemfs.org/en
Email: info@tableedeschemfs.org

Services: * Redistribution of food surplus from the hotel, restaurant and institution network (HRI) in order to feed people in need. * Sustainable food brokerage service. * Development of culinary education for teenagers through culinary training programs in high schools (les Brigades Culinaires) and youth centres (Cuisine ton avenir). * Culinary day camp for children. * Corporate culinary workshop. * Food chores in cooking schools: preparation of meals that are distributed in community organization.

Eligibility: people coping with food insecurity, culinary programs: youth 12 to 17 years old, culinary camp: youth 10 to 15 years old
Capacity: unlimited
Coverage area: Canada
Hours: Monday to Friday 8h30 to 16h30
Fees: free, various prices for cooking schools
Financing: donations, self-financing
Legal status: non-profit organization

TOURISME MONTÉRÉGIE - LA MAISON DU TOURISME DE LA MONTÉRÉGIE
8940 Leduc Boulevard, Suite 10, Brossard, Montérégie, QC, J4Y 0G4
1 866 469-0069
Website: www.tourisme-monteregie.qc.ca/en
Email: info@tourisme-monteregie.qc.ca

Services: Regional tourism association. * Development, promotion, reception and tourist information.
Coverage area: Montérégie
Hours: 7 days, 9h00 to 17h00
Fees: variable
Financing: self-financing, provincial
Legal status: non-profit organization

UNI-CLUB (L')
Confidential Address
450 448-1514

Services: * Dance classes. * Dances.
Eligibility: seniors
Capacity: 185 people
Coverage area: Greater Montréal
Fees: dance class: $10, dinner dance: $30
Financing: self-financing
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

Coverage area: Vaudreuil-Dorion
Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00
Fees: membership: Vaudreuil-Dorion residents: free, Vaudreuil-sur-le-Lac residents: $75, non-residents: $135
Financing: municipal
Legal status: municipal agency

Libraries

AU COEUR DES MOTS
12 Sainte-Marie Street, Lacolle, Montérégie, QC, J0J 1J0
450 246-4131   Fax: 450 246-2908
Email: aucceuredsmotsalpha@hotmail.com
Eligibility: people 16 years old and over, families
Coverage area: MRC Le Haut-Richelieu, MRC Les Jardins-de-Napierville
Hours: Monday to Thursday 9h00 to 16h00
Fees: none
Financing: provincial
Legal status: non-profit organization

BOUCHERVILLE PUBLIC LIBRARY
501 du Lac Road, Boucherville, Montérégie, QC, J4B 6V6
450 449-8650   Fax: 450 449-6865
Website: bibliotheque.ville.boucherville.qc.ca
Email: bibliotheque@boucherville.ca
Coverage area: Boucherville
Hours: Monday to Wednesday 10h00 to 21h00, Thursday and Friday 12h00 to 21h00, Saturday and Sunday 10h00 to 17h00, summer: closed on Saturday
Financing: municipal
Legal status: municipal agency

BROSSARD PUBLIC LIBRARY
7855 San-Francisco Avenue, Brossard, Montérégie, QC, J4X 2A4
450 923-6350   Fax: 450 923-7042
Website: bibliotheque.brossard.ca
Email: bibliotheque@brossard.ca
Coverage area: Brossard
Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00, summer: Monday to Friday 10h00 to 21h00, Saturday 12h00 to 17h00
Fees: residents: free, non-residents: $80
Financing: municipal
Legal status: municipal agency
CANDIAC PUBLIC LIBRARY
59 Haendel Road, Candiac, Montérégie, QC, J5R 1R7
450 635-6032 Fax: 450 635-0900
Website: candiac.ca/bibliotheque
Email: biblio@ville.candiac.qc.ca
Eligibility: general public
Coverage area: Candiac
Hours: Tuesday and Thursday 10h00 to 20h00, Wednesday and Friday 13h00 to 20h00, Saturday 10h00 to 16h30, Sunday 12h00 to 16h30, summer: closed on Sunday
Fees: registration: free for residents, variable for non-residents
Financing: municipal
Legal status: municipal agency

CÉGEP SAINT-JEAN-SUR-RICHELIEU
30 du Séminaire Boulevard North, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 5J4
450 347-5301 Fax: 450 358-9350
Website: www.cstjean.qc.ca
Email: communications@cstjean.qc.ca
Eligibility: general public
Coverage area: Province of Québec
Fees: variable
Financing: provincial
Legal status: parapublic organization

CHÂTEAUGUAY PUBLIC LIBRARY
25 Maple Boulevard, Châteauguay, Montérégie, QC, J6J 3P7
450 698-3080 Fax: 450 698-3077
Website: ville.chateauguay.qc.ca/en/library/home
Email: biblio@ville.chateauguay.qc.ca
Coverage area: Châteauguay
Hours: Monday 12h00 to 21h00, Tuesday and Wednesday 9h00 to 21h00, Thursday 9h00 to 20h00, Friday 9h00 to 17h00, Saturday and Sunday 12h00 to 17h00, summer: closed Saturday and Sunday
Fees: residents: none, non-residents: $70 per year
Financing: municipal
Legal status: municipal agency

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

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

DELSON PUBLIC LIBRARY
1 1st Avenue, Delson, Montérégie, QC, J5B 1M9
450 632-1050 ext. 3700
Website: www.ville.delson.qc.ca/fr/services-municipaux/loisirs-et-culture/bibliotheque/
Email: biblio@ville.delson.qc.ca


Coverage area: Delson

Hours: Tuesday to Thursday 13h00 to 20h30, Friday and Saturday 10h00 to 16h00

Fees: residents: free
Financing: municipal

Legal status: municipal agency

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: cedres@reseaubibliomonteregie.qc.ca


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

HEMMINGFORD COMMUNITY LIBRARY
552 Goyette Avenue, Hemmingford, Montérégie, QC, J0L 1H0
450 247-0010
Website: mabibliotheque.ca/hemmingford
Email: bibliotheque@hemmingford.ca


Coverage area: Hemmingford

Hours: Tuesday 14h00 to 17h00, Wednesday 14h00 to 20h00, Saturday 10h00 to 14h00, summer: Tuesday 15h00 to 17h00, Wednesday 14h00 to 17h00, Thursday 18h30 to 20h30, Saturday 9h00 to 12h00

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

**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

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**LA PRAIRIE PUBLIC LIBRARY**

500 Saint-Laurent Street, La Prairie, Montérégie, QC, J5R 5X2

450 444-6710

**Website:** www.ville.laprairie.qc.ca/activites/loisirs-et-culture/bibliotheque-leo-lecavalier

**Email:** biblio@ville.laprairie.qc.ca


**Eligibility:** general public

**Coverage area:** La Prairie

**Hours:** Tuesday and Thursday 9h30 to 20h30, Wednesday 13h30 to 20h30, Friday 13h30 to 18h00, Saturday 10h00 to 16h30, Sunday 13h30 to 16h30, summer: Monday and Wednesday 13h30 to 20h30, Tuesday and Thursday 9h30 to 20h30, Friday 13h30 to 18h00, Saturday 13h30 to 16h30

**Fees:** membership: free for residents, variable for non-residents

**Financing:** municipal

**Legal status:** municipal agency

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**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

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**LONGUEUIL - CLAUDE-HENRI-GRIGNON PUBLIC LIBRARY**

1660 Bourrassa Street, Longueuil, Montérégie, QC, J4J 3A4

450 463-7180

**Website:** www.longueuil.quebec/fr/services/bibliotheques

**Email:** bibliotheques@longueuil.quebec


**Coverage area:** Longueuil

**Hours:** Tuesday 10h00 to 21h00, Wednesday and Thursday 13h00 to 21h00, Friday 13h00 to 18h00, Saturday and Sunday 10h00 to 17h00, summer: Tuesday 10h00 to 21h00, Wednesday and Thursday 13h00 to 21h00, Friday 13h00 to 18h00, Saturday 10h00 to 17h00

**Fees:** residents: none, non-residents: $66 per year for people under 18 years old, $138 per year for people 18 years old and over
LONGUEUIL - FATIMA PUBLIC LIBRARY
2130 Jean-Louis Street, Longueuil, Montérégie, QC, J4G 1K2
450 463-7180
Website: www.longueuil.quebec/fr/services/bibliotheques
Email: bibliotheques@longueuil.quebec
Coverage area: Longueuil
Hours: Tuesday and Wednesday 13h00 to 20h00, Thursday and Friday 13h00 to 17h00, Saturday 12h00 to 15h00
Fees: residents: none, non-residents: $66 per year for people under 18 years old, $138 per year for people 18 years old and over
Financing: municipal
Legal status: municipal agency

LONGUEUIL - GEORGES-DOR PUBLIC LIBRARY
2760 de Chambly Road, Longueuil, Montérégie, QC, J4L 1M6
450 463-7180
Website: www.longueuil.quebec/fr/services/bibliotheques
Email: bibliotheques@longueuil.quebec
Coverage area: Longueuil
Hours: Tuesday to Thursday 10h00 to 21h00, Friday 10h00 to 18h00, Saturday and Sunday 10h00 to 17h00, summer: Tuesday to Thursday 10h00 to 21h00, Friday 10h00 to 18h00, Saturday 10h00 to 17h00
Fees: residents: none, non-residents: $66 per year for people under 18 years old, $138 per year for people 18 years old and over
Financing: municipal
Legal status: municipal agency

LONGUEUIL - GREENFIELD PARK PUBLIC LIBRARY
225 Empire Street, Longueuil, Montérégie, QC, J4V 1T9
450 463-7180
Website: www.longueuil.quebec/fr/services/bibliotheques
Email: bibliotheques@longueuil.quebec
Coverage area: Longueuil
Hours: Monday, Tuesday, Thursday and Friday 13h00 to 21h00, Saturday and Sunday 13h00 to 16h30, summer: Monday, Tuesday and Thursday 13h00 to 21h00, Friday 10h00 to 18h00, Saturday 13h00 to 16h30
Fees: residents: none, non-residents: $66 per year for people under 18 years old, $138 per year for people 18 years old and over
Financing: municipal
Legal status: municipal agency
LONGUEUIL - HUBERT-PERRON PUBLIC LIBRARY
1100 Beauregard Street, Longueuil, Montérégie, QC, J4K 2L1
450 463-7180
Website: www.longueuil.quebec/fr/services/bibliotheques
Email: bibliotheques@longueuil.quebec
Coverage area: Longueuil
Fees: residents: none, non-residents: $66 per year for people under 18 years old, $138 per year for people 18 years old and over
Financing: municipal
Legal status: municipal agency

LONGUEUIL - J.-W.-GENDRON PUBLIC LIBRARY
3875 Grande Allée, Longueuil, Montérégie, QC, J4T 2V8
450 463-7180
Website: www.longueuil.quebec/fr/services/bibliotheques
Email: bibliotheques@longueuil.quebec
Coverage area: Longueuil
Hours: Monday to Thursday 15h00 to 20h00, Saturday 10h00 to 16h00, Sunday 13h00 to 16h00, summer: Monday to Thursday 14h00 to 20h00
Fees: residents: none, non-residents: $66 per year for people under 18 years old, $138 per year for people 18 years old and over
Financing: municipal
Legal status: municipal agency

LONGUEUIL - JACQUES-FERRON PUBLIC LIBRARY
100 Saint-Laurent Street West, Longueuil, Montérégie, QC, J4H 1M1
450 463-7180
Website: www.longueuil.quebec/fr/services/bibliotheques
Email: bibliotheques@longueuil.quebec
Coverage area: Longueuil
Hours: adult section: Tuesday to Thursday 10h00 to 21h00, Friday 10h00 to 18h00, Saturday and Sunday 10h00 to 17h00, children's section: Tuesday 10h00 to 21h00, Wednesday and Thursday 13h00 to 21h00, Friday 13h00 to 18h00, Saturday and Sunday 10h00 to 17h00, summer: adult section: Tuesday to Thursday 10h00 to 21h00, Friday 10h00 to 18h00, Saturday 10h00 to 17h00, children's section: Tuesday 10h00 to 21h00, Wednesday and Thursday 13h00 to 21h00, Friday 13h00 to 18h00, Saturday 10h00 to 17h00
Fees: residents: none, non-residents: $66 per year for people under 18 years old, $138 per year for people 18 years old and over
Financing: municipal
Legal status: municipal agency
LONGUEUIL - RAYMOND-LÉVESQUE PUBLIC LIBRARY
7025 Cousineau Boulevard, Longueuil, Montérégie, QC, J3Y 0H1
450 463-7180
Website: www.longueuil.quebec/fr/services/bibliotheques
Email: bibliotheques@longueuil.quebec
Coverage area: Longueuil
Hours: Monday 13h00 to 21h00, Tuesday to Thursday 10h00 to 21h00, Friday 10h00 to 18h00, Saturday 10h00 to 17h00, Sunday 12h00 to 17h00
Fees: residents: none, non-residents: $66 per year for people under 18 years old, $138 per year for people 18 years old and over
Financing: municipal
Legal status: municipal agency

LONGUEUIL PUBLIC LIBRARIES NETWORK - CITY OF LONGUEUIL
Confidential Address
450 463-7180     Fax: 450 463-7387
Website: longueuil.quebec/fr/services/bibliotheques
Coverage area: Longueuil
Hours: administration: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, summer: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00
Fees: subscription: free for residents, variables for non-residents
Financing: municipal
Legal status: municipal agency

LONGUEUIL PUBLIC LIBRARIES NETWORK - HUBERT-PERRON LIBRARY
1100 Beauregard Street, Longueuil, Montérégie, QC, J4K 2L1
450 463-7180     Fax: 450 646-8650
Website: longueuil.quebec/fr/services%2Fbibliotheques
Coverage area: Longueuil
Hours: Tuesday 19h00 to 21h00, Saturday 9h00 to 12h00, summer: closed
Fees: subscription: free for residents, variables for non-residents
Financing: municipal
Legal status: municipal agency

LONGUEUIL PUBLIC LIBRARIES NETWORK - CLAUDE-HENRI-GRIGNON LIBRARY
1660 Bourassa Street, Longueuil, Montérégie, QC, J4J 3A4
450 463-7180     Fax: 450 646-6710
Website: longueuil.quebec/fr/bibliotheque-claude-henri-grignon
Coverage area: Longueuil
Hours: Tuesday 10h00 to 21h00, Wednesday and Thursday 13h00 to 21h00, Friday 13h00 to 18h00, Saturday and Sunday 10h00 to 17h00, summer: closed on Sunday
Fees: subscription: free for residents, variables for non-residents

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LONGUEUIL PUBLIC LIBRARIES NETWORK - FATIMA LIBRARY
2130 Jean-Louis Street, Longueuil, Montérégie, QC, J4G 1K2
450 463-7180     Fax: 450 646-8874
Website: longueuil.quebec/fr/bibliotheque-fatima
Coverage area: Longueuil
Hours: Tuesday and Wednesday 13h00 to 20h00, Thursday and Friday 13h00 to 17h00, Saturday 12h00 to 15h00
Fees: subscription: free for residents, variables for non-residents
Financing: municipal
Legal status: municipal agency

LONGUEUIL PUBLIC LIBRARIES NETWORK - GEORGES-DOR LIBRARY
2760 de Chambly Road, Longueuil, Montérégie, QC, J4L 1M6
450 463-7180     Fax: 450 646-8650
Website: longueuil.quebec/fr/bibliotheque-georges-dor
Coverage area: Longueuil
Hours: Tuesday to Thursday 10h00 to 21h00, Friday 10h00 to 18h00, Saturday and Sunday 10h00 to 17h00, summer: closed on Sunday
Fees: subscription: free for residents, variables for non-residents
Financing: municipal
Legal status: municipal agency

LONGUEUIL PUBLIC LIBRARIES NETWORK - GREENFIELD PARK LIBRARY
225 Empire Street, Longueuil, Montérégie, QC, J4V 1T9
450 463-7180     Fax: 450 466-8112
Website: longueuil.quebec/fr/bibliotheque-de-greenfield-park
Coverage area: Longueuil
Hours: Monday to Thursday 13h00 to 21h00, Saturday 10h00 to 16h30, summer: Monday, Tuesday and Thursday 13h00 to 21h00, Friday 10h00 to 18h00, Saturday 13h00 to 16h30
Fees: subscription: free for residents, variables for non-residents
Financing: municipal
Legal status: municipal agency

LONGUEUIL PUBLIC LIBRARIES NETWORK - J.-W.-GENDRON LIBRARY
Mgr-A.-M.-Parent School, 3875 Grande Allée, Longueuil, Montérégie, QC, J4T 2V8
450 463-7180     Fax: 450 445-6741
Website: longueuil.quebec/fr/services%2Fbibliotheques
Coverage area: Longueuil
Hours: Monday to Thursday 15h00 to 20h00, Saturday 10h00 to 16h00, Sunday 13h00 to 16h00, summer: Monday to Thursday 14h00 to 20h00

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LONGUEUIL PUBLIC LIBRARIES NETWORK - JACQUES-FERRON LIBRARY
100 Saint-Laurent Street West, Longueuil, Montérégie, QC, J4H 1M1
450 463-7180     Fax: 450 646-8874
Website: longueuil.quebec/fr/bibliotheque-jacques-ferron
Coverage area: Longueuil
Hours: Tuesday to Thursday 10h00 to 21h00, Friday 10h00 to 18h00, Saturday and Sunday 10h00 to 17h00, children section: Tuesday 10h00 to 20h00, Wednesday and Thursday 13h00 to 20h00, Friday 13h00 to 18h00, Saturday and Sunday 10h00 to 17h00, summer: closed on Sunday
Fees: subscription: free for residents, variable for non-residents
Financing: municipal
Legal status: municipal agency

LONGUEUIL PUBLIC LIBRARIES NETWORK - RAYMOND-LÉVESQUE LIBRARY
7025 Cousineau Boulevard, Longueuil, Montérégie, QC, J3Y 0H1
450 463-7180     Fax: 450 463-7387
Website: longueuil.quebec/fr/bibliotheque-raymond-levesque
Coverage area: Longueuil
Hours: Monday 13h00 to 21h00, Tuesday to Thursday 10h00 to 21h00, Friday 10h00 to 18h00, Saturday 10h00 to 17h00, Sunday 12h00 to 17h00
Fees: subscription: free for residents, variable for non-residents
Financing: municipal
Legal status: municipal agency

MONTÉRÉGIE WEST COMMUNITY NETWORK - CHÂTEAUGUAY
255 D'Anjou Boulevard, Suite 203, Châteauguay, Montérégie, QC, J6J 2R4
450 691-1444
Website: www.mwcn.ca
Email: info@mwcn.ca
Eligibility: English-speaking community groups, citizens of all ages
Coverage area: MRC Les Jardins-de-Napierville, MRC Roussillon, MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges
Hours: Monday to Thursday 8h30 to 16h30
Fees: membership: $10 per year
Financing: federal, provincial, donations
Legal status: non-profit organization
MONTÉRÉGIE WEST COMMUNITY NETWORK - HEMMINGFORD

476 Frontière Street, Hemmingford, Montérégie, QC, J0L 1H0
514 249-5539
Website: www.mwcn.ca
Email: info@mwcn.ca


Eligibility: English-speaking community groups, citizens of all ages

Coverage area: MRC Les Jardins-de-Napierville, MRC Roussillon, MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

Fees: membership: $10 per year

Financing: federal, provincial, donations

Legal status: non-profit organization

MONTÉRÉGIE WEST COMMUNITY NETWORK - HUNTINGDON WELLNESS CENTRE

72 Dalhousie Street, Huntingdon, Montérégie, QC, J0S 1H0
450 264-3596
Website: mwcn.ca


Eligibility: English-speaking community groups, citizens of all ages

Coverage area: MRC Les Jardins-de-Napierville, MRC Roussillon, MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

Hours: Monday to Thursday 8h30 to 16h30

Fees: membership: $10 per year

Financing: federal, provincial, donations

Legal status: non-profit organization

MONTÉRÉGIE WEST COMMUNITY NETWORK - VAUDREUIL-SOULANGES

117D Cardinal-Léger Boulevard, Pincourt, Montérégie, QC, J7W 7A8
514 425-0399
Website: www.mwcn.ca
Email: lorie@mwcn.ca


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 Les Jardins-de-Napierville, MRC Roussillon, MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

Hours: Monday to Thursday 8h30 to 16h30

Fees: membership: $10 per year

Financing: federal, provincial, donations

Legal status: non-profit organization
NAPIERVILLE PUBLIC LIBRARY
290 Saint-Alexandre Street, Napierville, Montérégie, QC, J0J 1L0
450 245-0030  Fax: 450 245-3777
Website: www.napierville.ca/fr/la-bibliotheque
Email: bibliotheque@napierville.ca
Coverage area: Napierville, Saint-Cyprien-de-Napierville
Hours: Tuesday and Thursday 14h00 to 20h30, Wednesday and Friday 14h00 to 17h00, Saturday 10h00 to 12h00
Fees: free for residents
Financing: municipal
Legal status: municipal agency

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  Fax: 514 453-8961
Website: www.ndip.org/en/leisure-culture/library
Email: biblio@ndip.org
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
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
Coverage area: Pincourt
Hours: Monday to Thursday 10h00 to 20h30, Friday 10h00 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 18h30 to 20h30, Thursday 15h30 to 17h30, Saturday 9h30 to 11h30
Fees: subscription: free for residents, $25 for non-residents
Financing: municipal
Legal status: municipal agency

RÉSEAU BIBLIO DE LA MONTÉRÉGIE
275 Conrad-Pelletier Street, La Prairie, Montérégie, QC, J5R 4V1
450 444-5433     Fax: 450 659-3364
Website: www.reseaubibliomonteregie.qc.ca
Email: crsaide@reseaubibliomonteregie.qc.ca
Eligibility: affiliated libraries
Coverage area: Montérégie
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, summer: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00
Financing: municipal
Legal status: municipal agency

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
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. 228
Website: riviere-beaudette.com/bib2
Email: bibliotheque@riviere-beaudette.com
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-BRUNO-DE-MONTARVILLE PUBLIC LIBRARY
82 Seigneurial Boulevard West, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 5N7
450 645-2950     Fax: 450 441-8485
Website: biblio.stbruno.ca
Email: bibliotheque@stbruno.ca

Coverage area: Saint-Bruno-de-Montarville

Hours: Monday to Friday 9h00 to 20h00, Saturday and Sunday 10h00 to 17h00, summer: Monday to Friday 9h00 to 20h00, Saturday 10h00 to 17h00, Sunday 13h00 to 17h00

Fees: residents: free, non-residents: $43 per person or $74 per families

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


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-CONSTANT PUBLIC LIBRARY
162 Monchamp Boulevard, Saint-Constant, Montérégie, QC, J5A 2K8
450 638-2010 ext. 7233
Website: saint-constant.ca/fr/bibliotheque-municipale
Email: bibliotheque@saint-constant.ca


Eligibility: general public

Coverage area: Saint-Constant

Hours: Monday to Wednesday 12h00 to 20h00, Thursday 9h30 to 20h00, Friday 13h00 to 17h00, Saturday 10h00 to 15h00, Sunday 12h00 to 16h00

Fees: membership: free for residents, variable for non-residents

Financing: municipal

Legal status: municipal agency

SAINT-ÉDOUARD PUBLIC LIBRARY
405B Montée Lussier, Saint-Édouard, Montérégie, QC, J0L 1Y0
450 454-6333 ext. 26
Website: www.reseaubibliomonteregie.qc.ca/fr/bibliotheques-horaire-et-localisation/b29/bibliotheque-de-saint-edouard
Email: biblio@saintedouard.ca


Coverage area: Saint-Édouard

Hours: Tuesday 13h00 to 16h00, Wednesday and Thursday 18h00 to 20h00

Fees: free
Financing: municipal
Legal status: municipal agency

SAINT-ISIDORE PUBLIC LIBRARY
693 Saint-Régis Road, Saint-Isidore, Montérégie, QC, J0L 2A0
450 992-1323
Website: www.reseaubibliomontnerie.qc.ca/fr/bibliotheques-horaire-et-localisation/b44/bibliotheque-de-saint-isidore
Email: biblio@st-isidore.ca
Capacity: 50
Coverage area: Saint-Isidore
Hours: Monday and Thursday 19h00 to 20h30, Tuesday 13h00 to 16h00, Saturday 10h00 to 12h00, summer: closed on Thursday and Saturday
Fees: free
Financing: municipal
Legal status: municipal agency

SAINT-JACQUES-LE-MINEUR PUBLIC LIBRARY
89 Principale Street, Saint-Jacques-le-Mineur, Montérégie, QC, J0J 1Z0
450 347-5446 ext. 400     Fax: 450 347-5754
Website: www.reseaubibliomontnerie.qc.ca/fr/bibliotheques-horaire-et-localisation/b31/bibliotheque-de-saint-jacques-le-mineur
Email: biblio@sjlm.ca
Services: Loan and consultation of books and documents. * Internet access. * Various activities.
Eligibility: residents
Capacity: 30 persons
Coverage area: Saint-Jacques-le-Mineur
Hours: Monday 18h30 to 20h30, Wednesday 13h00 to 16h30 and 18h30 to 20h30, Saturday 10h30 to 12h00
Fees: free
Financing: municipal
Legal status: municipal agency

SAINT-LAMBERT PUBLIC LIBRARY
490 Mercille Avenue, Saint-Lambert, Montérégie, QC, J4P 2L5
450 466-3910
Website: bibliotheque.saint-lambert.ca
Email: bibliotheque@saint-lambert.ca
Eligibility: general public
Coverage area: Saint-Lambert
Hours: Monday and Friday 12h00 to 18h00, Tuesday to Thursday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00
Fees: subscription: free for residents, variable 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
Coverage area: Saint-Lazare
Hours: Tuesday to Friday 11h00 to 21h00, 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-MATHIEU PUBLIC LIBRARY
299 Saint-Édouard Road, Saint-Mathieu, Montérégie, QC, J0L 2H0
450 632-9528 ext. 3
Website: municipalite.saint-mathieu.qc.ca/bibliotheque
Email: mathieu@reseaubibliomonteregie.qc.ca
Coverage area: Saint-Mathieu
Hours: Tuesday 10h00 to 16h00 and 18h30 to 20h30, Thursday 18h30 to 20h30
Fees: membership: free for residents
Financing: municipal
Legal status: municipal agency

SAINT-MICHEL MUNICIPAL LIBRARY
440 Saint-Michel Place, Saint-Michel, Montérégie, QC, J0L 2J0
450 454-7995
Website: www.reseaubibliomonteregie.qc.ca/fr/bibliotheques-horaire-et-localisation/b25/bibliotheque-de-saint-michel-claire-lazure
Email: bibliotheque@mst-michel.ca
Coverage area: Saint-Michel
Hours: Monday, Thursday and Friday 14h00 to 17h00, Tuesday and Wednesday 14h00 to 20h00, Saturday 10h00 to 14h00
Fees: subscription: none
Financing: municipal
Legal status: municipal agency

SAINT-PATRICE-DE-SHERRINGTON - MUNICIPAL LIBRARY
234 des Loisirs Street, Saint-Patrice-de-Sherrington, Montérégie, QC, J0L 2N0
450 454-0474 ext. 201
Website: st-patrice-sherrington.com/Loisirs/Bibliotheque
Email: bibliotheque@sherr.ca
Coverage area: Saint-Patrice-de-Sherrington
Hours: Tuesday and Friday 14h30 to 17h30, Thursday 18h00 to 20h30, Saturday 9h30 to 12h00
Fees: residents: none, non-residents: $15 per year
Financing: municipal
Legal status: municipal agency

SAINT-PHILIPPE PUBLIC LIBRARY
2223 Édouard-VII Road, Saint-Philippe, Montérégie, QC, J0L 2K0
450 659-7701 ext. 233  Fax: 450 659-7702
Website: ville.saintphilippe.quebec/bibliotheque
Email: bibliotheque@ville.saintphilippe.quebec
Coverage area: Saint-Philippe
Hours: Tuesday to Thursday 10h00 to 20h00, Saturday 9h00 to 13h00, Sunday 13h00 to 17h00
Fees: residents: 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
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-RÉMI PUBLIC LIBRARY
25 Saint-Sauveur Street, Saint-Rémi, Montérégie, QC, J0L 2L0
450 454-3993 ext. 2419
Website: www.saint-remi.ca/loisirs-et-culture/bibliotheque
Email: bibliotheque@ville.saint-remi.qc.ca
Coverage area: Saint-Rémi
Hours: Tuesday and Wednesday 14h00 to 20h00, Thursday and Friday 9h00 to 12h00 and 14h00 to 20h00, Saturday 10h00 to 16h00
Fees: residents: none, non-residents: $60 per year
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

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-CATHERINE PUBLIC LIBRARY**
5365 Saint-Laurent Boulevard, Sainte-Catherine, Montérégie, QC, J5C 1A6
450 632-0590 ext. 5230
Website: www.ville.sainte-catherine.qc.ca/sports-culture-et-loisirs/bibliotheque
Email: bibliotheque@ville.sainte-catherine.qc.ca


Coverage area: Sainte-Catherine and surroundings
Hours: Monday 13h00 to 20h00, Tuesday 13h00 to 17h30, Wednesday and Thursday 10h00 to 20h00, Friday 10h00 to 17h30, Saturday and Sunday 10h00 to 15h00, summer: Monday 13h00 to 20h00, Tuesday 13h00 to 17h30, Wednesday and Thursday 10h00 to 20h00, Friday 10h00 to 17h30, Saturday 10h00 to 15h00
Fees: none
Financing: municipal
Legal status: municipal agency

**SAINTE-CLOTILDE PUBLIC LIBRARY**
2452 de l’Église Road, Sainte-Clotilde, Montérégie, QC, J0L 1W0
450 826-3129     Fax: 450 826-3217
Website: www.reseaubibliomonterie.qc.ca/fr/bibliotheques-horaire-et-localisation/b101/bibliotheque-de-sainte-clotilde
Email: biblio@ste-clotilde.ca

Services: Loan and consultation of documents. * Computers and Internet access.

Coverage area: Sainte-Clotilde
Hours: Tuesday 15h30 to 19h00, Wednesday 16h00 to 18h30
Fees: none
Financing: municipal
Legal status: municipal agency

**SAINTE-JULIE PUBLIC LIBRARY**
1600 du Fer-à-Cheval Road, Sainte-Julie, Montérégie, QC, J3E 0A3
450 922-7070     Fax: 450 922-7077
Website: www.ville.sainte-julie.qc.ca/bibliotheque
Email: biblio@ville.sainte-julie.qc.ca


Coverage area: Sainte-Julie
**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: bibliothèque@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

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**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


Coverage area: Très-Saint-Rédempteur

Hours: Wednesday 19h00 to 21h00, Saturday 10h00 to 12h00

Financing: municipal

Legal status: municipal agency

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**UPTON - LIBRARY**

784 Saint-Éphrem Street, Upton, Montérégie, QC, J0H 2E0

450 549-4537

Services: Books loan. * Computers and Internet access.

Coverage area: Upton

Hours: Tuesday 15h30 to 18h00, Saturday 9h30 to 11h30

Financing: municipal

Legal status: municipal agency

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**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


Coverage area: Vaudreuil-Dorion

Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00

Financing: municipal

Legal status: municipal agency
**Municipal sports and recreation services**

**ACTON VALE - CULTURAL AND SPORTING SERVICE**
Centre sportif, 1505 3rd Avenue, Acton Vale, Montérégie, QC, J0H 1A0
450 546-2703    Fax: 450 546-3138

**Services:** * Programming and organization of community activities, sociocultural and sports. * Library, Carrefour des Générations, sports center, swimming pool, water structures, fields, parks and trails. * Coordination with community organizations.

**Coverage area:** Acton Vale
**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, Summer schedule, from May 16th to September 2nd: Monday to Thursday 8h00 to 12h00 and 12h45 to 16h30, Friday 8h00 to 12h00

**Fees:** variable

**Financing:** municipal, self-financing

**Legal status:** municipal agency

**BOUCHERVILLE - LOISIR, CULTURE ET VIE COMMUNAUTAIRE**
490 Lake Road, Boucherville, Montérégie, QC, J4B 6X3
450 449-8640    Fax: 450 449-7109
Website: boucherville.ca/sports
Email: infoloisirs@boucherville.ca

**Services:** * Community, sociocultural and sporting activities. * Aquatic centre and swimming pools, art centre, sport centre, arena, ice rinks, parks and playgrounds. * Summer day camp. * Events, shows and exhibitions. * Coordination with community organizations.

**Coverage area:** Boucherville
**Fees:** variable

**Legal status:** municipal agency

**BROSSARD - RECREATION AND CULTURE**
2001 de Rome Boulevard, Brossard, Montérégie, QC, J4W 3K5
450 923-6311
Website: www.brossard.ca/loisir-et-culture/activites-et-inscriptions

**Services:** * Multi-purpose centre, outdoor centre, swimming pools, ice rinks, parks and playgrounds. * Community, sociocultural and sporting activities. * Coordination with community organizations. * Regular and specialized summer day camps. * Events, shows and exhibitions. * Hall rental.

**Coverage area:** Brossard
**Fees:** variable

**Financing:** municipal

**Legal status:** municipal agency

**CANDIAC - LOISIRS**
59 Haendel Road, Candiac, Montérégie, QC, J5R 1R7
450 635-6020
Website: candiac.ca/culture-et-loisirs
Email: loisirs@ville.candiac.qc.ca


**Coverage area:** Candiac
**Hours:** Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 13h00

**Fees:** variable

**Financing:** municipal

**Legal status:** municipal agency
CÈDRES (LES) - LOISIRS, CULTURE ET VIE COMMUNAUTAIRE
1060 du Fleuve Road, Les Cèdres, Montérégie, QC, J7T 1A1
450 452-4651 ext. 258
Website: www.ville.lescedres.qc.ca/fr/services-aux-citoyens/loisirs-culture-et-vie-communautaire
Email: amdeziel@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

CHÂTEAUGUAY - ENTERTAINMENT, SPORTS AND CULTURE
15 Maple Boulevard, Châteauguay, Montérégie, QC, J6J 3P7
450 698-3000
Website: ville.chateauguay.qc.ca/en
Email: info@ville.chateauguay.qc.ca
Coverage area: Châteauguay
Hours: Monday and Tuesday 12h00 to 20h00, Wednesday and Thursday 12h00 to 18h00, Friday 12h00 to 17h00, Saturday 9h00 to 17h00, summer schedule: Monday 10h00 to 20h00, Tuesday to Friday 10h00 to 16h00
Fees: variable, passeport-loisir: $8 per resident and $14 per resident family for 2 years, $70 per year for non-residents
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
Coverage area: Coteau-du-Lac
Financing: municipal
Legal status: municipal agency

DELSON - SERVICE DES LOISIRS
100 de Delson Avenue, Delson, Montérégie, QC, J5B 1S3
450 632-1050 ext. 3100     Fax: 450 635-0627
Website: www.ville.delson.qc.ca/fr/services-municipaux/loisirs-et-culture
Email: loisirs@ville.delson.qc.ca
Coverage area: Delson
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 13h00
Fees: variable, citizen card: free
Financing: municipal
Legal status: municipal agency
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. * Summer day camp. * Events.
Coverage area: Hudson
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, Friday 9h00 to 12h00
Fees: variable
Financing: municipal
Legal status: municipal agency

KAHNAWAKE - SPORTS AND RECREATION UNIT
Confidential Address
450 638-3311 Fax: 450 638-7063
Website: kahnawakesports.com
Coverage area: Kahnawake
Hours: Monday to Friday 8h30 to 16h00
Fees: variable
Financing: municipal
Legal status: municipal agency

L’ÎLE-PERROT - SERVICE DES LOISIRS
150 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-loisirs@ile-perrot.qc.ca
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

LA PRAIRIE - SERVICE DES LOISIRS
500 Saint-Laurent Street, La Prairie, Montérégie, QC, J5R 5X2
450 444-6700
Website: www.ville.laprairie.qc.ca
Email: loisirs@ville.laprairie.qc.ca
Coverage area: La Prairie
Hours: Monday 8h15 to 12h00 and 13h00 to 20h30, Tuesday to Thursday 8h15 to 12h00 and 13h00 to 16h30, Friday 8h15 to 17h00
Fees: variable
Financing: municipal
Legal status: municipal agency
LÉRY - LOISIRS ET CULTURE
1 de l'Hôtel-de-Ville Street, Léry, Montérégie, QC, J6N 1E8
450 692-6861  Fax: 450 692-6881
Website: www.lery.ca/services/loisirs-et-culture
Email: info@lery.ca
Coverage area: Léry
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
* 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 13h00 to 16h45, Friday 8h00 to 12h00
Financing: municipal
Legal status: municipal agency

NAPIERVILLE - SAINT-CYPRIEN-DE-NAPIERVILLE - LEISURE SERVICES
325 Saint-Louis Street, Napierville, Montérégie, QC, J0J 1L0
450 245-3983  Fax: 450 245-7782
Website: www.napierville.ca
Email: glaplante@napierville.ca
Coverage area: Napierville, Saint-Cyprien-de-Napierville
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
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

1607
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
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
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
Coverage area: Rigaud
Financing: municipal
Legal status: municipal agency

RIVIÈRE-BEAUDETTE - LEISURE AND CULTURE
663 Frontière Road, 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
Hours: Monday to Thursday 8h30 to 16h00, Friday 8h30 to 12h00
Financing: municipal
Legal status: municipal agency
SAINT-BASILE-LE-GRAND - SERVICE DES LOISIRS, DE LA CULTURE ET DE LA VIE COMMUNAUTAIRE

Centre communautaire Lise-B.-Boisvert, 103 Montpellier Avenue, Saint-Basile-le-Grand, Montérégie, QC, J3N 1C6
450 461-8000 ext. 8600
Website: www.ville.saint-basile-le-grand.qc.ca/ville/services-municipaux/service-loisirs-culture-vie-communautaire
Email: loisirs@villesblg.ca
Coverage area: Saint-Basile-le-Grand
Hours: Monday to Thursday 8h00 to 11h45 and 12h45 to 16h15, Friday 8h30 to 12h00
Fees: variable
Legal status: municipal agency

SAINT-BRUNO-DE-MONTARVILLE - LEISURE, CULTURE AND COMMUNITY LIFE

1605 Montarville Street, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 3T8
450 645-2940
Website: stbruno.ca/activites-et-loisirs
Email: loisir@stbruno.ca
Coverage area: Saint-Bruno-de-Montarville
Hours: Monday to Thursday 8h15 to 12h00 and 13h00 to 16h30, Friday 8h15 to 12h30
Fees: variable
Financing: municipal
Legal status: municipal agency

SAINT-CLET - LEISURE

4 du Moulin Street, Saint-Clet, Montérégie, QC, J0P 1S0
450 456-3900 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
Financing: municipal
Legal status: municipal agency

SAINT-CONSTANT - LEISURE DEPARTMENT

330 Wilfrid-Lamarche Street, Saint-Constant, Montérégie, QC, J5A 2S2
450 638-2010 ext. 7200 Fax: 450 635-8415
Website: saint-constant.ca
Email: loisirs@saint-constant.ca
Coverage area: Saint-Constant
Hours: Monday to Thursday 8h00 to 17h00, Friday 8h00 to 13h00
Fees: variable
Financing: municipal
Legal status: municipal agency

SAINT-ÉDOUARD - LOISIRS
405C Montée Lussier, Saint-Édouard, Montérégie, QC, J0L 1Y0
450-290-0153
Website: saintedouard.ca/activites-de-loisirs
Email: loisirs@saintedouard.ca
Coverage area: Saint-Édouard
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h00, Friday 8h30 to 12h00
Fees: variable
Financing: municipal
Legal status: municipal agency

SAINT-ISIDORE - LOISIRS ET VIE COMMUNAUTAIRE
671 Saint-Régis Road, Saint-Isidore, Montérégie, QC, J0L 2A0
450 454-3919
Website: www.municipalite.saint-isidore.qc.ca
Email: loisirs@municipalite.saint-isidore.qc.ca
Services: * Sporting and recreational activities. * Community centre, parks, ice rink, sports fields. * Summer day camp. * Events.
Coverage area: Saint-Isidore
Hours: Monday to Wednesday 8h30 to 16h30, Thursday 8h30 to 16h30 and 19h00 to 21h00, Friday 8h30 to 12h00
Fees: variable
Financing: municipal
Legal status: municipal agency

SAINT-JACQUES-LE-MINEUR - LOISIRS ET CULTURE
91 Principale Street, Saint-Jacques-le-Mineur, Montérégie, QC, J0J 1Z0
450 347-5446
Website: www.saint-jacques-le-mineur.ca/loisirs-et-culture.html
Email: info@sjlm.ca
Coverage area: Saint-Jacques-le-Mineur
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00
Fees: variable
Financing: municipal
Legal status: non-profit organization

SAINT-LAMBERT - RECREATION, SPORTS AND COMMUNITY SERVICES
600 Oak Avenue, Saint-Lambert, Montérégie, QC, J4P 2R6
450 466-3890
Website: www.saint-lambert.ca/en
Email: loisirs@saint-lambert.ca
Coverage area: Saint-Lambert
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 19h30, Friday 8h30 to 12h00
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
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-MATHIEU - SERVICE DES LOISIRS
299 Saint-Édouard Road, Saint-Mathieu, Montérégie, QC, J0L 2H0
450 632-9528 ext. 225   Fax: 450 632-9544
Website: municipalite.saint-mathieu.qc.ca
Email: loisirs@municipalite.saint-mathieu.qc.ca
Coverage area: Saint-Mathieu
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h30, Friday 9h00 to 12h00
Fees: variable
Financing: municipal
Legal status: municipal agency

SAINT-MICHEL - LOISIRS, CULTURE ET VIE COMMUNAUTAIRE
1700 Principale Street, Saint-Michel, Montérégie, QC, J0L 2J0
450 454-4502
Website: municipalite-saint-michel.ca/loisirs-et-cultures
Email: loisirs@mst-michel.ca
Services: * Sporting, recreational and sociocultural activities. * Community centre, parks, sports fields. * Summer day camp. * Hall rental.
Coverage area: Saint-Michel
Fees: variable
Financing: municipal
Legal status: municipal agency

SAINT-PATRICE-DE-SHERRINGTON - LOISIRS ET VIE COMMUNAUTAIRE
300 Saint-Patrice Street, Saint-Patrice-de-Sherrington, Montérégie, QC, J0L 2N0
450 454-4959 ext. 202
Website: st-patrice-sherrington.com
Email: loisirs@sherr.ca
Coverage area: Saint-Patrice-de-Sherrington
Fees: variable
Financing: municipal
Legal status: municipal agency
SAINT-PHILIPPE - LOISIRS, CULTURE ET VIE COMMUNAUTAIRE
2225 Édouard-VII Road, Saint-Philippe, Montérégie, QC, J0L 2K0
450 659-7701 ext. 258     Fax: 450 659-7702
Website: ville.saintphilippe.quebec/programmation-loisirs
Email: loisirs@ville.saintphilippe.quebec
Coverage area: Saint-Philippe
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 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     Fax: 450 265-1124
Website: stpolycarpe.ca/loisir-culture-et-vie-communautaire
Email: loisirs@stpolycarpe.ca
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-RÉMI - SERVICE DES LOISIRS
25 Saint-Sauveur Street, Saint-Rémi, Montérégie, QC, J0L 2L0
450 454-3993 ext. 5345     Fax: 450 454-7978
Website: www.saint-remi.ca/loisirs-et-culture
Email: loisirs@ville.saint-remi.qc.ca
Coverage area: Saint-Rémi
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h30 to 13h00
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

Coverage area: Saint-Zotique

Financing: municipal

Legal status: municipal agency

SAINTE-CATHERINE - SPORTS, CULTURE, LEISURE AND COMMUNITY LIFE
5365 Saint-Laurent Boulevard, Sainte-Catherine, Montérégie, QC, J5C 1A6
450 632-0590 ext. 5210 Fax: 450 632-9908
Website: www.ville.sainte-catherine.qc.ca/sports-culture-et-loisirs
Email: sports-culture@vdsc.ca


Coverage area: Sainte-Catherine

Hours: Monday to Thursday 8h30 to 19h30, Friday 8h30 to 16h30

Fees: variable

Financing: municipal

Legal status: municipal agency

SAINTE-CLOTILDE - LOISIRS ET CULTURE
2452 de l’Église Road, Sainte-Clotilde, Montérégie, QC, J0L 1W0
450 826-3129 Fax: 450 826-3217
Website: www.ste-clotilde.ca/fr/loisirs-et-culture/activites
Email: info@ste-clotilde.ca

Services: * Community, socio-cultural and sports activities. * Community centre, arena, skating rinks, parks and sports fields. * Summer day camp.

Coverage area: Sainte-Clotilde

Hours: Monday to Thursday 8h00 to 12h00 and 12h30 to 16h30, Friday 8h00 to 12h00

Fees: variable

Financing: municipal

Legal status: Select Legal Status

SAINTE-JULIE - LOISIRS
1580 du Fer-à-Cheval Road, Sainte-Julie, Montérégie, QC, J3E 2M1
450 922-7122
Website: www.ville.sainte-julie.qc.ca
Email: loisirs@ville.sainte-julie.qc.ca


Coverage area: Sainte-Julie

Hours: Monday to Thursday 8h00 to 19h00, Friday 8h00 to 16h00

Fees: variable

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

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
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
Coverage area: Terrasse-Vaudreuil
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
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
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, Vaudreuil-sur-le-Lac, Montérégie, QC, J7V 8P3
450 455-1133 ext. 6     Fax: 450 455-8614
Website: www.vsll.ca
Email: loisirs@vsll.ca
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

AFFAIRE DE FAMILLE (UNE)
19 Bridge Street, Ormstown, Montérégie, QC, J0S 1K0
450 829-3782
Website: www.uneaffairedefamillehsl.com
Email: uaf.reception@gmail.com
Eligibility: parents, young adults, children, teenagers, seniors
Coverage area: MRC du Haut-Saint-Laurent
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00, closed in July and August
Financing: self-financing, municipal
Legal status: non-profit organization

ASSOCIATION DE FIBROMYALGIE DU BAS-RICHELIEU
71 de Ramezay Street, Suite 220, Sorel-Tracy, Montérégie, QC, J3P 3Z1
450 908-0910
Email: afbr@live.ca
Eligibility: people suffering from fibromyalgia or chronic pain
Coverage area: MRC Pierre-De Saurel
Financing: self-financing, donations
Legal status: non-profit organization

CARREFOUR FAMILIAL DE SAINTE-JULIE
461 Saint-Joseph Boulevard, Suite 93, Sainte-Julie, Montérégie, QC, J3E 1W8
450 922-7179
Website: www.carrefourfamilialsj.org
Email: info@carrefourfamilialsj.org

Eligibility: families, mothers-to-be

Coverage area: Sainte-Julie

Hours: daycare: Tuesday to Friday 9h00 to 16h00, activities according to the program

Fees: variable fees depending on the activities and chosen services

Financing: grants, fundraising campaigns

Legal status: non-profit organization

CÉGEP ÉDOUARD-MONTPETIT

945 de Chambly Road, Longueuil, Montérégie, QC, J4H 3M6
450 679-2631 Fax: 450 679-5570
Website: www.cegepmontpetit.ca
Email: communications@cegepmontpetit.ca


Coverage area: Province of Québec

Financing: self-financing, provincial, foundations

Legal status: parapublic organization

CÉGEP SAINT-JEAN-SUR-RICHELIEU

30 du Séminaire Boulevard North, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 5J4
450 347-5301 Fax: 450 358-9350
Website: www.cstjean.qc.ca
Email: communications@cstjean.qc.ca


Eligibility: general public

Coverage area: Province of Québec

Fees: variable

Financing: provincial

Legal status: parapublic organization

CENTRE COMMUNAUTAIRE DE CHÂTEAUGUAY

3 Principale Street, Châteauguay, Montérégie, QC, J6K 1E7
450 699-3464 Fax: 450 699-4111
Website: www.centrecommunautairechateauguay.com
Email: cchateau@videotron.ca


Eligibility: people in need

Coverage area: Châteauguay

Hours: Monday to Wednesday and Saturday 9h00 to 17h00, Thursday and Friday 9h00 to 21h00

Financing: donations, self-financing, grants

Legal status: non-profit organization
CENTRE D’ACTION BÉNÉVOLE DE VALLEYFIELD
95 Salaberry Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2H5
450 373-2111
Website: cabvalleyfield.com
Email: info@cabvalleyfield.com


Eligibility: adults, seniors, caregivers, organizations
Coverage area: Salaberry-de-Valleyfield, Saint-Stanislas-de-Kostka, caregivers: Salaberry-de-Valleyfield, Saint-Stanislas-de-Kostka, Beauharnois, Saint-Étienne-de-Beauharnois and Saint-Louis-de-Gonzague

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: meals: $7
Financing: provincial, self-financing
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DU GRAND CHÂTEAUGUAY
10 Gilmour Street, Châteauguay, Montérégie, QC, J6J 1K4
450 699-6289
Website: www.cabgc.org
Email: info@cabgc.org


Eligibility: people 50 years old and over, people with a loss of autonomy, caregivers, people on a low income
Coverage area: Châteauguay, Saint-Urbain-Premier, Saint-Isidore, Sainte-Martine, Mercier, Léry

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h00, Friday 8h30 to 12h00 and 13h00 to 15h00
Financing: federal, 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: cabs@videotron.ca


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: office: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00, thrift store: Tuesday to Friday 9h30 to 16h00 and Saturday 9h30 to 15h00
Financing: donations, grants, self-financing  
Legal status: non-profit organization

CENTRE PRÉNATAL ET JEUNES FAMILLES
640A Chicoine Street, Vaudreuil-Dorion, Montérégie, QC, J7V 9J4  
450 424-7867  
Website: www.centrepjf.org  
Email: info@centrepjf.org  
Services: Support for future parents and families.  
* Medicine: birth support, obstetrics, osteopathy.  
* Psychoeducation.  
* 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.  
* Support groups.  
* Breastfeeding support with Nourri-Source.  
* Training: CPR/AED.  
* Les Relevailles service: home visits by a perinatal assistant.

Eligibility: families, Les Relevailles service: new parents with a baby under 12 months of age
Capacity: 16 people  
Coverage area: MRC Vaudreuil-Soulanges  
Hours: Monday to Friday 8h00 to 15h30  
Fees: free  
Financing: self-financing  
Legal status: non-profit organization

CLUB DE L’ÂGE D’OR DE SAINT-BRUNO
1741 Montarville Street, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 3V2  
450 461-0127  
Email: dianeaubin@sympatico.ca  
Services: Social and recreational activities for seniors.  
* Pool table, bingo, scrabble and cards.  
* Orchestra.  
* Bowling.  
* Walking group.  
* Seasonal petanque group.  
* Monthly meals.

Eligibility: seniors 50 years old and over  
Coverage area: Saint-Bruno-de-Montarville  
Hours: Monday to Thursday 13h00 to 16h00  
Fees: FADOQ annual membership: $25  
Financing: self-financing  
Legal status: non-profit organization

COLONIE DES GRÈVES DE CONTRECOEUR
10350 Marie-Victorin Road, Contrecoeur, Montérégie, QC, J0L 1C0  
450 742-4767  
Fax: 450 742-3841  
Website: www.coloniedesgreves.com  
Email: info@coloniedesgreves.com  
Services: * Summer camps for children and families.  
* Accommodation in chalets, hostels and dorms.  
* School outings: science workshops, mini-farm and outdoor activities.  
* Parc régional des Grèves: cross-country skiing, snowshoeing and hiking.  
* Rental of equipment for winter sports: cross-country skis, snowshoes, snow tubes, etc.  
* Room rental.  
* Sailing school during summer.

Eligibility: families  
Coverage area: Province of Québec  
Hours: Monday to Friday 8h30 to 17h00, Saturday and Sunday 9h00 to 17h00, schedule subject to change according to seasons and activities  
Fees: camp: according to the income  
Financing: self-financing  
Legal status: non-profit organization
DIABÈTE BROME-MISSISQUIO
2 Adhémar Cusson Street, Office 3, Bedford, Montérégie, QC, J0J 1A0
450 248-2224
Website: diabetebmhr.org
Email: info@diabetebmhr.org
Eligibility: diabetic and prediabetic people
Coverage area: MRC Brome-Missisquoi, MRC Haut-Richelieu
Fees: yearly membership: $20, activities: variable
Financing: grants
Legal status: non-profit organization

DROIT DI RÉVER
479 Hébert boulevard, Salaberry-de-Valleyfield, Montérégie, QC, J6S 5Y9
450 377-4241
Website: droitdirever.org
Email: ddirosq@gmail.com
Services: Organization seeking to promote, inform and facilitate the social inclusion in all areas of daily life for people living with an intellectual disability or autism spectrum disorder. * Trainings and workshops: hygiene, nutrition, self-esteem, etc. * Physical and cultural activities: theater, dance, yoga, etc. * Volunteer work.
Eligibility: people aged 21 and over living with an intellectual disability or an autism spectrum disorder
Coverage area: Le Suroît
Hours: Monday to Friday 9h00 to 17h00 or by appointment
Fees: variable
Financing: fundraising campaigns, donations
Legal status: non-profit organization

FRIPERIE COMMUNAUTAIRE HUNTINGDON
4 Lorne Street, Suite 102, Huntingdon, Montérégie, QC, J0S 1H0
450 264-4775
Website: www.fripcommhunt.quebec
Email: fripcommhunt@hotmail.com
Eligibility: general population, individuals and families on a low income, people who are far from the labour market
Coverage area: MRC Le Haut-Saint-Laurent
Hours: Tuesday to Saturday 9h00 to 17h00
Fees: rental of sports equipment: free but annual membership fee
Financing: self-financing, provincial, grants, donations
Legal status: non-profit organization

JOYEUX RETRAITÉS (LES)
1 Curé-Poirier Boulevard East, Longueuil, Montérégie, QC, J4J 2C6
450 463-7100 ext. 2404
Website: www.lesjoyeuxretraites.com
Email: joyeuxretraites@outlook.fr
Eligibility: people 50 years and over
**LOISIRS DU VIEUX-LONGUEUIL (LES)**

735 Saint-Jean Street, Longueuil, Montérégie, QC, J4H 2Y8
450 646-6720
Website: loisirsduvieulongueuil.com
Email: info@loisirsduvl.com

**Services:**
- Cultural activities: line, social and country dancing, dancing for kids, guitar and ukulele, language courses (English, Spanish, Italian), sewing, knitting, etc.
- Physical training: abs-glutes, cardio-boxe, stretching, meditation, pound, tai chi, zumba, yoga, etc.
- Recreational sports: badminton, floor hockey, volleyball and soccer for kids.

**Eligibility:** residents, general public

**Coverage area:** Longueuil

**Hours:** Monday to Thursday 9h00 to 16h00, Friday 9h00 to 13h00

**Fees:** variable

**Financing:** self-financing, municipal

**Legal status:** non-profit organization

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**MAISON D'ENTRAIDE SAINT-ALPHONSE**

2190 André Street, Brossard, Montérégie, QC, J4Z 2Z8
450 676-3712     Fax: 450 676-0080
Email: depannagemesa@hotmail.com

**Services:**
- Food assistance.
- Thrift store: sale of used items and donations if needed.
- Christmas baskets.

**Eligibility:** people in need or on a low income, immigrants

**Capacity:** 95 families per week

**Coverage area:** Brossard

**Hours:** Monday to Thursday 9h30 to 16h30, Friday 9h30 to 13h00, thrift store: Friday 13h00 to 20h30, food assistance: Thursday

**Financing:** donations

**Legal status:** non-profit organization

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**MAISON DE LA FAMILLE DES MASKOUTAINS**

2130 Mailhot Avenue, Saint-Hyacinthe, Montérégie, QC, J2S 9E1
450 771-4010     Fax: 450 250-0272
Website: www.mfm.qc.ca
Email: accueil@mfm.qc.ca

**Services:**
- Seniors and caregivers: Drop-in respite, Coffee meetings for caregivers, Knitting group, Conferences.
- Tablette et cie: mutual help workshops in computers.
- Community meals.
- Animated physical activities: Viactive and Chair Yoga.
- Newcomers: Reception, support in the process of settlement and integration.
- Reception, information and support in the school environment integration process.
- Housing search assistance.
- Help with forms.
- Educational workshops on integration.
- Cooking workshops.
- Intercultural pairings.
- Health liaison in partnership with the CSSS Richelieu-Yamaska.
- French learning program.
- Interpretation services in several languages: Arabic, Spanish, Nepalese, Persian, Urdu, English, Swahili, Yacouba, Kirundi, Diola, Malinke and Dari.
- Home visits.
- Parents and children: Drop-in daycare services.
- Summer camp.
- Animations in the municipalities.
- Homework assistance.

**Eligibility:** families, seniors, caregivers, children, immigrants, refugees

**Coverage area:** MRC Les Maskoutains

**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Fees: membership card: $10 per year, drop-in respite: free, educational childcare services: $20 per 4-week session, including meals, Tablette et cie: free for members, $5 per 4-month session for non-members, community meals: variable

Financing: provincial, donations, grants, membership fees

Legal status: non-profit organization

MAISON DE LA FAMILLE LEMOYNE
1882 St-Georges Street, Suite 503, Longueuil, Montérégie, QC, J4P 3J4
450 465-3571
Website: www.maisondelafamillelemoyne.org
Email: mfl@bellnet.ca

Services: Education, helping relationship, welcoming and referrals for neighbourhood families. * Educational daycare for youth 0 to 5 years old: Sourissimo (3 to 18 months old), Souriceaux (18 months to 3 years old) and Souris-Moi (3 to 5 years old). * 7 weeks daycare during the summer: Lucioles (22 months to 3 years old) and Libellules (3 to 6 years old). * Trotti-bouge: parent-child activities for 18 months to 3 years old. * In-school activities for the 6 to 12 years old: homework help, Lire et faire lire program and collective kitchens. * Les P'Tits vendredis: recreational activities in the evening for youth 8 to 12 years old. * Morning talk for parents. * Welcome, listening and referral. * Family activities. * Espace-libre: community library for children, parents and the community of LeMoyne and surroundings. animations and workshops. * Used items recovery and donations: toys, clothing for children and adults, etc. * Possibility of volunteering and getting involved in the activities. * Tax clinic for members.

Eligibility: parents, children 0 to 12 years, families, seniors

Coverage area: Longueuil agglomeration, priority to people living in LeMoyne and surrounding areas

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h30, Trotti-Bouge: Friday 9h00 to 10h00 and 10h30 to 11h30, talks: Tuesday 9h00 to 10h30

Fees: membership: $10, daycare: $5 per morning, activities: variable

Financing: Centraide Greater Montreal, provincial, federal, donations, self-financing

Legal status: non-profit organization

MAISON DES ENFANTS MARIE-ROSE
600 Ellice Street, Suite 333, Beauharnois, Montérégie, QC, J6N 3P7
450 395-0704
Website: lamaisondesenfantsmarierose.wordpress.com
Email: maisondesenfantsmarierose@videotron.ca

Services: After school and pedagogical support organization for 5 to 12 years old. * Culinary workshops, horticulture, garden. * Courses of piano, guitar, drums, clarinet, singing, dance, yoga, cinema and theater. * Pause Art: program that allows expelled students to do school work and make art in a calm environment. * Lunch Club every day and 5 to 7 family conferences. * Family dinners. * Benefit concerts and children's party at each session. * Le Pain des enfants: solidarity artisanal bakery.

Eligibility: children 3 to 12 years old, their family

Capacity: 25 children per day and 12 families per month

Coverage area: MRC Beauharnois-Salaberry

Hours: Monday to Friday 9h00 to 17h00

Fees: membership card: $10, workshops: $55 per workshop for the semester, lunches: $4 per meal

Financing: grants, foundations

Legal status: non-profit organization

MAISON DES JEUNES DE RIGAUD (LA)
96 Saint-Jean-Baptiste Street East, Rigaud, Montérégie, QC, J0P 1P0
450 451-9937
Email: mdjderigaud@bell.net

Sports, Recreation and Culture

**Eligibility:** youth 11 to 18 years old

**Capacity:** 30

**Coverage area:** Rigaud and surroundings

**Hours:** Tuesday and Wednesday 15h00 to 20h00, Thursday 15h00 to 20h30, Friday 18h00 to 21h00, one Saturday per month 10h00 to 17h00, pedagogical days: 14h00 to 18h00, phone reception: Tuesday to Thursday 13h00 to 16h00

**Fees:** free

**Financing:** provincial, Centraide du Sud-Ouest, municipal, federal, foundations

**Legal status:** non-profit organization

**MAISON INTERNATIONALE DE LA RIVE-SUD - CAFÉ DES AÎNÉS**

2500 Lapinière Boulevard, Brossard, Montérégie, QC, J4Z 3V1

450 445-8777 ext. 235     Fax: 450 445-1222

**Website:** mirs.qc.ca

**Email:** jb.henry@mirs.qc.ca


**Eligibility:** senior immigrants

**Capacity:** 70

**Coverage area:** South Shore

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** membership card: $30, subscription to activities: variable

**Financing:** self-financing, provincial, contributions

**Legal status:** non-profit organization

**MAM - AUTOUR DE LA MATERNITÉ**

2060 Holmes Street, Longueuil, Montérégie, QC, J4T 1R8

514 990-9626

**Website:** www.mam.qc.ca

**Email:** kim.couture@mam.qc.ca


**Eligibility:** pregnant women, breastfeeding mothers, babies

**Coverage area:** Beloeil, Longueuil, McMasterville, Otterburn Park, Saint-Antoine-Sur-Richelieu, Saint-Basile-Le-Grand, Saint-Bruno-de-Montarville, Saint-Charles-Sur-Richelieu, Saint-Denis-Sur-Richelieu, Mont Saint-Hilaire, Saint-Jean-Baptiste, Saint-Marc-Sur-Richelieu, Saint-Mathieu-de-Beloeil

**Hours:** Monday to Wednesday 9h00 to 12h00, Thursday 9h00 to 15h30

**Fees:** some activities have fees

**Financing:** provincial

**Legal status:** non-profit organization

**MATINÉES MÈRES-ENFANTS**

99 du Centre-Civique Street, Mont-Saint-Hilaire, Montérégie, QC, J3H 4X4

514 800-6737

**Website:** lesmatinees.com

**Email:** lesmatinees@gmail.com

**Eligibility:** parents with children from 0 to 5 years old, fitness classes: mothers

**Coverage area:** Montérégie

**Hours:** conferences and coffee chats: Tuesday and Thursday 9h00 to 11h30, fitness class: Monday and Wednesday 9h00 to 11h00

**Fees:** membership: $20 per session for residents of Mont Saint-Hilaire and Otterburn Park, $35 per session for non-residents, activities: variable

**Financing:** self-financing, provincial, municipal

**Legal status:** non-profit organization

**MOSAÏQUE (LA), CENTRE D’ACTION BÉNÉVOLE ET COMMUNAUTAIRE**

1650 de l'Église Avenue, Longueuil, Montérégie, QC, J4P 2C8

450 465-1803   Fax: 450 465-5440

**Website:** www.lamosaique.org

**Email:** info@lamosaique.qc.ca


**Eligibility:** volunteers, people in need, community organizations and organizations in the health and social services network

**Coverage area:** agglomeration of Longueuil

**Hours:** administration: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30, thrift store: Tuesday to Saturday 10h00 to 17h00, shopping trips: twice a month

**Fees:** thrift store: variable low prices, other services: low cost or free

**Financing:** donations, grants, self-financing

**Legal status:** non-profit organization

**MULTIPLE SCLEROSIS SOCIETY OF CANADA - MONTÉRÉGIE SECTION**

1705 Victoria Avenue, Suite C-121, Saint-Lambert, Montérégie, QC, J4R 2T7

450 466-5209   Fax: 450 466-9268

**Website:** mssociety.ca

**Email:** info.montregie@scleroseenplaques.ca


**Eligibility:** patients with multiple sclerosis and their relatives

**Coverage area:** Montérégie

**Hours:** Monday to Friday 9h00 to 17h00

**Financing:** fundraising campaigns, donations, grants

**Legal status:** non-profit organization

**RESSOURCES-FEMMES DE LA RÉGION D’ACTON**

1018 Daigneault Street, Acton Vale, Montérégie, QC, J0H 1A0

450 546-3366

**Website:** www.ressources-femmes.org

**Email:** coordinatrice@ressources-femmes.org

Eligibility: women
Coverage area: MRC Acton
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: psychosocial support: free, educational activities: free or variable, membership: $10 per year or 7 hours of volunteering
Financing: provincial, contributions, fundraising campaigns, 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  Fax: 450 265-1124
Website: stpolycarpe.ca/loisir-culture-et-vie-communautaire
Email: loisirs@stpolycarpe.ca
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

SE RECONSTRUIRE, CENTRE DE SANTÉ DU SEIN
67 Sainte-Elizabeth Street, Longueuil, Montérégie, QC, J4H 1J3
438 527-7346
Website: www.centresereconstruire.ca
Email: info@centresereconstruire.ca
Eligibility: women and men living with breast cancer
Coverage area: Greater Montréal
Financing: grants
Legal status: non-profit organization

Sports and recreation for people with a disability

ACTION INTÉGRATION EN DÉFICIENCE INTELLECTUELLE
6180 Agathe Street, Brossard, Montérégie, QC, J4Z 1E1
450 676-5058  Fax: 450 676-5686
Website: actionintegration.org
Email: info@actionintegration.org
Eligibility: people 16 years and over living with an intellectual disability or an autism spectrum disorder
Coverage area: South Shore, from Sainte-Catherine to Varennes
Hours: office: Monday to Friday 8h30 to 16h30, activities: 7 days
Fees: annual membership: $10
Financing: provincial, fundraising campaigns, membership fees, federal
Legal status: non-profit organization
ALTERNATIVE-CENTREGENS
462 Sainte-Foy Boulevard, Longueuil, Montérégie, QC, J4J 1Y2
450 651-0651   Fax: 450 651-0678
Email: info@centregens.ca
Eligibility: adults with mental health problems past or present
Coverage area: Vieux-Longueuil, Saint-Hubert
Hours: Monday and Tuesday 9h00 to 20h00, Wednesday to Friday 9h00 to 16h00
Fees: annual membership: $6
Financing: provincial, contributions
Legal status: non-profit organization

AMIS-SOLEILS DE SAINT-BRUNO (LES)
1139 Cadieux Street, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 4P8
438 520-1696
Website: www.lesamissoleils.org
Email: coordonnatrice@lesamissoleils.org
Services: Adapted recreational activities for people with intellectual disabilities or other development disorders. * Summer day camp. * Weekend activities. * Artistic, sport and cultural activities. 
Eligibility: children, adolescents and adults with intellectual disabilities or other development disorders and their parents
Coverage area: Longueuil, MRC La Vallée-du-Richelieu, Saint-Bruno-de-Montarville
Hours: Saturday: 10h00 to 16h30, Sunday: variable, summer: Monday to Friday 8h00 to 18h00
Fees: variable depending on the season, reduced prices for the residents of Saint-Bruno-de-Montarville
Financing: fundraising campaigns, donations
Legal status: non-profit organization

ANCRE ET AILE DU HAUT-SAINT-LAURENT
10 Bridge Street, Ormstown, Montérégie, QC, J0S 1K0
450 829-3491
Website: www.ancreetailes.com
Email: ancreetailes@bellnet.ca
Eligibility: adults living with or having experienced a mental health problem or psychological distress
Coverage area: MRC Le Haut-Saint-Laurent
Hours: Tuesday to Friday 9h00 to 16h00
Fees: annual membership card: $10, meals: $4, fees may apply for activities and outings
Financing: donations
Legal status: non-profit organization

APHASIE RIVE-SUD
1720 De Gaulle Street, Longueuil, Montérégie, QC, J4T 1M9
450 550-4466
Website: aphasierivesud.ca/en/home
Email: info.aphasierivesud@gmail.com
Services: * Workshops: language (speech therapy), written language, theatre, choir, games, adapted scrabble, lunch meeting, relaxation on a chair, etc. * J’active mes neurones workshop. * Parole entre nous workshop. * Workshops for caregivers: Café du bien support group, sociocultural activities, etc.
Eligibility: adults with aphasia, caregivers
Coverage area: South Shore of Montréal
Hours: Monday to Friday 8h30 to 15h30, meetings and workshops: Monday to Friday 9h30 to 11h30
Fees: membership card: $30 per year, activities: $50 per semester
Financing: provincial, self-financing, donations
Legal status: non-profit organization

ARC-EN-CIEL DES SEIGNEURIES - GROUPE D’ENTRAIDE EN SANTÉ MENTALE (L’)
274 Sainte-Anne Street, Varennes, Montérégie, QC, J3X 1R7
450 985-0522 Fax: 450 985-0805
Website: www.arcenciedesseigneuries.org
Email: info@arcenciedesseigneuries.org
Eligibility: people living with or who have lived with mental health issues
Coverage area: Boucherville, Calixa-Lavallée, Contrecoeur, Saint-Amable, Sainte-Julie, Varennes, Verchères
Hours: Monday to Thursday 9h00 to 16h30, occasionally on nights and weekends
Fees: membership card: $5
Financing: provincial, donations, membership fees
Legal status: non-profit organization

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
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

ASSOCIATION DE LA DÉFICIENCE INTELLECTUELLE DE LA RÉGION DE SOREL
1275 des Patriotes Road, Sorel-Tracy, Montérégie, QC, J3P 2N4
450 743-0664 Fax: 450 743-3208
Website: adirs.e-monsite.com
Email: adirs@videotron.ca
Eligibility: people with an intellectual disability or an autism spectrum disorder, their family
Coverage area: Contrecoeur, MRC Pierre-De Saurel
Hours: Monday to Friday 9h00 to 16h00
Fees: annual membership card: $10, activities: variable
Financing: federal, provincial, fundraising campaigns, self-financing, contributions, donations
Legal status: non-profit organization
ASSOCIATION DE LA SCLÉROSE EN PLAQUES SOREL-TRACY ET RÉGIONS
71 Ramezay Street, Suite 151-A, Sorel-Tracy, Montérégie, QC, J3P 3Z1
450 746-5536 Fax: 450 746-7409
Email: asp.soreltracy@gmail.com


Eligibility: people with multiple sclerosis and their relatives

Coverage area: MRC Pierre-De Saurel
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Financing: self-financing
Legal status: non-profit organization

ASSOCIATION DE LA VALLÉE DU RICHELIEU POUR LA DÉFICIENCE INTELLECTUELLE
625 Lechasseur Street, Beloeil, Montérégie, QC, J3G 2L3
450 467-8644
Website: www.avrdi.org
Email: avrdibeloeil@gmail.com


Eligibility: people aged over 13 years old with mild or moderate intellectual disabilities and with or without an autism spectrum disorder

Capacity: depending on the activities, between 10 and 100 people

Coverage area: MRC La Vallée-du-Richelieu
Hours: Monday to Saturday 9h00 to 16h30
Fees: variable depending on the activity
Financing: donations, provincial, self-financing
Legal status: non-profit organization

ASSOCIATION DES DEVENUS SOURDS ET DES MALENTENDANTS DU QUÉBEC - SECTEUR SUD-OUEST
35 Grande-Île Street, Suite 1, Salaberry-de-Valleyfield, Montérégie, QC, J6S 3L9
450 377-5941 Fax: 450 377-4293
Email: adsmqso@gmail.com


Eligibility: people who became deaf and hearing impaired

Coverage area: MRC Le Haut-Saint-Laurent, MRC Beauharnois-Salaberry, MRC Vaudreuil-Soulanges, MRC Roussillon
Hours: Monday to Friday 8h00 to 16h00
Fees: annual membership: $25
Financing: membership fees
Legal status: non-profit organization

ASSOCIATION DES PARENTS ET DES HANDICAPÉS DE LA RIVE-SUD MÉTROPOLITAINE
2545 De Lorimier Street, Suite 110, Longueuil, Montérégie, QC, J4K 3P7
450 674-5224 Fax: 450 674-8594
Website: www.aphrsm.org
Email: aphrsm@hotmail.com
Services: * Therapeutic and specialized sports and recreational activities.
Eligibility: adults with intellectual disabilities, with or without associated inabilities or an autism spectrum disorder
Capacity: variable depending on activities
Coverage area: Boucherville, Brossard, Candiac, Delson, La Prairie, Longueuil, Saint-Constant, Saint-Lambert, Sainte-Julie
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00
Fees: variable
Financing: donations, membership fees, grants
Legal status: non-profit organization

ASSOCIATION DES PERSONNES APHASIQUES DU RICHELIEU-YAMASKA
1800 Dessaulles Street, door C-3115, Saint-Hyacinthe, Montérégie, QC, J2S 2T2
450 771-3333 ext. 2685
Website: www.aphasiapary.org
Email: info@aphasiapary.org
Eligibility: people with aphasia following a stroke, their relatives
Capacity: 15
Coverage area: Richelieu, Yamaska
Hours: Monday to Friday 8h30 to 15h30
Fees: annual membership: $20, outings: fees for meals
Financing: provincial, self-financing
Legal status: non-profit organization

ASSOCIATION DES PERSONNES HANDICAPÉES DE LA VALLÉE DU RICHELIEU
308 Montsabré Street, Suite D-209, Beloeil, Montérégie, QC, J3G 2H5
450 464-7445
Website: www.aphvr.org
Email: informations@aphvr.org
Services: * Advocacy and promotion of the rights of people with physical disabilities and with loss of autonomy: accessibility of public sites and facilities, adapted transportation, adapted housing, etc. * Individual listening, information and referral. * Adapted activities to preserve or develop physical or cognitive skills. * Recreational outings and sport activities to promote social bonding. * Online documentation and public awareness on the needs and realities of people living with a physical disability.
Eligibility: people with a physical disability, people with loss of autonomy, their families
Coverage area: MRC de La Vallée-du-Richelieu
Hours: Monday to Thursday 9h30 to 16h30
Fees: annual membership: $20
Financing: provincial, municipal, self-financing
Legal status: non-profit organization

ASSOCIATION DES PERSONNES HANDICAPÉES DE SOREL-TRACY
105 du Prince Street, Suite 42, Sorel-Tracy, Montérégie, QC, J3P 4J9
450 743-6655 Fax: 450 743-5920
Email: aphst@videotron.ca
Eligibility: persons 18 years of age and older living with a physical or sensory disability, any person concerned about the social integration of people with disabilities
ASSOCIATION DES TRAUMATISÉS CRANIO-CÉRÉBRAUX DE LA MONTÉRÉGIE
308 Montsabré Street, Suite D-131, Beloeil, Montérégie, QC, J3G 2H5
450 446-1111 Fax: 450 446-6405
Website: www.atccmonteregie.qc.ca
Email: atcc@atccmonteregie.qc.ca


Eligibility: people 16 years old and over having sustained a medically recognized craniocerebral trauma (light, light complex, moderate or severe) and with a stable state of health, their close ones

ASSOCIATION LOCALE DES PERSONNES HANDICAPÉES DE CHAMBLY ET LA RÉGION - ALPHA
608 12th Avenue, Richelieu, Montérégie, QC, J3L 5J9
450 658-9869
Website: www.associationalpha.com
Email: associationalpha@hotmail.com

Services: * Raising awareness and advocating for the rights of people with an autism spectrum disorder or a physical or intellectual disability. * IPS Program: day program for adults with an intellectual disability or an autism spectrum disorder that aims to develop and maintain skills through various workshops and with specialists in music therapy, zootherapy and massotherapy. * Activities and workshops: drama, visual arts, cooking, dance, meetings, dance night and special outings. * Journée Déclic: weekly activity or outing. * Espace TSA: workshop for children and pre-adolescents with an autism spectrum disorder to develop their socialization skills. * Coin des amis: workshop for children and pre-adolescents with intellectual disabilities. * Summer day camp.

Eligibility: people with an intellectual disability, a physical disability or an autism spectrum disorder, their family, IPS program: people 21 years old and over with an intellectual disability or an ASD

ASSOCIATION PAUSE
375 Bessette Avenue, Saint-Jean-sur-Richelieu, Montérégie, QC, J2X 2N8
450 347-2324
Website: www.associationpause.org
Email: info@associationpause.org
ASSOCIATION SCLÉROSE EN PLAQUES RIVE-SUD
Confidential Address
450 926-5210
Website: asprs.qc.ca
Email: info@asprs.qc.ca
Services: * Listening, accompaniment, information, support and referral. * Assistance for members to access all the services available. * Advocacy for essential services. * Group outings, community lunches, information meetings and conferences. * Support and mutual aid activities. * Monthly brunch, body awakening, coffee meetings, fundraising activities, etc.
Eligibility: people with multiple sclerosis and their close ones
Coverage area: agglomération de Longueuil, MRC Roussillon, MRC Marguerite-D’Youville, MRC La Vallée-du-Richelieu
Hours: telephone reception: Monday to Thursday 9h00 to 16h00
Financing: provincial, self-financing
Legal status: non-profit organization

AU MOULIN DE LA SOURCE - CENTRE VALLEYFIELD
226 Montcalm Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2E4
450 377-5254     Fax: 450 377-5254
Website: www.moulindelasource.com
Email: info@moulindelasource.com
Eligibility: people living with a physical disability, parents, beneficiaries and close ones
Coverage area: MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges
Hours: Monday to Friday 8h30 to 16h00
Fees: $5 per visit
Financing: provincial, fundraising campaigns, donations
Legal status: non-profit organization

CENTRE ALPHA-SOURD RIVE-SUD
2010 Chambly Road, Suite B, Longueuil, Montérégie, QC, J4J 3Y2
438 806-5149
Website: www.casourdrivesud.org
Email: info@casourdrivesud.org
Eligibility: deaf and deaf-blind people
Capacity: 25
Coverage area: Montérégie
Hours: Wednesday and Friday 8h00 to 15h00
Fees: none
Financing: provincial  
Legal status: non-profit organization  

**CENTRE ALPHA-SOURD RIVE-SUD - LONGUEUIL POINT OF SERVICE**  
450 Chambly Road, Suite 200, Longueuil, Montérégie, QC, J4H 3L7  
438 382-3488 TTY: 438 382-3488  
Website: www.dalc.alphasourd.org  
Email: dalc@alphasourd.org  
Eligibility: deaf and deaf-blind people  
Capacity: 50  
Coverage area: Montérégie  
Hours: Tuesday 13h00 to 16h00 and Thursday 13h00 to 21h00  
Fees: none  
Financing: provincial  
Legal status: non-profit organization  

**CENTRE COMMUNAUTAIRE L’ENTRAIDE PLUS**  
2437 Bourgogne Avenue, Chambly, Montérégie, QC, J3L 2A5  
450 658-4469 Fax: 450 658-4469  
Website: entraideplus.org  
Email: info@entraideplus.org  
Eligibility: people 50 years old and over, autonomous, disabled, sick or in loss of autonomy, caregivers  
Capacity: Resto-Entre: 44 places  
Coverage area: Chambly, Carignan, Richelieu, Saint-Mathias-sur-Richelieu, Sainte-Angèle-de-Monnoir, Marieville  
Hours: Monday to Thursday 9h00 to 16h00, Friday 9h00 to 14h00, respite: Monday and Thursday 9h30 to 15h30, Resto-Entre: Monday to Friday 11h00 to 13h00  
Fees: members: $20 per year, Resto-Entre: $6 for members, $7 for non-members  
Financing: donations, grants  
Legal status: non-profit organization  

**CENTRE D’ACTION BÉNÉVOLE DU GRAND CHÂTEAUGUAY**  
10 Gilmour Street, Châteauguay, Montérégie, QC, J6J 1K4  
450 699-6289  
Website: www.cabgc.org  
Email: info@cabgc.org  
Eligibility: people 50 years old and over, people with a loss of autonomy, caregivers, people on a low income  
Coverage area: Châteauguay, Saint-Urbain-Premier, Saint-Isidore, Sainte-Martine, Mercier, Léry  
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 15h00  
Financing: federal, provincial, donations  
Legal status: non-profit organization
CENTRE DE RÉHABILITATION AVC
500 Saint-Laurent Street, La Prairie, Montérégie, QC, J5R 5X2
514 775-5347
Website: www.centrerehabilitationavc.com
Email: accidentvasculaire@hotmail.com


Eligibility: people who have had a stroke, their caregivers
Coverage area: South Shore of Montréal
Hours: Wednesday 9h15 to 15h30
Fees: contribution: $20 per year, outing: $5
Financing: donations, membership fees, provincial
Legal status: non-profit organization

CENTRE DE SOUTIEN EN SANTÉ MENTALE - MONTÉRÉGIE
2046 Édouard Boulevard, Longueuil, Montérégie, QC, J4T 1Z7
450 486-1609 Fax: 514 227-8314
Website: www.cssm-m.com
Email: ssm2510@videotron.ca


Eligibility: people with mental illnesses, their family and relatives
Coverage area: Montérégie
Hours: Monday to Friday 8h30 to 16h30
Fees: members: $10 per year, variable contributions for outings and some activities
Financing: provincial, municipal, fundraising campaigns, donations, grants
Legal status: non-profit organization

CENTRE DE TRANSITION PERCEVAL INC.
148 George Street, Suite 203, Sorel-Tracy, Montérégie, QC, J3P 1C6
450 746-1860 Fax: 450 746-2970
Email: centre.perceval@videotron.ca


Eligibility: people aged 18 to 65 living with severe and persistent mental health and other severe psychosocial adjustment disorders
Coverage area: MRC Pierre-De Saurel
Hours: Monday to Friday 8h00 to 16h00
Fees: none
Financing: donations, provincial
Legal status: non-profit organization

CENTRE ÉQUESTRE THÉRAPEUTIQUE MARIE-LAURENCE
1750 4th Road, Sainte-Justine-de-Newton, Montérégie, QC, J0P 1T0
450 764-3156
Email: cetml@hotmail.com
Services: Adapted horseback-riding lessons for children living with a physical or intellectual disability or with learning difficulties.
Eligibility: children living with a physical or intellectual disability or with learning difficulties
Coverage area: Province of Québec
Hours: 8h00 to 18h00, 7 days
Fees: variable
Financing: donations
Legal status: non-profit organization

CLÉ DES CHAMPS SAINTE-JULIE (LA)
27 du Plateau Street, Sainte-Julie, Montérégie, QC, J3E 3N6
514 567-9333
Website: lacdc.ca
Email: info@lacdc.ca
Services: * Organization of cultural, sports and recreational activities. * Various monthly outings. * Annual outing of two days in an adapted summer camp. * Summer day camp.
Eligibility: youth living with an intellectual disability or an autism spectrum disorder, with or without physical disabilities
Coverage area: Sainte-Julie
Hours: September to May: Saturday 9h30 to 15h00, summer day camp: late June to mid-August, Monday to Thursday 7h30 to 17h30
Fees: $50 per season, day camp: $90 per week
Financing: donations, municipal
Legal status: non-profit organization

CLUB DES PERSONNES HANDICAPÉES BROME MISSISQUIOI
183 Principale Street, Sainte-Sabine, Montérégie, QC, J0J 2B0
450 293-2326
Email: cphf@videotron.ca
Eligibility: people living with an intellectual or physical handicap, their families and caregivers
Coverage area: Ange-Gardien, MRC Brome-Missisquoi
Hours: Monday to Thursday 8h00 to 14h30
Financing: grants
Legal status: non-profit organization

CLUB LA JOIE DE VIVRE POUR PERSONNE VIVANT AVANT UNE DI/TED
286 Jacques-Cartier Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4T1
450 377-1213
Website: clubjoiedevivre.net
Email: joiedevivre.saj@gmail.com
Services: Leisure club for people living with an intellectual disability or an autism spectrum disorder. * Leisure, educational and socialization activities. * Promotion of social integration and maintenance of autonomy.
Eligibility: adults aged 21 years and over living with an intellectual disability, a pervasive developmental disorder or an autism spectrum disorder
Coverage area: MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges
Hours: Monday to Friday 9h00 to 15h00, Saturday 9h00 to 16h00
Fees: none
Financing: donations
Legal status: non-profit organization
CONSEIL CANADIEN DES AVEUGLES DE LONGUEUIL
1255 Beauregard Street, Suite 2509, Longueuil, Montérégie, QC, J4K 2M3
450 442-2008
Website: ccalongueuil.org
Email: info@ccalongueuil.org
Eligibility: people living with a partial or total vision loss
Coverage area: agglomeration of Longueuil
Hours: weekly activities: variable, outings: one Saturday per month
Fees: annual contribution: $5, activities: variable
Financing: provincial, municipal, self-financing, contributions, donations
Legal status: non-profit organization

CONSEIL DES AVEUGLES DE ST-HYACINTHE
5065 Gouin Street, Saint-Hyacinthe, Montérégie, QC, J2S 1E3
450 252-5624
Email: fLedoux@hotmail.com
Eligibility: people aged 18 and over living with a visual disability
Coverage area: MRC les Maskoutains, MRC Acton
Hours: 2 Tuesdays per month 13h00 to 16h00
Fees: member: 10$ per year, activities: none, outings: variable
Financing: membership fees, self-financing, grants, donations
Legal status: non-profit organization

CONTACT'L DE VARENNES
2016 René-Gaultier Boulevard, Suite 4, Varennes, Montérégie, QC, J3X 1E9
450 652-0004
Website: www.contactl.org
Email: contactL@contactL.org
Eligibility: adult women, immigrant women, women living with a disability
Coverage area: Boucherville, Saint-Amable, Sainte-Julie, Varennes, Verchères
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00
Fees: annual membership: $15, activities: variable
Financing: provincial, municipal, fundraising campaigns
Legal status: non-profit organization

D'UN COUVERT À L'AUTRE
1301 Sainte-Hélène Street, Longueuil, Montérégie, QC, J4K 3S4
450 928-9898
Website: www.duncouvertalautre.org/index.html
Email: duncouvertalautre@gmail.com
Eligibility: people living with schizophrenia or with other mental illnesses with psychotic symptoms
Sports, Recreation and Culture

Coverage area: Longueuil
Hours: Monday to Friday 8h00 to 17h00, printing shop: Monday to Thursday 8h00 to 17h00
Financing: grants
Legal status: non-profit organization

DROIT DI RÊVER
479 Hébert boulevard, Salaberry-de-Valleyfield, Montérégie, QC, J6S 5Y9
450 377-4241
Website: droitdirever.org
Email: ddiosq@gmail.com
Services: Organization seeking to promote, inform and facilitate the social inclusion in all areas of daily life for people living with an intellectual disability or autism spectrum disorder. * Trainings and workshops: hygiene, nutrition, self-esteem, etc. * Physical and cultural activities: theater, dance, yoga, etc. * Volunteer work.
Eligibility: people aged 21 and over living with an intellectual disability or an autism spectrum disorder
Coverage area: Le Suroît
Hours: Monday to Friday 9h00 to 17h00 or by appointment
Fees: variable
Financing: fundraising campaigns, donations
Legal status: non-profit organization

ENVOL DU HAUT-RICHELIEU (L’)
245 6th Avenue, Suite 1, Saint-Jean-sur-Richelieu, Montérégie, QC, J2X 0C6
450 347-6041 ext. 4     Fax: 450 347-9059
Website: www.rphrhr.com/en
Email: lmorin@rphrhr.com
Eligibility: people with a physical or intellectual disability
Coverage area: MRC Le Haut-Richelieu, MRC Les Jardins-de-Napierville, MRC Le Haut-Saint-Laurent
Hours: Monday, Tuesday, Thursday and Friday 9h00 to 12h00 and 13h00 to 16h00
Fees: annual membership: $20, recreational activities: variable
Financing: provincial, self-financing, donations
Legal status: non-profit organization

FONDATION DES GOUVERNEURS DE L’ESPOIR
101 Saint-Jean-Baptiste Boulevard, Suite 215, Châteauguay, Montérégie, QC, J6J 3H9
438 838-8588
Website: fondationdesgouverneurs.org
Email: info@gouverneursdelespoir.org
Eligibility: youth aged 18 and under living with cancer, a rare or orphan disease, their family
Coverage area: Province of Québec
Hours: Monday to Thursday 9h00 to 16h00, Friday 9h00 to 12h00
Financing: donations, fundraising campaigns
Legal status: non-profit organization

GROUPE D’ENTRAIDE L’ARRÊT-COURT, SOREL-TRACY
117 George Street, Sorel-Tracy, Montérégie, QC, J3P 1C4
450 743-6071     Fax: 450 743-9971
Website: www.groupedentraidelarretcourt.com
Email: arretcourt@hotmail.com

Eligibility: people 18 years old and over who are or have been living with severe and persistent mental health issues

Coverage area: Sorel-Tracy

Hours: Monday to Friday 8h00 to 12h00 and 13h15 to 17h00

Fees: none

Financing: donations, provincial

Legal status: non-profit organization

HALTE SOLEIL
404 Filiatrault Street, Saint-Joseph-de-Sorel, Montérégie, QC, J3R 3S8
450 742-4959 Fax: 450 742-3016
Email: haltesoleil@bellnet.ca


Eligibility: people living with an intellectual or physical disability, their families

Coverage area: Saint-Joseph-de-Sorel

Hours: 24 hours / 7 days

Legal status: non-profit organization

INSTITUT NAZARETH ET LOUIS-BRAILLE
1111 Saint-Charles Street West, Suite 200, Longueuil, Montérégie, QC, J4K 5G4
1 800 361-7063 Fax: 450 463-0243
Website: www.inlb.qc.ca
Email: info.inlb@ssss.gouv.qc.ca


Eligibility: people living with a visual impairment

Coverage area: Montréal Island, Montérégie, Laval

Hours: Monday to Friday 8h00 to 17h00, store: Monday to Thursday 9h00 to 17h00

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


Eligibility: adults 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

KAHNAWAKE SHAKOTIIA’TAKEHNHAS COMMUNITY SERVICES
Confidential Address
450 632-6880  Fax: 450 632-5116
Website: www.kscs.ca


Eligibility: Kahnawake residents
Coverage area: Kahnawake
Hours: Monday to Friday 8h30 to 16h30
Financing: grants
Legal status: non-profit organization

LOISIRS ET RÉPIT SANS LIMITES
20 Pierre-Boucher Street, Boucherville, Montérégie, QC, J4B 5A4
514 771-8347
Website: www.loisirssanslimites.org
Email: direction@loisirssanslimites.org


Eligibility: people 5 years old and over living with an intellectual disability or an autism spectrum disorder
Coverage area: Boucherville, Sainte-Julie, Varennes, Verchères
Hours: activities and outings: mainly on Saturday
Fees: variable depending on the activities
Financing: fundraising campaigns, donations, grants
Legal status: non-profit organization

LUCIOLES (LES)
2060 Homes Street, Longueuil, Montérégie, QC, J4T 1R8
Website: www.lucioles.ca
Email: ca.lucioles@gmail.com

Eligibility: autonomous people 18 to 65 years old living with physical disabilities
Capacity: 30 people
Coverage area: Longueuil
Hours: Friday 10h00 to 14h30
Fees: membership: $7 per year, lunch: $6 for members, $7 for non-members
Financing: provincial
Legal status: non-profit organization
MA DEUXIÈME MAISON À MOI
240 Saint-Laurent Avenue, Saint-Lambert, Montérégie, QC, J4R 2S2
450 671-5344 Fax: 450 671-6733
Website: www.madeuxiememaison.org
Email: info@madeuxiememaison.org


Eligibility: people living with an intellectual disability or an autism spectrum disorder
Capacity: 30 children
Coverage area: Montérégie
Hours: adult component: Monday to Friday 8h00 to 16h00, youth component: days, evenings and weekends all year round
Fees: variable
Financing: self-financing
Legal status: non-profit organization

MAISON LE POINT COMMUN
177 Longueuil Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 6P2
450 346-5706 Fax: 450 346-3167
Website: maisonlepointcommun.org
Email: info@pointcommun.ca


Eligibility: adults 18 years and over living with severe mental health issues who want to develop abilities to function in their natural surroundings or to avoid hospitalization
Coverage area: MRC Le Haut-Richelieu, MRC Rouville
Hours: Monday to Wednesday and Friday 8h30 to 12h00 and 13h30 to 16h30, Thursday 13h30 to 16h30
Fees: none
Financing: provincial, grants, donations
Legal status: non-profit organization

MOSAÏQUE (LA), CENTRE D’ACTION BÉNÉVOLE ET COMMUNAUTAIRE
1650 de l’Église Avenue, Longueuil, Montérégie, QC, J4P 2C8
450 465-1803 Fax: 450 465-5440
Website: www.lamosaique.org
Email: info@lamosaique.qc.ca


Eligibility: volunteers, people in need, community organizations and organizations in the health and social services network
Coverage area: agglomeration of Longueuil
Hours: administration: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30, thrift store: Tuesday to Saturday 10h00 to 17h00, shopping trips: twice a month
Fees: thrift store: variable low prices, other services: low cost or free
Financing: donations, grants, self-financing
Legal status: non-profit organization
MOUVEMENT ACTION DÉCOUVERTE POUR PERSONNES HANDICAPÉES DE LA RÉGION DE CHÂTEAUGUAY
25-B Saint-Francis Boulevard, Châteauguay, Montérégie, QC, J6J 1Y2
450 698-3361  Fax: 450 698-3362
Website: actiondecouverte.org/en
Email: actiondecouverte_info@videotron.ca

Eligibility: adults living with intellectual disabilities, with or without other disorders
Coverage area: Châteauguay
Hours: Monday to Friday 9h00 to 16h00, variable in the evening and on Saturday
Fees: variable
Financing: Centraide of Greater Montréal, foundations, donations, provincial
Legal status: non-profit organization

MOUVEMENT ACTION LOISIRS
1675 Saint-Pierre Street West, Saint-Hyacinthe, Montérégie, QC, J2T 1P4
450 771-6676
Website: www.lemali.ca
Email: infomali@maskatel.net

Eligibility: people 7 years old and over living with an intellectual disability
Coverage area: Saint-Hyacinthe
Hours: administration: Monday to Friday 8h30 to 15h30, coffee meetings: Tuesday and Wednesday 9h00 to 15h00, leisure time: Sunday 10h00 to 16h00
Fees: variable
Financing: contributions, municipal, self-financing, grants
Legal status: non-profit organization

MULTIPLE SCLEROSIS SOCIETY OF CANADA - MONTÉRÉGIE SECTION
1705 Victoria Avenue, Suite C-121, Saint-Lambert, Montérégie, QC, J4R 2T7
450 466-5209  Fax: 450 466-9268
Website: mssociety.ca
Email: info.monteregie@scleroseenplaques.ca

Eligibility: patients with multiple sclerosis and their relatives
Coverage area: Montérégie
Hours: Monday to Friday 9h00 to 17h00
Financing: fundraising campaigns, donations, grants
Legal status: non-profit organization

PARKINSON RIVE-SUD
Confidential Address
514 943-7583
Website: parkinsonquebec.ca/regions/rive-sud
Email: rivesud@parkinsonquebec.ca

Eligibility: people with a Parkinson diagnosis and their close ones
Coverage area: Montérégie, support groups: Longueuil, Saint-Jean and Saint-Constant
Fees: variable
Financing: donations, fundraising campaigns
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

PHARE SOURCE D'ENTRAIDE (LE) - POINT DE SERVICE - COWANSVILLE
515 du Sud Street, Suite 216, Cowansville, Montérégie, QC, J2K 1T8
450 266-3464
Website: psentraide.org
Email: lephare@videotron.ca


Eligibility: people living with or having lived with mental health challenges

Coverage area: Cowansville
Hours: Monday, Wednesday, Thursday, Friday 9h00 to 16h00
Financing: provincial
Legal status: non-profit organization

PHARE SOURCE D'ENTRAIDE (LE) - SIÈGE SOCIAL - FARNHAM
525 Saint-Édouard Street, Suite 103, Farnham, Montérégie, QC, J2N 1G6
450 293-0690 Fax: 450 293-7070
Website: psentraide.org
Email: lephare@videotron.ca


Eligibility: people living or having lived with a mental health problem or a period of emotional distress

Coverage area: MRC Brome-Missisquoi
Hours: Monday, Wednesday, Thursday and Friday 9h00 to 16h00
Financing: provincial
Legal status: non-profit organization
PROJET INTÉGRATION AUTISMOPOLIS
415 du Séminaire Boulevard North, Suite B, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 5L4
450 895-1470
Website: www.autismopolis.com
Email: administration@autismopolis.com

Services: * 6 month-long preparation for employment project. * Socialization activities for 13 years old and over.

Eligibility: people with an autism spectrum disorder and without intellectual disabilities
Capacity: 12 people
Coverage area: Province of Québec
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 16h30 and 18h00 to 20h00, Saturday 9h00 to 16h00
Fees: free
Financing: fundraising campaigns, provincial
Legal status: non-profit organization

PSYCOHÉSION
100 du Marché Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1P7
450 377-2841     Fax: 450 377-0410
Website: www.psycohesion.weebly.com
Email: directrice@psycohesion.com


Eligibility: people 18 years and over living with or having lived with a mental health problem, Pass-Action program: people ready to reintegrate the job market
Capacity: Pass-Action program: 8 people
Coverage area: Salaberry-de-Valleyfield
Hours: Monday and Wednesday 9h00 to 16h00, Tuesday 12h00 to 16h00, Thursday 9h00 to 16h00 and 18h00 to 21h00, Friday 9h00 to 15h00, Saturday and Sunday 9h00 to 14h00
Fees: annual membership: $10
Financing: provincial
Legal status: non-profit organization

REGROUPEMENT DES PERSONNES HANDICAPÉES RÉGION DU HAUT-RICHELIEU
245 6th Avenue, Suite 1, Saint-Jean-sur-Richelieu, Montérégie, QC, J2X 0C6
450 347-6041     Fax: 450 347-9059
Website: www.rphhr.com
Email: rph@videotron.ca

Eligibility: people with physical disabilities, seniors with limited mobility
Capacity: 54 apartments, 2 respite rooms
Coverage area: MRC Le Haut-Richelieu, MRC Les Jardins-de-Napierville, MRC Le Haut-Saint-Laurent
Hours: Monday to Thursday 8h30 to 16h30
Fees: membership: $20 per year, temporary accommodation: according to income
Financing: provincial, donations, self-financing
Legal status: non-profit organization

RÉSEAU|SURDITÉ|MONTÉRÉGIE
125 Jacques-Cartier Street North, Suite 11, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 8C9
450 346-6029     TTY: 450 238-0130
Website: www.reseausurditemonteregie.org
Email: info@reseausurditemonteregie.org
**Services:** Help, support and assistance for people living with deafness, their families and loved ones. * Help with communication. * Information and referral. * Services and activities that promote the autonomy and development of people living with deafness: conferences, workshops.

**Eligibility:** deaf and hearing-impaired people

**Coverage area:** Montérégie-Est, Montérégie-Centre, Montérégie-Ouest

**Hours:** Monday to Friday 9h00 to 16h00

**Financing:** provincial

**Legal status:** non-profit organization

**S.AU.S.**

9 Montcalm Street North, Suite 512, Candiac, Montérégie, QC, J5R 3L5

514 944-4986

**Website:** s-au-s.org/en

**Email:** info@s-au-s.org


**Eligibility:** children, youth, young adults 21 and over, living with an autism spectrum disorder (level 2-3)

**Coverage area:** Greater Montréal, Montérégie

**Hours:** office: Monday to Thursday 9h00 to 15h00

**Fees:** non-mandatory membership: 50 or $100 depending on the type chosen, activities: variable

**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     Fax: 450 265-1124

**Website:** stpolycarpe.ca/loisir-culture-et-vie-communauteaire

**Email:** loisirs@stpolycarpe.ca


**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

**SANTÉ MENTALE QUÉBEC - HAUT-RICHELIEU**

211 Mayrand Street, Suite 1, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 3L1

450 346-5736     Fax: 450 346-2075

**Email:** direction.smq-hr@bellnet.ca


**Eligibility:** social reintegration program: adults with mental health issues

**Coverage area:** MRC Le Haut-Richelieu, MRC Rouville, MRC Roussillon

**Hours:** Monday to Thursday 8h00 to 12h00 and 13h00 to 16h00

**Financing:** provincial

**Legal status:** non-profit organization
SANTÉ MENTALE QUÉBEC - PIERRE-DE SAUREL

71 Hôtel-Dieu Street, Suite 105, Sorel-Tracy, Montérégie, QC, J3P 1L3
450 746-1497
Website: www.smqpierredesaurel.org
Email: info@smqpierredesaurel.org

Services: Promotion and prevention of mental health in the MRC Pierre-De Saurel.  * Prevention and promotion work for the protection of the mental health of the population. * Raising awareness in the population about caring for one's mental health as much as their physical health. * L'Astuce: community space for members to share, equip themselves and help each other. * Facilitating the support of people who have lived or are living through affective and emotional difficulties. * Promoting the development of any alternative or community resource enabling the psychosocial integration of people who have lived with mental health issues.

Eligibility: general population, people who have lived or are living through affective and emotional difficulties, people who have lived with mental health issues

Coverage area: MRC Pierre-De Saurel
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00
Fees: upon request, depending on the activity
Financing: grants
Legal status: non-profit organization

SOCIÉTÉ LUÇOISE DES PERSONNES HANDICAPÉES ACTIVES

Confidential Address
450 359-2000
Email: societe_lucoise@hotmail.com


Eligibility: people with physical, mild intellectual and sensory disabilities

Coverage area: MRC Le Haut Richelieu
Fees: $15
Legal status: non-profit organization

VENTS D’ESPOIR DE LA VALLÉE DU SAINT-LAURENT

99-D Lachapelle Street East, Saint-Rémi, Montérégie, QC, J0L 2L0
450 992-0512
Website: ventsdespoir.org
Email: info.ventsdespoir@gmail.com


Eligibility: people between 18 and 55 years old living with cranial trauma or a physical disability

Capacity: 15 persons per day
Coverage area: Beauharnois, MRC Le Haut-Saint-Laurent, MRC Les Jardins-de-Napierville, MRC Roussillon, MRC Vaudreuil-Soulanges
Hours: day centre: Monday to Thursday 8h30 to 16h00, office: Monday to Friday 8h00 to 16h00
Fees: $10 per day
Financing: self-financing, donations
Legal status: non-profit organization
Thrift store and material aid

CLOTHING

DONATION PICK-UPS

SCHOOL SUPPLIES

THRIFT STORES
Clothing

ABRI DE LA RIVE-SUD
459 Sainte-Foy Boulevard, Longueuil, Montérégie, QC, J4J 1X9
450 646-7809  Fax: 450 646-4522
Website: abri-rive-sud.org
Email: intervenant@abri-rive-sud.org


Eligibility: homeless people 18 years old and over

Capacity: 30 places in single rooms

Coverage area: Montérégie

Hours: housing: 24 hours / 7 days, day services: Monday, Wednesday to Friday 9h00 to 12h00 and 13h00 to 16h00, Tuesday 13h00 to 16h00, PO boxes: at all times except for Tuesday morning

Fees: none

Financing: donations, provincial, federal

Legal status: non-profit organization

AIDE AUX FAMILLES - SAINT-HUBERT PARISH
5310 Chambly Road, Longueuil, Montérégie, QC, J3Y 3N7
450 676-4899  Fax: 450 656-3948


Eligibility: individuals and families on a low income

Coverage area: Saint-Hubert parish

Hours: Thursday 9h30 to 11h30, emergency assistance: on call

Financing: donations, self-financing

Legal status: non-profit organization

AIGUILLAGE (L’)
536 Chicoine Street, Vaudreuil-Dorion, Montérégie, QC, J7V 7E4
450 218-6418  Fax: 450 218-6419
Website: www.aiguillage.ca
Email: info@aiguillage.ca


Eligibility: emergency shelter: young adults 18 years old and over, other services: all ages

Capacity: 19 beds

Coverage area: MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

Hours: administration: Monday to Friday 9h00 to 16h30, street work: Monday 10h00 to Friday 00h00, emergency shelter: 24 hours / 7 days

Fees: none

Financing: fundraising campaigns, donations, grants

Legal status: non-profit organization

BOUFFE POUR TOUS
911 Roland-Therrien Boulevard, Longueuil, Montérégie, QC, J4J 4L3
450 670-5449
Website: www.bouffepourtous.org
Email: abouffepourtous@gmail.com
Thrift store and material aid

Eligibility: families and single individuals on a low income
Capacity: 100
Coverage area: Longueuil
Hours: distribution: Wednesday 16h00 to 18h30
Fees: annual membership: $10, basket: $13 contribution
Financing: self-financing, membership fees
Legal status: non-profit organization

BOUTIK DE LA FABRIK (LA) - PAROISSE SAINT-JEAN XXIII (SAINT-HUBERT)
4990 Redmond Street, Longueuil, Montérégie, QC, J3Y 2C2
450 812-9486
Website: www.pstjean23.com
Email: secretariat@paroissejeanxxiii.org
Coverage area: Saint-Hubert
Hours: Tuesday and Thursday 12h00 to 16h45
Financing: donations
Legal status: non-profit organization

BOUTIQUE ÉCO
459 Saint-Jacques Street, Napierville, Montérégie, QC, J0J 1L0
450 245-3335
Website: ecofriperie.com
Email: info@ecofriperie.com
Services: * Recovery and sale of used clothing, books and dishes at low prices, donation in case of emergency. * Food vouchers.
Eligibility: people on a low income, general public
Coverage area: MRC Les Jardins-de-Napierville
Hours: Monday to Wednesday 10h00 to 16h30, Thursday and Friday 10h00 to 20h00, Saturday and Sunday 10h00 to 16h00
Financing: self-financing, donations
Legal status: non-profit organization

CARREFOUR JEUNESSE D'IBERVILLE
375 Bessette Avenue, Saint-Jean-sur-Richelieu, Montérégie, QC, J2X 2N8
450 347-4419
Email: mdjiberville@hotmail.com
Eligibility: youth 12 to 17 years old
Coverage area: Iberville sector of Saint-Jean-sur-Richelieu
Hours: variable
Fees: none
Financing: grants, provincial, donations
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE DE CHÂTEAUGUAY
3 Principale Street, Châteauguay, Montérégie, QC, J6K 1E7
450 699-3464 Fax: 450 699-4111
Website: www.centremunautairechateauguay.com
Email: ccchateau@videotron.ca
Thrift store and material aid

**Services:** Sale of clothing and household items. * Professional reintegration: recycling. * Emergency donation.

**Eligibility:** people in need

**Coverage area:** Châteauguay

**Hours:** Monday to Wednesday and Saturday 9h00 to 17h00, Thursday and Friday 9h00 to 21h00

**Financing:** donations, self-financing, 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


**Eligibility:** seniors, sick or convalescent people, people with a disability, families in need, people on a low income, community organizations, volunteers

**Coverage area:** programme PAIR: MRC Vaudreuil-Soulanges, autres 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 9h30 to 17h30, Thursday and Friday 9h30 to 19h00, Saturday and Sunday 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:** cabs@videotron.ca


**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:** office: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00, thrift store: Tuesday to Friday 9h30 to 16h00 and Saturday 9h30 to 15h00

**Financing:** donations, grants, self-financing

**Legal status:** non-profit organization

**CENTRE DE BÉNÉVOLAT DE LA RIVE-SUD - CHAMBY SITE**

1410 de Salaberry Avenue, Chambly, Montérégie, QC, J3L 1R7

450 658-4325     Fax: 450 658-1694

**Website:** benevolatricesud.qc.ca

**Email:** chambly@benevolatricesud.qc.ca

Eligibility: meals on wheels: seniors 65 years and over, ill or convalescent people, people with physical or intellectual disability, single mothers, people in need, Coup de Pouce Family Counter: individuals, families on a low income

Coverage area: Chambly, Carignan

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Fees: meals on wheels: $6.50 per meal, clothing depot: variable

Financing: donations

Legal status: non-profit organization

CENTRE DE PARTAGE COMMUNAUTAIRE JOHANNAIS
280 Mercier Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 6H4
450 347-6711   Fax: 450 347-8250
Website: cpcjohannais.com
Email: info@cpcjohannais.com


Eligibility: people in need

Coverage area: Saint-Jean-sur-Richelieu

Hours: Monday to Saturday 10h00 to 17h00

Fees: assistance: free

Financing: provincial, donations, self-financing

Legal status: non-profit organization

CENTRE DE RESSOURCES FAMILIALES DU HAUT SAINT-LAURENT
16 King Street, Huntingdon, Montérégie, QC, J0S 1H0
450 264-4598
Website: www.crfhsl.ca/?lang=en
Email: crf@bellnet.ca


Eligibility: families, parent-child early stimulation workshops: parents, children 0 to 5 years old

Coverage area: MRC Le Haut-Saint-Laurent

Hours: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 12h00

Financing: provincial, federal

Legal status: non-profit organization

CENTRE DE SUPPORT MÉDICAL ET D’ASSISTANCE SOCIALE (CESUMAS)
212 de Gentilly Street West, Longueuil, Montérégie, QC, J4H 1Z6
514 652-4507
Website: www.cesumas.org
Email: infocesumaseducation2013@yahoo.ca
Services: Support services and the fight against poverty. Food * Food assistance. * Christmas baskets. * Café
Social: low-cost meals, employment opportunities and social inclusion, catering and food processing. Material
assistance and housing * Clothing assistance. * Temporary accommodation. Employment * Recruitment of
temporary foreign workers for companies and community organizations. * Workplace Apprenticeship Program
(PAMT). * PASS Action program: employment and socialization. Activities * Popular education. * Intercultural
exchanges.
Eligibility: individuals and families on a low income, people, couples and single-parent families experiencing
homelessness, people in a situation of vulnerability, recruitment: foreign workers on a temporary work visa or
who do not have a visa yet, companies, community organizations
Capacity: 22 beds
Coverage area: agglomeration of Longueuil
Hours: Monday to Friday 8h00 to 16h00, food assistance: Wednesday 14h30 to 18h00
Fees: variable
Financing: donations, self-financing, grants
Legal status: non-profit organization

CENTRE DES GÉNÉRATIONS DE BOUCHERVILLE
61 De Montbrun Street, Boucherville, Montérégie, QC, J4B 7H4
450 655-6944
Website: www.centredesgenerations.org
Email: info@grenierdesaubaines.com
Services: Promotion of the transmission and sharing of knowledge between generations. * Grenier des
aubaines: sale of used items at affordable prices. * Donations to people in need and to organizations. * Financial support for community organizations that help the families of Boucherville.
Eligibility: general population, donations: people in need, community organizations, financial support:
community organizations that help the families of Boucherville
Coverage area: Boucherville
Hours: Monday 13h00 à 16h30, Wednesday 9h00 to 17h00, Friday 13h00 to 16h30, Saturday 9h00 to 12h00
Financing: donations
Legal status: non-profit organization

CENTRE PÉRINATAL LE BERCEAU
733 Laurier Street, Béloïl, Montérégie, QC, J3G 4J7
450 446-7760
Website: leberceau.org
Email: info@leberceau.org
Services: Accompaniment of future and new parents, from birth to their baby's first birthday. * Support group
courses for babies and children. * Perinatal bereavement support group. * Accessories rental: baby carrier,
breast pump, books and maternity clothes. * Thrift store with clothes for mom and baby, as well as accessories
for the family. * Parent-baby activities.
Eligibility: pregnant women, future parents and parents with a child under one year old
Coverage area: South Shore
Hours: Monday to Friday 8h30 to 16h30, Saturday 9h00 to 16h00
Fees: annual membership card: 15$, activities and services: free or variable
Financing: provincial, foundations, donations, self-financing, grants, municipal
Legal status: non-profit organization

COEUR POUR LES AUTRES (UN)
836 Le Moyne Street West, Longueuil, Montérégie, QC, J4K 1G3
514 909-4523
Website: www.uncoeurpourlesautres.org/en
Email: andre@uncoeurpourlesautres.org

**Eligibility:** itinerant or homeless people, people in difficulty

**Capacity:** 250

**Coverage area:** Ville-Marie

**Hours:** food distribution: Wednesday 18h00 to 20h00 at Émilie-Gamelin Park, corner of De Maisonneuve Boulevard and Berri Street

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

**COMITÉ D'ENTRAIDE - UNITÉ PASTORALE SAINT-LAMBERT**

311 Saint-Thomas Street, Saint-Lambert, Montérégie, QC, J4R 1Y2

450 671-5721 ext. 0

**Website:** upsaint-lambert.org

**Email:** entraide.saintlambert@gmail.com


**Eligibility:** people on a low income, immigrants

**Coverage area:** Saint-Lambert

**Hours:** Monday to Friday 10h00 to 12h00 and 14h00 to 16h00, French conversation workshop: Tuesday

**Fees:** none

**Financing:** donations

**Legal status:** non-profit organization

**COMPLEXE LE PARTAGE**

547 Saint-Henri Street, La Prairie, Montérégie, QC, J5R 2S9

450 444-0803  Fax: 450 444-2621

**Website:** lepartage.info

**Email:** administration@lepartage.org


**Eligibility:** individuals and families on a low income, homeless people, people living with major health problems, refugees, immigrants

**Coverage area:** La Prairie

**Hours:** Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00, food assistance: Thursday 9h30 to 11h30, 13h30 to 15h30 and 17h00 to 18h15

**Fees:** food assistance, collective kitchens and culinary workshops: variable, Christmas baskets: free

**Financing:** self-financing, Centraide of Greater Montréal, municipal, provincial, federal, donations

**Legal status:** non-profit organization

**COMPLEXE LE PARTAGE - POINT DE SERVICE SAINT-CONSTANT**

125 Saint-Pierre Street, Saint-Constant, Montérégie, QC, J5A 2G9

450 444-0803

**Website:** lepartage.info

**Email:** administration@lepartage.org

**Services:** * Food and clothing assistance. * Christmas baskets. * Support, assistance and referral for families. * Thrift store.

**Eligibility:** individuals and families on a low income, homeless people, people living with major health problems, refugees, immigrants

**Coverage area:** Saint-Constant

**Hours:** Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00, food assistance: Thursday 13h30 to 15h30 and 17h00 to 18h15
Thrift store and material aid

**Fees:** food assistance, collective kitchens and culinary workshops: variable, Christmas baskets: free  
**Financing:** self-financing, Centraide of Greater Montréal, municipal, provincial, federal, donations  
**Legal status:** non-profit organization

**CORNE D’ABONDANCE DE CANDIAC**  
255 Montcalm Boulevard North, Candiac, Montérégie, QC, J5R 3L6  
450 444-6999  
**Email:** corne.abondance.candiac@gmail.com  
**Eligibility:** food bank: people in need, thrift store: general public  
**Coverage area:** Candiac  
**Hours:** food bank: Tuesday 9h00 to 11h00, thrift store: Thursday 13h30 to 17h30, donation containers: Monday, Thursday and Saturday 9h00 to 16h00, donation boxes: 24 hours / 7 days  
**Financing:** donations, self-financing  
**Legal status:** non-profit organization

**ENTRAIDE CHEZ NOUS (L’)**  
155 Brodeur Street, Longueuil, Montérégie, QC, J4J 2S3  
450 468-1726     Fax: 450 468-6638  
**Website:** www.entraidecheznous.org  
**Email:** info@entraidecheznous.org  
**Eligibility:** people and families on a low income, bereaved adults  
**Capacity:** support group: 6 people  
**Coverage area:** food assistance, donation of furniture, Christmas sharing-store and friendship visits: Sacré-Coeur and Saint-Pie-X areas, other services: South Shore  
**Hours:** Monday 10h00 to 12h00 and 13h00 to 16h00, Tuesday and Wednesday 9h00 to 12h00 and 13h00 to 16h00, Thursday 13h00 to 18h45, Friday 9h00 to 11h45 and 13h00 to 16h00, support groups: 13h00 to 15h15  
**Financing:** Centraide of Greater Montréal, provincial, self-financing  
**Legal status:** non-profit organization

**FRIPERIE COMMUNAUTAIRE HUNTINGDON**  
4 Lorne Street, Suite 102, Huntingdon, Montérégie, QC, J0S 1H0  
450 264-4775  
**Website:** www.fripcommhunt.quebec  
**Email:** fripcommhunt@hotmail.com  
**Eligibility:** general population, individuals and families on a low income, people who are far from the labour market  
**Coverage area:** MRC Le Haut-Saint-Laurent  
**Hours:** Tuesday to Saturday 9h00 to 17h00  
**Fees:** rental of sports equipment: free but annual membership fee  
**Financing:** self-financing, provincial, grants, donations  
**Legal status:** non-profit organization
GROUPE ACTION NOUVELLE VIE
740 Saint-Charles Street East, Longueuil, Montérégie, QC, J4H 1C2
450 646-5815 ext. 3221   Fax: 450 646-3509
Website: actionnv.com
Email: info@actionnv.com
Eligibility: men, women and families on a low income
Coverage area: Boucherville, Brossard, Chambly, Greenfield Park, La Prairie, Longueuil, Saint-Amable, Saint-Bruno-De-Montarville, Saint-Hubert, Saint-Lambert, Sainte-Julie, Varennes
Hours: services: Tuesday to Thursday 9h00 to 16h00, weekly food aid and emergency food aid: Tuesday and Thursday 12h30 to 15h00
Fees: weekly food aid and emergency food assistance: $10, $15 or $20 per food basket depending on the number of people, back-to-school supplies: $10 for each child
Financing: donations, self-financing, fundraising campaigns, foundations, grants
Legal status: non-profit organization

MAISON D'ENTRAIDE SAINT-ALPHONSE
2190 André Street, Brossard, Montérégie, QC, J4Z 2Z8
450 676-3712     Fax: 450 676-0080
Email: depannagemesa@hotmail.com
Eligibility: people in need or on a low income, immigrants
Capacity: 95 families per week
Coverage area: Brossard
Hours: Monday to Thursday 9h30 to 16h30, Friday 9h30 to 13h00, thrift store: Friday 13h00 to 20h30, food assistance: Thursday
Financing: donations
Legal status: non-profit organization

MAISON DE L'ENTRAIDE SAINTE-JULIE
500 Jules-Choquet Avenue, Suite 100, Sainte-Julie, Montérégie, QC, J3E 1W6
450 649-4569
Email: maisonentraide@videotron.ca
Eligibility: people in need, depot: open to all
Coverage area: Sainte-Julie
Hours: shop: Tuesday and Wednesday 12h00 to 16h00, Thursday and Friday 12h00 to 19h00, support: Monday to Friday 8h00 to 16h00
Financing: self-financing, donations, provincial
Legal status: non-profit organization

MAISON DE LA FAMILLE LEMOYNE
1882 St-Georges Street, Suite 503, Longueuil, Montérégie, QC, J4P 3J4
450 465-3571
Website: www.maisondela famillelemoyne.org
Email: mfl@bellnet.ca
**Services:** Education, helping relationship, welcoming and referrals for neighbourhood families. * Educational daycare for youth 0 to 5 years old: Sourisimmo (3 to 18 months old), Souriceaux (18 months to 3 years old) and Souris-Moi (3 to 5 years old). * 7 weeks daycare during the summer: Lucioles (22 months to 3 years old) and Libellules (3 to 6 years old). * Trotti-bouge: parent-child activities for 18 months to 3 years old. * In-school activities for the 6 to 12 years old: homework help, Lire et faire lire program and collective kitchens. * Les P’tits vendredis: recreational activities in the evening for youth 8 to 12 years old. * Morning talk for parents. * Welcome, listening and referral. * Family activities. * Espace-libre: community library for children, parents and the community of LeMoyne and surroundings, animations and workshops. * Used items recovery and donations: toys, clothing for children and adults, etc. * Possibility of volunteering and getting involved in the activities. * Tax clinic for members.

**Eligibility:** parents, children 0 to 12 years, families, seniors

**Coverage area:** Longueuil agglomeration, priority to people living in LeMoyne and surrounding areas

**Hours:** Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h30, Trotti-Bouge: Friday 9h00 to 10h00 and 10h30 to 11h30, talks: Tuesday 9h00 to 10h30

**Fees:** membership: $10, daycare: $5 per morning, activities: variable

**Financing:** Centraide Greater Montreal, provincial, federal, donations, self-financing

**Legal status:** non-profit organization

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**MAM - AUTOUR DE LA MATERNITÉ**

2060 Holmes Street, Longueuil, Montérégie, QC, J4T 1R8

514 990-9626

Website: [www.mam.qc.ca](http://www.mam.qc.ca)

Email: kim.couture@mam.qc.ca


**Eligibility:** pregnant women, breastfeeding mothers, babies

**Coverage area:** Beloeil, Longueuil, McMasterville, Otterburn Park, Saint-Antoine-Sur-Richelieu, Saint-Basile-Le-Grand, Saint-Bruno-de-Montarville, Saint-Charles-Sur-Richelieu, Saint-Denis-Sur-Richelieu, Mont Saint-Hilaire, Saint-Jean-Baptiste, Saint-Marc-Sur-Richelieu, Saint-Mathieu-de-Beloeil

**Hours:** Monday to Wednesday 9h00 to 12h00, Thursday 9h00 to 15h30

**Fees:** some activities have fees

**Financing:** provincial

**Legal status:** non-profit organization

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**MOSAÏQUE (LA), CENTRE D’ACTION BÉNÉVOLE ET COMMUNAUTAIRE**

1650 de l’Église Avenue, Longueuil, Montérégie, QC, J4P 2C8

450 465-1803   Fax: 450 465-5440

Website: [www.lamosaique.org](http://www.lamosaique.org)

Email: info@lamosaique.qc.ca


**Eligibility:** volunteers, people in need, community organizations and organizations in the health and social services network

**Coverage area:** agglomeration of Longueuil

**Hours:** administration: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30, thrift store: Tuesday to Saturday 10h00 to 17h00, shopping trips: twice a month

**Fees:** thrift store: variable low prices, other services: low cost or free

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1653
Financing: donations, grants, self-financing
Legal status: non-profit organization

OPTIONS: RESOURCE AND PREGNANCY CENTRE FOR YOUTH
25 D’Anjou Boulevard, Châteauguay, Montérégie, QC, J6J 2P7
450 699-4357
Website: www.centreoptions.org/indexen1
Email: options@jslmontreal.org


Eligibility: teens, young adults and families who struggle with an unexpected pregnancy
Capacity: ARK boutique: 25 people per week, pregnancy options support: 3 people per week, other services: as needed
Coverage area: Greater Montréal
Hours: Monday, Tuesday and Friday 10h00 to 14h00, appointments available outside these hours
Fees: none
Financing: donations
Legal status: non-profit organization

PORTE DU PASSANT (LA)
80 Phipps Street, Sorel-Tracy, Montérégie, QC, J3P 4B7
450 743-4803     Fax: 450 855-4858
Website: laportedupassant.org
Email: laportedupassant@videotron.ca


Eligibility: general population, people experiencing homelessness, people living in financial insecurity or poverty, showers, residential support with accompaniment and rest stop: homeless people
Capacity: 50
Coverage area: MRC Pierre-De Saurel
Hours: services: Monday to Friday 8h00 to 15h00, administration: Monday to Friday 8h00 to 16h00
Fees: membership card to be a part of the membership advisory committee, but not required for access to services: $5, meals: variable
Financing: self-financing, contributions, donations
Legal status: non-profit organization

PROVISIONS COMMUNAUTAIRES
2550 Jensens Street, Longueuil, Montérégie, QC, J3Y 3W3
450 445-3511
Website: provisions.org
Email: info@provisions.org

Coverage area: South Shore and surroundings
**TROUVAILLES DE L'ABBÉ LECLERC (LES)**

1805 des Cascades Street, Saint-Hyacinthe, Montérégie, QC, J2S 3J4
450 250-5556
Website: cbsh.ca/programme-aide/aide-aux-familles/les-trouvailles-de-labbe-leclerc
Email: lestrouvailles@cbsh.ca

Services: * Social economy store: used clothes, sports equipment, household items and furniture. * On-site collection of used items. * Map of donation bin locations: cbsh.ca/programme-aide/aide-aux-familles/les-trouvailles-de-labbe-leclerc

Coverage area: MRC Les Maskoutains

Hours: Wednesday and Saturday 10h00 to 17h00, Thursday and Friday 10h00 to 18h00
Fees: variable
Financing: donations, self-financing
Legal status: non-profit organization

### Donation pick-ups

**BOUTIQUE AUX FRINGUES (LA) - USED ITEMS RECOVERY**

866 Laurier Street, Beloeil, Montérégie, QC, J3G 4K7
450 467-9025
Website: www.boutiqueauxfringues.com
Email: info@boutiqueauxfringues.com


Coverage area: MRC La Vallée-du-Richelieu

Hours: Tuesday to Saturday 10h00 to 15h00, donation box: always open
Fees: none
Financing: self-financing, donations
Legal status: non-profit organization

**CARREFOUR DE L'ESPOIR SAINT-MICHEL**

235 Saint-Joseph Street, Vaudreuil-Dorion, Montérégie, QC, J7V 1Z9
450 218-3100
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 COMMUNAUTAIRE DE CHÂTEAUGUAY - USED ITEMS RECOVERY**

3 Principale Street, Châteauguay, Montérégie, QC, J6K 1E7
450 699-3464 Fax: 450 699-4111
Website: www.centrecommunautairechateauguay.com
Email: ccchateau@videotron.ca

Services: Used items recovery: appliances, furniture, household items, clothes, books. * Home pick-up.
**Coverage area:** Delson, Candiac, Châteauguay, La Prairie, Sainte-Catherine, Saint-Constant

**Hours:** Monday to Wednesday and Saturday 9h00 to 16h30, Thursday and Friday 9h00 to 20h30

**Fees:** variable

**Financing:** donations, self-financing, grants

**Legal status:** non-profit organization

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**CENTRE COMMUNAUTAIRE MULTISERVICES UN COIN CHEZ NOUS - USED ITEMS RECOVERY**

628 Notre-Dame Street, Saint-Chrysostome, Montérégie, QC, J0S 1R0

450 826-4425    Fax: 450 826-1000

Website: www.uncoincheznous.org

Email: ccmsuccn@cooptel.qc.ca

**Services:** Used items recovery: clothing, household goods, furniture, mattresses, appliances, etc. * Home pick-up or on-site collection.

**Coverage area:** MRC Le Haut-Saint-Laurent

**Hours:** Monday to Friday 7h30 to 16h30, Sunday 13h00 to 17h00

**Fees:** none

**Financing:** grants, self-financing

**Legal status:** non-profit organization

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**CENTRE D'ENTRAIDE BÉNÉVOLE DE SAINT-AMABLE - USED ITEMS RECOVERY**

297 Principale Street, Saint-Amable, Montérégie, QC, J0L 1N0

450 649-0604    Fax: 450 649-2301

Website: www.cebsa.org

Email: info@cebsa.org

**Services:** Donation pick-up at home and recovery of items on-site: non-perishable food, clothing, household items, toys, leisure equipment and books.

**Eligibility:** people on a low income, immigrant people, people living with disabilities, seniors

**Coverage area:** Saint-Amable

**Hours:** Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 15h00

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

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**CENTRE D'ENTRAIDE MASKOUTAIN - GRANBY**

231 Saint-Charles Street South, Local A, Granby, Montérégie, QC, J2G 3W5

450 330-3317

Website: www.centredentraidemaskoutain.org

Email: centre.dentraide.maskoutain@gmail.com


**Eligibility:** people on a low income

**Coverage area:** Estrie, Montérégie, at-home pick-up of furniture: Granby and surroundings

**Hours:** store: Monday to Friday 10h00 to 17h00, Saturday 10h00 to 16h00, food counter: Friday 13h00

**Fees:** food basket: 12$, thrift store: variable

**Financing:** donations, self-financing

**Legal status:** non-profit organization

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**CENTRE D'ENTRAIDE MASKOUTAIN - SAINT-HYACINTHE - USED ITEMS RECOVERY**

15845 Saint-Louis Avenue, Saint-Hyacinthe, Montérégie, QC, J2T 3E7

450 250-1236    Fax: 450 768-6065

Website: www.centredentraidemaskoutain.org/home-en/

Email: cem.provincial@gmail.com
Services: * On-site recovery and home collection of used items: furniture, clothing, accessories and household items.
Eligibility: people on a low income
Coverage area: MRC Les Maskoutains
Hours: store: Monday to Saturday 10h00 to 17h00
Fees: none
Financing: donations, self-financing
Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE LA RIVE-SUD - POINT DE SERVICE CHAMBLY - RÉCUPÉRATION D'ARTICLES USAGÉS
1410 De Salaberry Avenue, Chambly, Montérégie, QC, J3L 1R7
450 658-4325     Fax: 450 658-1694
Website: www.benevolatrivesud.qc.ca
Email: chambly@benevolatrivesud.qc.ca
Services: * Used items recovery and donations pick-up: household items, clothes, toys and books.
Eligibility: general public
Coverage area: Chambly, Carignan
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: none
Financing: donations
Legal status: non-profit organization

CENTRE DE PARTAGE COMMUNAUTAIRE JOHANNAIS
280 Mercier Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 6H4
450 347-6711     Fax: 450 347-8250
Website: cpcjohannais.com
Email: info@cpcjohannais.com
Eligibility: people in need
Coverage area: Saint-Jean-sur-Richelieu
Hours: Monday to Saturday 10h00 to 17h00
Fees: assistance: free
Financing: provincial, donations, self-financing
Legal status: non-profit organization

CENTRE DES GÉNÉRATIONS DE BOUCHERVILLE - USED ITEMS RECOVERY
61 De Montbrun Street, Boucherville, Montérégie, QC, J4B 7H4
450 655-6944
Website: www.grenierdesaubaines.com/dons-de-meubles-electromenagers-vetements-articles-de-maison
Email: info@grenierdesaubaines.com
Services: * Donations pick-up at home: clothes, appliances, furniture, household items, toys, sports equipment, etc. * Used items recovery on site.
Coverage area: Boucherville
Hours: Monday 13h00 to 16h30, Wednesday 9h00 to 17h00, Friday 13h00 to 16h30, Saturday 9h00 to 12h00
Financing: donations
Legal status: non-profit organization
CERTEX
7500 Grande-Allée Boulevard, Longueuil, Montérégie, QC, J3Y 5K2
450 926-1733     Fax: 450 926-1304
Website: certexcanada.com
Email: certex@certexcanada.com
Services: * Sorting centre specialized in the recycling of clothes, shoes and accessories. * Employment
program for people living with functional limitations. * ValorisAction program: recovery of new and used textile
materials from industrial, commercial and institutional businesses. * FripeShop: sale of clothing, shoes, books
and toys. * List of donation collection points: click here * At-home recovery of clothing donations.
Coverage area: Province of Québec
Hours: office: Monday to Friday 8h00 to 16h30, thrift shop: Tuesday to Friday 9h00 to 17h30, Saturday 9h00 to
17h00, at-home collection of clothing donations: by appointment
Financing: municipal, provincial, donations, fundraising campaigns
Legal status: non-profit organization

COMITÉ D'ENTRAIDE - UNITÉ PASTORALE SAINT-LAMBERT - USED ITEMS RECOVERY
311 Saint-Thomas Street, Saint-Lambert, Montérégie, QC, J4R 1Y2
450 671-5721 ext. 0
Website: upsaint-lambert.org
Email: entraide.saintlambert@gmail.com
Services: * Recovery of donations: furniture, household items, clothing, food. * Furniture pick-up.
Coverage area: Saint-Lambert
Hours: Monday to Friday 10h00 to 12h00 and 14h00 to 16h00
Financing: donations
Legal status: non-profit organization

COMPTOIR EMMAUS VALLEYFIELD
235 Alphonse-Desjardins Street, Salaberry-de-Valleyfield, Montérégie, QC, J6S 2N8
450 373-7022
Email: comptoir_emmaus@hotmail.com
Services: Recovery and sale of used items at low price: clothing, household items, small appliances, furniture,
toys. * Home pickup.
Eligibility: general public
Coverage area: Salaberry-de-Valleyfield
Hours: Monday to Wednesday 10h00 to 16h30, Thursday 10h00 to 19h00, Friday and Saturday 10h00 to
16h00
Fees: informations: by phone
Financing: self-financing
Legal status: non-profit organization

CROISÉE DE LONGUEUIL (LA) - USED ITEMS RECOVERY
1230 Green Street, Longueuil, Montérégie, QC, J4K 4Z5
450 677-8918     Fax: 450 677-3377
Website: www.lacroiseedelongueuil.qc.ca
Email: lacroisee@lacroiseedelongueuil.qc.ca
Services: At-home and on-site recovery of donations: clothing, home furniture, office furniture, small household
items, toys and leisure equipment.
Coverage area: Longueuil agglomeration
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 15h30, Friday 9h00 to 12h00
Financing: Centraide of Greater Montréal, federal, provincial, municipal, self-financing
Legal status: non-profit organization

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ENTRAIDE CHEZ NOUS (L’) - USED ITEMS RECOVERY
155 Brodeur Street, Longueuil, Montérégie, QC, J4J 2S3
450 468-1726 Fax: 450 468-6638
Website: www.entraidecheznous.org
Email: info@entraidecheznous.org
Services: * Furniture pick-up. * Food and used item recovery on-site: clothing, furniture, mattresses, household items, toys, books.
Coverage area: pick-up: agglomeration of Longueuil
Hours: Monday 10h00 to 12h00 and 13h00 to 16h00, Tuesday and Wednesday 9h00 to 12h00 and 13h00 to 16h00, Thursday 13h00 to 18h45, Friday 9h00 to 11h45 and 13h00 to 16h00, pick-up: Tuesday to Friday 13h00 to 16h00
Financing: Centraide of Greater Montréal, provincial, self-financing,
Legal status: non-profit organization

ÉQUIPE SERVICE QUARTIER SAINT-VINCENT-DE-PAUL - USED ITEMS RECOVERY
2027 Daniel Street, Longueuil, Montérégie, QC, J4J 5M1
450 646-8807
Email: equipeservicesvp1@hotmail.com
Coverage area: Saint-Vincent-de-Paul sector
Hours: by appointment
Fees: none
Financing: donations, self-financing
Legal status: non-profit organization

JOUJOUTÈQUE DE SAINT-HUBERT
3625 Saint-Hubert Montée, Longueuil, Montérégie, QC, J3Y 4J8
450 678-6038
Email: joujoutheque-st-hubert@hotmail.com
Eligibility: families
Coverage area: Rive-Sud
Hours: Wednesday 9h00 to 16h00, Thursday and Friday 13h00 to 19h30, Saturday 9h00 to 16h00
Fees: annual subscription: between 45 and $75
Financing: self-financing
Legal status: non-profit organization

MAISON D’ENTRAIDE SAINT-ALPHONSE - USED ITEMS RECOVERY
2190 André Street, Brossard, Montérégie, QC, J4Z 2Z8
450 676-3712 Fax: 450 676-0080
Email: depannagemesa@hotmail.com
Services: * Donations recovery: clothing, household items, toys and books. * Home pick-up.
Coverage area: Brossard
Hours: Monday to Thursday 9h30 to 16h30
Financing: donations
Legal status: non-profit organization

MAISON DU PÈRE DE L’ESPOIR (LA) - USED ITEMS RECOVERY
470 Sainte-Foy Boulevard, Longueuil, Montérégie, QC, J4J 1Y2
450 396-9833
Email: lamaisonduperedelespoir@gmail.com
Services: * Recovery of donations on site: food, clothing, kitchen items, books, sporting equipment, toys, mattresses, furniture, appliances. * Pick-up of furniture, appliances and other large items.

description 8be2d7b0-1d1f-4d17-8d9f-0329a13f547c

Coverage area: Longueuil and surroundings

Hours: on-site recovery: Tuesday to Saturday 9h00 to 15h00, at-home pickup: by appointment

Financing: self-financing, donations

Legal status: non-profit organization

MEUBLÉTOUT - USED ITEMS RECOVERY
185 Sir-Wilfrid-Laurier Boulevard, Mcmasterville, Montérégie, QC, J3G 1P9
450 464-7888
Website: meubletout.com
Email: info@meubletout.com

Services: Recovery of donations: furniture, household items, appliances, computer equipment and books. * Home pick-up.

Coverage area: MRC La Vallée-du-Richelieu, Saint-Bruno-de-Montarville

Hours: Tuesday to Friday 9h00 to 16h30, Saturday 9h00 to 12h00

Financing: self-financing, donations

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CONSEIL PARTICULIER SAINT-JEAN - RÉCUPÉRATION D’ARTICLES USAGÉS
747 Saint-Jacques Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 2M9
450 376-2062
Website: ssvpstjean.org
Email: direction@ssvpstjean.org

Services: * Recuperation of used items: clothes, household items, toys, books. * Collection at home and on site.

Coverage area: Saint-Jean-sur-Richelieu: Saint-Jean area

Hours: Tuesday, Wednesday, Friday 10h00 to 16h00, Thursday 10h00 to 20h00, Saturday 10h00 to 13h00

Financing: donations

Legal status: non-profit organization

School supplies

ACTIONS FAMILLES SAINTE-MARTINE SAINT-URBAIN-PREMIER
122 Saint-Joseph Street, Suite 1, Sainte-Martine, Montérégie, QC, J0S 1V0
450 427-1576 Fax: 450 498-0669
Website: www.actionsfamilles.org
Email: info@actionsfamilles.org


Eligibility: families

Coverage area: Sainte-Martine, Saint-Urbain-Premier and surroundings

Hours: Monday to Thursday 9h00 to 16h30, collectives kitchens: Wednesday 9h00 to 13h00

Financing: provincial, municipal, donations, contributions

Legal status: non-profit organization

ARMÉE DU SALUT - ÉGLISE COMMUNAUTAIRE DE LA RIVE-SUD
335 Springfield Street, Longueuil, Montérégie, QC, J4V 1X7
Email: della.elva@salvationarmy.ca

Eligibility: people on a low income
Coverage area: South Shore
Hours: Monday, Tuesday and Thursday 10h00 to 13h30
Financing: donations
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE D’IBERVILLE ET DE LA RÉGION
290 des Conseillers Avenue, Saint-Jean-sur-Richelieu, Montérégie, QC, J2X 1Z8
450 347-1172  Fax: 450 347-3572
Website: cabiberville.org
Email: info@cabiberville.org
Eligibility: people on a low income, seniors, people with a temporary or permanent loss of autonomy, people with a physical or intellectual disability, caregivers, volunteers, organizations, meals on wheels: reserved to the people 55 years and over, caregivers
Coverage area: Saint-Jean-sur-Richelieu: Iberville and Saint-Athanase neighbourhoods, Mont Saint-Grégoire
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00
Fees: meals on wheels: $6, annual membership card: $5
Financing: Centraide of Greater Montréal, donations, provincial, grants
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE LA VALLÉE-DU-RICHELIEU
288-A Radisson Street, Mont-Saint-Hilaire, Montérégie, QC, J3H 2Z4
450 467-9373  Fax: 450 467-3732
Website: www.cabvr.org
Email: cabvr@cabvr.org
Eligibility: people in need, volunteers and community organizations
Coverage area: Beloeil, McMasterville, Mont-Saint-Hilaire, Otterburn Park, Saint-Antoine-sur-Richelieu, Saint-Charles-sur-Richelieu, Saint-Denis-sur-Richelieu, Saint-Jean-Baptiste, Saint-Mathieu-de-Beloeil, Saint-Marc-sur-Richelieu
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00
Financing: provincial, Centraide Richelieu-Yamaska, donations
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE SAINT-CÉSaire
1100 Leclaire Street, Saint-Césaire, Montérégie, QC, J0L 1T0
450 469-3279  Fax: 450 469-0958
Website: www.cabacoeur.org
Email: services@cabacoeur.org
Eligibility: individuals and families on a low income, seniors, caregivers, volunteers
Coverage area: Saint-Césaire

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Centres d’action bénévoles du Bas-Richelieu, Les Petits Bonheurs, and Centre d’entraide régional d’Henriville provide various services to their communities. Here are some highlights:

**CENTRE D’ACTION BÉNÉVOLE DU BAS RICHELIEU**
- Services: Food and material assistance, meals on wheels, emergency food assistance, solidarity grocery store, collective kitchens, school lunches, Christmas baskets, Bonhomme à lunettes service point, optometry services, operation for the school supply. Employability Social reintegration, seniors, securing and emergency-listening telephone, medical transportation and companionship, health, info-cancer: listening and support, loan of hair prosthesis and external breast prosthesis, community, reception and referral, budget administration, promotion of volunteer action: accompaniment of volunteers, guidance and support for organizations, tax clinic.
- Eligibility: Seniors, individuals and families on a low income, people with temporary or permanent loss of autonomy, organizations, people who have experienced mental health problems, volunteers, meals on wheels: seniors aged 65 and over.
- Coverage area: MRC Pierre-De Saurel.
- Hours: Monday to Thursday 8h30 to 12h00 and 13h30 to 16h00, Friday 8h30 to 12h00, emergency food assistance: by appointment.
- Fees: Variable.
- Legal status: Non-profit organization.

**CENTRE D’ACTION BÉNÉVOLE LES P’TITS BONHEURS**
- Services: Food supply, food bank, distribution of Christmas baskets and gifts, meals on wheels, community lunches, collective kitchens, sports, leisure, and culture, community gardens, coffee-chats, biblio-route: at-home book loan pairing, premiers Pas: pairing of a volunteer with a family who has a baby aged 5 years old or less, health, friendly visits, loan of orthopedic equipment, PAIR program: computerized safety and medication reminder phone calls, support, ventre plein, apprend bien: breakfast and snacks in schools, thrift store, school supplies, temporary and punctual help to people in difficulty, assistance with errands, income, tax clinic.
- Eligibility: Seniors, families, people in difficulty.
- Capacity: Variable.
- Coverage area: Saint-Bruno-de-Montarville.
- Hours: Monday to Friday 8h30 to 16h30, thrift store: Monday, Tuesday, Wednesday, Friday, and Saturday 10h00 to 16h00, Thursday 10h00 to 19h00.
- Fees: Variable.
- Financing: Provincial.
- Legal status: Non-profit organization.

**CENTRE D’ENTRAIDE RÉGIONAL D’HENRYVILLE**
- Services: Thrift store and material aid.
- Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00, caregivers: 2nd Tuesday of the month, friendship lunch: 3rd Tuesday of the month.
- Fees: Thrift shop: at low cost.
- Financing: Provincial.
- Legal status: Non-profit organization.

Coverage area: Henryville, Sabrevois, Saint-Alexandre, Saint-Sébastien, Venise-en-Québec

Hours: family store: Monday to Friday 10h00 to 12h00 and 13h00 to 15h30

Financing: provincial, Centraide of Greater Montréal

Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE ST-HYACINTHE (LE)
1015 Dessaulles Street, Saint-Hyacinthe, Montérégie, QC, J2S 2Y8
450 773-4966
Website: cbsh.ca
Email: infomad@cbsh.ca


Eligibility: seniors, people and families on a low income, people in a vulnerable situation, volunteers, organizations

Coverage area: MRC Les Maskoutains

Hours: Monday to Friday 8h30 to 16h30, emergency food assistance: by appointment

Fees: variable

Financing: Centraide Richelieu-Yamaska, provincial, donations

Legal status: non-profit organization

CENTRE DE LA FAMILLE SAINT-PIE
70 Saint-François Avenue, Saint-Pie, Montérégie, QC, J0H 1W0
450 772-6828
Website: www.centredelafamillestpie.com
Email: centredelafamillestpie@gmail.com


Eligibility: families, children, youth, seniors

Capacity: 25

Coverage area: MRC Les Maskoutains

Hours: Monday to Wednesday 9h00 to 18h00, Thursday 9h00 to 20h00, Friday 8h00 to 12h00 and 14h30 to 18h00

Fees: membership card: $10 per family per year

Financing: provincial, municipal, Centraide Richelieu-Yamaska

Legal status: non-profit organization

COIN DU PARTAGE BEAUHARNOIS (LE)
600 Ellice Street, Suite 109, Beauharnois, Montérégie, QC, J6N 3P7
450 225-1818     Fax: 450 225-1637
Email: direction.cdpb@gmail.com


Coverage area: Beauharnois, Melocheville, Maple-Grove

Hours: food assistance: Monday to Friday 8h30 to 16h00
**Financing:** Centraide Sud-Ouest du Québec, provincial, self-financing  
**Legal status:** non-profit organization

**COMITÉ DE DÉPANNAGE DE L’ACADIE**

1322 du Clocher Road, Saint-Jean-sur-Richelieu, Montérégie, QC, J2Y 1A4  
450 357-2386  
**Website:** www.lacadiehautrichelieu.com  
**Email:** info@lacadiehautrichelieu.com  
**Eligibility:** people and families on a low income  
**Coverage area:** Saint-Jean-sur-Richelieu, Acadie neighbourhood only  
**Hours:** by appointment  
**Fees:** none  
**Financing:** donations  
**Legal status:** non-profit organization

**COMPTOIR D’ENTRAIDE DE SAINT-JEAN-BAPTISTE DE ROUVILLE**

3058 Principale Street, Saint-Jean-Baptiste, Montérégie, QC, J0L 2B0  
450 536-1551  
**Email:** comptoir-entraide-sjb@outlook.com  
**Services:** * Sale of clothing and household items at low prices. * Redistribution of funds to the community. * Distribution of school supplies.  
**Coverage area:** Saint-Jean-Baptiste  
**Hours:** Thursday 18h00 to 20h00, Saturday 9h00 to 12h00  
**Financing:** donations, self-financing  
**Legal status:** non-profit organization

**FONDATION D’ENTRAIDE DE BROSSARD**

Confidential Address  
514 778-2050 ext. 4  
**Website:** fondationentraidebrossard.ca  
**Email:** fondationentraidebrossard@gmail.com  
**Services:** * School supplies. * Financial assistance for summer camp and other ad-hoc requests.  
**Eligibility:** disadvantaged people, people on a low income or people living with disabilities  
**Coverage area:** Brossard  
**Financing:** self-financing, 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
Thrift store and material aid

GROUPE ACTION NOUVELLE VIE
740 Saint-Charles Street East, Longueuil, Montérégie, QC, J4H 1C2
450 646-5815 ext. 3221 Fax: 450 646-3509
Website: actionnv.com
Email: info@actionnv.com


Eligibility: men, women and families on a low income
Coverage area: Boucherville, Brossard, Chambly, Greenfield Park, La Prairie, Longueuil, Saint-Amable, Saint-Bruno-De-Montarville, Saint-Hubert, Saint-Lambert, Sainte-Julie, Varennes
Hours: services: Tuesday to Thursday 9h00 to 16h00, weekly food aid and emergency food aid: Tuesday and Thursday 12h30 to 15h00
Fees: weekly food aid and emergency food assistance: $10, $15 or $20 per food basket depending on the number of people, back-to-school supplies: $10 for each child
Financing: donations, self-financing, fundraising campaigns, foundations, grants
Legal status: non-profit organization

GROUPE D'ENTRAIDE SOREL-TRACY (LE)
1225 Marie-Victorin Road, Sorel-Tracy, Montérégie, QC, J3R1L8
450 746-5611
Website: legest.org
Email: info@legest.org


Eligibility: people and families on a low income
Coverage area: Sorel-Tracy
Hours: administration and emergency food assistance: Monday to Friday 8h30 to 16h30, food bank: Thursday 12h30 to 16h30
Fees: food bank: $15, other services: free
Financing: donations
Legal status: non-profit organization

MAISON DE L'ENTRAIDE SAINTE-JULIE
500 Jules-Choquet Avenue, Suite 100, Sainte-Julie, Montérégie, QC, J3E 1W6
450 649-4569
Email: maisonentraide@videotron.ca


Eligibility: people in need, depot: open to all
Coverage area: Sainte-Julie
Hours: shop: Tuesday and Wednesday 12h00 to 16h00, Thursday and Friday 12h00 to 19h00, support: Monday to Friday 8h00 to 16h00
Financing: self-financing, donations, provincial
Legal status: non-profit organization
MAISONNETTE BERTHELET (LA)
1254 Blainville Street, Longueuil, Montérégie, QC, J4M 1H6
450 448-4418
Website: lamaisonnetteberthelet.org
Email: info@lamaisonnetteberthelet.org
Eligibility: people on a low income or immigrants
Capacity: 85 families
Coverage area: Gentilly neighbourhood
Hours: Tuesday to Friday 9h00 to 20h30, variable according to activities
Financing: provincial, federal, municipal
Legal status: non-profit organization

MARIEVILLE - CENTRE D'ACTION BÉNÉVOLE LA SEIGNEURIE DE MONNOIR
146 Ruisseau-Barré Road, Marieville, Montérégie, QC, J3M 1P2
450 460-2825     Fax: 450 460-4992
Website: www.cabsm.org
Email: info@cabsm.org
Eligibility: seniors, people who are ill or with a loss of autonomy, families in need, assistance with grocery shopping: people 70 years and over
Coverage area: Sainte-Angèle-de-Monnoir, Marieville, Richelieu, Saint-Mathias-sur-Richelieu, Rougemont
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: community meals: $8, meals on wheels: $7 per meal, coffee-meetings: $5
Financing: Centraide Richelieu-Yamaska, provincial, donations, fundraising campaigns, self-financing
Legal status: non-profit organization

MISSION NEW GENERATION
1423 Provencher Boulevard, Brossard, Montérégie, QC, J4W 1Z3
450 486-7667     Fax: 450 486-6283
Website: missionnouvellegeneration.org
Email: info@missionnouvellegeneration.org
Coverage area: Montérégie, Montréal Island
Hours: food assistance: Thursday 13h00 to 18h00, Tuesday 15h00 to 19h00
Fees: food assistance: $10 per year, $15 per food basket
Financing: donations
Legal status: non-profit organization

RENCONTRÉE CHÂTEAUGUOISE (LA)
200 Salaberry Boulevard North, Châteauguay, Montérégie, QC, J6J 4L1
450 699-6819     Fax: 450 699-3453
Website: www.rencontrechateauguoise.com
Email: adjointe@rencontrechateauguoise.com

**Eligibility:** individuals and families on a low income

**Capacity:** community meals: 50 seats

**Coverage area:** Châteauguay, Léry, Mercier, Saint-Isidore, Saint-Urbain-Premier, Sainte-Martine

**Hours:** Monday to Thursday 8h00 to 12h00 and 13h00 to 16h00, Friday 8h00 to 12h00

**Fees:** food assistance: $3, community meals: $1

**Financing:** Centre de l’Alimentation, self-financing, provincial

**Legal status:** non-profit organization

**RESSOURCES SAINT-JEAN-VIANNEY**

2255 Cartier Street, Suite 090, Longueuil, Montérégie, QC, J4K 4E8

450 646-6722

Website: www.rsjv.org

Email: direccion@rsjv.org


**Eligibility:** children, adults, seniors, families

**Coverage area:** Saint-Jean-Vianney neighborhood outlined by Curé-Poirier Boulevard to the North, Jacques-Cartier Boulevard to the South, Notre-Dame-de-Grâce Street to the East and Taschereau Boulevard to the West

**Hours:** administration: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, activities: variable, Monday to Friday 18h00 to 22h00, Saturday 9h00 to 22h00

**Fees:** variable

**Financing:** provincial, federal, self-financing, donations

**Legal status:** non-profit organization

**SOCIÉTÉ DE SAINT-VINCENT DE PAUL - CHÂTEAUGUAY**

42 Gilmour Street, Châteauguay, Montérégie, QC, J6J 1K6

450 691-1007     Fax: 450 692-5063

Email: ssvpchateauguay@hotmail.com

**Services:**  * General store: clothing, furniture and other used items. * Food aid: distribution of food baskets and food vouchers. * Financial assistance for school fees. * Christmas baskets.

**Eligibility:** people on a low income

**Coverage area:** Châteauguay, Léry, Mercier

**Hours:** general store: Monday to Friday 9h30 to 15h30, Saturday 9h00 to 12h00, food aid on demand

**Financing:** donations, self-financing

**Legal status:** non-profit organization

**SOCIÉTÉ DE SAINT-VINCENT DE PAUL - CONFÉRENCE SAINT-JEAN-VIANNEY (LONGUEUIL)**

2151 Saint-Georges Street, basement, Longueuil, Montérégie, QC, J4K 2J1

450 442-2425

Email: ssvpconference.sjvl@gmail.com

**Services:**  * Food assistance. * Christmas baskets for members. * Opération Bonne Mine: vouchers for school fees.

**Eligibility:** people on a low income

**Coverage area:** Saint-Jean-Vianney, between Taschereau Boulevard and Notre-Dame-de-Grâce Street and between Curé-Poirier Boulevard and Jacques-Cartier Boulevard

**Hours:** by appointment only, food assistance: every 15 day

**Fees:** $4 every 15 days, if possible
Financing: donations  
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - IMMACULÉE-CONCEPTION (SAINT-HUBERT)  
5403 Hémard Avenue, Longueuil, Montérégie, QC, J3Y 3G8  
450 676-2661  
Email: robdion@videotron.ca  
Eligibility: people on a low income  
Capacity: 35 to 45 families  
Coverage area: Immaculée-Conception Church neighbourhood, including Maricourt  
Hours: food bank: Wednesday 9h00 to 10h30  
Fees: none  
Financing: donations, fundraising campaigns  
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CONFÉRENCE ISOLÉE DE SAINT-CYPRIEN-DE-NAPIERVILLE  
470 Saint-Jacques Street, Napierville, Montérégie, QC, J0J 1L0  
450 245-3335  
Email: info@ecofriperie.com  
Eligibility: people on a low income  
Coverage area: MRC Les Jardins-de-Napierville  
Hours: Monday 10h00 to 16h00, Tuesday and Wednesday 10h00 to 17h00, Thursday 12h00 to 20h00, Friday 10h00 to 20h00, Saturday and Sunday 10h00 to 16h00  
Financing: self-financing, donations  
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CONFÉRENCE SAINT-LUC  
55 des Échevins Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J2W 2N6  
450 349-1553     Fax: 450 348-8630  
Website: www.ssvp-st-luc.org  
Email: ssvpluc@gmail.com  
Eligibility: people in need  
Coverage area: Saint-Jean-sur-Richelieu: Sainte-Marie-de-la-Visitation and Saint-Luc areas  
Hours: Tuesday and Thursday 13h00 to 16h00, Wednesday 12h00 to 20h00, Saturday 9h00 to 12h00  
Financing: donations  
Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CONFÉRENCE SAINTE-PHILOMÈNE  
14 Marleau Street, Mercier, Montérégie, QC, J6R 2K8  
450 691-1072  
Email: ssvpchateauguay@hotmail.com  
Eligibility: people on a low income  
Coverage area: Mercier  
Financing: donations  
Legal status: non-profit organization
Thrift Stores

ASSOCIATION DES FAMILLES DE VARENNES
Confidential Address
438 771-5411
Website: afvarennes.com
Email: info@afvarennes.com


Eligibility: families

Coverage area: Varennes

Hours: Frimousses: Tuesday and Thursday 9h00 to 11h00

Fees: members: $25 per year, activities: variable, some activities are accessible to non-members for an additional fee

Financing: self-financing, membership fees

Legal status: non-profit organization

ASSOCIATION SCLÉROSE EN PLAQUES RIVE-SUD
Confidential Address
450 926-5210
Website: asprs.qc.ca
Email: info@asprs.qc.ca

Services: * Listening, accompaniment, information, support and referral. * Assistance for members to access all the services available. * Advocacy for essential services. * Group outings, community lunches, information meetings and conferences. * Support and mutual aid activities. * Monthly brunch, body awakening, coffee meetings, fundraising activities, etc.

Eligibility: people with multiple sclerosis and their close ones

Coverage area: agglomération de Longueuil, MRC Roussillon, MRC Marguerite-D'Youville, MRC La Vallée-du-Richelieu

Hours: telephone reception: Monday to Thursday 9h00 to 16h00

Financing: provincial, self-financing

Legal status: non-profit organization

AUX SOURCES DU BASSIN DE CHAMBLY
1369 Bourgogne Avenue, Chambly, Montérégie, QC, J3L 1Y4
450 658-1568 Fax: 450 658-0823
Website: www.as-bc.org
Email: info@as-bc.org


Eligibility: food assistance: people in need, friperie du bassin: open to all

Coverage area: Carignan, Chambly

Hours: food: Tuesday, Wednesday and Friday 9h00 to 12h00 and 13h00 to 16h00, Thursday until 17h30, friperie du bassin: Monday, Tuesday, Wednesday, Saturday and Sunday 9h00 to 16h00, Thursday and Friday 9h00 to 20h00, administration: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00

Financing: self-financing, donations, provincial

Legal status: non-profit organization
BAMBINERIE DE BOUCHERVILLE (LA)
1075 Lionel-Daunais Street, Suite 108, Boucherville, Montérégie, QC, J4B 8N5
450 641-2366
Website: bambinerie.com
Email: info@bambinerie.com
Eligibility: families and children
Coverage area: Boucherville
Hours: Monday to Friday 9h00 to 16h00
Fees: annual membership: $10 per family
Financing: municipal, self-financing
Legal status: non-profit organization

BARBAPARENTS (LES)
542 King-George Street, Longueuil, Montérégie, QC, J4J 2V7
450 448-3454  Fax: 450 448-5501
Website: www.barbaparents.org
Email: barbaparents@bellnet.ca
Eligibility: families with children 0 to 11 years old
Capacity: 40
Coverage area: Longueuil
Hours: Monday to Friday 8h00 to 17h00
Fees: annual membership: $25 per family
Financing: self-financing, fundraising campaigns
Legal status: non-profit organization

BISTRO CULTUREL COEUR DE VILLAGE
680 Rang Saint-Régis, Saint-Isidore, Montérégie, QC, J0L 2A0
514 400-5351  Fax: 450 992-0633
Website: coeurdevillage.wordpress.com
Email: coeurdevillage@videotron.ca
Eligibility: youth, adults, seniors
Capacity: 100
Coverage area: MRC Roussillon
Hours: Wednesday to Sunday 11h00 to 17h00
Fees: annual membership: $20
Financing: self-financing, contributions, grants
Legal status: non-profit organization

BOUTIK DE LA FABRIK (LA) - PAROISSE SAINT-JEAN XXIII (SAINT-HUBERT)
4990 Redmond Street, Longueuil, Montérégie, QC, J3Y 2C2
450 812-9486
Website: www.pstjean23.com
Email: secretariat@paroissejeanxxiii.org

Thrift store and material aid
**Thrift store and material aid**

**Services:** Thrift shop. * Low-cost items. * Donation of clothes and furniture to people in need.

**Coverage area:** Saint-Hubert

**Hours:** Tuesday and Thursday 12h00 to 16h45

**Financing:** donations

**Legal status:** non-profit organization

**BOUTIQUE AUX FRINGUES (LA)**

866 Laurier Street, Beloeil, Montérégie, QC, J3G 4K7

450 467-9025

**Website:** www.boutiqueauxfringues.com

**Email:** boutiqueauxfringues@hotmail.com

**Services:** * Sale of used clothing and fashion accessories at a low cost. * Employment and training of youth to facilitate access to the job market.

**Coverage area:** MRC La Vallée-du-Richelieu

**Hours:** Tuesday to Saturday 10h00 to 15h00

**Fees:** variable

**Financing:** self-financing, donations

**Legal status:** non-profit organization

**BOUTIQUE ÉCO**

459 Saint-Jacques Street, Napierville, Montérégie, QC, J0J 1L0

450 245-3335

**Website:** ecofriperie.com

**Email:** info@ecofriperie.com

**Services:** * Recovery and sale of used clothing, books and dishes at low prices, donation in case of emergency. * Food vouchers.

**Eligibility:** people on a low income, general public

**Coverage area:** MRC Les Jardins-de-Napierville

**Hours:** Monday to Wednesday 10h00 to 16h30, Thursday and Friday 10h00 to 20h00, Saturday and Sunday 10h00 to 16h00

**Financing:** self-financing, donations

**Legal status:** non-profit organization

**BOUTIQUE FAMILIALE**

285 3rd Avenue, Saint-Jean-sur-Richelieu, Montérégie, QC, J2X 4R6

450 347-1172  Fax: 450 357-3572

**Website:** cabiberville.org/boutique-familiale

**Email:** direction@cabiberville.org

**Services:** Used items store. * Donations points throughout the territory served.

**Eligibility:** general public, particularly people and families on a low income

**Coverage area:** Saint-Jean-sur-Richelieu: Iberville and Saint-Athanase neighbourhoods, Mont Saint-Grégoire

**Hours:** Monday to Saturday 9h00 to 16h00

**Fees:** variable

**Financing:** Centraide of Greater Montréal, donations, provincial, grants

**Legal status:** non-profit organization

**BOUTIQUE LE CARTIER GÉNÉRAL**

91 Cartier Boulevard, Beloeil, Montérégie, QC, J3G 6R4

450-446-0852 ext. 21

**Website:** www.mfvr.ca/boutique-2

**Email:** cartiergeneral@mfvr.ca
Thrift store and material aid

**Services:** Adapted material store. * Matériathèque: loan of adapted material for two weeks. * Loan of equipment for motor skills: parachute, stilts, balls, balls, swings, etc. * Sale of products online. * Order and delivery services.

**Eligibility:** children, families, seniors, caregivers

**Coverage area:** Beloeil, McMasterville, Otterburn Park, Saint-Antoine-sur-Richelieu, Saint-Basile-le-Grand, Saint-Bruno-de-Montarville, Saint-Charles-sur-Richelieu, Saint-Denis-sur-Richelieu, Saint-Hilaire, Saint-Jean-Baptiste, Saint-Marc-sur-Richelieu, Saint-Mathieu-de-Beloeil

**Hours:** Tuesday and Wednesday 8h30 to 16h00, Thursday 8h30 to 18h00, Friday 8h30 to 12h30

**Fees:** delivery: $10 fees for orders under $50, matériathèque: $10 deposit, $5 by item for a two-weeks loan, loan of motor skills equipment: variable security deposit

**Financing:** donations, fundraising campaigns, grants

**Legal status:** non-profit organization

**CARREFOUR DE L’ESPOIR SAINT-MICHEL**
235 Saint-Joseph Street, Vaudreuil-Dorion, Montérégie, QC, J7V 1Z9
450 218-3100
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

**CARREFOUR DIGNITÉ (SAINT-JEAN)**
939-D du Séminaire Boulevard North, Saint-Jean-sur-Richelieu, Montérégie, QC, J3A 1B6
450 359-9525     Fax: 450 359-9525
Email: patro9@videotron.ca


**Eligibility:** families on a low income, gamblers

**Coverage area:** Saint-Jean-sur-Richelieu

**Hours:** clothing depot: Monday 9h00 to 13h00, food aid: Tuesday 9h30 to 10h30, Friday 13h00 to 14h00

**Fees:** none

**Financing:** grants, donations

**Legal status:** non-profit organization

**CASTOR QUI DONNE (LE) - FRIGIDAIRE COMMUNAUTAIRE**
5430 Cousineau Boulevard, Local 102, Longueuil, Montérégie, QC, J3Y 7J8
438 836-1317
Email: lecastorquidonne@gmail.com

**Services:** * Thrift store. * Community fridge: distribution of food baskets.

**Eligibility:** people on a low income, people in a very precarious situation

**Coverage area:** Saint-Hubert borough

**Hours:** Tuesday, Wednesday and Friday 10h00 to 15h00, Thursday 13h00 to 15h00

**Fees:** food baskets: 20$ per month for 4 baskets, thrift store: variable

**Financing:** donations

**Legal status:** non-profit organization
**CENTRE COMMUNAUTAIRE DE CHÂTEAUGUAY**

3 Principale Street, Châteauguay, Montérégie, QC, J6K 1E7
450 699-3464     Fax: 450 699-4111
Website: www.centrepouvoirchateauguay.com
Email: ccchateau@videotron.ca

**Services:** Sale of clothing and household items. * Professional reintegration: recycling. * Emergency donation.

**Eligibility:** people in need

**Coverage area:** Châteauguay

**Hours:** Monday to Wednesday and Saturday 9h00 to 17h00, Thursday and Friday 9h00 to 21h00

**Financing:** donations, self-financing, grants

**Legal status:** non-profit organization

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**CENTRE COMMUNAUTAIRE MULTISERVICES UN COIN CHEZ NOUS**

628 Notre-Dame Street, Saint-Chrysostome, Montérégie, QC, J0S 1R0
450 826-4425     Fax: 450 826-1000
Website: www.uncoincheznous.org
Email: ccmsuccn@cooptel.qc.ca


**Eligibility:** seniors, people with a loss of autonomy, disadvantaged people

**Capacity:** 100

**Coverage area:** MRC Le Haut-Saint-Laurent

**Hours:** Monday to Friday 7h30 to 16h30, Sunday 13h00 to 17h00

**Fees:** meals on wheels: $8, other services: free

**Financing:** grants, self-financing

**Legal status:** non-profit organization

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**CENTRE D’ACTION BÉNÉVOLE DE CONTRECOEUR - À PLEIN COEUR**

4956 Legendre Street, Contrecoeur, Montérégie, QC, J0L 1C0
450 587-8227     Fax: 450 401-1151
Website: www.cabcontrecoeur.ca
Email: cab.contrecoeur@videotron.ca


**Coverage area:** Contrecoeur and Verchères

**Hours:** centre: Monday to Friday 8h00 to 16h00, family depot: Monday to Friday 13h00 to 16h00, kitchen: Monday to Thursday 8h00 to 16h00

**Fees:** free

**Financing:** provincial, donations

**Legal status:** non-profit organization

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**CENTRE D’ACTION BÉNÉVOLE DE LA VALLÉE-DU-RICHELIEU**

288-A Radisson Street, Mont-Saint-Hilaire, Montérégie, QC, J3H 2Z4
450 467-9373     Fax: 450 467-3732
Website: www.cabvr.org
Email: cabvr@cabvr.org

**Eligibility:** people in need, volunteers and community organizations

**Coverage area:** Beloeil, McMasterville, Mont-Saint-Hilaire, Otterburn Park, Saint-Antoine-sur-Richelieu, Saint-Charles-sur-Richelieu, Saint-Denis-sur-Richelieu, Saint-Jean-Baptiste, Saint-Mathieu-de-Beloeil, Saint-Marc-sur-Richelieu

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h00

**Financing:** provincial, Centraide Richelieu-Yamaska, donations

**Legal status:** non-profit organization

**CENTRE D’ACTION BÉNÉVOLE DE SAINT-CÉSAIRE**

1100 Leclaire Street, Saint-Césaire, Montérégie, QC, J0L 1T0

450 469-3279     Fax: 450 469-0958

Website: www.cabacoeur.org

Email: services@cabacoeur.org


**Eligibility:** individuals and families on a low income, seniors, caregivers, volunteers

**Coverage area:** Saint-Césaire

**Hours:** Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00, caregivers: 2nd Tuesday of the month, friendship lunch: 3rd Tuesday of the month

**Fees:** thrift shop: at low cost

**Financing:** provincial

**Legal status:** non-profit organization

**CENTRE D’ACTION BÉNÉVOLE INTERACTION**

100 Principale Street, Noyan, Montérégie, QC, J0J 1B0

450 294-2646     Fax: 450 294-2145

Website: cabinteraction.ca

Email: info@cabinteraction.ca


**Eligibility:** individuals and families on a low income, volunteers

**Coverage area:** Noyan, Saint-Georges-De-Clarenceville, Northern tip of Henryville

**Hours:** Monday to Thursday 8h00 to 16h00, meals on wheels: Tuesday and Thursday, clothing depot: Tuesday to Thursday

**Financing:** provincial, donations

**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


**Eligibility:** seniors, sick or convalescent people, people with a disability, families in need, people on a low income, community organizations, volunteers

Hours: Monday to Friday 8h30 to 16h30, thrift store: Monday to Wednesday 9h30 to 17h30, Thursday and Friday 9h30 to 19h00, Saturday and Sunday 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 LES P’TITS BONHEURS
1665 Montarville Street, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 3T8

450 441-0807     Fax: 450 441-4667

Website: www.cabstbruno.org

Email: infocab.petitsbonheurs@cabstbruno.org


Eligibility: seniors, families, people in difficulty

Capacity: variable

Coverage area: Saint-Bruno-de-Montarville

Hours: Monday to Friday 8h30 to 16h30, thrift store: Monday, Tuesday, Wednesday, Friday and Saturday 10h00 to 16h00, Thursday 10h00 to 19h00

Fees: variable

Financing: provincial

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: cabs@videotron.ca


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: office: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00, thrift store: Tuesday to Friday 9h30 to 16h00 and Saturday 9h30 to 15h00

Financing: donations, grants, self-financing

Legal status: non-profit organization

CENTRE D’ANIMATION MÈRE-ENFANT DE SAINT-BRUNO
53 de la Rabastalière Road East, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 3T5

514 445-5173

Website: camestbruno.com

Email: info@camestbruno.com
Thrift store and material aid

Eligibility: parents with children 0 to 5 years old
Capacity: 55
Coverage area: Saint-Bruno-de-Montarville
Hours: coffee-chats: Tuesday and Thursday, daycare: Wednesday and Friday
Fees: annual membership: $90 or $50 per semester
Financing: provincial, self-financing
Legal status: non-profit organization

CENTRE D'ENTRAIDE BÉNÉVOLE DE SAINT-AMABLE
297 Principale Street, Saint-Amable, Montérégie, QC, J0L 1N0
450 649-0604   Fax: 450 649-2301
Website: www.cebsa.org
Email: info@cebsa.org
Eligibility: people on a low income, seniors, people living with disabilities or ill people
Coverage area: Saint-Amable
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 15h00, thrift shop: Tuesday to Thursday 13h00 to 16h00, food assistance: Friday 10h30, community meals: 2nd and last Wednesday of every month 11h30, meals on wheels: Tuesday and Thursday mornings
Fees: food assistance: $15, community meals: $7, meals on wheels: $5
Financing: provincial, self-financing
Legal status: non-profit organization

CENTRE D'ENTRAIDE MASKOUTAIN - GRANBY
231 Saint-Charles Street South, Local A, Granby, Montérégie, QC, J2G 3W5
450 330-3317
Website: www.centredentraidemaskoutain.org
Email: centre.dentraide.maskoutain@gmail.com
Eligibility: people on a low income
Coverage area: Estrie, Montérégie, at-home pick-up of furniture: Granby and surroundings
Hours: store: Monday to Friday 10h00 to 17h00, Saturday 10h00 to 16h00, food counter: Friday 13h00
Fees: food basket: 12$, thrift store: variable
Financing: donations, self-financing
Legal status: non-profit organization

CENTRE D'ENTRAIDE MASKOUTAIN - SAINT-HYACINTHE
15845 Saint-Louis Avenue, Saint-Hyacinthe, Montérégie, QC, J2T 3E7
450 250-1236   Fax: 450 768-6065
Website: www.centredentraidemaskoutain.org/home-en/
Email: cem.provincial@gmail.com
Coverage area: MRC Les Maskoutains
Hours: store: Monday to Saturday 10h00 to 17h00, food counter: Friday 14h30
Fees: food basket: $12, thrift store: variable
Financing: donations, self-financing  
Legal status: non-profit organization

CENTRE D'ENTRAIDE RÉGIONAL D'HENRYVILLE  
791 Rang Saint-Jean-Baptiste, Henryville, Montérégie, QC, J0J 1E0  
450 299-1117  Fax: 450 299-9742  
Email: cerh1994@live.ca  
Coverage area: Henryville, Sabrevois, Saint-Alexandre, Saint-Sébastien, Venise-en-Québec  
Hours: family store: Monday to Friday 10h00 to 12h00 and 13h00 to 15h30  
Financing: provincial, Centraide of Greater Montréal  
Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT D'ACTON VALE  
1176 Bélair Street, Acton Vale, Montérégie, QC, J0H 1A0  
450 546-7332  Fax: 450 546-7212  
Website: www.centredebenevolatacton.com  
Email: direction@cbav.ca  
Eligibility: families, people in vulnerable situations, seniors, caregivers, volunteers, meals on wheels: people aged 65 and over  
Coverage area: MRC Acton  
Hours: administration: Monday to Friday 8h00 to 16h00, thrift store: Monday to Friday 9h00 to 17h00, Saturday 9h00 to 12h00  
Fees: food assistance: free, meals on wheels: $6 per meal  
Financing: donations, self-financing  
Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE LA RIVE-SUD - CHAMBLY SITE  
1410 de Salaberry Avenue, Chambly, Montérégie, QC, J3L 1R7  
450 658-4325  Fax: 450 658-1694  
Website: benevolatricesud.qc.ca  
Email: chambly@benevolatricesud.qc.ca  
Eligibility: meals on wheels: seniors 65 years and over, ill or convalescent people, people with physical or intellectual disability, single mothers, people in need, Coup de Pouce Family Counter: individuals, families on a low income  
Coverage area: Chambly, Carignan  
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30  
Fees: meals on wheels: $6.50 per meal, clothing depot: variable  
Financing: donations  
Legal status: non-profit organization
CENTRE DE BÉNÉVOLAT DE SAINT-BASILE-LE-GRAND
50 Robert Road, Saint-Basile-le-Grand, Montérégie, QC, J3N 1L7
450 461-2111 Fax: 450 461-1588
Email: centredebenevolat@bellnet.ca


Eligibility: adults and seniors, people on a low income

Coverage area: Saint-Basile-le-Grand

Hours: Monday to Thursday 8h00 to 16h00, Friday 8h00 to 12h00, thrift store: Wednesday 18h00 to 20h30, Friday and Saturday 9h00 to 12h00

Fees: free or low cost, depending on the service

Financing: donations, grant, self-financing

Legal status: non-profit organization

CENTRE DE PARTAGE COMMUNAUTAIRE JOHANNAIS
280 Mercier Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 6H4
450 347-6711 Fax: 450 347-8250
Website: cpcjohannais.com
Email: info@cpcjohannais.com


Eligibility: people in need

Coverage area: Saint-Jean-sur-Richelieu

Hours: Monday to Saturday 10h00 to 17h00

Fees: assistance: free

Financing: provincial, donations, self-financing

Legal status: non-profit organization

CENTRE DE PARTAGE COMMUNAUTAIRE JOHANNAIS - ÉCOPARTAGE (L')
210 Champlain Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 6V8
450 347-6711
Website: cpcjohannais.com
Email: info@cpcjohannais.com

Services: Thrift store. * Sale of used items.

Coverage area: Saint-Jean-sur-Richelieu

Hours: Monday to Saturday 10h00 to 17h00

Financing: provincial, donations, self-financing

Legal status: non-profit organization

CENTRE DE PARTAGE COMMUNAUTAIRE JOHANNAIS - MEUBLERIE
150 Foch Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 2A8
450 347-6711
Website: cpcjohannais.com
Email: info@cpcjohannais.com

Services: Thrift store. * Sale of used items. * Recovery of used items: toys, seasonal items, furniture, electronics, recreational and household items.

Coverage area: Saint-Jean-sur-Richelieu

Hours: Monday to Saturday 10h00 to 17h00

Financing: provincial, donations, self-financing

Legal status: non-profit organization
CENTRE DES GÉNÉRATIONS DE BOUCHERVILLE
61 De Montbrun Street, Boucherville, Montérégie, QC, J4B 7H4
450 655-6944
Website: www.centredesgenerations.org
Email: info@grenierdesaubaines.com
Services: Promotion of the transmission and sharing of knowledge between generations. * Grenier des aubaines: sale of used items at affordable prices. * Donations to people in need and to organizations. * Financial support for community organizations that help the families of Boucherville.
Eligibility: general population, donations: people in need, community organizations, financial support: community organizations that help the families of Boucherville
Coverage area: Boucherville
Hours: Monday 13h00 à 16h30, Wednesday 9h00 to 17h00, Friday 13h00 to 16h30, Saturday 9h00 to 12h00
Financing: donations
Legal status: non-profit organization

CENTRE DU PARTAGE DE VALLEYFIELD
11 Jean-Talon Street, Salaberry-de-Valleyfield, Montérégie, QC, J6S 3H5
450 373-1217
Website: centredupartage.org
Email: centredupartage@oricom.ca
Services: * Thrift store: used clothing, housewares, toys, sports equipment and books. * In-store item recovery: clothing, housewares, toys, sports equipment and books.
Eligibility: people on a low income
Coverage area: Salaberry-De-Valleyfield
Hours: Tuesday to Friday 9h00 to 16h30, Saturday 9h00 to 12h00
Fees: variable
Financing: donations
Legal status: non-profit organization

CENTRE PÉRINATAL LE BERCEAU
733 Laurier Street, Beloeil, Montérégie, QC, J3G 4J7
450 446-7760
Website: leberceau.org
Email: info@leberceau.org
Eligibility: pregnant women, future parents and parents with a child under one year old
Coverage area: South Shore
Hours: Monday to Friday 8h30 to 16h30, Saturday 9h00 to 16h00
Fees: annual membership card: 15$, activities and services: free or variable
Financing: provincial, foundations, donations, self-financing, grants, municipal
Legal status: non-profit organization

CERTEX
7500 Grande-Allée Boulevard, Longueuil, Montérégie, QC, J3Y 5K2
450 926-1733 Fax: 450 926-1304
Website: certexcanada.com
Email: certex@certexcanada.com
Thrift store and material aid


Coverage area: Province of Québec

Hours: office: Monday to Friday 8h00 to 16h30, thrift shop: Tuesday to Friday 9h00 to 17h30, Saturday 9h00 to 17h00, at-home collection of clothing donations: by appointment

Financing: municipal, provincial, donations, fundraising campaigns

Legal status: non-profit organization

CLÉ DES MOTS (LA)

200 Saint-Pierre Street, Suite 103, Saint-Constant, Montérégie, QC, J5A 2G9

450 635-1411
Website: www.lacledesmots.ca
Email: info@lacledesmots.ca


Eligibility: adults

Capacity: 60

Coverage area: Saint-Constant

Hours: courses: Monday to Friday 9h00 to 16h00, bookstore: Wednesday and Friday 10h00 to 16h00, Thursday 10h00 to 17h00 and the 1st Sunday of the month

Fees: registration: $20

Financing: provincial, self-financing

Legal status: non-profit organization

COMITÉ D’ENTRAIDE DE VERCHÈRES

579 Marie-Victorin Road, Suite 101, Verchères, Montérégie, QC, J0L 2R0

450 583-5888
Email: pierrettedavid@hotmail.com


Eligibility: individuals and families on a low income

Coverage area: Calixa-Lavallée, Verchères

Hours: Les Trésors de Madeleine: Tuesday and Wednesday 13h30 to 15h00, Thursday 19h00 to 20h30, food assistance: Friday 13h30 to 14h30

Fees: pairing for furniture collection: $50 for appliances, free for people who are unemployed

Financing: self-financing

Legal status: non-profit organization

COMPLEXE LE PARTAGE

547 Saint-Henri Street, La Prairie, Montérégie, QC, J5R 2S9

450 444-0803     Fax: 450 444-2621
Website: lepartage.info
Email: administration@lepartage.org


Eligibility: individuals and families on a low income, homeless people, people living with major health problems, refugees, immigrants

Coverage area: La Prairie

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00, food assistance: Thursday 9h30 to 11h30, 13h30 to 15h30 and 17h00 to 18h15

Fees: food assistance, collective kitchens and culinary workshops: variable, Christmas baskets: free
Financing: self-financing, Centraide of Greater Montréal, municipal, provincial, federal, donations
Legal status: non-profit organization

COMPLEXE LE PARTAGE - POINT DE SERVICE SAINT-CONSTANT
125 Saint-Pierre Street, Saint-Constant, Montérégie, QC, J5A 2G9
450 444-0803
Website: lepartage.info
Email: administration@lepartage.org
Eligibility: individuals and families on a low income, homeless people, people living with major health problems, refugees, immigrants
Coverage area: Saint-Constant
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00, food assistance: Thursday 13h30 to 15h30 and 17h00 to 18h15
Fees: food assistance, collective kitchens and culinary workshops: variable, Christmas baskets: free
Financing: self-financing, Centraide of Greater Montréal, municipal, provincial, federal, donations
Legal status: non-profit organization

COMPTOIR D'ENTRAIDE DE SAINT-JEAN-BAPTISTE DE ROUVILLE
3058 Principale Street, Saint-Jean-Baptiste, Montérégie, QC, J0L 2B0
450 536-1551
Email: comptoir-entraide-sjb@outlook.com
Services: * Sale of clothing and household items at low prices. * Redistribution of funds to the community. * Distribution of school supplies.
Coverage area: Saint-Jean-Baptiste
Hours: Thursday 18h00 to 20h00, Saturday 9h00 to 12h00
Financing: donations, self-financing
Legal status: non-profit organization

COMPTOIR EMMAUS VALLEYFIELD
235 Alphonse-Desjardins Street, Salaberry-de-Valleyfield, Montérégie, QC, J6S 2N8
450 373-7022
Email: comptoir_emmaus@hotmail.com
Services: Recovery and sale of used items at low price: clothing, household items, small appliances, furniture, toys. * Home pickup.
Eligibility: general public
Coverage area: Salaberry-de-Valleyfield
Hours: Monday to Wednesday 10h00 to 16h30, Thursday 10h00 to 19h00, Friday and Saturday 10h00 to 16h00
Fees: informations: by phone
Financing: self-financing
Legal status: non-profit organization

COMPTOIR FAMILIAL DES FILLES D'ISABELLE - BOUCHERVILLE
11 Louis-Hippolyte Lafontaine Street North, Boucherville, Montérégie, QC, J4B 4Y2
450 641-0902
Services: * Familial counter: sale of used items at low prices (clothes, books, small household items and toys). * Redistribution of profit to organizations and foundations in the city.
Coverage area: Boucherville
Fees: none
Financing: donations
Legal status: non-profit organization
COMPTOIR FAMILIAL LES CÈDRES
138 Valade Street, Les Cèdres, Montérégie, QC, J7T 1C1
450 200-0788
Website: www.paroissestjoseph.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 and Wednesday 9h00 to 15h00, first Saturday of the month: 10h00 to 15h00
Fees: thrift store: variable
Financing: donations
Legal status: non-profit organization

COMPTOIR FAMILIAL ST-DENIS
601 des Patriotes Road, Saint-Denis-sur-Richelieu, Montérégie, QC, J0H 1K0
450 787-9759
Email: josianneetmartin@gmail.com
Eligibility: general public, people on a low income
Coverage area: Saint-Denis-sur-Richelieu
Fees: 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
Website: www.ndlorette.ca
Email: info@ndlorette.ca
Services: * Clothing depot.
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
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
Eligibility: people in need
Capacity: 30
Coverage area: Île-Perrot, Notre-Dame-de-l’Île-Perrot
Hours: store: Wednesday and Saturday 8h00 to 15h00, food assistance: 3rd Wednesday of the month
Fees: free
Financing: donations, self-financing
Legal status: non-profit organization
CORNE D’ABONDANCE DE CANDIAC

255 Montcalm Boulevard North, Candiac, Montérégie, QC, J5R 3L6

450 444-6999

Email: corne.abondance.candiac@gmail.com

Services:
* Food bank and emergency assistance.
* Thrift store: clothing, household items, sporting equipment, toys, etc.
* Donation of food and clothing to community organizations and people in need.
* Christmas baskets and Guignolée.
* Volunteer development.
* Donation boxes located at the Candiac Library and the IGA Extra Vallée Candiac.
* Donation of school supplies for the food bank recipients.

Eligibility:
food bank: people in need, thrift store: general public

Coverage area: Candiac

Hours:
food bank: Tuesday 9h00 to 11h00, thrift store: Thursday 13h30 to 17h30, donation containers: Monday, Thursday and Saturday 9h00 to 16h00, donation boxes: 24 hours / 7 days

Financing: donations, self-financing

Legal status: non-profit organization

ÉCRIT TÔT DE SAINT-HUBERT (L’)

4050 Grande Allée Boulevard, Longueuil, Montérégie, QC, J4T 2W2

450 443-1411  Fax: 450 443-3772

Website: www.ecritot.ca

Email: ecritot@bellnet.ca

Services:
* Assistance to adults and families in basic skills in reading, writing and arithmetic.
* Illiteracy prevention.
* Dropout prevention.
* Public awareness.
* Literacy workshops.
* L’École des parents: basic training, socialization and research tools to support the academic success of children.
* Lecteurs à domicile: program to encourage the love of reading in young children experiencing academic difficulties.
* Educational activities.
* Thrift store.

Eligibility:
parents and children experiencing academic difficulties, illiterate individuals

Coverage area: Montérégie

Hours: Monday to Friday 8h30 to 16h30

Fees: membership: $5

Financing: grants, donations, self-financing

Legal status: non-profit organization

ENTRAIDE CHEZ NOUS (L’)

155 Brodeur Street, Longueuil, Montérégie, QC, J4J 2S3

450 468-1726  Fax: 450 468-6638

Website: www.entraidecheznous.org

Email: info@entraidecheznous.org

Services:
* Food assistance.
* Christmas sharing-store.
* Thrift store.
* Donation of gift certificates for the thrift store and donation of furniture (bed, table, dresser, etc.).
* Individual and group support for bereaved people.
* Friendship visits to seniors or people with a loss of autonomy.
* Training, courses and conferences.
* Professional integration with the various programs of local employment centres.
* Recovery and collection of used items.
* Tax clinic.

Eligibility:
people and families on a low income, bereaved adults

Capacity: support group: 6 people

Coverage area: food assistance, donation of furniture, Christmas sharing-store and friendship visits: Sacré-Coeur and Saint-Pie-X areas, other services: South Shore

Hours: Monday 10h00 to 12h00 and 13h00 to 16h00, Tuesday and Wednesday 9h00 to 12h00 and 13h00 to 16h00, Thursday 13h00 to 18h45, Friday 9h00 to 11h45 and 13h00 to 16h00, support groups: 13h00 to 15h15

Financing: Centraide of Greater Montréal, provincial, self-financing

Legal status: non-profit organization
ENTRAIDE MERCIER
959 Saint-Joseph Street, Mercier, Montérégie, QC, J6R 2K9
450 698-2137
Website: www.traidemercier.ca
Email: direction@entraidemercier.ca

Services: * Thrift store: clothing, dishes, toys, books, housewares, computer equipment and electronic
appliances. * Community fridge. * Indoor used goods recovery centre at 941 Saint-Joseph Street. * Meeting with
a community worker in partnership with La Rencontre Châteauguoise. * Distribution of school supplies.
Coverage area: Mercier, school supplies: Châteauguay, Mercier, Léry, Sainte-Martine, Saint-Isidore
Hours: Monday, Tuesday and Wednesday 9h00 to 18h00, Thursday and Friday 9h00 to 21h00, Saturday and
Sunday 9h30 to 17h00, indoor donation center: 7 days, 8h00 to 18h00, closed on holidays
Financing: self-financing, provincial
Legal status: non-profit organization

ENTRAIDE ST-PIE
301-C Notre-Dame Street, Saint-Pie, Montérégie, QC, J0H 1W0
450 772-5333

Eligibility: food assistance: people on a low income, thrift store: everybody
Coverage area: Saint-Pie
Hours: food assistance: Tuesday 13h00 to 16h00, thrift store: Tuesday 13h00 to 16h00
Fees: variable
Financing: self-financing
Legal status: non-profit organization

ÉQUIPE SERVICE QUARTIER SAINT-VINCENT-DE-PAUL
2027 Daniel Street, Longueuil, Montérégie, QC, J4J 5M1
450 646-8807
Website: www.equipeservicesvp.com
Email: equipeservicesvp1@hotmail.com

benefiting of a service offered by the organization.
Eligibility: people on a low income
Coverage area: Longueuil: Saint-Vincent-de-Paul neighbourhood
Hours: thrift store: Monday and Tuesday 9h00 to 11h30 and 13h00 to 15h30, Wednesday and Thursday 13h00
to 15h30, other services: by appointment
Fees: counter: $2 if possible
Financing: donations, self-financing
Legal status: non-profit organization

FABRIQUE DE LA PAROISSE DE SAINT-BASILE-LE-GRAND (LA) - BRIC-À-BRAC SAINT-BASILE-LE-GRAND
205 Principale Street, Saint-Basile-le-Grand, Montérégie, QC, J3N 1L6
450 653-6144     Fax: 450-653-9892
Email: stbasile.paroisse@gmail.com

Services: * Used goods store: kitchenware, sporting goods, small furniture, lamps, decorative items, garden
items, toys, bedding, small appliances and small electronics. * On-site collection of used items.
Eligibility: people and families on a low income
Coverage area: Saint-Basile-Le-Grand
Hours: Thursday 13h00 to 19h00, donation pick-up on site: Monday to Thursday 9h00 to 19h00
Fees: variable
Financing: self-financing, donations
Legal status: non-profit organization
FABRIQUE DE LA PAROISSE DE SAINT-JOSEPH (LA) - COMPTOIR LES TROUVAILLES
7075 Marie-Victorin Route, Sorel-Tracy, Montérégie, QC, J3R 1S7
450 743-2091
Website: www.paroissesstpierrestjosephsteen.com/intendance
Services: * Thrift store: clothes, furniture and various used items. * Recuperation of used items: clothes, furniture and various used items.
Eligibility: people and families on a low income
Coverage area: Sorel-Tracy
Hours: Tuesday 12h00 to 17h00
Fees: variable
Financing: donations, self-financing
Legal status: non-profit organization

FABRIQUE DE LA PAROISSE DE SAINTE-MARGUERITE-D’YOUVILLE (LA) - ENTRAIDE FAMILIALE
8 Rainville Street, Châteauguay, Montérégie, QC, J6K 1H5
450 691-0966
Email: paroissesmy@gmail.com
Eligibility: people on a low income
Coverage area: Châteauguay
Hours: Monday 11h30 to 15h00 and 18h30 to 20h00, Tuesday to Friday 11h30 to 15h30, summer hours: Monday to Friday 11h30 to 15h00
Financing: donations
Legal status: Select Legal Status

FABRIQUE DE LA PAROISSE TRINITÉ-SUR-RICHELIEU (LA) - COMPTOIR FAMILIAL TRINITÉ-SUR-RICHELIEU
360 Sir-Wilfrid-Laurier Boulevard, Beloeil, Montérégie, QC, J3G 4P5
450 446-2222
Website: paroissebeloeil.qc.ca/comptoir-familiale
Email: info@paroissebeloeil.qc.ca
Services: * Used items store: clothing, toys, dishes and various household items.
Coverage area: Beloeil
Hours: Tuesday, Wednesday and Friday 13h00 to 16h00, Saturday 9h00 to 12h00
Fees: variable
Financing: donations
Legal status: non-profit organization

FRIPERIE COMMUNAUTAIRE HUNTINGDON
4 Lorne Street, Suite 102, Huntingdon, Montérégie, QC, J0S 1H0
450 264-4775
Website: www.fripcommhunt.quebec
Email: fripcommhunt@hotmail.com
Eligibility: general population, individuals and families on a low income, people who are far from the labour market
Coverage area: MRC Le Haut-Saint-Laurent
Hours: Tuesday to Saturday 9h00 to 17h00

1685
**Fees:** rental of sports equipment: free but annual membership fee
**Financing:** self-financing, provincial, grants, donations
**Legal status:** non-profit organization

**FRIPERIE DE L’ÉCLUSE**
5367 Marie-Victorin Boulevard, Sainte-Catherine, Montérégie, QC, J5C 1L9
450 638-5303
**Services:** Sale of clothing and other items at low prices. * On-site used items recovery: clothes, small household items, toys and leisure equipment.
**Coverage area:** Sainte-Catherine
**Hours:** Wednesday 13h00 to 18h00
**Financing:** donations
**Legal status:** non-profit organization

**FRIPERIE ÉCO 100% LOCAL**
2-A Sainte-Famille Street, Saint-Rémi, Montérégie, QC, J0L 2L0
450 454-1331  Fax: 450 454-5640
**Website:** souriresansfin.org
**Email:** info@souriresansfin.org
**Services:** * Thrift store. * On-site recovery of clothing (men's, women's, children's), toys, children's items and kitchen items. * Bins available for deposits.
**Eligibility:** general population
**Coverage area:** Montérégie
**Hours:** Monday to Sunday
**Fees:** variables
**Financing:** Centraide of Greater Montréal, provincial
**Legal status:** non-profit organization

**FRIPERIE LE CHIFFONNIER**
959 Principale East Street, Farnham, Montérégie, QC, J2N 1M8
450 293-3265 ext. 207  Fax: 450 293-1010
**Website:** www.cabfarnham.com/friperie-le-chiffonnier
**Email:** direction@cabfarnham.com
**Services:** * Sale of used items at low prices. * On-site collection of used items: clothing, shoes and boots, handbags, jewellery and fashion accessories, dishes and other household items, baby accessories, toys, books, movies, music CDs, sports items.
**Coverage area:** Ange-Gardien, Farnham, Sainte-Brigide-d'Iberville, Sainte-Sabine
**Hours:** Tuesday, Wednesday and Friday 9h00 to 17h00, Thursday 9h00 to 19h00, Saturday 9h00 to 16h00
**Fees:** variable
**Financing:** Centraide Richelieu-Yamaska, provincial
**Legal status:** non-profit organization

**GRENIER AUX TROUVAILLES - PARTAGE SANS FAIM**
2 de l’Église Street South, Lacolle, Montérégie, QC, J0J 1J0
450 246-4032  Fax: 450 246-4044
**Website:** grenierauxtrouvailles.org
**Email:** info@grenierauxtrouvailles.org
**Eligibility:** individuals and families on a low income, young people at risk of committing or who have committed acts of delinquency
Thrift store and material aid

Hours: Wednesday to Friday 12h00 to 17h00, Saturday 10h00 to 16h00
Fees: membership: $8 per year
Financing: donations, self-financing, fundraising campaigns
Legal status: non-profit organization

GROUPE ACTION NOUVELLE VIE
740 Saint-Charles Street East, Longueuil, Montérégie, QC, J4H 1C2
450 646-5815 ext. 3221     Fax: 450 646-3509
Website: actionnv.com
Email: info@actionnv.com
Eligibility: men, women and families on a low income
Coverage area: Boucherville, Brossard, Chambly, Greenfield Park, La Prairie, Longueuil, Saint-Amable, Saint-Bruno-De-Montarville, Saint-Hubert, Saint-Lambert, Sainte-Julie, Varennes
Hours: services: Tuesday to Thursday 9h00 to 16h00, weekly food aid and emergency food aid: Tuesday and Thursday 12h30 to 15h00
Fees: weekly food aid and emergency food assistance: $10, $15 or $20 per food basket depending on the number of people, back-to-school supplies: $10 for each child
Financing: donations, self-financing, fundraising campaigns, foundations, grants
Legal status: non-profit organization

HOME-START CHAMPLAIN
78 Saint-Louis Street, Longueuil, Montérégie, QC, J4R 2L4
450 923-4138
Website: premierspasenglish.weebly.com
Email: info@premierspaschamplain.org
Eligibility: families with children under 12 years old
Coverage area: South Shore
Hours: Monday to Friday 9h00 to 16h00
Fees: workshops: variable
Financing: provincial
Legal status: non-profit organization

MAISON D'ENTRAIDE SAINT-ALPHONSE
2190 André Street, Brossard, Montérégie, QC, J4Z 2Z8
450 676-3712     Fax: 450 676-0080
Email: depannagemesa@hotmail.com
Eligibility: people in need or on a low income, immigrants
Capacity: 95 families per week
Coverage area: Brossard
Hours: Monday to Thursday 9h30 to 16h30, Friday 9h30 to 13h00, thrift store: Friday 13h00 to 20h30, food assistance: Thursday
MAISON DE L'ENTRAIDE SAINTE-JULIE
500 Jules-Choquet Avenue, Suite 100, Sainte-Julie, Montérégie, QC, J3E 1W6
450 649-4569
Email: maisonentraide@videotron.ca


Eligibility: people in need, depot: open to all
Coverage area: Sainte-Julie
Hours: shop: Tuesday and Wednesday 12h00 to 16h00, Thursday and Friday 12h00 to 19h00, support: Monday to Friday 8h00 to 16h00

Financing: self-financing, donations, provincial
Legal status: non-profit organization

MAISON DE LA FAMILLE JOLI-COEUR (LA)
4865 Legendre Street, Contrecoeur, Montérégie, QC, J0L 1C0
450 587-2965     Fax: 450 587-8343
Website: www.maisondelafamillejolicoeur.ca
Email: mdfjolicoeur@videotron.ca


Eligibility: parents with children 0 to 5 years old
Coverage area: CLSC des Seigneuries
Hours: Monday to Friday 9h00 to 15h30, daycare: Monday to Friday 8h30 to 16h00

Fees: according to activities

Financing: fundraising campaigns, self-financing
Legal status: non-profit organization

MAISON DE LA FAMILLE VALOISE
962 Dubois Street, Acton Vale, Montérégie, QC, J0H 1A0
450 546-4627
Website: maisondelafamillevaloise.org
Email: info@mdfvaloise.org


Eligibility: parents, families, volunteers
Coverage area: MRC d'Acton
Hours: Monday to Friday 9h00 to 16h00

Fees: drop-in: $1.75 per hour
Financing: donations
Legal status: non-profit organization
MAISON DU PÈRE DE L'ESPOIR (LA)
470 Sainte-Foy Boulevard, Longueuil, Montérégie, QC, J4J 1Y2
450 396-9833
Email: lamaisonduperedespoir@gmail.com

Services: * Food assistance: food baskets including meat and fresh products, depending on availability. * Thrift store: sale of clothing, toys, furniture, appliances and all sorts of items at a low price. * Possibility of delivery of purchased furniture and appliances.

Eligibility: general population, families, seniors, new immigrants and people living alone, on a low income

Coverage area: urban agglomeration of Longueuil

Hours: Wednesday to Saturday 9h00 to 15h00

Fees: food baskets: $25

Financing: self-financing, donations

Legal status: non-profit organization

MAISON TREMPLIN DE LONGUEUIL (LA)
267 Toulouse Street, Longueuil, Montérégie, QC, J4L 4X1
450 442-4019
Website: www.maisontremplin.com
Email: info@maisontremplin.com


Eligibility: services: all, activities: families and children 0 to 12 years old

Coverage area: Vieux-Longueuil

Hours: Monday to Thursday 8h30 to 16h00, Friday 8h30 to 12h00

Fees: membership: $7 per year per family with children, $5 per adult, activities: variable

Financing: Centraide of Greater Montréal, federal, provincial, self-financing, donations

Legal status: non-profit organization

MAM - AUTOUR DE LA MATERNITÉ
2060 Holmes Street, Longueuil, Montérégie, QC, J4T 1R8
514 990-9626
Website: www.mam.qc.ca
Email: kim.couture@mam.qc.ca


Eligibility: pregnant women, breastfeeding mothers, babies


Hours: Monday to Wednesday 9h00 to 12h00, Thursday 9h00 to 15h30

Fees: some activities have fees

Financing: provincial

Legal status: non-profit organization

MARIEVILLE - CENTRE D’ACTION BÉNÉVOLE LA SEIGNEURIE DE MONNOIR - LA CABOTINE
220 Ouellette Street, Marieville, Montérégie, QC, J3M 1A5
450 460-5297 Fax: 450 460-4992
Website: www.cabsm.org
Email: info@cabsm.org
Services: Family thrift store. * Sale and on-site recovery of used clothing, household items, toys and books at low prices.
Eligibility: general public
Coverage area: Sainte-Angèle-de-Monnoir, Marieville, Richelieu, Saint-Mathias-sur-Richelieu, Rougemont
Hours: Monday to Saturday 9h30 to 17h00
Financing: self-financing
Legal status: non-profit organization

MEUBLÉTOUT
185 Sir-Wilfrid-Laurier Boulevard, Mcmasterville, Montérégie, QC, J3G 1P9
450 464-7888 Fax: 450 464-9276
Website: meubletout.com
Email: info@meubletout.com
Services: Sale of used furniture, household items, appliances, computer equipment, books and bicycles. * Professional integration through workshops.
Coverage area: Boucherville, MRC La Vallée-du-Richelieu, Saint-Bruno-de-Montarville, Sainte-Julie
Hours: Tuesday to Friday 9h00 to 16h30, Saturday 9h00 à 12h00
Financing: self-financing, donations
Legal status: non-profit organization

MISSION NEW GENERATION
1423 Provencher Boulevard, Brossard, Montérégie, QC, J4W 1Z3
450 486-7667 Fax: 450 486-6283
Website: missionnouvellegeneration.org
Email: info@missionnouvellegeneration.org
Coverage area: Montérégie, Montréal Island
Hours: food assistance: Thursday 13h00 to 18h00, Tuesday 15h00 to 19h00
Fees: food assistance: $10 per year, $15 per food basket
Financing: donations
Legal status: non-profit organization

MOSAÏQUE (LA), CENTRE D’ACTION BÉNÉVOLE ET COMMUNAUTAIRE
1650 de l’Église Avenue, Longueuil, Montérégie, QC, J4P 2C8
450 465-1803 Fax: 450 465-5440
Website: www.lamosaique.org
Email: info@lamosaique.qc.ca
Eligibility: volunteers, people in need, community organizations and organizations in the health and social services network
Coverage area: agglomeration of Longueuil
Hours: administration: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30, thrift store: Tuesday to Saturday 10h00 to 17h00, shopping trips: twice a month
Fees: thrift store: variable low prices, other services: low cost or free
**Financing:** donations, grants, self-financing  
**Legal status:** non-profit organization

**MRC DE MARQUERITE-D’YOUVILLE - ÉCOCENTRE SECTEUR NORD**  
4111 Marie-Victorin Road, Contrecoeur, Montérégie, QC, J0L 1C0  
450 583-3301 ext. 242  
Fax: 450 583-3592  
Website: margueritedyouville.ca/services/environnement-et-matieres-residuelles/ecocentre  
Email: infomrc@margueritedyouville.ca  
**Eligibility:** citizens  
**Coverage area:** MRC Marguerite-d'Youville, Saint-Antoine-sur-Richelieu  
**Hours:** April to November: Wednesday to Saturday 8h00 to 16h00  
**Fees:** according to materials  
**Financing:** municipal, self-financing  
**Legal status:** municipal agency

**MRC DE MARQUERITE-D’YOUVILLE - ÉCOCENTRE SECTEUR SUD**  
1975 de l’Énergie Road, Varennes, Montérégie, QC, J3X 1P7  
450 583-3301 ext. 242  
Fax: 450 583-3592  
Website: margueritedyouville.ca/services/environnement-et-matieres-residuelles/ecocentre  
Email: infomrc@margueritedyouville.ca  
**Eligibility:** citizens  
**Coverage area:** MRC Marguerite-d'Youville, Saint-Antoine-sur-Richelieu  
**Hours:** April to November: Tuesday, Wednesday, Friday, Saturday and Sunday 8h00 to 16h00, Thursday 8h00 to 18h00, November to April: Thursday to Saturday 8h00 to 16h00  
**Fees:** according to materials  
**Financing:** municipal, self-financing  
**Legal status:** municipal agency

**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 11h00 to 17h00  
**Fees:** variable  
**Financing:** self-financing  
**Legal status:** non-profit organization
PARTAGE NOTRE-DAME - GRANBY
309 Racine Street, Granby, Montérégie, QC, J2G 3B6
450 378-1111
Website: partagenotredame.org
Email: partagenotredame@hotmail.com
Eligibility: people 18 and over who feel isolated or have specific difficulties
Coverage area: Granby
Hours: dinner: Monday to Friday 11h30 to 12h15, thrift store: Monday to Friday 13h00 to 16h00, first Saturday of the month 9h30 to 11h30, Azimut: Monday to Thursday 9h30 to 14h00, Friday 9h30 to 13h00
Fees: dinner: $2.50
Financing: donations
Legal status: non-profit organization

PARTAGE SAINT-FRANÇOIS-DE-SALES
1800 Vianney Street, Longueuil, Montérégie, QC, J4J 4T2
450 468-4545
Website: partagelongueuil.com
Email: mpsfds1800@gmail.com
Eligibility: people and families on a low income
Coverage area: Saint-François-de-Sales parish
Hours: administration: Monday to Thursday 9h00 to 12h00 and 13h00 to 15h00
Fees: none
Financing: donations, self-financing, fundraising campaigns
Legal status: non-profit organization

PORTE OUVERTE (LA)
81 Frontenac Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 2Y4
450 346-3283
Email: laporteouverte.conseil@gmail.com
Eligibility: adults with low literacy skills and immigrants
Coverage area: Saint-Jean-sur-Richelieu and surrounding areas
Hours: Monday to Friday 9h00 to 15h00, Centre du Livre Usagé: Monday to Wednesday 10h00 to 18h00, Thursday 11h00 to 20h00
Fees: none
Financing: provincial, grants, self-financing
Legal status: non-profit organization

PROVISIONS COMMUNAUTAIRES
2550 Jensens Street, Longueuil, Montérégie, QC, J3Y 3W3
450 445-3511
Website: provisions.org
Email: info@provisions.org
Coverage area: South Shore and surroundings
Thrift store and material aid

**Hours:** food distribution: Tuesday to Friday 13h00 to 16h00 by appointment, preparation for the distribution: Monday to Friday 8h00 to 17h00, thrift store: Monday to Friday 8h00 to 12h00

**Fees:** food basket: $20

**Financing:** donations, self-financing

**Legal status:** non-profit organization

**RECYCLO-CENTRE**
165 de l'Hôtel-Dieu Avenue, Sorel-Tracy, Montérégie, QC, J3P 7L4
450 743-5224  Fax: 450 746-4366
Website: www.recyclo-centre.ca
Email: information@recyclo-centre.org


**Eligibility:** people 18 to 44 years old who are far from the labour market, individuals and families on a low income

**Coverage area:** MRC Pierre-De Saurel

**Hours:** Tuesday, Wednesday, Friday and Saturday 9h00 to 17h00, Thursday 9h00 to 20h00, donation centre: 7 days 9h00 to 17h00

**Financing:** provincial, municipal, self-financing

**Legal status:** non-profit organization

**RENAISSANCE - CHAMBLY-RÉMILLARD BOOKSTORE**
2590 de Chambly Road, Longueuil, Montérégie, QC, J4L 1M5
450 396-4853
Website: renaissancequebec.ca/en/
Email: information@renaissancequebec.ca

**Services:** Sale of books, CDs, vinyl, DVDs and videocassettes. * Recovery of clothing, housewares, sporting equipment, school supplies, small appliances, computer equipment, books, CDs, vinyl, DVDs, videocassettes and bicycles

**Coverage area:** Longueuil

**Hours:** Monday to Sunday 8h00 to 18h00

**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, vinyl, DVDs and videocassettes. * Recovery of clothing, housewares, sporting equipment, school supplies, small appliances, computer equipment, books, CDs, vinyl, DVDs, videocassettes and bicycles.

**Coverage area:** L’Île-Perrot

**Hours:** Monday to Wednesday, Saturday and Sunday 8h00 to 18h00, Thursday and Friday 8h00 to 20h00

**Financing:** self-financing

**Legal status:** non-profit organization
RENAISSANCE - PORTOBELLO THRIFT STORE
7250 Taschereau Boulevard, Brossard, Montérégie, QC, J4W 1M9
450 550-7840
Website: renaissancequebec.ca/en/
Email: information@renaissancequebec.ca
Services: Recovery and sale of clothing, housewares, sporting equipment, school supplies, small appliances, computer equipment, books and bicycles.
Coverage area: Brossard
Hours: Monday to Wednesday 9h00 to 21h00, Saturday 9h00 to 17h00, Sunday 10h00 to 17h00
Financing: self-financing
Legal status: non-profit organization

RENAISSANCE - SAINT-LAMBERT BOUTIQUE
423 Victoria Avenue, Saint-Lambert, Montérégie, QC, J4P 2J1
450 465-4764
Website: renaissancequebec.ca/en/
Email: information@renaissancequebec.ca
Services: Recovery and sale of clothing and items for women and children.
Coverage area: Saint-Lambert
Hours: Monday to Wednesday 10h00 to 18h00, Thursday and Friday 10h00 to 20h00, Saturday and Sunday 10h00 to 17h00
Financing: self-financing
Legal status: non-profit organization

RENAISSANCE - VICTORIA BOUTIQUE
1455 Victoria Avenue, Saint-Lambert, Montérégie, QC, J4R 1R5
450 904-4960
Website: renaissancequebec.ca/en/
Email: information@renaissancequebec.ca
Services: Recovery of clothing, housewares, sporting equipment, school supplies, small appliances, computer equipment, books and bicycles.
Coverage area: Saint-Lambert
Hours: Monday to Wednesday and Saturday and Sunday 10h00 to 17h00, Thursday and Friday 10h00 to 20h00
Financing: self-financing
Legal status: non-profit organization

SERVICE D'ENTRAIDE - SAINTE-MARGUERITE-BOURGEOYS PARISH
1720 Georges Street, Longueuil, Montérégie, QC, J4T 2X9
450 812-5354
Website: www.paroissesmb.org
Email: paroisse.smb.dsjl@gmail.com
Eligibility: people on a low income
Coverage area: Lafîche neighbourhood, new Greenfield Park
Hours: food aid: Thursday 13h00 to 15h00 by appointment, sharing store: Wednesday to Friday and 3rd Saturday of the month 9h00 to 15h00
Fees: food bank: $3 per person
Financing: donations
Legal status: non-profit organization
Thrift store and material aid

**SOCIÉTÉ DE SAINT-VINCENT DE PAUL - CHÂTEAUQUAY**

42 Gilmour Street, Châteauguay, Montérégie, QC, J6J 1K6  
450 691-1007  Fax: 450 692-5063  
Email: ssvpchateauguay@hotmail.com

**Services:**  
* General store: clothing, furniture and other used items.  
* Food aid: distribution of food baskets and food vouchers.  
* Financial assistance for school fees.  
* Christmas baskets.  

**Eligibility:** people on a low income  
**Coverage area:** Châteauguay, Léry, Mercier  
**Hours:** general store: Monday to Friday 9h30 to 15h30, Saturday 9h00 to 12h00, food aid on demand  
**Financing:** donations, self-financing  
**Legal status:** non-profit organization

**SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CONFÉRENCE SAINT-LUC**

55 des Échevins Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J2W 2N6  
450 349-1553  Fax: 450 348-8630  
Website: www.ssvp-st-luc.org  
Email: ssvpluc@gmail.com

**Services:**  
* Clothing counter.  
* Food voucher distribution at home only.  
* Home visits.  
* Assistance with budget planning.  
* Reimbursement of school supplies, transportation and medication.  
* Christmas baskets.  

**Eligibility:** people in need  
**Coverage area:** Saint-Jean-sur-Richelieu: Sainte-Marie-de-la-Visitation and Saint-Luc areas  
**Hours:** Tuesday and Thursday 13h00 to 16h00, Wednesday 12h00 to 20h00, Saturday 9h00 to 12h00  
**Financing:** donations  
**Legal status:** non-profit organization

**SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CONSEIL PARTICULIER DE SAINT-JEAN**

150 Laurier Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 6K3  
450 358-1222 ext. 0  Fax: 450 358-3064  
Website: ssvpstjean.org  
Email: direction@ssvpstjean.org

**Services:**  
* Food bank.  
* Clothing counter at 747 Saint-Jacques Street.  
* Distribution of school supplies.  
* Christmas baskets for food assistance recipients.  

**Eligibility:** people in need, distribution of school supplies: children from kindergarten to Secondary 5  
**Coverage area:** Saint-Jean-sur-Richelieu  
**Hours:** food bank: Tuesday to Thursday 9h00 to 11h30 and 13h00 to 15h00, Friday 9h00 to 11h30, clothing counter: Tuesday, Wednesday and Friday 10h00 to 16h00, Thursday 10h00 to 20h00, Saturday 10h00 to 13h00  
**Fees:** food bank: free, clothing counter: low price  
**Financing:** donations  
**Legal status:** non-profit organization

**SOURCE D'ENTRAIDE INC. (LA)**

2252 Sainte-Angélifique 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.  
* Sewing workshop.  
* Christmas baskets.  

**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
TROUVAILLES DE L’ABBÉ LECLERC (LES)
1805 des Cascades Street, Saint-Hyacinthe, Montérégie, QC, J2S 3J4
450 250-5556
Website: cbsh.ca/programme-aide/aide-aux-familles/les-trouvailles-de-labbe-leclerc
Email: lestrouvailles@cbsh.ca

Services: * Social economy store: used clothes, sports equipment, household items and furniture. * On-site collection of used items. * Map of donation bin locations: cbsh.ca/programme-aide/aide-aux-familles/les-trouvailles-de-labbe-leclerc

Coverage area: MRC Les Maskoutains
Hours: Wednesday and Saturday 10h00 to 17h00, Thursday and Friday 10h00 to 18h00
Fees: variable
Financing: donations, self-financing
Legal status: non-profit organization
Transportation

ACCOMPANIED TRANSPORT

ACCOMPANIED TRANSPORT FOR MEDICAL REASONS

PARATRANSIT

PUBLIC TRANSPORTATION
Accompanied transport

**ACTION BÉNÉVOLE DE VARENNES - ACCOMPANIMENT-TRANSPORTATION**

50 de la Fabrique Street, Varennes, Montérégie, QC, J3X 1R1  
450 652-5256  
Website: actionbenevolevarennes.org/services/accompagnement-et-transport  
Email: info@actionbenevolevarennes.org

**Services:**  
Transportation and accompaniment to medical appointments and shopping by volunteers.  
**Eligibility:**  
Seniors 60 years and over, people who are unable to drive for their appointments  
**Coverage area:** Varennes  
**Hours:** Appointment: Monday to Friday, Saturday and Sunday occasionally  
**Fees:** Gas fees: $0.45 per km  
**Financing:** Donations, grants  
**Legal status:** Non-profit organization

**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

**ASSOCIATION VIVRE ET VIEILLIR CHEZ SOI DU BAS RICHELIEU - ACCOMPAGNEMENT-TRANSPORT**

105 Prince Street, Suite 112, Sorel-Tracy, Montérégie, QC, J3P 4J9  
450 743-1584  
Website: vivreetvieillirchezsoi.ca  
Email: info@vivreetvieillirchezsoi.ca

**Services:**  
Transportation and accompaniment to appointments by volunteers, long distance transportation to medical appointments.  
**Eligibility:** People 50 years old and over  
**Coverage area:** MRC Pierre-De-Saurel, transportation and accompaniment in the MRC Pierre-De Saurel and by appointment in Montreal and Saint-Hyacinthe  
**Hours:** Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, by appointment only  
**Fees:** Variable  
**Financing:** Donations, provincial, self-financing  
**Legal status:** Select Legal Status

**BALADEUR RENÉ DE LONGUEUIL**

1901 Claude Street, Longueuil, Montérégie, QC, J4G 1Y5  
450 341-0909  
Website: baladeurrenedelongueuil.org  
Email: info@baladeurrenedelongueuil.org

**Services:** Adapted group transportation via minibus for errands and recreational activities.  
**Eligibility:** Organizations who offer services to seniors with reduced mobility  
**Capacity:** 2 minibuses with a capacity of 18 passengers each  
**Coverage area:** Longueuil
Transportation

**CARREFOUR COMMUNAUTAIRE L’ARC-EN-CIEL - TRANSPORTATION**

96 Curé-Beauregard Street, Saint-Ours, Montérégie, QC, J0G 1P0

450 785-2874    Fax: 450 785-2876

Email: carrefourarcenciel@videotron.ca

**Services:** * Transportation to outings and medical appointments by volunteers.

**Eligibility:** medical transportation: general population, transportation to outings: persons 60 years of age and older

**Coverage area:** Saint-Ours, transportation in MRC Pierre-de Saurel, Saint-Hyacinthe, Montréal

**Hours:** Monday to Thursday 8h30 to 16h00

**Fees:** $7 for a round-trip to Sorel-Tracy, $20 for a round-trip to Saint-Hyacinthe, $40 for a round-trip to Montreal

**Financing:** grants, self-financing

**Legal status:** non-profit organization

**CENTRE COMMUNAUTAIRE L’ENTRAIDE PLUS - SAINT-MATHIAS-SUR-RICHELIEU SITE**

300 des Patriotes Road, Saint-Mathias-sur-Richelieu, Montérégie, QC, J3L 6Z5

514 798-6767    Fax: 450 658-4469

Website: www.entraideplus.org

Email: info@entraideplus.org


**Eligibility:** seniors aged 50 years and over who are autonomous, disabled, sick or in loss of autonomy, caregivers

**Coverage area:** Carignan, Chambly, Marieville, Richelieu, Saint-Mathias-Sur-Richelieu, Sainte-Angèle-de-Monnoir

**Hours:** Monday to Wednesday 11h00 to 14h00, Thursday 11h00 to 16h00

**Fees:** membership: $25 per year

**Financing:** donations, grants

**Legal status:** non-profit organization

**CENTRE COMMUNAUTAIRE MULTISERVICES UN COIN CHEZ NOUS - TRANSPORTATION**

628 Notre-Dame Street, Saint-Chrysostome, Montérégie, QC, J0S 1R0

450 826-4425    Fax: 450 826-1000

Website: www.uncoincheznous.org

Email: ccmsuccn@cooptel.qc.ca

**Services:** * Transportation to medical appointments and activities by volunteers.

**Eligibility:** seniors, people with a loss of autonomy

**Coverage area:** MRC Le Haut-Saint-Laurent

**Hours:** Monday to Friday 7h30 to 16h30, Sunday 13h00 to 17h00

**Fees:** none

**Financing:** grants, self-financing

**Legal status:** non-profit organization

**CENTRE D’ACTION BÉNÉVOLE D’IBERVILLE ET DE LA RÉGION - ACCOMPANIMENT TRANSPORTATION**

290 des Conseillers Avenue, Saint-Jean-sur-Richelieu, Montérégie, QC, J2X 1Z8

450 347-1172    Fax: 450 347-3572

Website: cabiberville.org

Email: info@cabiberville.org

**Services:** * Transportation and accompaniment for medical appointments and shopping by a volunteer.
Eligibility: seniors, transportation and accompaniment for shopping: people with a loss of autonomy 55 years and over
Coverage area: Saint-Jean-sur-Richelieu: Iberville and Saint-Athanase neighbourhoods, Mont Saint-Grégoire
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, June to September: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00
Fees: medical transportation: $0.47 by kilometer, transportation for shopping: $0.47 by kilometer and minimal fee of $7
Financing: Centraide of Greater Montréal, donations, provincial
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE BEAUHARNOIS - ACCOMPANIMENT-TRANSPORTATION
600 Ellice Street, Suite 106, Beauharnois, Montérégie, QC, J6N 3P7
450 429-6453
Website: cabbeauharnois.com
Email: info@cabbeauharnois.com
Services: * Transportation and accompaniment for medical appointments and shopping by volunteers.
Eligibility: seniors 65 years and over, people with a loss of autonomy, people with cancer or dialysis treatment
Coverage area: Beauharnois, Saint-Étienne-de-Beauharnois, Saint-Louis-de-Gonzague
Hours: Monday to Friday 8h00 to 15h30
Fees: gas cost, no fees for parking, fee for meals if the volunteer must stay on location: $8 for breakfast, $12 for lunch and $15 for dinner
Financing: provincial, self-financing, donations
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE BOUCHERVILLE - ACCOMPANIMENT-TRANSPORTATION
11 Louis-H. la Fontaine Street North, Suite 201, Boucherville, Montérégie, QC, J4B 4Y2
450 655-9081
Website: www.cabboucherville.ca
Email: info@cabboucherville.ca
Services: * Transportation and accompaniment for medical appointments and grocery shopping by volunteers.
Eligibility: people living with permanent or temporary difficulties, seniors, caregivers
Coverage area: Boucherville
Fees: $8 for Boucherville, $0.45 per km for other destinations
Financing: provincial, Centraide of Greater Montréal, donations, federal, self-financing
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE CONTRECOEUR - À PLEIN COEUR - TRANSPORTATION
5037 Legendre Street, Contrecoeur, Montérégie, QC, J0L 1C0
450 587-8227 Fax: 450 401-1151
Website: cabcontrecoeur.ca
Email: cab.contrecoeur@videotron.ca
Services: * Transportation for medical appointments and for shopping by volunteers.
Eligibility: mostly seniors
Coverage area: Contrecoeur and Verchères, medical transportation appointments: Greater Montréal, shopping: Contrecoeur
Hours: Monday to Friday
Fees: free for social assistance recipients, others: $0.40 per km
Financing: provincial, donations
Legal status: non-profit organization
**CENTRE D’ACTION BÉNÉVOLE DE FARNHAM - ACCOMPANIMENT-TRANSPORTATION**

1810 Principale East Street, Farnham, Montérégie, QC, J2N 1N4

450 293-3265     Fax: 450 293-1010

Website: www.cabfarnham.com

Email: direction@cabfarnham.com

**Services:** * Accompaniment-transportation for medical appointments. * Accompaniment-transportation for shopping.

**Eligibility:** for everyone

**Coverage area:** Ange-Gardien, Farnham, Sainte-Brigide-d'Iberville, Sainte-Sabine

**Hours:** accompaniment-transportation for shopping: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00, medical accompaniment-transportation: Monday to Sunday depending on the needs

**Fees:** people registered in the social solidarity program: none, unregistered people: $0.59 per kilometer

**Financing:** Centraide Richelieu-Yamaska, provincial

**Legal status:** non-profit organization

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**CENTRE D’ACTION BÉNÉVOLE DE LA FRONTIÈRE**

12 Sainte-Marie Street, Lacolle, Montérégie, QC, J0J 1J0

450 246-2016     Fax: 450 246-2229

Email: centre.benev@hotmail.com


**Eligibility:** people in need, seniors

**Coverage area:** Lacolle, Clarenceville, Noyan, Saint-Bernard-de-Lacolle, Saint-Valentin, Saint-Paul-de-l’Île-aux-Noix, ITMAV: Lacolle, Saint-Paul-de-l’Île-aux-Noix, Saint-Valentin, Saint-Bernard-de-Lacolle

**Hours:** Monday to Thursday 7h00 to 16h00, Friday 7h30 to 11h30

**Fees:** meals-on-wheels: $5 hot meals, $4 frozen meals, community lunches: $10, transportation: variable

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

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**CENTRE D’ACTION BÉNÉVOLE DE LA VALLÉE-DU-RICHELIEU - ACCOMPANIMENT-TRANSPORTATION**

288-A Radisson Street, Mont-Saint-Hilaire, Montérégie, QC, J3H 2Z4

450 467-9373     Fax: 450 467-3732

Website: www.cabvr.org

Email: cabvr@cabvr.org

**Services:** * Accompaniment and transportation for medical appointments and grocery-shopping by volunteers.

**Eligibility:** people in need

**Coverage area:** Beloeil, McMasterville, Mont-Saint-Hilaire, Otterburn Park, Saint-Antoine-sur-Richelieu, Saint-Charles-sur-Richelieu, Saint-Denis-sur-Richelieu, Saint-Jean-Baptiste, Saint-Mathieu-de-Beloeil, Saint-Marc-sur-Richelieu

**Hours:** Monday to Friday 8h30 à 12h00 et 13h00 à 16h00

**Fees:** variable, depending on the location of the appointment

**Financing:** provincial, Centraide Richelieu-Yamaska, donations

**Legal status:** non-profit organization

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**CENTRE D’ACTION BÉNÉVOLE DE SAINT-CÉSAIRE - ACCOMPANIMENT-TRANSPORTATION**

1100 Leclaire, Saint-Césaire, Montérégie, QC, J0L 1T0

450 469-3279 ext. 232     Fax: 450 469-0958

Website: www.cabacoeur.org

Email: services@cabacoeur.org

**Services:** * Transportation and accompaniment to medical appointments and errands by a volunteer.
Eligibility: medical accompaniment-transportation: people 55 years old and over, people receiving the Social Assistance Program, errands accompaniment: people 55 years and over
Coverage area: Saint-Césaire, medical accompaniment-transportation: accompaniment and transport anywhere, on a case by case basis, accompaniment to the errands: Saint-Césaire
Hours: administration: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00, accompaniment-transportation: by appointment
Fees: medical accompaniment-transportation: $0.43 per km, errands accompaniment: $6 minimum, $0.50 per additional trip
Financing: provincial, self-financing
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE SAINT-HUBERT - ACCOMPANIMENT-TRANSPORTATION
3339 Grande Allée, Longueuil, Montérégie, QC, J4T 2S9
450 656-9110    Fax: 450 656-9115
Website: www.cab-saint-hubert.org
Email: info@cab-saint-hubert.org
Services: * Accompaniment and transportation to medical appointments by volunteers.
Eligibility: autonomous people over 60 years old
Coverage area: Saint-Hubert
Hours: Monday to Friday 8h00 to 16h00
Fees: $0.50 per km, fixed minimum: $5
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE SAINT-JEAN-SUR-RICHELIEU - ACCOMPANIMENT-TRANSPORTATION
640 Dorchester Street, Room 301, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 5A4
450 347-7527 ext. 21
Website: cabstjean.org/pages/accompagnement-transport-medical
Email: info@cabstjean.org
Services: * Transportation and accompaniment to medical appointments and groceries by a volunteer.
Eligibility: people aged 65 and over
Coverage area: Saint-Blaise-Sur-Richelieu, Saint-Jean-Sur-Richelieu (excluding the Iberville and Saint-Athanase sectors), Saint-Paul-de-l’Île-aux-Noix
Hours: Monday to Thursday 8h00 to 16h30
Fees: variable
Financing: provincial, self-financing, donations
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE VALLEYFIELD
95 Salaberry Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2H5
450 373-2111
Website: cabvalleyfield.com
Email: info@cabvalleyfield.com

Eligibility: adults, seniors, caregivers, organizations

Coverage area: Salaberry-de-Valleyfield, Saint-Stanislas-de-Kostka, caregivers: Salaberry-de-Valleyfield, Saint-Stanislas-de-Kostka, Beauharnois, Saint-Étienne-de-Beauharnois and Saint-Louis-de-Gonzagne

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Fees: meals: $7

Financing: provincial, self-financing

Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE VALLEYFIELD - ACCOMPANIMENT-TRANSPORTATION
95 Salaberry Street, Salaberry-de-Valleyfield, Montréal, QC, J6T 2H5
450 373-2111
Website: cabvalleyfield.com
Email: info@cabvalleyfield.com

Services: * Accompaniment and transportation to medical appointments by volunteers.

Eligibility: people 65 years and over with a loss of autonomy

Coverage area: Salaberry-de-Valleyfield, Saint-Stanislas-de-Kostka, appointments: Montréal, Montréal

Hours: Monday to Friday 8h30 to 16h30

Fees: according to the destination

Financing: provincial, self-financing

Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DU BAS RICHELIEU - ACCOMPANIMENT-TRANSPORTATION
70 Élizabeth Street, Sorel-Tracy, Montréal, QC, J3P 4G5
450 743-4310
Website: www.cab-basrichelieu.org/1239/Accompagnement_médical.html
Email: transport-medical@cab-basrichelieu.org

Services: * Transportation and accompaniment to medical appointments by volunteers.

Eligibility: seniors, persons in slight temporary or permanent loss of autonomy

Coverage area: MRC Pierre-De Saurel

Hours: Monday to Thursday 8h30 to 12h00 and 13h30 to 16h00, Friday 8h30 to 12h00

Fees: variable

Financing: Centraide Richelieu-Yamaska, donations, provincial

Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DU GRAND CHÂTEAUGUAY - ACCOMPANIMENT-TRANSPORTATION
10 Gilmour Street, Châteauguay, Montréal, QC, J6J 1K4
450 699-6289
Website: www.cabchateauguay.org
Email: info@cabgc.org

Services: Volunteer accompaniment and transportation service. * Accompaniment to medical appointments. * Accompaniment for grocery shopping or essential errands. * Accompaniment for compassionate visits.

1703
Eligibility: people aged 50 and over with a loss of physical or cognitive autonomy
Coverage area: Châteauguay, Saint-Urbain-Premier, Saint-Isidore, Sainte-Martine, Mercier, Léry, appointments: Greater Montréal
Hours: Monday to Friday, by appointment
Fees: variables depending on the destination
Financing: federal, provincial, donations
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE INTERACTION - TRANSPORTATION
100 Principale Street, Noyan, Montérégie, QC, J0J 1B0
450 294-2646 Fax: 450 294-2145
Website: cabinteraction.ca
Email: info@cabinteraction.ca
Services: * Transport to medical appointments by a volunteer.
Eligibility: people with a slight temporary or permanent loss of autonomy
Capacity: 1 person at a time
Coverage area: Noyan, Saint-Georges-De-Clarenceville, pointe Nord de Henryville
Hours: Monday to Thursday 8h00 to 16h30
Fees: variable with the possibility of reduced rates for clients on a low income, social assistance recipients: free
Financing: provincial, donations
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE L’ACTUEL - ACCOMPAGNIMENT-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 LES P’TITS BONHEURS - ACCOMPAGNIMENT-TRANSPORTATION
1665 Montarville Street, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 3T8
450 441-0807 Fax: 450 441-4667
Website: www.cabstbruno.org
Email: infocab.petitsbonheurs@cabstbruno.org
Services: * Accompaniment and transportation to medical appointments by volunteers.
Eligibility: people with mobility impairments or loss of independence who are unable to travel on public transportation
Coverage area: Saint-Bruno-de-Montarville, appointments: neighbouring regions (Saint-Hyacinthe, Montréal) according to needs
Fees: fixed fees according to the destination
Financing: provincial
Legal status: non-profit organization
CENTRE D’ACTION BÉNÉVOLE SOULANGES - ACCOMPAGNEMENT-TRANSPORTATION
371 Sainte-Catherine Street, Saint-Polycarpe, Montérégie, QC, J0P 1X0
450 265-3134 Fax: 450 265-3978
Website: cabsoulanges.com
Email: cabs@videotron.ca
Services: * Medical accompaniment and transportation by volunteers.
Eligibility: seniors, people in need
Coverage area: Côteau-du-Lac, Les Côteaux, Rivière-Beaudette, Saint-Clet, Sainte-Justine-de-Newton, Saint-Polycarpe, Saint-Télésphore, 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: $0.05 per km, others: $0.47 per km
Financing: donations, grants, self-financing
Legal status: non-profit organization

CENTRE D’ENTRAIDE BÉNÉVOLE DE SAINT-AMABLE - ACCOMPAGNEMENT-TRANSPORTATION
297 Principale Street, Saint-Amable, Montérégie, QC, J0L 1N0
450 649-0604 ext. 31 Fax: 450 649-2301
Website: www.cebsa.org
Email: info@cebsa.org
Services: * Accompaniment and transportation for medical appointments and grocery shopping by volunteers.
Eligibility: people on a low income, seniors, people living with disabilities, ill people
Coverage area: Saint-Amable
Hours: Monday to Thursday 8h30 to 16h30
Fees: fixed rates according to the destination
Financing: provincial, self-financing
Legal status: non-profit organization

CENTRE D’ENTRAIDE RÉGIONAL D’HENRYVILLE - ACCOMPAGNEMENT-TRANSPORT
791, Saint-Jean-Baptiste Street, Henryville, Montérégie, QC, J0J 1E0
450 299-1117 Fax: 450 299-9742
Email: cerh1998@live.ca
Services: Transportation and accompaniment to medical appointments by volunteers.
Eligibility: seniors and people with a loss of autonomy
Coverage area: Henryville, Sabrevois, Saint-Alexandre, Saint-Sébastien, Venise-en-Québec
Hours: by appointment
Fees: variable
Financing: provincial, Centraide of Greater Montreal
Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT D’ACTON VALE - ACCOMPAGNEMENT-TRANSPORTATION
1176 Bélair Street, Acton Vale, Montérégie, QC, J0H 1A0
450 546-7332
Email: direction@cbav.ca
Services: * Transportation and accompaniment to medical appointments by a volunteer.
Eligibility: seniors
Coverage area: MRC Acton, medical appointments: necessarily outside the MRC Acton
Hours: administration: Monday to Friday 8h00 to 16h00
Financing: donations, self-financing
Legal status: non-profit organization
CENTRE DE BÉNÉVOLAT DE LA RIVE-SUD - CHAMBLY SITE - ACCOMPANIMENT-TRANSPORTATION
1410 de Salaberry Avenue, Chambly, Montérégie, QC, J3L 1R7
450 658-4325 Fax: 450 658-1694
Website: www.benevolatrivesud.qc.ca
Email: chambly@benevolatrivesud.qc.ca

Services: * Accompaniment-transportation for medical appointments and errands by volunteers.
Eligibility: seniors 65 years and over, ill or convalescent people
Coverage area: Chambly, Carignan, appointments: neighbouring regions (Montréal, Longueuil, Laval, etc.) according to need
Hours: Monday to Friday 8h30 to 16h30, evenings and weekends according to availabilities
Fees: $0.45 per km, trips less than 11 km long: $5
Financing: donations
Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE LA RIVE-SUD - POINT DE SERVICE DE CANDIAC - ACCOMPANIMENT-TRANSPORTATION
8 Saint-Francois-Xavier Road, Candiac, Montérégie, QC, J5R 1A2
450 659-9651 Fax: 450 659-1271
Website: benevolatrivesud.qc.ca
Email: candiac@benevolatrivesud.qc.ca

Services: * Transportation and accompaniment to medical appointments and errands by volunteers.
Eligibility: adults and seniors with a loss of autonomy, living alone or convalescent
Coverage area: Candiac, La Prairie, Saint-Constant, Sainte-Catherine, Saint-Mathieu, Saint-Philippe and Delson, appointments: South Shore, Montréal
Hours: day, evening and weekend according to availabilities
Fees: $0.45 per km, parking fees for some hospitals
Financing: provincial, self-financing
Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE LA RIVE-SUD - POINT DE SERVICE DE LONGUEUIL - ACCOMPANIMENT-TRANSPORTATION
16 Montcalm Street, Longueuil, Montérégie, QC, J4J 2K6
450 677-5281 Fax: 450 677-8067
Website: www.benevolatrivesud.qc.ca
Email: longueuil@benevolatrivesud.qc.ca

Services: * Accompaniment-transportation for medical appointments and errands by volunteers.
Eligibility: adults and seniors with a loss of autonomy, living alone or in convalescence
Coverage area: Longueuil (except for Saint-Hubert), appointments: Montréal, Montérégie
Hours: Monday to Friday 8h30 to 16h30
Fees: $0.50 per km
Financing: donations, self-financing
Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE LA RIVE-SUD - SAINT-LAMBERT SITE - ACCOMPANIMENT-TRANSPORTATION
45 Argyle Street, Saint-Lambert, Montérégie, QC, J4P 2H2
450 465-6130 Fax: 450 465-5638
Website: www.benevolatrivesud.qc.ca
Email: stlambert@benevolatrivesud.qc.ca

Services: * Accompaniment and transportation to medical appointments and errands by volunteers.
Eligibility: people over 65 years old, ill or convalescent people
Coverage area: Saint-Lambert, Greenfield Park, Le Møyne and Brossard, appointments: Greater Montréal
Transportation

**CENTRE DE BÉNÉVOLAT DE SAINT-BASILE-LE-GRAND**

50 Robert Road, Saint-Basile-le-Grand, Montérégie, QC, J3N 1L7

450 461-2111  Fax: 450 461-1588

Email: centredebenevolat@bellnet.ca


**Eligibility:** adults and seniors, people on a low income

**Coverage area:** Saint-Basile-le-Grand

**Hours:** Monday to Thursday 8h00 to 16h00, Friday 8h00 to 12h00, thrift store: Wednesday 18h00 to 20h30, Friday and Saturday 9h00 to 12h00

**Fees:** free or low cost, depending on the service

**Financing:** donations, grant, self-financing

**Legal status:** non-profit organization

**CENTRE DE BÉNÉVOLAT DE SAINT-BASILE-LE-GRAND - ACCOMPANIMENT-TRANSPORTATION**

50 Robert Street, Saint-Basile-le-Grand, Montérégie, QC, J3N 1L7

450 461-2111  Fax: 450 461-1588

Email: centredebenevolat@bellnet.ca

**Services:** * Medical transportation by volunteers.

**Eligibility:** general public

**Coverage area:** Saint-Basile-le-Grand

**Hours:** Monday to Thursday 8h00 to 16h00, Friday 8h00 to 12h00, more according to availabilities

**Fees:** $5 to $25 according to the destination

**Financing:** grants, donations, self-financing

**Legal status:** non-profit organization

**CENTRE DE BÉNÉVOLAT DE ST-HYACINTHE (LE) - ACCOMPAGNEMENT-TRANSPORT**

1015 Dessaulles Street, Saint-Hyacinthe, Montérégie, QC, J2S 2Y8

450 250-2874 ext. 202

Website: cbsh.ca

Email: infomad@cbsh.ca

**Services:** * Transport and accompaniment to medical appointments, by volunteers.

**Eligibility:** seniors and people with a loss of autonomy

**Coverage area:** MRC Les Maskoutains

**Hours:** Monday to Friday 8h30 to 16h30

**Fees:** according to the distance covered

**Financing:** Centraide Richelieu-Yamaska, provincial, donations, grants

**Legal status:** non-profit organization

**CLUB SAINT-LUC DE VERCHÈRES**

1045 Marie-Victorin Boulevard, PO Box 737, Verchères, Montérégie, QC, J0L 2R0

514 709-3627

Website: sites.google.com/site/clubstlucdevercheres

Email: clubstlucdevercheres@gmail.com

**Services:** Promotion of home care for seniors. * Tour of banks, a grocery store and drugstore. * Cultural and recreational activities with transportation. * Loan of orthopedic equipment: canes, wheelchairs, walkers, etc.
Eligibility: seniors 55 years and over, fully or partially autonomous
Coverage area: Calixa-Lavallée, Verchères
Fees: equipment loan: free, transportation by minibus for activities: $5
Financing: provincial, municipal, fundraising campaigns
Legal status: non-profit organization

CLUB SAINT-LUC DE VERCHÈRES - ACCOMPANIMENT-TRANSPORTATION
1045 Marie-Victorin Boulevard, PO Box 737, Verchères, Montérégie, QC, J0L 2R0
514 709-3627
Email: clubstlucdevercheres@gmail.com
Services: * Transportation and accompaniment to medical appointments and errands by volunteers.
Eligibility: seniors 55 years and over, fully or partially autonomous
Coverage area: Calixa-Lavallée and Verchères, appointments: Montérégie, Greater Montréal
Fees: free
Financing: provincial, municipal, fundraising campaigns
Legal status: non-profit organization

COMITÉ MIEUX VIEILLIR À SAINTE-MARTINE - ACCOMPANIMENT-TRANSPORTATION
Confidential Address
438 825-6873
Services: * Transportation and accompaniment to medical and paramedical appointments by volunteers.
Eligibility: seniors, people who are ill, people on a low income or on welfare, people who don't have a car
Coverage area: Sainte-Martine, Saint-Urbain-Premier, appointments: Montérégie, Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: 20$, welfare: free
Financing: provincial, self-financing
Legal status: non-profit organization

COOPÉRATIVE DE SOLIDARITÉ EN SERVICE D'AIDE À DOMICILE MOBIL'AIDE - ACCOMPANIMENT
55 5th Avenue, Saint-Jean-sur-Richelieu, Montérégie, QC, J2X 1T1
450 346-1011  Fax: 450 346-2655
Email: info@mobilaide.com
Services: * Accompaniment for errands by employees.
Eligibility: seniors 65 years and over, people referred by the CISSS Montérégie-Centre
Coverage area: CLSC de la Vallée-des-Forts et du Richelieu
Hours: Monday to Friday 7h30 to 16h00
Fees: between $7.56 and $19 per hour, plus travel expenses
Financing: provincial, self-financing
Legal status: non-profit organization

COOPÉRATIVE DE SOUTIEN À DOMICILE DU PAYS DES VERGERS - ACCOMPANIMENT-TRANSPORTATION
175 Principale Street, Suite 7, Cowansville, Montérégie, QC, J2K 3L9
450 266-5484  Fax: 450 266-1919
Website: soutienadomicile.coop
Email: info@soutienadomicile.coop
Services: * Accompaniment and transportation to errands by employees.
Coverage area: MRC Brome-Missisquoi, Sainte-Brigide-d'Iberville, Ange-Gardien
Hours: Monday to Friday 8h00 to 16h00
Fees: transportation: $0.50 per km
Financing: self-financing
Legal status: cooperative
COUP DE POUCE DES MOISSONS - ACCOMPANIMENT-TRANSPORTATION
196 Saint-Louis Road, Beauharnois, Montérégie, QC, J6N 2J1
1 888 429-4229 Fax: 450 429-6364
Website: cpmaide.ca
Email: direction@cpmaide.ca
Services: * Accompaniment and transport for running errands by employees.
Eligibility: seniors, people who are ill, living with a disability or with a loss of autonomy
Coverage area: MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Roussillon
Hours: Monday to Friday, by appointment
Fees: starting from $25.50 per hour, transportation: $0.50/km
Financing: provincial, self-financing
Legal status: non-profit organization

ENVOLÉE (L’), CENTRE D’ACTION BÉNÉVOLE SAINTE-JULIE
695 Sainte-Julie Road, Sainte-Julie, Montérégie, QC, J3E 1W8
450 649-8874 Fax: 450 649-1362
Website: lenvolee.org
Email: info@lenvolee.org
Eligibility: seniors, people with a loss of autonomy, caregivers, families, community organizations
Coverage area: Sainte-Julie
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00
Fees: meals on wheels: $6 for a complete meal
Financing: provincial, donations, fundraising campaigns, self-financing
Legal status: non-profit organization

ENVOLÉE (L’), CENTRE D’ACTION BÉNÉVOLE SAINTE-JULIE - ACCOMPANIMENT-TRANSPORTATION
695 Sainte-Julie Road, Sainte-Julie, Montérégie, QC, J3E 1W8
450 649-8874 Fax: 450 649-1362
Website: lenvolee.org
Email: info@lenvolee.org
Services: * Accompaniment and transportation by volunteers for medical appointments, small errands in Sainte-Julie and for shopping at Promenades Saint-Bruno.
Eligibility: seniors, people with a loss of autonomy or in convalescence
Coverage area: Sainte-Julie
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00
Fees: variable
Financing: provincial, donations, fundraising campaigns
Legal status: non-profit organization

GROUPE LE TOURNANT - ACCOMPANIMENT-TRANSPORTATION
29 Diderot Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J2W 3C7
514 771-8572 Fax: 450 348-1410
Email: letournant@hotmail.ca
Services: * Transportation and accompaniment to medical appointments by volunteers.
Eligibility: people living with a serious illness, people in palliative care, caregivers, volunteers
Coverage area: Carignan, Chambly, MRC Le Haut-Richelieu
**Financing:** grants  
**Legal status:** non-profit organization

### JOYEUX RETRAITÉS (LES) - TRANSPORTATION

1 Curé-Poirier Boulevard East, Longueuil, Montérégie, QC, J4J 2C6  
450 463-7100 ext. 2404  
Website: www.lesjoyeuxretraites.com  
Email: joyeuxretraites@outlook.fr  

**Services:**  
- Transportation to medical appointments by volunteers.  

**Eligibility:** people 50 years and over  
**Coverage area:** Longueuil  
**Hours:** medical transportation: 7 days, during the day  
**Fees:** membership: $10, medical transportation: $10  
**Financing:** contributions, provincial, self-financing  
**Legal status:** non-profit organization

### KAHNAWAKE SHAKOTIIA'TAKEHNHAS COMMUNITY SERVICES

Confidential Address  
450 632-6880  
Fax: 450 632-5116  
Website: www.kscs.ca  

**Services:**  
- Psychological support  
- Emergency phone line for crisis situations.  
- Individual, crisis, couple and family psychosocial counselling.  
- Anger management.  
- Support for addiction issues.  
- Anxiety support group.  
- Health: Various health programs.  
- Sexual health training and support.  
- Youth: Youth protection.  
- Our Gang: after-school activities program for children 6 to 12 years old.  
- Teen group: empowerment to become better global citizens while giving back to the community.  
- Education: Traditional cultural teachings.  
- Parenthood: Support to foster families.  
- Prenatal workshops.  
- Workshops for parenting teens.  
- Parent-child workshops.  
- Parenting skills workshops, Nobody’s Perfect program for parents of children 0 to 6 years old.  
- Family violence prevention.  
- Seniors: Day activities program for seniors.  
- Counselling for seniors.  
- Home and nursing care for seniors.  
- Turtle Bay Elders’ Lodge.  
- Food assistance: Meals on wheels.  
- Mental health: Support and activities for people living with mental health problems or physical disabilities.  

**Eligibility:** Kahnawake residents  
**Coverage area:** Kahnawake  
**Hours:** Monday to Friday 8h30 to 16h30  
**Financing:** grants  
**Legal status:** non-profit organization

### MAISON DES AÎNÉS DE LA PRAIRIE

500 Saint-Laurent Street, La Prairie, Montérégie, QC, J5R 5X2  
450 444-6736  
Website: maisondesainesanprairie.org  
Email: admin@maisondesainesanprairie.org  

**Services:**  
- Community centre for seniors.  
- Educational, social and cultural activities.  
- Sporting and wellness activities.  
- English and Spanish courses.  
- Computer courses.  
- Intergenerational projects.  
- At-home hairdressing.  
- Community meals.  
- Monthly breakfast.  
- Group transportation for errands and shopping.  
- Conferences and discussions.  

**Eligibility:** people 50 years and over, at-home hairdressing: people 50 years and over in recovery and without a car or people 80 years and over  
**Coverage area:** La Prairie, MRC Roussillon, at-home hairdressing: La Prairie  
**Hours:** Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, Friday 9h00 to 12h00  
**Fees:** annual membership: $18 for La Prairie citizens, $21 for others, courses and hairdressing: variable  
**Financing:** self-financing, provincial  
**Legal status:** non-profit organization
MAISON INTERNATIONALE DE LA RIVE-SUD
2500 Lapinière Boulevard, Brossard, Montérégie, QC, J4Z 3V1
450 445-8777     Fax: 450 445-1222
Website: mirs.qc.ca
Email: info@mirs.qc.ca
Eligibility: immigrants and refugees
Coverage area: South Shore
Hours: Monday to Friday 9h00 to 17h00
Fees: variable costs for some services: certification of documents, translation, daycare
Financing: provincial, federal, self-financing
Legal status: non-profit organization

MOSAÏQUE (LA), CENTRE D’ACTION BÉNÉVOLE ET COMMUNAUTAIRE - ACCOMPANIMENT-TRANSPORTATION
1650 de l’Église Avenue, Longueuil, Montérégie, QC, J4P 2C8
450 465-1803     Fax: 450 465-5440
Website: www.lamosaique.org
Email: info@lamosaique.qc.ca
Services: * Accompaniment and transportation to medical appointments by volunteers.
Eligibility: people in need, socially isolated people
Coverage area: Brossard, Greenfield Park, LeMoyne, Saint-Lambert
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30
Fees: variable according to the gas prices and the location of the beneficiary, volunteer and appointment
Financing: donations, grants, self-financing
Legal status: non-profit organization

ORGANISME VOUÉ AUX PERSONNES ATTEINTES DE CANCER - ACCOMPANIMENT-TRANSPORTATION
320 Larocque Road, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4C2
450 371-5400     Fax: 450 371-5455
Website: ovpac.org
Email: info@ovpac.org
Services: * Transportation and accompaniment to oncology centres by volunteers.
Eligibility: people living with cancer
Coverage area: MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges, MRC Roussillon, appointments: Greater Montréal
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 13h30
Fees: membership fee: $15, transportation: $60 round-trip
Financing: provincial, contributions, self-financing
Legal status: non-profit organization

PROJET COMMUNIC-ACTION - ACCOMPANIMENT-TRANSPORTATION
1493 138 Road, Suite 3, Godmanchester, Montérégie, QC, J0S 1H0
450 264-5197
Website: projetcommunicaction.org
Email: info@projetcommunicaction.org
Services: Accompaniment-transportation for visits, local activities and shopping.
Eligibility: seniors 65 years and over with a loss of autonomy living at home
Coverage area: Dundee, Elgin, Godmanchester, Hinchingbrooke, Huntingdon, Saint-Anicet, Sainte-Barbe, Ormstown
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Fees: none
Financing: Centraide Sud-Ouest, provincial, self-financing, donations
Legal status: non-profit organization

RESSOURCE-FAMILLE
91 Cartier Boulevard, Beloeil, Montérégie, QC, J3G 6R4
514 503-5904
Website: www.mfvr.ca/ressourcefamille
Email: ressourcefamille@mfvr.ca
Eligibility: families
Hours: office hours: Monday to Friday 8h30 to 16h00
Fees: none
Financing: donations, fundraising campaigns, grants
Legal status: non-profit organization

SANTÉ MENTALE QUÉBEC - HAUT-RICHELIEU - TRANSPORTATION
198 Mercier Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 6G9
450 346-5736 Fax: 450 346-2075
Email: direction.smq-hr@bellnet.ca
Services: * Medical transportation by volunteers.
Eligibility: adults living with mental health issues
Coverage area: MRC Le Haut-Richelieu, MRC Rouville, Carignan, Chambly, MRC Rousillon
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h00, Friday 8h00 to 12h00
Fees: transportation fees: $0.45 per km
Financing: provincial
Legal status: non-profit organization

SERVICE D'ACCOMPAGNEMENT BÉNÉVOLE ET COMMUNAUTAIRE
1493-2 Road 138, Huntingdon, Montérégie, QC, J0S 1H0
450 264-1131 Fax: 450 264-1131
Website: www.sabecduhsl.com
Email: sabec2641131@hotmail.com
Services: * Medical transportation and accompaniment. * Home support.
Eligibility: seniors, people with a temporary or permanent loss of autonomy, any person who has a medical appointment and that lives in the MRC du Haut-Saint-Laurent
Hours: administration: Monday to Friday 9h00 to 16h30, transport and accompaniment: 7 days, by appointment
Fees: variable between $10 and $80, reduced rate for car sharing, social aid providers: $5
Financing: Centraide Sout-West of Québec, municipal, donations, provincial, self-financing
Legal status: non-profit organization
Transportation

SERVICE D’ACTION BÉNÉVOLE AU COEUR DU JARDIN - ACCOMPANIMENT-TRANSPORTATION
1030 Notre-Dame Street, Saint-Rémi, Montérégie, QC, J0L 2L0
450 454-6567 Fax: 450 454-6567
Website: sabjardin.org
Email: sab.stremi@bellnet.ca

Services: * Medical transportation and accompaniment by volunteers.
Eligibility: autonomous seniors and people living with an illness
Coverage area: MRC Les Jardins-de-Napierville, appointments: according to the need
Hours: day, evening and weekend according to availabilities
Fees: $4 minimum, 39 km or less: $0.50 per km, 40 km or more: $0.45 per km
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

SERVICE D’ACTION BÉNÉVOLE AU COEUR DU JARDIN - NAPIERVILLE SITE -ACCOMPANIMENT-TRANSPORTATION
262-A de l’Église Street, Napierville, Montérégie, QC, J0J 1L0
450 245-7868
Website: sabjardin.org
Email: sabnap@hotmail.ca

Services: * Medical transportation and accompaniment by volunteers.
Eligibility: autonomous people in need
Coverage area: MRC Les Jardins-de-Napierville, appointments: according to the need
Hours: day, evening and weekend according to availabilities
Fees: $5 minimum, 39 km or less: $0.50 per km, 40 km or more: $0.45 per km
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

SERVICE D’ACTION BÉNÉVOLE AU COEUR DU JARDIN - POINT DE SERVICE HEMMINGFORD-ACCOMPANIMENT-TRANSPORTATION
476 Frontière Street, Hemmingford, Montérégie, QC, J0L 1H0
450 247-2893 Fax: 450 247-2893
Website: sabjardin.org
Email: sabhemfrd@hotmail.com

Services: * Medical transportation and accompaniment by volunteers.
Eligibility: autonomous people in need
Coverage area: MRC Les Jardins-de-Napierville, appointments: according to the need
Hours: by appointment
Fees: $4 minimum, 39 km or less: $0.50 per km, 40 km or more: $0.45 per km
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

SERVICE D’AIDE DOMESTIQUE JARDINS-ROUSSILLON - ACCOMPANIMENT-TRANSPORTATION
23 Montée des Bouleaux, Suite 100, Saint-Constant, Montérégie, QC, J5A 1B6
1 877 629-0817 Fax: 450 993-0730
Website: www.sadjardins-roussillon.com
Email: info@sadjardins-roussillon.com

Services: * Transportation and accompaniment for errands by employees.
Eligibility: seniors, people with loss of autonomy, disabled or ill
Coverage area: Candiac, Delson, La Prairie, Sainte-Catherine, Saint-Constant, Saint-Isidore, Saint-Mathieu, Saint-Philippe, MRC les Jardins-de-Napierville
Hours: Monday to Friday 8h00 to 17h00

1713
**Fees:** transportation: $0.45 per km, hourly fees according to the income  
**Financing:** provincial, self-financing  
**Legal status:** non-profit organization

**SERVICE DE BÉNÉVOLAT DU CENTRE D'HÉBERGEMENT DOCTEUR-AIMÉ-LEDUC**  
80 du Marché Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1P5  
450 373-4818 ext. 135 or 139  
Website: www.santemonteregie.qc.ca/installations/chsld-docteur-aime-leduc  
Email: vanessa.grimard.cissmo16@ssss.gouv.qc.ca  
**Services:** A team of volunteers who offer assistance and a friendly presence to residents. * Medical accompaniment. * Palliative care accompaniment. * Recreational activities and friendly visits.  
**Eligibility:** general public  
**Coverage area:** Salaberry-de-Valleyfield  
**Hours:** Monday to Sunday 9h00 to 19h00  
**Fees:** none  
**Financing:** provincial, municipal  
**Legal status:** parapublic organization

**TAXIBUS DE SALABERRY-DE-VALLEYFIELD**  
51 Hébert Street, Salaberry-de-Valleyfield, Montérégie, QC, J6S 2R5  
450 370-0600     Fax: 450 371-9383  
Website: www.stsv.ca  
Email: info@taxibusvalleyfield.com  
**Services:** Personalized public transportation.  
**Coverage area:** Salaberry-de-Valleyfield  
**Hours:** transportation: 7 days, 5h20 to 22h10, by reservation, office: Monday to Friday 8h00 to 18h00  
**Fees:** registration: $5  
**Financing:** municipal, provincial, self-financing  
**Legal status:** non-profit organization

**Accompanied transport for medical reasons**

**ACTION BÉNÉVOLE DE VARENNES - ACCOMPANIMENT-TRANSPORTATION**  
50 de la Fabrique Street, Varennes, Montérégie, QC, J3X 1R1  
450 652-5256  
Website: actionbenevolevarennes.org/services/accompagnement-et-transport  
Email: info@actionbenevolevarennes.org  
**Services:** * Transportation and accompaniment to medical appointments and shopping by volunteers.  
**Eligibility:** seniors 60 years and over, people who are unable to drive for their appointments  
**Coverage area:** Varennes  
**Hours:** appointment: Monday to Friday, Saturday and Sunday occasionally  
**Fees:** gas fees: $0.45 per km  
**Financing:** donations, grants  
**Legal status:** non-profit organization

**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
ASSOCIATION VIVRE ET VIEILLIR CHEZ SOI DU BAS RICHELIEU - ACCOMPAGNEMENT-TRANSPORT
105 Prince Street, Suite 112, Sorel-Tracy, Montérégie, QC, J3P 4J9
450 743-1584
Website: vivreettieillirchezsoi.ca
Email: info@vivreettieillirchezsoi.ca
Services: * Transportation and accompaniment to appointments by volunteers, long distance transportation to medical appointments.
Eligibility: people 50 years old and over
Coverage area: MRC Pierre-De-Saurel, transportation and accompaniment in the MRC Pierre-De Saurel and by appointment in Montreal and Saint-Hyacinthe
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, by appointment only
Fees: variable
Financing: donations, provincial, self-financing
Legal status: Select Legal Status

CARREFOUR COMMUNAUTAIRE L'ARC-EN-CIEL - TRANSPORTATION
96 Curé-Beauregard Street, Saint-Ours, Montérégie, QC, J0G 1P0
450 785-2874     Fax: 450 785-2876
Email: carrefourarcenciel@videotron.ca
Services: * Transportation to outings and medical appointments by volunteers.
Eligibility: medical transportation: general population, transportation to outings: persons 60 years of age and older
Coverage area: Saint-Ours, transportation in MRC Pierre-de Saurel, Saint-Hyacinthe, Montréal
Hours: Monday to Thursday 8h30 to 16h00
Fees: $7 for a round-trip to Sorel-Tracy, $20 for a round-trip to Saint-Hyacinthe, $40 for a round-trip to Montreal
Financing: grants, self-financing
Legal status: non-profit organization

CENTRE COMMUNAUTAIRE MULTISERVICES UN COIN CHEZ NOUS - TRANSPORTATION
628 Notre-Dame Street, Saint-Chrysostome, Montérégie, QC, J0S 1R0
450 826-4425     Fax: 450 826-1000
Website: www.uncoincheznous.org
Email: ccmsuccn@cooptel.qc.ca
Services: * Transportation to medical appointments and activities by volunteers.
Eligibility: seniors, people with a loss of autonomy
Coverage area: MRC Le Haut-Saint-Laurent
Hours: Monday to Friday 7h30 to 16h30, Sunday 13h00 to 17h00
Fees: none
Financing: grants, self-financing
Legal status: non-profit organization
CENTRE D’ACTION BÉNÉVOLE D’IBERVILLE ET DE LA RÉGION - ACCOMPANIMENT-TRANSPORTATION
290 des Conseillers Avenue, Saint-Jean-sur-Richelieu, Montérégie, QC, J2X 1Z8
450 347-1172 Fax: 450 347-3572
Website: cabiberville.org
Email: info@cabiberville.org
Services: * Transportation and accompaniment for medical appointments and shopping by a volunteer. Eligibility: seniors, transportation and accompaniment for shopping: people with a loss of autonomy 55 years and over Coverage area: Saint-Jean-sur-Richelieu: Iberville and Saint-Athanase neighbourhoods, Mont Saint-Grégoire Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, June to September: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 Fees: medical transportation: $0.47 by kilometer, transportation for shopping: $0.47 by kilometer and minimal fee of $7 Financing: Centraide of Greater Montréal, donations, provincial Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE BEAUHARNOIS - ACCOMPANIMENT-TRANSPORTATION
600 Ellice Street, Suite 106, Beauharnois, Montérégie, QC, J6N 3P7
450 429-6453
Website: cabbeauharnois.com
Email: info@cabbeauharnois.com
Services: * Transportation and accompaniment for medical appointments and shopping by volunteers. Eligibility: seniors 65 years and over, people with a loss of autonomy, people with cancer or dialysis treatment Coverage area: Beauharnois, Saint-Étienne-de-Beauharnois, Saint-Louis-de-Gonzague Hours: Monday to Friday 8h00 to 15h30 Fees: gas cost, no fees for parking, fee for meals if the volunteer must stay on location: $8 for breakfast, $12 for lunch and $15 for dinner Financing: provincial, self-financing, donations Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE BOUCHERVILLE - ACCOMPANIMENT-TRANSPORTATION
11 Louis-H. la Fontaine Street North, Suite 201, Boucherville, Montérégie, QC, J4B 4Y2
450 655-9081
Website: www.cabboucherville.ca
Email: info@cabboucherville.ca
Services: * Transportation and accompaniment for medical appointments and grocery shopping by volunteers. Eligibility: people living with permanent or temporary difficulties, seniors, caregivers Coverage area: Boucherville Fees: $8 for Boucherville, $0.45 per km for other destinations Financing: provincial, Centraide of Greater Montréal, donations, federal, self-financing Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE CONTRECOEUR - À PLEIN COEUR - TRANSPORTATION
5037 Legendre Street, Contrecoeur, Montérégie, QC, J0L 1C0
450 587-8227 Fax: 450 401-1151
Website: cabcontrecoeur.ca
Email: cab.contrecoeur@videotron.ca
Services: * Transportation for medical appointments and for shopping by volunteers. Eligibility: mostly seniors Coverage area: Contrecoeur and Verchères, medical transportation appointments: Greater Montréal, shopping: Contrecoeur Hours: Monday to Friday
Fees: free for social assistance recipients, others: $0.40 per km
Financing: provincial, donations
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE FARNHAM - ACCOMPANIMENT-TRANSPORTATION
1810 Principale East Street, Farnham, Montérégie, QC, J2N 1N4
450 293-3265    Fax: 450 293-1010
Website: www.cabfarnham.com
Email: direction@cabfarnham.com


Eligibility: for everyone
Coverage area: Ange-Gardien, Farnham, Sainte-Brigide-d'Iberville, Sainte-Sabine
Hours: accompaniment-transportation for shopping: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00, medical accompaniment-transportation: Monday to Sunday depending on the needs

Fees: people registered in the social solidarity program: none, unregistered people: $0.59 per kilometer
Financing: Centraide Richelieu-Yamaska, provincial
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE LA FRONTIÈRE
12 Sainte-Marie Street, Lacolle, Montérégie, QC, J0J 1J0
450 246-2016    Fax: 450 246-2229
Email: centre.benev@hotmail.com


Eligibility: people in need, seniors
Coverage area: Lacolle, Clarenceville, Noyan, Saint-Bernard-de-Lacolle, Saint-Valentin, Saint-Paul-de-l'Île-aux-Noix, ITMAV: Lacolle, Saint-Paul-de-l'Île-aux-Noix, Saint-Valentin, Saint-Bernard-de-Lacolle
Hours: Monday to Thursday 7h00 to 16h00, Friday 7h30 to 11h30

Fees: meals-on-wheels: $5 hot meals, $4 frozen meals, community lunches: $10, transportation: variable
Financing: provincial, self-financing
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE LA VALLÉE-DU-RICHELIEU - ACCOMPANIMENT-TRANSPORTATION
288-A Radisson Street, Mont-Saint-Hilaire, Montérégie, QC, J3H 2Z4
450 467-9373    Fax: 450 467-3732
Website: www.cabvr.org
Email: cabvr@cabvr.org

Services: * Accompaniment and transportation for medical appointments and grocery-shopping by volunteers.

Eligibility: people in need
Coverage area: Beloeil, McMasterville, Mont-Saint-Hilaire, Otterburn Park, Saint-Antoine-sur-Richelieu, Saint-Charles-sur-Richelieu, Saint-Denis-sur-Richelieu, Saint-Jean-Baptiste, Saint-Mathieu-de-Beloeil, Saint-Marc-sur-Richelieu
Hours: Monday to Friday 8h30 à 12h00 et 13h00 à 16h00

Fees: variable, depending on the location of the appointment
Financing: provincial, Centraide Richelieu-Yamaska, donations
Legal status: non-profit organization
CENTRE D’ACTION BÉNÉVOLE DE SAINT-HUBERT - ACCOMPANIMENT-TRANSPORTATION
3339 Grande Allée, Longueuil, Montérégie, QC, J4T 2S9
450 656-9110 Fax: 450 656-9115
Website: www.cab-saint-hubert.org
Email: info@cab-saint-hubert.org
Services: * Accompaniment and transportation to medical appointments by volunteers.
Eligibility: autonomous people over 60 years old
Coverage area: Saint-Hubert
Hours: Monday to Friday 8h00 to 16h00
Fees: $0.50 per km, fixed minimum: $5
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE SAINT-JEAN-SUR-RICHELIEU - ACCOMPANIMENT-TRANSPORTATION
640 Dorchester Street, Room 301, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 5A4
450 347-7527 ext. 21
Website: cabstjean.org/pages/accompagnement-transport-medical
Email: info@cabstjean.org
Services: * Transportation and accompaniment to medical appointments and groceries by a volunteer.
Eligibility: people aged 65 and over
Coverage area: Saint-Blaise-Sur-Richelieu, Saint-Jean-Sur-Richelieu (excluding the Iberville and Saint-Athanase sectors), Saint-Paul-de-l’Île-aux-Noix
Hours: Monday to Thursday 8h00 to 16h30
Fees: variable
Financing: provincial, self-financing, donations
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DU BAS RICHELIEU - ACCOMPANIMENT-TRANSPORTATION
70 Élizabeth Street, Sorel-Tracy, Montérégie, QC, J3P 4G5
450 743-4310
Website: www.cab-basrichelieu.org/1239/Accompagnement_medical.html
Email: transport-medical@cab-basrichelieu.org
Services: * Transportation and accompaniment to medical appointments by volunteers.
Eligibility: seniors, persons in slight temporary or permanent loss of autonomy
Coverage area: MRC Pierre-De Saurel
Hours: Monday to Thursday 8h30 to 12h00 and 13h30 to 16h00, Friday 8h30 to 12h00
Fees: variable
Financing: Centraide Richelieu-Yamaska, donations, provincial
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DU GRAND CHÂTEAUGUAY - ACCOMPANIMENT-TRANSPORTATION
10 Gilmour Street, Châteauguay, Montérégie, QC, J6J 1K4
450 699-6289
Website: www.cabchateauguay.org
Email: info@cabgc.org
Services: Volunteer accompaniment and transportation service. * Accompaniment to medical appointments. * Accompaniment for grocery shopping or essential errands. * Accompaniment for compassionate visits.
Eligibility: people aged 50 and over with a loss of physical or cognitive autonomy
Coverage area: Châteauguay, Saint-Urbain-Premier, Saint-Isidore, Sainte-Martine, Mercier, Léry, appointments: Greater Montréal
Hours: Monday to Friday, by appointment
Fees: variables depending on the destination
Financing: federal, provincial, donations
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE INTERACTION - TRANSPORTATION
100 Principale Street, Noyan, Montérégie, QC, J0J 1B0
450 294-2646 Fax: 450 294-2145
Website: cabinteraction.ca
Email: info@cabinteraction.ca
Services: * Transport to medical appointments by a volunteer.
Eligibility: people with a slight temporary or permanent loss of autonomy
Capacity: 1 person at a time
Coverage area: Noyan, Saint-Georges-De-Clarenceville, pointe Nord de Henryville
Hours: Monday to Thursday 8h00 to 16h30
Fees: variable with the possibility of reduced rates for clients on a low income, social assistance recipients: free
Financing: provincial, donations
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 LES P’TITS BONHEURS - ACCOMPANIMENT-TRANSPORTATION
1665 Montarville Street, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 3T8
450 441-0807 Fax: 450 441-4667
Website: www.cabstbruno.org
Email: infocab.petitsbonheurs@cabstbruno.org
Services: * Accompaniment and transportation to medical appointments by volunteers.
Eligibility: people with mobility impairments or loss of independence who are unable to travel on public transportation
Coverage area: Saint-Bruno-de-Montarville, appointments: neighbouring regions (Saint-Hyacinthe, Montréal) according to needs
Fees: fixed fees according to the destination
Financing: provincial
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: cabs@videotron.ca
Services: * Medical accompaniment and transportation by volunteers.
Eligibility: seniors, people in need
Coverage area: Côteau-du-Lac, Les Côteaux, Rivière-Beaudette, Saint-Clet, Sainte-Justine-de-Newton, Saint-Polycarpe, Saint-Télésphore, 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: $0.05 per km, others: $0.47 per km
Financing: donations, grants, self-financing
Legal status: non-profit organization

CENTRE D'ENTRAIDE BÉNÉVOLE DE SAINT-AMABLE - ACCOMPAGNEMENT-TRANSPORTATION
297 Principale Street, Saint-Amable, Montérégie, QC, J0L 1N0
450 649-0604 ext. 31 Fax: 450 649-2301
Website: www.cebsa.org
Email: info@cebsa.org
Services: * Accompaniment and transportation for medical appointments and grocery shopping by volunteers.
Eligibility: people on a low income, seniors, people living with disabilities, ill people
Coverage area: Saint-Amable
Hours: Monday to Thursday 8h30 to 16h30
Fees: fixed rates according to the destination
Financing: provincial, self-financing
Legal status: non-profit organization

CENTRE D'ENTRAIDE RÉGIONAL D'HENRYVILLE - ACCOMPAGNEMENT-TRANSPORT
791, Saint-Jean-Baptiste Street, Henryville, Montérégie, QC, J0J 1E0
450 299-1117 Fax: 450 299-9742
Email: cerh1998@live.ca
Services: Transportation and accompaniment to medical appointments by volunteers.
Eligibility: seniors and people with a loss of autonomy
Coverage area: Henryville, Sabrevois, Saint-Alexandre, Saint-Sébastien, Venise-en-Québec
Hours: by appointment
Fees: variable
Financing: provincial, Centraide of Greater Montreal
Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT D'ACTON VALE - ACCOMPAGNEMENT-TRANSPORTATION
1176 Bélair Street, Acton Vale, Montérégie, QC, J0H 1A0
450 546-7332
Email: direction@cbav.ca
Services: * Transportation and accompaniment to medical appointments by a volunteer.
Eligibility: seniors
Coverage area: MRc Acton, medical appointments: necessarily outside the MRC Acton
Hours: administration: Monday to Friday 8h00 to 16h00
Financing: donations, self-financing
Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE LA RIVE-SUD - CHAMBLY SITE - ACCOMPAGNEMENT-TRANSPORTATION
1410 de Salaberry Avenue, Chambly, Montérégie, QC, J3L 1R7
450 658-4325 Fax: 450 658-1694
Website: www.benevolatrivesud.qc.ca
Email: chambly@benevolatrivesud.qc.ca
Services: * Accompaniment-transportation for medical appointments and errands by volunteers.  
Eligibility: seniors 65 years and over, ill or convalescent people  
Coverage area: Chambly, Carignan, appointments: neighbouring regions (Montréal, Longueuil, Laval, etc.) according to need  
Hours: Monday to Friday 8h30 to 16h30, evenings and weekends according to availabilities  
Fees: $0.45 per km, trips less than 11 km long: $5  
Financing: donations  
Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE LA RIVE-SUD - POINT DE SERVICE DE CANDIAC - ACCOMPANIMENT-TRANSPORTATION  
8 Saint-François-Xavier Road, Candiac, Montérégie, QC, J5R 1A2  
450 659-9651     Fax: 450 659-1271  
Website: benevolatrivesud.qc.ca  
Email: candiac@benevolatrivesud.qc.ca  
Services: * Transportation and accompaniment to medical appointments and errands by volunteers.  
Eligibility: adults and seniors with a loss of autonomy, living alone or convalescent  
Coverage area: Candiac, La Prairie, Saint-Constant, Sainte-Catherine, Saint-Mathieu, Saint-Philippe and Delson, appointments: South Shore, Montréal  
Hours: day, evening and weekend according to availabilities  
Fees: $0.45 per km, parking fees for some hospitals  
Financing: provincial, self-financing  
Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE LA RIVE-SUD - POINT DE SERVICE DE LONGUEUIL - ACCOMPANIMENT-TRANSPORTATION  
16 Montcalm Street, Longueuil, Montérégie, QC, J4J 2K6  
450 677-5281     Fax: 450 677-8067  
Website: www.benevolatrivesud.qc.ca  
Email: longueuil@benevolatrivesud.qc.ca  
Services: * Accompaniment-transportation for medical appointments and errands by volunteers.  
Eligibility: adults and seniors with a loss of autonomy, living alone or in convalescent  
Coverage area: Longueuil (except for Saint-Hubert), appointments: Montréal, Montérégie  
Hours: Monday to Friday 8h30 to 16h30  
Fees: $0.50 per km  
Financing: donations, self-financing  
Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE LA RIVE-SUD - SAINT-LAMBERT SITE - ACCOMPANIMENT-TRANSPORTATION  
45 Argyle Street, Saint-Lambert, Montérégie, QC, J4P 2H2  
450 465-6130     Fax: 450 465-5638  
Website: www.benevolatrivesud.qc.ca  
Email: stlambert@benevolatrivesud.qc.ca  
Services: * Accompaniment and transportation to medical appointments and errands by volunteers.  
Eligibility: people over 65 years old, ill or convalescent people  
Coverage area: Saint-Lambert, Greenfield Park, Le Moyné and Brossard, appointments: Greater Montréal  
Hours: Monday to Friday 8h30 to 16h30, evenings and weekends according to availabilities  
Fees: $0.50 per km  
Financing: provincial, Centraide of Greater Montréal  
Legal status: non-profit organization
CENTRE DE BÉNÉVOLAT DE SAINT-BASILE-LE-GRAND - ACCOMPANIMENT-TRANSPORTATION

50 Robert Street, Saint-Basile-le-Grand, Montérégie, QC, J3N 1L7
450 461-2111     Fax: 450 461-1588
Email: centredebenevolat@bellnet.ca

Services: * Medical transportation by volunteers.
Eligibility: general public
Coverage area: Saint-Basile-le-Grand
Hours: Monday to Thursday 8h00 to 16h00, Friday 8h00 to 12h00, more according to availabilities
Fees: $5 to $25 according to the destination
Financing: grants, donations, self-financing
Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE ST-HYACINTHE (LE) - ACCOMPAGNEMENT-TRANSPORT

1015 Dessaulles Street, Saint-Hyacinthe, Montérégie, QC, J2S 2Y8
450 250-2874 ext. 202
Website: cbsh.ca
Email: infomad@cbsh.ca

Services: * Transport and accompaniment to medical appointments, by volunteers.
Eligibility: seniors and people with a loss of autonomy
Coverage area: MRC Les Maskoutains
Hours: Monday to Friday 8h30 to 16h30
Fees: according to the distance covered
Financing: Centraide Richelieu-Yamaska, provincial, donations, grants
Legal status: non-profit organization

CLUB SAINT-LUC DE VERCHÈRES - ACCOMPANIMENT-TRANSPORTATION

1045 Marie-Victorin Boulevard, PO Box 737, Verchères, Montérégie, QC, J0L 2R0
514 709-3627
Email: clubstlucdevercheres@gmail.com

Services: * Transportation and accompaniment to medical appointments and errands by volunteers.
Eligibility: seniors 55 years and over, fully or partially autonomous
Coverage area: Calixa-Lavallée and Verchères, appointments: Montérégie, Greater Montréal
Fees: free
Financing: provincial, municipal, fundraising campaigns
Legal status: non-profit organization

COMITÉ MIEUX VIEILLIR À SAINTE-MARTINE - ACCOMPANIMENT-TRANSPORTATION

Confidential Address
438 825-6873

Services: * Transportation and accompaniment to medical and paramedical appointments by volunteers.
Eligibility: seniors, people who are ill, people on a low income or on welfare, people who don't have a car
Coverage area: Sainte-Martine, Saint-Urbain-Premier, appointments: Montérégie, Montréal
Hours: Monday to Friday 9h00 to 17h00
Fees: 20$, welfare: free
Financing: provincial, self-financing
Legal status: non-profit organization
ENVOLEÉ (L’), CENTRE D’ACTION BÉNÉVOLE SAINTE-JULIE - ACCOMPANIMENT-TRANSPORTATION

695 Sainte-Julie Road, Sainte-Julie, Montérégie, QC, J3E 1W8
450 649-8874     Fax: 450 649-1362
Website: lenvolee.org
Email: info@lenvolee.org

Services: * Accompaniment and transportation by volunteers for medical appointments, small errands in Sainte-Julie and for shopping at Promenades Saint-Bruno.
Eligibility: seniors, people with a loss of autonomy or in convalescence
Coverage area: Sainte-Julie
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00
Fees: variable
Financing: provincial, donations, fundraising campaigns
Legal status: non-profit organization

GROUPE LE TOURNANT - ACCOMPANIMENT-TRANSPORTATION

29 Diderot Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J2W 3C7
514 771-8572     Fax: 450 348-1410
Email: letournant@hotmail.ca

Services: * Transportation and accompaniment to medical appointments by volunteers.
Eligibility: people living with a serious illness, people in palliative care, caregivers, volunteers
Coverage area: Carignan, Chambly, MRC Le Haut-Richelieu
Financing: grants
Legal status: non-profit organization

JOYEUX RETRAITÉS (LES) - TRANSPORTATION

1 Curé-Poirier Boulevard East, Longueuil, Montérégie, QC, J4J 2C6
450 463-7100 ext. 2404
Website: www.lesjoyeuxretraites.com
Email: joyeuxretraites@outlook.fr

Services: * Transportation to medical appointments by volunteers.
Eligibility: people 50 years and over
Coverage area: Longueuil
Hours: medical transportation: 7 days, during the day
Fees: membership: $10, medical transportation: $10
Financing: contributions, provincial, self-financing
Legal status: non-profit organization

MOSAÏQUE (LA), CENTRE D’ACTION BÉNÉVOLE ET COMMUNAUTAIRE - ACCOMPANIMENT-TRANSPORTATION

1650 de l’Église Avenue, Longueuil, Montérégie, QC, J4P 2C8
450 465-1803     Fax: 450 465-5440
Website: www.lamosaique.org
Email: info@lamosaique.qc.ca

Services: * Accompaniment and transportation to medical appointments by volunteers.
Eligibility: people in need, socially isolated people
Coverage area: Brossard, Greenfield Park, LeMoyne, Saint-Lambert
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30
Fees: variable according to the gas prices and the location of the beneficiary, volunteer and appointment
Financing: donations, grants, self-financing
Legal status: non-profit organization
ORGANISME VOUÉ AUX PERSONNES ATTEINTES DE CANCER - ACCOMPANIMENT-TRANSPORTATION

320 Larocque Road, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4C2
450 371-5400  Fax: 450 371-5455
Website: ovpac.org
Email: info@ovpac.org

Services: * Transportation and accompaniment to oncology centres by volunteers.
Eligibility: people living with cancer
Coverage area: MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges, MRC Roussillon, appointments: Greater Montréal
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 13h30
Fees: membership fee: $15, transportation: $60 round-trip
Financing: provincial, contributions, self-financing
Legal status: non-profit organization

SANTÉ MENTALE QUÉBEC - HAUT-RICHELIEU - TRANSPORTATION

198 Mercier Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 6G9
450 346-5736  Fax: 450 346-2075
Email: direction.smq-hr@bellnet.ca

Services: * Medical transportation by volunteers.
Eligibility: adults living with mental health issues
Coverage area: MRC Le Haut-Richelieu, MRC Rouville, Carignan, Chambly, MRC Rousillon
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h00, Friday 8h00 to 12h00
Fees: transportation fees: $0.45 per km
Financing: provincial
Legal status: non-profit organization

SERVICE D’ACCOMPAGNEMENT BÉNÉVOLE ET COMMUNAUTAIRE

1493-2 Road 138, Huntingdon, Montérégie, QC, J0S 1H0
450 264-1131  Fax: 450 264-1131
Website: www.sabecduhsl.com
Email: sabec2641131@hotmail.com

Services: * Medical transportation and accompaniment. * Home support.
Eligibility: seniors, people with a temporary or permanent loss of autonomy, any person who has a medical appointment and that lives in the MRC du Haut-Saint-Laurent
Hours: administration: Monday to Friday 9h00 to 16h30, transport and accompaniment: 7 days, by appointment
Fees: variable between $10 and $80, reduced rate for car sharing, social aid providers: $5
Financing: Centraide Sout-West of Québec, municipal, donations, provincial, self-financing
Legal status: non-profit organization

SERVICE D’ACTION BÉNÉVOLE AU COEUR DU JARDIN - ACCOMPANIMENT-TRANSPORTATION

1030 Notre-Dame Street, Saint-Rémi, Montérégie, QC, J0L 2L0
450 454-6567  Fax: 450 454-6567
Website: sabjardin.org
Email: sab.stremi@bellnet.ca

Services: * Medical transportation and accompaniment by volunteers.
Eligibility: autonomous seniors and people living with an illness
Coverage area: MRC Les Jardins-de-Napierville, appointments: according to the need
Hours: day, evening and weekend according to availabilities
Transportation

Fees: $4 minimum, 39 km or less: $0.50 per km, 40 km or more: $0.45 per km
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

SERVICE D’ACTION BÉNÉVOLE AU COEUR DU JARDIN - NAPIERVILLE SITE - ACCOMPANIMENT-TRANSPORTATION
262-A de l’Église Street, Napierville, Montérégie, QC, J0J 1L0
450 245-7868
Website: sabjardin.org
Email: sabnap@hotmail.ca
Services: * Medical transportation and accompaniment by volunteers.
Eligibility: autonomous people in need
Coverage area: MRC Les Jardins-de-Napierville, appointments: according to the need
Hours: day, evening and weekend according to availabilities
Fees: $5 minimum, 39 km or less: $0.50 per km, 40 km or more: $0.45 per km
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

SERVICE D’ACTION BÉNÉVOLE AU COEUR DU JARDIN - POINT DE SERVICE HEMMINGFORD - ACCOMPANIMENT-TRANSPORTATION
476 Frontière Street, Hemmingford, Montérégie, QC, J0L 1H0
450 247-2893 Fax: 450 247-2893
Website: sabjardin.org
Email: sabhemfrd@hotmail.com
Services: * Medical transportation and accompaniment by volunteers.
Eligibility: autonomous people in need
Coverage area: MRC Les Jardins-de-Napierville, appointments: according to the need
Hours: by appointment
Fees: $4 minimum, 39 km or less: $0.50 per km, 40 km or more: $0.45 per km
Financing: Centraide of Greater Montréal, provincial
Legal status: non-profit organization

Paratransit

BALADEUR RENÉ DE LONGUEUIL
1901 Claude Street, Longueuil, Montérégie, QC, J4G 1Y5
450 341-0909
Website: baladeurrenedelongueuil.org
Email: info@baladeurrenedelongueuil.org
Services: Adapted group transportation via minibus for errands and recreational activities.
Eligibility: organizations who offer services to seniors with reduced mobility
Capacity: 2 minibuses with a capacity of 18 passengers each
Coverage area: Longueuil
Fees: variable
Financing: grants, self-financing
Legal status: non-profit organization

OMNIBUS RÉGION D’ACTON
1545 Peerless Street, Office 203, Acton Vale, Montérégie, QC, J0H 1A0
450 546-4039
Website: www.omnibusra.com
Email: omnibusacton@outlook.com
Services: Collective and adapted transportation. * Collective transportation, boarding and disembarking at Acton Vale, Roxton Falls, Sainte-Christine, Upton, Saint-Nazaire-d'Acton, Saint-Théodore-d'Acton et Saint-Hyacinthe. * Adapted transformation.

Eligibility: adapted transportation: disabled people, people with severe and persisting mental health issues, people with limited mobility including: an inability to walk a distance of 400 meters, to climb a 35 centimeter step with support or to come down without support, to make a complete trip on regular public transit, to orient oneself in time or space, to manage situations, or behaviours that could be dangerous for oneself or for others.

Coverage area: MRC Acton, Saint-Hyacinthe

Hours: administration: Monday to Friday 8h00 to 16h00, transportation service: Monday and Tuesday 7h00 to 19h00, Wednesday and Thursday 7h00 to 20h00, Friday 7h00 to 23h00, Saturday 8h00 to 17h00

Financing: provincial, municipal, self-financing

Legal status: non-profit organization

RÉSEAU DE TRANSPORT DE LONGUEUIL - TRANSPORT ADAPTÉ
1150 Marie-Victorin Boulevard, Longueuil, Montérégie, QC, J4G 2M4
450 670-2992 ext. 1  Fax: 450 656-6802
Website: www.rtl-longueuil.qc.ca/en-CA/rtl-paratransit-service

Services: Regular, occasional, metropolitan and secondary transportation by adapted minibus or by taxi. * Possibility to travel with your personal attendant.

Eligibility: people with a significant and persistent functional limitation who meet the criteria set by the ministère des Transports du Québec's paratransit eligibility policy.

Coverage area: Longueuil agglomeration

Hours: operating hours: Monday to Thursday 6h30 to 24h00, Friday and Saturday 6h30 to 1h00, Sunday 6h30 to 23h00, reservations: 7 days, 9h00 to 19h00, administration: Monday to Friday 8h30 to 16h30, customer service: Monday to Friday 7h00 to 20h00, Saturday, Sunday and holidays 8h30 to 16h30

Fees: variable

Financing: provincial, municipal, self-financing

Legal status: parapublic organization

SOCIÉTÉ DE TRANSPORT DE SALABERRY DE VALLEYFIELD - PARATRANSIT
51 Hébert Street, Salaberry-de-Valleyfield, Montérégie, QC, J6S 2R5
Website: stsv.ca
Email: ta@stsv.ca


Eligibility: people with disabilities, people with reduced mobility including: an inability to walk 400 metres on even ground, to climb a step 35 centimetres high with support or descend without support, to make an entire trip using regular public transit, to keep track of time or find their bearings, to handle situations or behaviour that could compromise their own safety or that of others.

Coverage area: Coteau-du-Lac, Les Coteaux, Rivière-Beaudette, Saint-Louis-de-Gonzague, Saint-Polycarpe, Saint-Stanislas-de-Kosta, Saint-Zotique, Salaberry-de-Valleyfield

Hours: reservation Monday to Friday from 7h00 to 5h00, transportation: 7 days

Fees: variables

Financing: municipal, provincial

Legal status: parapublic organization

SUR LES ROUTES DU SAINT-LAURENT
10 King Street, Office 126, Huntingdon, Montérégie, QC, J0S 1H0
450 264-2267  Fax: 450 264-2919
Email: transports.adapte-slrl@outlook.com

Services: * Transportation for people with reduced mobility, by employees.

Eligibility: people with reduced mobility

Coverage area: Dundee, Elgin, Godmanchester, Hinchinbrooke, Huntingdon, Ormstown, Saint-Anicet, Sainte-Barbe
Transportation

**TRANSPORTS ACCÈS**
185 Saint-Jean-Baptiste Boulevard, Suite 300C, Châteauguay, Montérégie, QC, J6K 3B4
450 699-1077    Fax: 450 699-7305
Email: administration@transportsacces.com

**Services**: Paratransit by minibus or taxi offering door-to-door assistance.

**Eligibility**: people living with a disability

**Coverage area**: Châteauguay, Léry, Mercier, Beauharnois

**Hours**: Monday to Friday 7h00 to 23h00, Saturday 10h00 to 24h00, Sunday 10h00 to 23h00

**Fees**: variable depending on destination

**Financing**: provincial, self-financing

**Legal status**: parapublic organization

**Public Transportation**

**OMNIBUS RÉGION D'ACTON**
1545 Peerless Street, Office 203, Acton Vale, Montérégie, QC, J0H 1A0
450 546-4039
Website: www.omnibusra.com
Email: omnibusacton@outlook.com

**Services**: Collective and adapted transportation. * Collective transportation, boarding and disembarking at Acton Vale, Roxton Falls, Sainte-Christine, Upton, Saint-Nazaire-d'Acton, Saint-Théodore-d'Acton et Saint-Hyacinthe. * Adapted transportation.

**Eligibility**: adapted transportation: disabled people, people with severe and persisting mental health issues, people with limited mobility including: an inability to walk a distance of 400 meters, to climb a 35 centimeter step with support or to come down without support, to make a complete trip on regular public transit, to orient oneself in time or space, to manage situations, or behaviours that could be dangerous for oneself or for others

**Coverage area**: MRC Acton, Saint-Hyacinthe

**Hours**: administration: Monday to Friday 8h00 to 16h00, transportation service: Monday and Tuesday 7h00 to 19h00, Wednesday and Thursday 7h00 to 20h00, Friday 7h00 to 23h00, Saturday 8h00 to 17h00

**Financing**: provincial, municipal, self-financing

**Legal status**: non-profit organization

**RÉSEAU DE TRANSPORT DE LONGUEUIL**
1150 Marie-Victorin Boulevard, Longueuil, Montérégie, QC, J4G 2M4
450 442-8600
Website: www.rtl-longueuil.qc.ca/en-CA/home-page/

**Services**: Public transportation company. * Regular transportation services and paratransit. * RTL mobile: application featuring information on bus routes.

**Eligibility**: paratransit: people with disabilities and people with limitations affecting their mobility

**Coverage area**: Longueuil agglomeration

**Hours**: office: Monday to Friday 8h30 to 16h30, customer service: Monday to Friday 7h00 to 20h00, Saturday, Sunday and national holidays: 8h30 to 16h30

**Fees**: variable

**Financing**: self-financing, provincial

**Legal status**: parapublic organization
SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CONFÉRENCE SAINT-LUC
55 des Échevins Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J2W 2N6
450 349-1553   Fax: 450 348-8630
Website: www.ssvp-st-luc.org
Email: ssvpluc@gmail.com


Eligibility: people in need
Coverage area: Saint-Jean-sur-Richelieu: Sainte-Marie-de-la-Visitation and Saint-Luc areas
Hours: Tuesday and Thursday 13h00 to 16h00, Wednesday 12h00 to 20h00, Saturday 9h00 to 12h00
Financing: donations
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

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

CHILD ABUSE

DOMESTIC VIOLENCE: SHELTERS AND SUPPORT

ELDER ABUSE

HELP LINES RELATED TO VIOLENCE AND ABUSE

PREVENTION OF VIOLENCE AND CRIME

SEXUAL ASSAULT AND INCEST

SUPPORT FOR PERPETRATORS OF VIOLENCE AND THEIR FAMILIES

SUPPORT FOR VICTIMS AND THEIR FAMILIES

THERAPY AND COUNSELLING
Child abuse

ACCUEIL POUR ELLE (L’)
Confidential Address
450 371-4618 Fax: 450 371-9656
Website: www.accueil-pourelle.org
Email: accueil.pourelle@cgocable.ca


Eligibility: women victim of domestic violence, with or without children

Capacity: Accueil pour Elle: 6 rooms that can house up to 18 women and children, Maison Seconde Étape: 4 units

Coverage area: MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

Hours: 24 hours / 7 days

Fees: none, except for housing at Maison Seconde Étape

Financing: provincial, donations

Legal status: non-profit organization

ADOMISSILE (L’) - MAISON DES JEUNES - SAINT-RÉMI
100 de la Gare Street, Saint-Rémi, Montérégie, QC, J0L 2L0
450 454-6657 Fax: 450 454-3618
Website: adomissile.com
Email: mdj@adomissile.com


Eligibility: youth 12 to 17 years old

Coverage area: Saint-Isidore, Saint-Michel, Saint-Rémi, Sainte-Clotilde

Hours: Monday to Thursday 16h00 to 21h00, Friday 16h00 to 22h30

Fees: annual membership: $5

Financing: provincial, municipal, self-financing

Legal status: non-profit organization

AVIF - ACTION SUR LA VIOLENCE ET INTERVENTION FAMILIALE
330 Pierre-Boursier Street, Suite 1200, Châteauguay, Montérégie, QC, J6J 4Z2
450 692-7313 Fax: 450 692-9356
Website: www.avif.ca
Email: avif@bellnet.ca


Eligibility: male adults, youth 12 to 20 years old

Coverage area: Montérégie

Hours: Monday to Thursday 9h00 to 17h00, Friday 9h00 to 12h00 by appointment, group meetings: in the evening

Fees: adult: $30 for the assessment, support groups: $5 to 20 depending on the income

Financing: provincial, federal, donations

Legal status: non-profit organization
BENADO
197 Saint-François-Xavier Road, Delson, Montérégie, QC, J5B 1X7
450 632-1640 Fax: 450 632-6754
Website: benado.org
Email: benado@videotron.ca
Eligibility: dropout alternative section: youth 13 to 18 years old coping with academic, family or social difficulties, alternative justice section: youth 12 to 18 years old, victims, parents and community
Coverage area: Candiac, Châteauguay, Delson, Hemmingford, La Prairie, Léry, Mercier, Saint-Constant, Saint-Édouard, Saint-Isidore, Saint-Mathieu, Saint-Michel, Saint-Philippe, Saint-Rémi, Sainte-Catherine, Sainte-Clotilde, Sherrington
Hours: Monday, Tuesday, Thursday and Friday 8h00 to 16h30, Wednesday 8h00 to 21h00
Financing: Centraide of Greater Montréal, donations, provincial
Legal status: non-profit organization

C.I.V.A.S. L’EXPRESSION LIBRE DU HAUT-RICHELIEU
Confidential Address
450 348-4380 Fax: 450 348-1365
Website: www.expressionlibre.ca
Email: expressionlibre@videotron.ca
Eligibility: youth 12 to 20 years old victims of sexual assault, women, their relatives
Capacity: support group for youth: 6 participants, self-help group for women: 15 participants
Coverage area: MRC Le Haut-Richelieu
Hours: Monday to Friday 9h00 to 16h30
Fees: none
Financing: grants, donations, fundraising campaigns
Legal status: non-profit organization

CENTRE DE PÉDIATRIE SOCIALE EN COMMUNAUTÉ MAIN DANS LA MAIN
215 du Sud Street, 3rd floor, Cowansville, Montérégie, QC, J2K 2X5
450 260-1414 ext. 0
Website: cpscmaindanslamain.org/en
Email: reception@cpscmaindanslamain.org
Eligibility: children 0 to 18 years old in situations of great vulnerability
Coverage area: MRC Brome-Missisquoi
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial, donations, fundraising campaigns
Legal status: non-profit organization

CLÉ SUR LA PORTE (LA)
Confidential Address
450 774-1843 Fax: 450 774-9951
Website: www.clesurlaporte.org
Email: info@clesurlaporte.org

Eligibility: women victims of domestic violence, their children

Capacity: 21 places

Coverage area: MRC Les Maskoutains, MRC La Vallée-du-Richelieu, MRC Acton

Hours: 24 hours / 7 days

Fees: none

Financing: donations, provincial

Legal status: non-profit organization

ÉQUIJUSTICE RICHELIEU-YAMASKA
600 Casavant Boulevard West, Suite 102, Saint-Hyacinthe, Montérégie, QC, J2S 7S3
450 773-8940 Fax: 450 773-9561
Website: equijustice.ca
Email: richelieuyamaska@equijustice.ca


Eligibility: teenagers, organizations, mediation: citizens


Hours: Monday to Thursday: 8h30 to 17h00, Friday 8h30 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

ESPACE CHÂTEAUGUAY
71 Principale Street, Châteauguay, Montérégie, QC, J6K 1G1
450 692-5757
Website: espacesansviolence.org/en
Email: info@espacechateauguay.com


Eligibility: children 3 to 12 years old, parents, teachers, counsellors, elementary schools, early childhood centres

Coverage area: Montérégie

Hours: Monday to Friday 8h00 to 16h00

Fees: none

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization

ESPACE SUROÎT
394 Dufferin Street, Suite 202, Salaberry-de-Valleyfield, Montérégie, QC, J6S 2A8
450 371-8096
Website: espacesansviolence.org/home
Email: info@espacesuroit.ca
**Services:** Prevention and awareness on child abuse. * Programs and educational workshops in primary schools and daycares.

**Eligibility:** children 3 to 12 years old, parents, teachers and counsellors

**Coverage area:** MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

**Hours:** September to June, Monday to Friday 8h30 to 16h30

**Financing:** donations

**Legal status:** non-profit organization

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**HÉBERGEMENT D’URGENCE VIOLENCE CONJUGALE VAUDREUIL-SOULANGES - HÉBERGEMENT LA PASSERELLE**

Confidential Address

450 424-6010  Fax: 450 424-1371

Website: www.hlapasserelle.com

Email: info@hebergementlapasserelle.com

**Services:** * Phone intervention. * Temporary shelter. * Listening and evaluation, helping relationship and moral support. * Individual and group counselling and follow-up without housing. * Youth follow-up.

**Eligibility:** women victims of domestic violence and their children

**Capacity:** 16

**Coverage area:** MRC Vaudreuil-Soulanges

**Hours:** 24 hours / 7 days

**Fees:** none

**Financing:** provincial, donations, fundraising campaigns

**Legal status:** non-profit organization

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**JUSTICE ALTERNATIVE DU HAUT-RICHELIEU**

870 du Curé-Saint-Georges Street, Suite 200, Saint-Jean-sur-Richelieu, Montérégie, QC, J2X 2Z8

450 347-1799  Fax: 450 347-3445

Website: www.jahr.ca

Email: direction@jahr.ca

**Services:** Application of certain criminal and extrajudicial penalties under the law on the criminal justice system for adolescents. * Volunteer work, social skills development, initiatives with the victim. * School-based prevention. * School mediation program. * Citizen mediation. * DEGRAF: project to remove illegal graffiti.

**Eligibility:** youth 12 to 17 years old

**Coverage area:** MRC Le Haut-Richelieu, Napierville, Saint-Bernard-de-Lacolle, Saint-Cyprien-de-Napierville, Saint-Jacques-le-Mineur

**Hours:** Monday to Friday 8h00 to 16h00

**Financing:** provincial

**Legal status:** non-profit organization

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**JUSTICE ALTERNATIVE ET MÉDIATION**

181 Decelles Street, Granby, Montérégie, QC, J2G 7P6

1 450 777-4208  Fax: 450 777-6904

Website: www.jamed.org

Email: info@jamed.org

**Services:** Accompaniment and support to adolescents, citizens and organisations in the community, to resolve conflicts without resorting to the criminal justice system. * Coaching and supporting the adolescent offender through a process of reparation. * Mediation: intervention, training and accompaniment in conflict resolution, in the community and in schools. * Raising awareness about the mistreatment and intimidation of seniors. * Information and prevention workshops in schools. * Training and conferences in mediation.

**Eligibility:** minor offenders 12 to 17 years old, people concerned with offences committed by youth, schools and other community organizations, population of Granby

**Coverage area:** MRC Brome-Missisquoi, MRC La Haute-Yamaska, MRC Rouville

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** none
Financing: grants
Legal status: non-profit organization

JUSTICE ALTERNATIVE PIERRE DE SAUREL
105 du Prince Street, Suite 209, Sorel-Tracy, Montérégie, QC, J3P 4J9
450 746-0954 Fax: 450 746-0081
Email: japds@videotron.ca


Eligibility: citizens undergoing a conflict, young offenders 12 to 17 years old, schools, adults eligible for the General alternative measures program (GAMP) for adults

Coverage area: MRC Pierre-De Saurel
Hours: Monday to Friday 8h00 to 16h00, Saturday 8h30 to 16h30
Fees: citizen mediation: free, accompaniment for schools: variable

Financing: grants
Legal status: non-profit organization

KAHNAWAKE SHAKOTIIA'TAKEHNHAS COMMUNITY SERVICES
Confidential Address
450 632-6880 Fax: 450 632-5116
Website: www.kscs.ca


Eligibility: Kahnawake residents
Coverage area: Kahnawake
Hours: Monday to Friday 8h30 to 16h30
Financing: grants
Legal status: non-profit organization

KANONHKWA'TSHERI:IO HEALTH AND SOCIAL FACILITY
31 Hilltop Drive, Akwesasne, Montérégie, QC, H0M 1A0
613 575-2341
Website: www.akwesasne.ca/health
Email: info@akwesasne.ca


Eligibility: members of an aboriginal community
Coverage area: Akwesasne
Fees: none
Legal status: municipal agency

MACADAM SUD
895 Sainte-Hélène Street, Longueuil, Montérégie, QC, J4K 3R7
450 677-9021 Fax: 450 677-4741
Website: macadamsud.org
Email: info@macadamsud.org


Eligibility: youth 12 to 35 years old marginalized or at risk of marginalization, Squat: youth 12 to 17 years old, Espace-jeunes: youth 15 to 35 years old, any person in distress

Coverage area: Longueuil, Brossard

Hours: services: variable, administration: Monday to Friday 9h00 to 17h00

Fees: none

Financing: federal, provincial, fundraising campaigns, foundations, municipal, Centraide of Greater Montréal
Legal status: non-profit organization

MAISON DE JEUNES KEKPART - ACTION JEUNESSE SAINT-PIE-X DE LONGUEUIL
1000 Roland-Therrien Boulevard, Longueuil, Montérégie, QC, J4J 5H3
450 677-3821
Website: www.maisonkekpart.com
Email: communicationskekpart@videotron.ca


Eligibility: youth 12 to 18 years old and their family

Capacity: 40 people

Coverage area: Longueuil

Hours: administration: Monday to Friday 9h00 to 16h00, youth line: Monday to Friday 15h00 to 21h00

Fees: none

Financing: provincial, federal, fundraising campaigns
Legal status: non-profit organization

MAISON DES JEUNES DE LA PRAIRIE
565 Notre-Dame Street, La Prairie, Montérégie, QC, J5R 5E5
450 444-6717
Website: maisondondesjeunes.ca
Email: mdjlaprairieequipe@videotron.ca


Eligibility: youth 12 to 17 years old

Coverage area: La Prairie

Hours: Tuesday, Wednesday and Thursday 18h00 to 21h00, Friday and Saturday 18h00 to 22h00

Fees: life membership: $10
Financing: provincial, municipal, self-financing
Legal status: non-profit organization

MAISON DES JEUNES DE MARIEVILLE
1972 du Pont Street, Marieville, Montérégie, QC, J3M 1J8
450 708-0635
Email: mdjmarieville@hotmail.com
Eligibility: youth from 12 to 17 years old
Coverage area: Marieville
Hours: Tuesday to Friday 16h00 to 21h00
Financing: provincial, municipal, Centraide Richelieu-Yamaska, donations
Legal status: non-profit organization

MAISON DES JEUNES DE VARENNES
135 du Petit Bois Road, Varennes, Montérégie, QC, J3X 1P7
450 652-6941
Website: www.mdjvarennes.net
Email: info@mdjvarennes.net
Eligibility: youth from 12 to 17 years old
Coverage area: Varennes
Hours: Monday to Friday 16h00 to 21h00, Tuesday and Thursday 12h00 to 13h00
Fees: none
Financing: municipal, provincial, federal, self-financing
Legal status: non-profit organization

MAISON HINA
Confidential Address
450 346-1645   Fax: 450 346-8161
Email: maison.hina@qc.aira.com
Eligibility: women victims of domestic violence, with or without children
Capacity: 14 people
Coverage area: MRC Le Haut-Richelieu, MRC Rouville
Hours: 24 hours / 7 days
Fees: none
Financing: provincial, fundraising campaigns
Legal status: non-profit organization

MAISON LA SOURCE DU RICHELIEU
Confidential Address
450 743-2821   Fax: 450 742-4686
Website: www.maisonlasource.ca
Email: maisonlasource83@hotmail.com
Eligibility: women who are victims of domestic violence or in difficulty, their children
MAISON SIMONNE-MONET-CHARTRAND (LA)

Confidential Address
450 658-9780    Fax: 450 658-4752
Website: maisonsmc.org/en
Email: info@maisonsmc.org


Eligibility: women victims of domestic violence, their children

Capacity: 16 beds
Coverage area: Montérégie
Hours: 24 hours / 7 days
Fees: none
Financing: provincial, donations
Legal status: non-profit organization

MILLE ET UNE RUES

285 Cartier Boulevard, Beloeil, Montérégie, QC, J3G 3R2
514 349-4749
Email: tmvr@live.ca


Eligibility: people in vulnerable situations, people aged 55 and over
Coverage area: MRC La Vallée-du-Richelieu and Saint-Bruno-De-Montarville, ITMAV: Beloeil, Mont St Hilaire, Otterburn Park and McMasterville
Hours: Monday to Saturday, variable schedule depending on the needs
Fees: none
Financing: municipal
Legal status: non-profit organization

MOUVEMENT SEM (SENSIBILISATION POUR UNE ENFANCE MEILLEURE)

366-368 Laurier Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 6L3
450 348-0209    Fax: 450 348-9665
Website: mouvementsem.org
Email: reception@mouvementsem.com


Eligibility: children, teenagers, parents
Coverage area: Montérégie
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, availability in the evening by appointment, homework help: 15h00 to 18h00
Fees: $20 per year
Violence and abuse

Financing: provincial, federal, Centraide of Greater Montréal, donations
Legal status: non-profit organization

QUÉBEC NATIVE WOMEN
Confidential Address
1 800 363-0322  Fax: 450 632-9280
Website: faq-qnw.org/en
Email: info@faq-qnw.org
Eligibility: native women living on and off reserve, their families and communities
Coverage area: Province of Québec
Hours: Monday to Friday 8h00 to 16h00
Fees: none
Financing: federal, provincial
Legal status: non-profit organization

TRAVERSÉE (LA)
10 Hickson Avenue, Saint-Lambert, Montérégie, QC, J4R 2N3
450 465-5263
Website: www.latraversee.qc.ca
Email: info@latraversee.qc.ca
Eligibility: women, youth and children living with mental health problems as a result of sexual assault including rape and incest
Coverage area: South Shore
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: provincial, fundraising campaigns
Legal status: non-profit organization

Domestic violence: shelters and support

ACCUEIL POUR ELLE (L’)
Confidential Address
450 371-4618  Fax: 450 371-9656
Website: www.accueil-pourelle.org
Email: accueil.pourelle@cgocable.ca
Eligibility: women victim of domestic violence, with or without children
Capacity: Accueil pour Elle: 6 rooms that can house up to 18 women and children, Maison Seconde Étape: 4 units
Coverage area: MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges
Hours: 24 hours / 7 days
Fees: none, except for housing at Maison Seconde Étape
Financing: provincial, donations
Legal status: non-profit organization

AINSI SOIT-ELLE - CENTRE DE FEMMES
1224 Notre-Dame Street, Chambly, Montérégie, QC, J3L 1K3
450 447-3576 Fax: 450 447-8242
Email: ainsisoitelle.org@hotmail.com


Eligibility: women
Coverage area: CLSC du Richelieu
Hours: Monday, Wednesday and Thursday 8h30 to 16h30, Tuesday 13h00 to 16h30
Fees: members: $10 each year
Financing: provincial, self-financing, donations, fundraising campaigns
Legal status: non-profit organization

AKWESASNE FAMILY WELLNESS PROGRAM
Confidential Address
613 937-4322
Website: www.akwesasne.ca/community-social-services/akwesasne-family-wellness-program
Email: afwpoutreach@akwesasne.ca

Services: Emergency and long-term safe housing for victims of domestic violence, abusive situations, self harm and high risk behaviors. * 6-week residential or non-residential program for women and men who have been victims of or exposed to abuse. * In-house residents: intake, assessments, case plans and accompaniment to courts and health related visits. * 24/7 support line, on-site support and information available. * One-on-one counselling. * Referrals. * Advocacy. * Education. * Tools and information on domestic violence offered in individual and group settings. * Access to cultural and traditional teachings. * Outreach program.

Eligibility: women, children, men
Coverage area: Akwesasne
Fees: none
Financing: municipal
Legal status: municipal agency

AVIF - ACTION SUR LA VIOLENCE ET INTERVENTION FAMILIALE
330 Pierre-Boursier Street, Suite 1200, Châteauguay, Montérégie, QC, J6J 4Z2
450 692-7313 Fax: 450 692-9356
Website: www.avif.ca
Email: avif@bellnet.ca


Eligibility: male adults, youth 12 to 20 years old
Coverage area: Montérégie
Hours: Monday to Thursday 9h00 to 17h00, Friday 9h00 to 12h00 by appointment, group meetings: in the evening
Fees: adult: $30 for the assessment, support groups: $5 to 20 depending on the income
Financing: provincial, federal, donations
Legal status: non-profit organization

1739
CARREFOUR POUR ELLE
Confidential Address
450 651-5800    Fax: 450 651-0269
Website: carrefourpourelle.org/en
Email: info@carrefourpourelle.org

Services: Shelter and follow-up for women and children who are victim of violence. * External assistance: phone listening, information and referral, brief encounters. * Support and awareness groups in the form of 12 meetings on a weekly basis with a counsellor for women who are victims and survivors of domestic violence (in French only).
Eligibility: women and children victim of domestic violence
Capacity: 25 beds: 10 women maximum with their children, support groups: about 8 persons, 6 groups per year
Coverage area: South Shore
Hours: 24 hours / 7 days, support groups: daytime and evening
Fees: free
Financing: provincial, federal, donations, fundraising campaigns
Legal status: non-profit organization

CENTRE D'INTERVENTION EN VIOLENCE ET AGRESSIONS SEXUELLES DE LA MONTÉRÉGIE
5100 Cousineau Boulevard, Suite 300-311, Longueuil, Montérégie, QC, J3Y 7G5
450 656-6524    Fax: 450 656-8075
Website: www.civas.ca
Email: civas.m@bellnet.ca

Eligibility: people who have committed or are afraid of committing a sexual assault, people with problems related to sexual addiction, people who use sexual services
Coverage area: Montérégie
Hours: Monday to Thursday 8h30 to 16h30, services by appointment
Fees: according to income
Financing: self-financing, provincial, grants
Legal status: non-profit organization

CENTRE DES FEMMES DE LONGUEUIL
1529 Lafayette Boulevard, Longueuil, Montérégie, QC, J4K 3B6
450 670-0111    Fax: 450 670-9749
Website: www.centredefemmeslongueuil.org
Email: info@centredefemmeslongueuil.org

Services: * Reception, listening and referral. * Ad hoc or short term individual support. * Popular education activities and outings. * Diverse workshops: self-knowledge, health, self-defense, etc. * Various support groups: for women who have violent behaviour, support in the separation, women of sexual and gender diversity, etc. * Computer lab. * Library and documentation centre. * Collective actions and citizen involvement (animation, committees, etc.).
Eligibility: women
Coverage area: agglomeration of Longueuil
Hours: Monday to Wednesday 9h00 to 16h30, Thursday 9h00 to 20h30
Fees: none
Financing: grants, donations
Legal status: non-profit organization
CLÉ SUR LA PORTE (LA)
Confidential Address
450 774-1843  Fax: 450 774-9951
Website: www.clesurlaporte.org
Email: info@clesurlaporte.org


Eligibility: women victims of domestic violence, their children
Capacity: 21 places
Coverage area: MRC Les Maskoutains, MRC La Vallée-du-Richelieu, MRC Acton
Hours: 24 hours / 7 days
Fees: none
Financing: donations, provincial
Legal status: non-profit organization

COMMUNITY LEGAL CENTRE OF THE SOUTH SHORE
101 Roland-Therrien Boulevard, Suite 301, Longueuil, Montérégie, QC, J4H 4B9
450 928-7655  Fax: 450 928-7657
Website: ccjrs.com
Email: administration@ccjrs.com

Services: Legal aid services, free or at a low cost to eligible individuals, provided by family, matrimonial, youth protection, young offenders, criminal and penal, administrative, social, civil and immigration lawyers or notaries. * Representation before a first instance or appeal court, as plaintiff or defendant. * Assistance in certain cases expressly provided for in the Legal Aid Act. * Legal consultation. * Phone consultation, available 24/7, for detention or custody. * Legal information regarding rights and obligations of legal aid recipients. * Community involvement. * Complaints reception.

Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible, and with a legal need that is covered by the Law
Coverage area: South Shore
Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website
Financing: provincial
Legal status: parapublic organization

ENTRAIDE POUR HOMMES (L')
551 Sir-Wilfrid-Laurier Boulevard, Suite 204, Beloeil, Montérégie, QC, J3G 4J1
1 833 651-4447  Fax: 450 651-4448
Website: www.entraidepourhommes.org
Email: info@entraidepourhommes.org


Eligibility: men 18 years old and over
Coverage area: Montérégie: service points in Beloeil, Longueuil and Saint-Hyacinthe
Hours: phone: Monday to Friday 10h00 to 16h00, individual meetings and intervention groups: Monday to Friday, morning and evening
Fees: according to the income
Financing: provincial, Centraide Richelieu-Yamaska, self-financing, donations
Legal status: non-profit organization
ENTRAIDE POUR HOMMES (L’) - POINT DE SERVICE BELOEIL
551 Sir Wilfrid Laurier Boulevard, Suite 204, Beloeil, Montérégie, QC, J3G 4J1
450 651-4447 Fax: 450 651-4448
Website: www.entraidepourhommes.org
Email: info@entraidepourhommes.org

* One-on-one counseling for men victims of violence. * Intervention group for men victims of violence.

Eligibility: men 18 and over
Coverage area: Montérégie, service points in Longueuil, Beloeil and Saint-Hyacinthe
Hours: Monday and Thursday 10h00 to 21h00, Tuesday 13h00 to 17h00, Friday 10h00 to 16h00
Fees: depending on income

Financing: provincial, self-financing, donations, Centraide
Legal status: non-profit organization

ENTRAIDE POUR HOMMES (L’) - POINT DE SERVICE GRAND LONGUEUIL
1078 Sainte-Hélène Street, Longueuil, Montérégie, QC, J4K 3R9
450 651-4447 Fax: 450 651-4448
Website: www.entraidepourhommes.org
Email: info@entraidepourhommes.org


Eligibility: men over 18 years old
Coverage area: Montérégie, service points in Longueuil, Beloeil and Saint-Hyacinthe
Hours: phone and individual meetings: Monday to Thursday 10h00 to 20h00, Friday 10h00 to 16h00, individual meetings and intervention groups: Monday to Thursday, morning and evening
Fees: according to the income

Financing: provincial, Centraide Richelieu-Yamaska, self-financing, donations
Legal status: non-profit organization

HÉBERGEMENT D’URGENCE VIOLENCE CONJUGALE VAUDREUIL-SOULANGES - HÉBERGEMENT LA PASSERELLE
Confidential Address
450 424-6010 Fax: 450 424-1371
Website: www.hlapasserelle.com
Email: info@hebergementlapasserelle.com


Eligibility: women victims of domestic violence and their children
Capacity: 16
Coverage area: MRC Vaudreuil-Soulanges
Hours: 24 hours / 7 days
Fees: none

Financing: provincial, donations, fundraising campaigns
Legal status: non-profit organization

KAHNAWAKE SHAKOTIIA’TAKEHNHAS COMMUNITY SERVICES
Confidential Address
450 632-6880 Fax: 450 632-5116
Website: www.kscs.ca

Eligibility: Kahnawake residents
Coverage area: Kahnawake
Hours: Monday to Friday 8h30 to 16h30
Financing: grants
Legal status: non-profit organization

LEGAL AID OFFICE - CHÂTEAUGUAY
147 Saint-Jean-Baptiste Boulevard, Châteauguay, Montérégie, QC, J6K 3B1
450 691-4325  Fax: 450 699-0496
Website: ccjrs.com/bureaux/chateauguay
Email: chateauguay@ccjrs.com

Services: Free or low cost legal services to financially eligible individuals. * Receive and process legal aid requests.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible and with a legal need that is covered by the Law
Coverage area: Châteauguay, Saint-Constant, Delson, Kahnawake
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website
Financing: provincial
Legal status: parapublic organization

LEGAL AID OFFICE - CIVIL LAW - LONGUEUIL
101 Roland-Therrien Boulevard, Suite 200, Longueuil, Montérégie, QC, J4H 4B9
450 928-7659  Fax: 450 928-7670
Website: ccjrs.com/bureaux/longueuil-civil
Email: longueuilcivil@ccjrs.com

Services: Free or low cost legal services concerning familial or civil rights to financially eligible individuals. * Receives and processes legal aid requests.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible and with a legal need that is covered by the Law
Coverage area: Boucherville, Brossard, Candiac, Greenfield Park, La Prairie, Longueuil, Saint-Amable, Saint-Basile-le-Grand, Saint-Bruno-de-Montarville, Saint-Hubert, Saint-Lambert, Sainte-Julie-de-Verchères, Varennes, Verchers
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on their financial situation, see scale on website
Financing: provincial
Legal status: parapublic organization
LEGAL AID OFFICE - SALABERRY-DE-VALLEYFIELD
151 Salaberry Street West, Salaberry-de-Valleyfield, Montérégie, QC, J6T 2H8
450 370-3064 Fax: 450 370-3068
Website: ccjrs.com/bureaux/salaberry-de-valleyfield
Email: valleyfield@ccjrs.com

Services: Free or low cost legal services to eligible individuals. * Receives and processes legal aid request.
Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially
eligible, and with a legal need that is covered by the Law
Coverage area: MRC Beauharnois-Salaberry, Vaudreuil-Dorion
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: people may be eligible for free legal aid or contributory legal aid between $100 and $800, depending on
their financial situation, see scale on website
Financing: provincial
Legal status: parapublic organization

MACADAM SUD
895 Sainte-Hélène Street, Longueuil, Montérégie, QC, J4K 3R7
450 677-9021 Fax: 450 677-4741
Website: macadamsud.org
Email: info@macadamsud.org

Services: Support centre for young people. * Information and referral. * Squat: assistance for taking charge of
one’s free time, recreational activities, family support services. * Street and outreach work: prevention,
distribution of safer use material and condoms, parenting education. * Capab: adapted secondary school,
centre, help with housing search, support for youth employment, popular education for adults, listening, referral
Assistance to victims of sexual assault, incest and domestic violence. * Dependency prevention. * TAPAJ:
Alternative work paid each day. * Distribution of fentanyl test strips.
Eligibility: youth 12 to 35 years old marginalized or at risk of marginalization, Squat: youth 12 to 17 years old,
Espace-jeunes: youth 15 to 35 years old, any person in distress
Coverage area: Longueuil, Brossard
Hours: services: variable, administration: Monday to Friday 9h00 to 17h00
Fees: none
Financing: federal, provincial, fundraising campaigns, foundations, municipal, Centraide of Greater Montréal
Legal status: non-profit organization

MAISON D’HÉBERGEMENT L’ÉGIDE 2ÈME ÉTAPE (LA)
Confidential Address
450 619-9000 Fax: 450 619-0482
Email: adjointe.egide@gmail.com

Services: Second stage accommodation for a maximum of one year. * Furnished apartments. * Awareness
Eligibility: women victims of domestic violence and their children
Capacity: 7 apartments
Coverage area: La Prairie, Candiac, Saint-Constant, Delson, Sainte-Catherine, Saint-Philippe, Saint-Mathieu
Hours: office: Monday to Friday 8h00 to 16h00
Fees: 30% of basic monthly income
Financing: self-financing, provincial
Legal status: non-profit organization

MAISON HINA
Confidential Address
450 346-1645 Fax: 450 346-8161
Email: maison.hina@qc.aira.com
Eligibility: women victims of domestic violence, with or without children
Capacity: 14 people
Coverage area: MRC Le Haut-Richelieu, MRC Rouville
Hours: 24 hours / 7 days
Fees: none
Financing: provincial, fundraising campaigns
Legal status: non-profit organization

MAISON LA SOURCE DU RICHELIEU
Confidential Address
450 743-2821     Fax: 450 742-4686
Website: www.maisonlasource.ca
Email: maisonlasource83@hotmail.com
Eligibility: women who are victims of domestic violence or in difficulty, their children
Capacity: 15 places
Coverage area: MRC Pierre-De Saurel, MRC Marguerite-D'Youville
Hours: 24 hours / 7 days
Fees: none
Financing: provincial, donations
Legal status: non-profit organization

MAISON LE PASSEUR
113 Charlotte Street, Sorel-Tracy, Montérégie, QC, J3P 1G9
450 743-8403     Fax: 450 743-8825
Website: www.maisonlepasser.com
Email: info@maisonlepasser.com
Eligibility: men living in difficult situations that can degenerate into conjugal violence (bereavement, depression, job loss, break-up, etc.), men who are victims or perpetrators of domestic violence, businesses with employees who exhibit violent behaviour
Coverage area: MRC Pierre-De Saurel, Sorel-Tracy and surroundings
Hours: Monday, Thursday and Friday 9h00 to 17h00, Tuesday and Wednesday 9h00 to 20h00
Fees: cost proportional to the client's income
Financing: provincial
Legal status: non-profit organization

MAISON SIMONNE-MONET-CHARTRAND (LA)
Confidential Address
450 658-9780     Fax: 450 658-4752
Website: maisonsmc.org/en
Email: info@maisonsmc.org
Eligibility: women victims of domestic violence, their children
Capacity: 16 beds
Coverage area: Montérégie
Hours: 24 hours / 7 days
Fees: none
Financing: provincial, donations
Legal status: non-profit organization

PAVILLON MARGUERITE DE CHAMPLAIN
Confidential Address
450 656-1946 Fax: 450 656-6548
Website: www.pavillonmarguerite.com/home
Email: info@pavillonmarguerite.com
Eligibility: women victims of domestic violence with or without children
Capacity: housing: 18 people
Coverage area: South Shore and surroundings
Hours: 24 hours / 7 days
Financing: provincial, grants, fundraising campaigns, donations
Legal status: non-profit organization

RESSOURCE POUR HOMMES DE LA HAUTE-YAMASKA
739 Dufferin Street, Granby, Montérégie, QC, J2H 2H5
450 777-6680 Fax: 450 777-5788
Website: www.rhhy.qc.ca
Email: info@rhhy.qc.ca
Eligibility: men 14 years old and over
Coverage area: Granby, Haute-Yamaska, Brome-Missisquoi, Acton, Rouville
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30
Fees: according to income
Financing: provincial
Legal status: non-profit organization

TABLE DE CONCERTATION SUR LA VIOLENCE CONJUGALE ET SEXUELLE FAITE AUX FEMMES ET AUX ENFANTS BEAUCHARNOIS-SALABERRY
71 Maden Street, Suite 200, Salaberry-de-Valleyfield, Montérégie, QC, J6S 3V4
450 371-0143 ext. 113148 Fax: 450 371-2630
Website: www.santemonteregie.qc.ca/installations/clsc-de-salaberry-de-valleyfield
Email: andreane.gelineau.cissmo16@ssss.gouv.qc.ca
Services: * Advocacy and promotion of victims of conjugal and sexual violence’s rights. * Ensuring the follow-up of collaborations for psychosocial assistance and for the socio-legal accompaniment of victims.
Eligibility: people and organizations working in fields related to domestic and sexual violence, women and children who are victims of domestic and sexual violence
Coverage area: MRC Beaucharnois-Salaberry
Hours: issue table: by appointment, CLSC de Salaberry-de-Valleyfield: Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 12h00 and 13h00 to 16h00
Financing: municipal, provincial
Legal status: parapublic organization
VIA L’ANSE
340 du Havre Boulevard, Suite 103, Salaberry-de-Valleyfield, Montérégie, QC, J6S 1S6
450 370-3200    Fax: 450 370-0143
Website: vialanse.com
Email: mario.trepanier@vialanse.com


Eligibility: people with violent behaviour
Coverage area: Vaudreuil-Dorion, Huntingdon, Beauparlant
Hours: administration: Monday to Friday 9h00 to 16h00
Fees: voluntary contribution
Financing: donations
Legal status: non-profit organization

WOMEN’S SHELTER LA RE-SOURCE OF CHÂTEAUGUAY
Confidential Address
450 699-0908    Fax: 450 699-1698
Website: lare-source.org/en
Email: direction@lare-source.org

Services: Shelter. * Phone listening, information and referral. * Reception, external follow-up, accompaniment.

Eligibility: women victims of domestic violence with or without children
Capacity: 16 people
Coverage area: Montérégie
Hours: 24 hours / 7 days
Fees: none
Financing: fundraising campaigns, provincial
Legal status: non-profit organization

Elder abuse

ASSOCIATION VIVRE ET VIEILLIR CHEZ SOI DU BAS RICHELIEU
105 Prince Street, Suite 112, Sorel-Tracy, Montérégie, QC, J3P 4J9
450 743-1584
Website: vivreetvieillirchezsoi.ca
Email: gcmer8@hotmail.com


Eligibility: people aged 50 and over
Coverage area: MRC Pierre-De Saurel
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, Friday 9h00 to 12h00
Fees: incapacity mandate: variable
Financing: donations, provincial, self-financing
Legal status: non-profit organization
Violence and abuse

CENTRE COMMUNAUTAIRE DES AÎNÉS ET AÎNÉES DE LONGUEUIL
300 Lamarre Street, Suite 122, Longueuil, Montérégie, QC, J4J 0A1
450 677-6677 Fax: 450 677-3410
Website: www.ccaal.com
Email: info@ccaal.com


Eligibility: people 50 years old and over
Coverage area: Longueuil
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00
Fees: annual membership: $10
Financing: provincial, Centraide of Greater Montréal
Legal status: non-profit organization

CENTRE D’ACTION BÉNÉVOLE DE FARNHAM
1810 Principale Street East, Farnham, Montérégie, QC, J2N 1N4
450 293-3265 Fax: 450 293-1010
Website: www.cabfarnham.com
Email: direction@cabfarnham.com


Eligibility: people living with a disability, seniors, families, community organizations
Coverage area: Ange-Gardien, Farnham, Sainte-Brigide-D’iberville, Sainte-Sabine
Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00
Fees: none
Financing: Centraide Richelieu-Yamaska, provincial
Legal status: non-profit organization

GRAND RASSEMBLEMENT DES AÎNÉS DE VAUDREUIL ET SOULANGES
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: adjadmin@legraves.com


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
HELLENIC SOCIAL SERVICES OF QUÉBEC - SOUTH SHORE
5220 Grande-Allée, Longueuil, Montérégie, QC, J3Y 1A1
450 443-8197
Website: hcgm.org
Email: info@hcgm.org
Eligibility: people of various origins, particularly Greek
Coverage area: South Shore
Hours: Monday and Tuesday 9h00 to 19h00, Wednesday 9h00 to 17h00, Sunday 8h00 to 16h00
Financing: donations, grants, provincial
Legal status: non-profit organization

NATURAL CAREGIVERS OF THE HAUT SAINT-LAURENT (THE)
23A Sainte-Anne Street, Saint-Chrysostome, Montérégie, QC, J0S 1R0
450 826-1243
Website: www.aidantsnaturelshsl.com/en
Email: info@aidantsnaturelshsl.com
Eligibility: caregivers of a senior living at home
Coverage area: MRC Le Haut-Saint-Laurent
Hours: Monday to Friday 8h30 to 16h30
Fees: annual membership: $5
Financing: provincial, grants, donations
Legal status: non-profit organization

RADAR - RÉSEAU ACTIF DE DÉPISTAGE DES AÎNÉS À RISQUE
1702 Bourgogne Street, Chambly, Montérégie, QC, J3L 1Z2
450 658-8509
Website: www.projetradar.org
Email: info@projetradar.org
Services: Seeks to break the isolation of seniors. * Information and awareness. * Training to detect seniors likely to experience isolation, psychological distress or abuse. * Referral.
Eligibility: people 50 years and over in a situation of vulnerability
Coverage area: Montérégie
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00
Fees: none
Financing: municipal, donations
Legal status: non-profit organization

SINO-QUÉBEC CENTRE OF SOUTH SHORE
7209 Taschereau Boulevard, Suite 108, Brossard, Montérégie, QC, J4Y 1A1
450 445-6666     Fax: 450 445-8188
Website: www.famillechinoise.qc.ca/fr
Email: direction@centresinoquebec.com

**Eligibility:** Chinese and Asian communities

**Coverage area:** Montérégie

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** francization program and gambling addiction prevention program: free

**Financing:** grants, self-financing

**Legal status:** non-profit organization

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**Help lines related to violence and abuse**

**ACCUEIL POUR ELLE (L’)**

Confidential Address  
450 371-4618    Fax: 450 371-9656

**Website:** www.accueil-pourelle.org

**Email:** accueil.pourelle@cgocable.ca

**Services:** Safe and confidential housing. * Accompaniment, reception and referral. * Telephone listening. * In and out-patient individual and group support, post-housing follow-up, social reintegration. * Maison Seconde Étape: transitional housing for women who have already stayed at the organization. * Mother-child relationships follow-up and respite. * Prevention and awareness.

**Eligibility:** women victim of domestic violence, with or without children

**Capacity:** Accueil pour Elle: 6 rooms that can house up to 18 women and children, Maison Seconde Étape: 4 units

**Coverage area:** MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

**Hours:** 24 hours / 7 days

**Fees:** none, except for housing at Maison Seconde Étape

**Financing:** provincial, donations

**Legal status:** non-profit organization

**AKWESASNE FAMILY WELLNESS PROGRAM**

Confidential Address  
613 937-4322

**Website:** www.akwesasne.ca/community-social-services/akwesasne-family-wellness-program

**Email:** afwpoutreach@akwesasne.ca

**Services:** Emergency and long-term safe housing for victims of domestic violence, abusive situations, self harm and high risk behaviors. * 6-week residential or non-residential program for women and men who have been victims of or exposed to abuse. * In-house residents: intake, assessments, case plans and accompaniment to courts and health related visits. * 24/7 support line, on-site support and information available. * One-on-one counselling. * Referrals. * Advocacy. * Education. * Tools and information on domestic violence offered in individual and group settings. * Access to cultural and traditional teachings. * Outreach program.

**Eligibility:** women, children, men

**Coverage area:** Akwesasne

**Fees:** none

**Financing:** municipal

**Legal status:** municipal agency

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**C.I.V.A.S. L’EXPRESSION LIBRE DU HAUT-RICHELIEU**

Confidential Address  
450 348-4380    Fax: 450 348-1365

**Website:** www.expressionlibre.ca

**Email:** expressionlibre@videotron.ca

Eligibility: youth 12 to 20 years old victims of sexual assault, women, their relatives

Capacity: support group for youth: 6 participants, self-help group for women: 15 participants

Coverage area: MRC Le Haut-Richelieu

Hours: Monday to Friday 9h00 to 16h30

Fees: none

Financing: grants, donations, fundraising campaigns

Legal status: non-profit organization

CARREFOUR POUR ELLE

Confidential Address
450 651-5800     Fax: 450 651-0269

Website: carrefourpourelle.org/en

Email: info@carrefourpourelle.org

Services: Shelter and follow-up for women and children who are victim of violence. * External assistance: phone listening, information and referral, brief encounters. * Support and awareness groups in the form of 12 meetings on a weekly basis with a counsellor for women who are victims and survivors of domestic violence (in French only).

Eligibility: women and children victim of domestic violence

Capacity: 25 beds: 10 women maximum with their children, support groups: about 8 persons, 6 groups per year

Coverage area: South Shore

Hours: 24 hours / 7 days, support groups: daytime and evening

Fees: free

Financing: provincial, federal, donations, fundraising campaigns

Legal status: non-profit organization

CENTRE D’AIDE POUR VICTIMES D’AGRESSION SEXUELLE RICHELIEU-YAMASKA ET SOREL-TRACY

Confidential Address
450 778-9992     Fax: 450 778-2914

Website: cavas-info.org

Email: cavas.direction@outlook.com


Eligibility: sexual assault victims and their family

Coverage area: MRC les Maskoutains, MRC Pierre-De Saurel

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial, donations, grants

Legal status: non-profit organization

CLÉ SUR LA PORTE (LA)

Confidential Address
450 774-1843     Fax: 450 774-9951

Website: www.clesurlaporte.org

Email: info@clesurlaporte.org

Eligibility: women victims of domestic violence, their children
Capacity: 21 places
Coverage area: MRC Les Maskoutains, MRC La Vallée-du-Richelieu, MRC Acton
Hours: 24 hours / 7 days
Fees: none
Financing: donations, provincial
Legal status: non-profit organization

ESPACE CHÂTEAUGUAY
71 Principale Street, Châteauguay, Montérégie, QC, J6K 1G1
450 692-5757
Website: espacesansviolence.org/en
Email: info@espacechateauguay.com
Eligibility: children 3 to 12 years old, parents, teachers, counsellors, elementary schools, early childhood centres
Coverage area: Montérégie
Hours: Monday to Friday 8h00 to 16h00
Fees: none
Financing: provincial, fundraising campaigns, donations
Legal status: non-profit organization

HÉBERGEMENT D’URGENCE VIOLENCE CONJUGALE VAUDREUIL-SOULANGES - HÉBERGEMENT LA PASSERELLE
Confidential Address
450 424-6010     Fax: 450 424-1371
Website: www.hlapasserelle.com
Email: info@hebergementlapasserelle.com
Eligibility: women victims of domestic violence and their children
Capacity: 16
Coverage area: MRC Vaudreuil-Soulanges
Hours: 24 hours / 7 days
Fees: none
Financing: provincial, donations, fundraising campaigns
Legal status: non-profit organization

KANONHKWA’TSHERI:IO HEALTH AND SOCIAL FACILITY
31 Hilltop Drive, Akwesasne, Montérégie, QC, H0M 1A0
613 575-2341
Website: www.akwesasne.ca/health
Email: info@akwesasne.ca
Eligibility: members of an aboriginal community
**MAISON HINA**

Confidential Address
450 346-1645   Fax: 450 346-8161
Email: maison.hina@qc.aira.com

**Services:** Women's shelter. * Telephone assistance, support and listening. * Reception and accommodation: individual follow-up, group workshop, children counselling and mother-child follow-up. * Assistance with legal procedures. * Information and guidance.

**Eligibility:** women victims of domestic violence, with or without children

**Capacity:** 14 people

**Coverage area:** MRC Le Haut-Richelieu, MRC Rouville

**Hours:** 24 hours / 7 days

**Fees:** none

**Financing:** provincial, fundraising campaigns

**Legal status:** non-profit organization

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**MAISON SIMONNE-MONET-CHARTRAND (LA)**

Confidential Address
450 658-9780   Fax: 450 658-4752
Website: maisonsmc.org/en
Email: info@maisonsmc.org


**Eligibility:** women victims of domestic violence, their children

**Capacity:** 16 beds

**Coverage area:** Montérégie

**Hours:** 24 hours / 7 days

**Fees:** none

**Financing:** provincial, donations

**Legal status:** non-profit organization

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**PAVILLON MARGUERITE DE CHAMPLAIN**

Confidential Address
450 656-1946   Fax: 450 656-6548
Website: www.pavillonmarguerite.com/home
Email: info@pavillonmarguerite.com


**Eligibility:** women victims of domestic violence with or without children

**Capacity:** housing: 18 people

**Coverage area:** South Shore and surroundings

**Hours:** 24 hours / 7 days

**Financing:** provincial, grants, fundraising campaigns, donations

**Legal status:** non-profit organization
WOMEN'S SHELTER LA RE-SOURCE OF CHÂTEAUGUAY

Confidential Address
450 699-0908     Fax: 450 699-1698
Website: lare-source.org/en
Email: direction@lare-source.org


Eligibility: women victims of domestic violence with or without children
Capacity: 16 people
Coverage area: Montérégie
Hours: 24 hours / 7 days
Fees: none
Financing: fundraising campaigns, provincial
Legal status: non-profit organization

Prevention of violence and crime

ACCUEIL POUR ELLE (L')

Confidential Address
450 371-4618     Fax: 450 371-9656
Website: www'accueil-pourelle.org
Email: accueil.pourelle@cgocable.ca


Eligibility: women victim of domestic violence, with or without children
Capacity: Accueil pour Elle: 6 rooms that can house up to 18 women and children, Maison Seconde Étape: 4 units
Coverage area: MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges
Hours: 24 hours / 7 days
Fees: none, except for housing at Maison Seconde Étape
Financing: provincial, donations
Legal status: non-profit organization

AKWESASNE FAMILY WELLNESS PROGRAM

Confidential Address
613 937-4322
Website: www.akwesasne.ca/community-social-services/akwesasne-family-wellness-program
Email: afwputreach@akwesasne.ca

Services: Emergency and long-term safe housing for victims of domestic violence, abusive situations, self harm and high risk behaviors. * 6-week residential or non-residential program for women and men who have been victims of or exposed to abuse. * In-house residents: intake, assessments, case plans and accompaniment to courts and health related visits. * 24/7 support line, on-site support and information available. * One-on-one counselling. * Referrals. * Advocacy. * Education. * Tools and information on domestic violence offered in individual and group settings. * Access to cultural and traditional teachings. * Outreach program.

Eligibility: women, children, men
Coverage area: Akwesasne
Fees: none
Financing: municipal
Legal status: municipal agency
AVIF - ACTION SUR LA VIOLENCE ET INTERVENTION FAMILIALE
330 Pierre-Boursier Street, Suite 1200, Châteauguay, Montérégie, QC, J6J 4Z2
450 692-7313 Fax: 450 692-9356
Website: www.avif.ca
Email: avif@bellnet.ca
Eligibility: male adults, youth 12 to 20 years old
Coverage area: Montérégie
Hours: Monday to Thursday 9h00 to 17h00, Friday 9h00 to 12h00 by appointment, group meetings: in the evening
Fees: adult: $30 for the assessment, support groups: $5 to 20 depending on the income
Financing: provincial, federal, donations
Legal status: non-profit organization

CENTRE DES FEMMES DE LONGUEUIL
1529 Lafayette Boulevard, Longueuil, Montérégie, QC, J4K 3B6
450 670-0111 Fax: 450 670-9749
Website: www.centredefemmeslongueuil.org
Email: info@centredefemmeslongueuil.org
Services: * Reception, listening and referral. * Ad hoc or short term individual support. * Popular education activities and outings. * Diverse workshops: self-knowledge, health, self-defense, etc. * Various support groups: for women who have violent behaviour, support in the separation, women of sexual and gender diversity, etc. * Computer lab. * Library and documentation centre. * Collective actions and citizen involvement (animation, committees, etc.).
Eligibility: women
Coverage area: agglomeration of Longueuil
Hours: Monday to Wednesday 9h00 to 16h30, Thursday 9h00 to 20h30
Fees: none
Financing: grants, donations
Legal status: non-profit organization

CLÉ SUR LA PORTE (LA)
Confidential Address
450 774-1843 Fax: 450 774-9951
Website: www.clesurlaporte.org
Email: info@clesurlaporte.org
Eligibility: women victims of domestic violence, their children
Capacity: 21 places
Coverage area: MRC Les Maskoutains, MRC La Vallée-du-Richelieu, MRC Acton
Hours: 24 hours / 7 days
Fees: none
Financing: donations, provincial
Legal status: non-profit organization
ÉQUIJUSTICE RICHELIEU-YAMASKA
600 Casavant Boulevard West, Suite 102, Saint-Hyacinthe, Montérégie, QC, J2S 7S3
450 773-8940  Fax: 450 773-9561
Website: equijustice.ca
Email: richelieuyamaska@equijustice.ca
Eligibility: teenagers, organizations, mediation: citizens
Hours: Monday to Thursday: 8h30 to 17h00, Friday 8h30 to 16h30
Fees: none
Financing: provincial
Legal status: non-profit organization

ÉQUIJUSTICE RIVE-SUD
620 Sainte-Foy Boulevard, Longueuil, Montérégie, QC, J4J 1Y9
450 647-9024  Fax: 450 647-9027
Website: equijustice.ca/en/members/rive-sud
Email: rivesud@equijustice.ca
Services: Accompaniment and support of people concerned by the reparation process with the application of measures stipulated by the law. * Community mediation that offers the possibility of an active participation in the process. * Training and support in conflict management in school and community environments.
Eligibility: young offenders from 12 to 18 years old, adults with a criminal record, victims of criminal acts, citizens, communities
Coverage area: Montérégie
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Financing: provincial
Legal status: non-profit organization

GROUPE ACTION NOUVELLE VIE
740 Saint-Charles Street East, Longueuil, Montérégie, QC, J4H 1C2
450 646-5815 ext. 3221  Fax: 450 646-3509
Website: actionnv.com
Email: info@actionnv.com
Eligibility: men, women and families on a low income
Coverage area: Boucherville, Brossard, Chambly, Greenfield Park, La Prairie, Longueuil, Saint-Amable, Saint-Bruno-De-Montarville, Saint-Hubert, Saint-Lambert, Sainte-Julie, Varennes
Hours: services: Tuesday to Thursday 9h00 to 16h00, weekly food aid and emergency food aid: Tuesday and Thursday 12h30 to 15h00
Fees: weekly food aid and emergency food assistance: $10, $15 or $20 per food basket depending on the number of people, back-to-school supplies: $10 for each child
Violence and abuse

Financing: donations, self-financing, fundraising campaigns, foundations, grants
Legal status: non-profit organization

KAHNAWAKE SHAKOTII`ATEKHNHAS COMMUNITY SERVICES

Confidential Address
450 632-6880 Fax: 450 632-5116
Website: www.kscs.ca


Eligibility: Kahnawake residents
Coverage area: Kahnawake
Hours: Monday to Friday 8h30 to 16h30
Financing: grants
Legal status: non-profit organization

MAISON DE LA JEUNESSE 12-17 DE VALLEYFIELD

42, Anderson Street, Salaberry-de-Valleyfield, Montérégie, QC, J6S 0L1
450 373-6788
Website: mdjvalleyfield.com
Email: direction@mdjvalleyfield.com


Eligibility: youth 12 to 17 years old
Coverage area: Salaberry-de-Valleyfield
Hours: reception and administration: Monday to Friday 9h00 to 16h00, regular intervention and animation schedule: Monday to Thursday 16h30 to 21h00, Friday 16h30 to 22h00, Saturday 14h00 to 21h00, summer intervention and animation schedule: Monday to Thursday 13h00 to 21h00, Friday 13h00 to 22h00, Saturday 13h00 to 18h00
Legal status: non-profit organization

MAISON DES JEUNES DE LONGUEUIL (LA)

540 King-George Street, Longueuil, Montérégie, QC, J4J 2V7
450 468-5907 Fax: 450 468-6074
Email: m.d.j.longueuil@hotmail.com


Eligibility: youth 12 to 17 years old
Capacity: 329 people
Coverage area: Longueuil
Hours: Monday to Friday 15h00 to 21h00
Fees: none
Financing: provincial, municipal, fundraising campaigns, donations, grants
Legal status: non-profit organization
MAISON DES JEUNES DE MARIEVILLE
1972 du Pont Street, Marieville, Montérégie, QC, J3M 1J8
450 708-0635
Email: mdjmarieville@hotmail.com


**Eligibility:** youth from 12 to 17 years old

**Coverage area:** Marieville

**Hours:** Tuesday to Friday 16h00 to 21h00

**Financing:** provincial, municipal, Centraide Richelieu-Yamaska, donations

**Legal status:** non-profit organization

MAISON DES JEUNES DE VARENNES
135 du Petit Bois Road, Varennes, Montérégie, QC, J3X 1P7
450 652-6941

Website: www.mdjvarennes.net
Email: info@mdjvarennes.net

**Services:** Meeting place for youth. * Social, recreational, cultural and sports activities. * Listening, helping relationship, accompaniment. * Work in the community. * Information, prevention and awareness workshops.

**Eligibility:** youth from 12 to 17 years old

**Coverage area:** Varennes

**Hours:** Monday to Friday 16h00 to 21h00, Tuesday and Thursday 12h00 to 13h00

**Fees:** none

**Financing:** municipal, provincial, federal, self-financing

**Legal status:** non-profit organization

MAISON LE PASSEUR
113 Charlotte Street, Sorel-Tracy, Montérégie, QC, J3P 1G9
450 743-8403     Fax: 450 743-8825
Website: www.maisonlepasseur.com
Email: info@maisonlepasseur.com


**Eligibility:** men living in difficult situations that can degenerate into conjugal violence (bereavement, depression, job loss, break-up, etc.), men who are victims or perpetrators of domestic violence, businesses with employees who exhibit violent behaviour

**Coverage area:** MRC Pierre-De Saurel, Sorel-Tracy and surroundings

**Hours:** Monday, Thursday and Friday 9h00 to 17h00, Tuesday and Wednesday 9h00 to 20h00

**Fees:** cost proportional to the client's income

**Financing:** provincial

**Legal status:** non-profit organization

PAVILLON MARGUERITE DE CHAMPLAIN
Confidential Address
450 656-1946     Fax: 450 656-6548
Website: www.pavillonmarguerite.com/home
Email: info@pavillonmarguerite.com


**Eligibility:** women victims of domestic violence with or without children
Violence and abuse

Capacity: housing: 18 people
Coverage area: South Shore and surroundings
Hours: 24 hours / 7 days
Financing: provincial, grants, fundraising campaigns, donations
Legal status: non-profit organization

QUÉBEC NATIVE WOMEN
Confidential Address
1 800 363-0322 Fax: 450 632-9280
Website: faq-qnw.org/en
Email: info@faq-qnw.org
Eligibility: native women living on and off reserve, their families and communities
Coverage area: Province of Québec
Hours: Monday to Friday 8h00 to 16h00
Fees: none
Financing: federal, provincial
Legal status: non-profit organization

RÉGIE INTERMUNICIPALE DE POLICE RICHELIEU - SAINT-LAURENT
1578 du Fer-à-Cheval Road, Sainte-Julie, Montérégie, QC, J3E 0A2
450 922-7001 Fax: 450 922-8881
Website: www.police-rsl.qc.ca
Email: sra@police-rsl.qc.ca
Coverage area: MRC Marguerite-D'Youville, Saint-Mathieu-de-Beloeil, Beloeil, McMasterville, Saint-Basile-le-Grand, Carignan, Chambly, Otterburn Park, Saint-Jean-Baptiste, Mont-Saint-Hilaire, Richelieu, Saint-Mathias-sur-Richelieu
Hours: 24 hours / 7 days
Financing: municipal
Legal status: municipal agency

RÉGIE INTERMUNICIPALE DE POLICE ROUSSILLON
90 Saint-François-Xavier Road, Candiac, Montérégie, QC, J5R 6M6
450 638-0911 ext. 0 Fax: 450 638-0905
Website: www.ripr.ca
Email: direction@policeroussillon.ca
Coverage area: Candiac, Delson, La Prairie, Saint-Constant, Saint-Mathieu, Saint-Philippe, Sainte-Catherine
Hours: 24 hours / 7 days, administration: Monday and Tuesday 8h00 to 12h00 and 13h00 to 16h30, Wednesday and Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00
Financing: municipal
Legal status: municipal agency
SERVICE DE POLICE DE CHÂTEAUGUAY
55 Maple Boulevard, Châteauguay, Montérégie, QC, J6J 3P9
450 698-1331
Website: ville.chateauguay.qc.ca/en/police-service/home
Email: police@police.chateauguay.ca
Coverage area: Châteauguay, Léry, Beauharnois, Saint-Isidore
Hours: 24 hours / 7 days
Financing: municipal
Legal status: municipal agency

SERVICE DE POLICE DE L'AGGLOMÉRATION DE LONGUEUIL - DIVISION NORD
699 Curé-Poirier Boulevard West, Longueuil, Montérégie, QC, J4J 2J1
450 463-7011
Website: www.longueuil.quebec/fr/police
Email: spal@longueuil.quebec
Coverage area: Boucherville, Saint-Lambert, Vieux-Longueuil
Hours: 24 hours / 7 days
Financing: municipal
Legal status: municipal agency

SERVICE DE POLICE DE L'AGGLOMÉRATION DE LONGUEUIL - DIVISION SUD
7151 Cousineau Boulevard, Longueuil, Montérégie, QC, J3Y 9K5
450 463-7011
Website: www.longueuil.quebec/fr/police
Email: spal@longueuil.quebec
Coverage area: Brossard, Greenfield Park, Saint-Bruno-de-Montarville, Saint-Hubert
Hours: 7 days
Financing: municipal
Legal status: municipal agency

TABLE DE CONCERTATION SUR LA VIOLENCE CONJUGALE ET SEXUELLE FAITE AUX FEMMES ET AUX ENFANTS BEAUHARNOIS-SALABERRY
71 Maden Street, Suite 200, Salaberry-de-Valleyfield, Montérégie, QC, J6S 3V4
450 371-0143 ext. 113148   Fax: 450 371-2630
Website: www.santemonteregie.qc.ca/installations/clsc-de-salaberry-de-valleyfield
Email: andreane.gelineau.cisssmo16@ssss.gouv.qc.ca
Services: * Advocacy and promotion of victims of conjugal and sexual violence's rights. * Ensuring the follow-up of collaborations for psychosocial assistance and for the socio-legal accompaniment of victims.
Eligibility: people and organizations working in fields related to domestic and sexual violence, women and children who are victims of domestic and sexual violence
Coverage area: MRC Beauharnois-Salaberry
Hours: issue table: by appointment, CLSC de Salaberry-de-Valleyfield: Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 12h00 and 13h00 to 16h00

1760
Financing: municipal, provincial
Legal status: parapublic organization

VIA L’ANSE
340 du Havre Boulevard, Suite 103, Salaberry-de-Valleyfield, Montérégie, QC, J6S 1S6
450 370-3200 Fax: 450 370-0143
Website: vialanse.com
Email: mario.trepanier@vialanse.com
Eligibility: people with violent behaviour
Coverage area: Vaudreuil-Dorion, Huntingdon, Beauharnois
Hours: administration: Monday to Friday 9h00 to 16h00
Fees: voluntary contribution
Financing: donations
Legal status: non-profit organization

WOMEN’S SHELTER LA RE-SOURCE OF CHÂTEAUGUAY
Confidential Address
450 699-0908 Fax: 450 699-1698
Website: lare-source.org/en
Email: direction@lare-source.org
Eligibility: women victims of domestic violence with or without children
Capacity: 16 people
Coverage area: Montérégie
Hours: 24 hours / 7 days
Fees: none
Financing: fundraising campaigns, provincial
Legal status: non-profit organization

Sexual assault and incest

AKWESASNE FAMILY WELLNESS PROGRAM
Confidential Address
613 937-4322
Website: www.akwesasne.ca/community-social-services/akwesasne-family-wellness-program
Email: afwpoutreach@akwesasne.ca
Services: Emergency and long-term safe housing for victims of domestic violence, abusive situations, self harm and high risk behaviors. * 6-week residential or non-residential program for women and men who have been victims of or exposed to abuse. * In-house residents: intake, assessments, case plans and accompaniment to courts and health related visits. * 24/7 support line, on-site support and information available. * One-on-one counselling. * Referrals. * Advocacy. * Education. * Tools and information on domestic violence offered in individual and group settings. * Access to cultural and traditional teachings. * Outreach program.
Eligibility: women, children, men
Coverage area: Akwesasne
Fees: none
Financing: municipal
Legal status: municipal agency
C.I.V.A.S. L'EXPRESSION LIBRE DU HAUT-RICHELIEU

Confidential Address
450 348-4380 Fax: 450 348-1365
Website: www.expressionlibre.ca
Email: expressionlibre@videotron.ca


Eligibility: youth 12 to 20 years old victims of sexual assault, women, their relatives
Capacity: support group for youth: 6 participants, self-help group for women: 15 participants
Coverage area: MRC Le Haut-Richelieu
Hours: Monday to Friday 9h00 to 16h30
Fees: none
Financing: grants, donations, fundraising campaigns
Legal status: non-profit organization

CENTRE D'AIDE ET DE LUTTE CONTRE LES AGRESSIONS À CARACTÈRE SEXUEL - LA VIGIE

Confidential Address
450 371-4222 Fax: 450 371-9590
Email: info@calacslavigie.org

Services: Support and prevention relative to sexual assaults. * Direct assistance: listening, information, referral, individual meetings and support groups. * Support to families and friends of women victim of sexual assault. * Education, prevention and training. * Advocacy, accompaniment in the legal procedures and actions to address the issue of sexual violence.

Eligibility: women victim of sexual assault, direct support: women and high school teenagers, prevention, awareness and advocacy: general public
Coverage area: MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges
Hours: Monday to Friday 8h00 to 16h00
Fees: none
Financing: provincial
Legal status: non-profit organization

CENTRE D'AIDE POUR VICTIMES D’AGRESSION SEXUELLE RICHELIEU-YAMASKA ET SOREL-TRACY

Confidential Address
450 778-9992 Fax: 450 778-2914
Website: cavas-info.org
Email: cavas.direction@outlook.com


Eligibility: sexual assault victims and their family
Coverage area: MRC les Maskoutains, MRC Pierre-De Saurel
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: provincial, donations, grants
Legal status: non-profit organization
CENTRE D'INTERVENTION EN VIOLENCE ET AGRESSIONS SEXUELLES DE LA MONTÉRÉGIE
5100 Cousineau Boulevard, Suite 300-311, Longueuil, Montérégie, QC, J3Y 7G5
450 656-6524 Fax: 450 656-8075
Website: www.civas.ca
Email: civas.m@bellnet.ca
Eligibility: people who have committed or are afraid of committing a sexual assault, people with problems related to sexual addiction, people who use sexual services
Coverage area: Montérégie
Hours: Monday to Thursday 8h30 to 16h30, services by appointment
Fees: according to income
Financing: self-financing, provincial, grants
Legal status: non-profit organization

CHÂTEAUGUAY SEXUAL ASSAULT CENTRE
Confidential Address
450 699-8258 Fax: 450 699-7295
Website: calacs-chateauguay.ca
Email: info@calacs-chateauguay.ca
Eligibility: women 12 years and over who have experienced sexual assault
Capacity: support groups: 6 to 8 women
Coverage area: Beaugainville, MRC Les Jardins-de-Napierville, MRC Roussillon
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Fees: none
Financing: provincial, donations
Legal status: non-profit organization

CLSC DE CHÂTEAUGUAY
95 de la Verdure Avenue, Châteauguay, Montérégie, QC, J6K 0E8
450 699-3333 Fax: 450 691-6202
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1232&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J6K0E8
Coverage area: CISSS de la Montérégie-Ouest area
Hours: Monday to Friday 6h30 to 20h00, Saturday and Sunday 8h00 to 12h00 and 13h30 to 16h00, test centre: Monday to Friday 6h30 to 9h00
Financing: provincial
Legal status: parapublic organization

MACADAM SUD
895 Sainte-Hélène Street, Longueuil, Montérégie, QC, J4K 3R7
450 677-9021 Fax: 450 677-4741
Website: macadamsud.org
Email: info@macadamsud.org
**Eligibility:** youth 12 to 35 years old marginalized or at risk of marginalization, Squat: youth 12 to 17 years old, Espace-jeunes: youth 15 to 35 years old, any person in distress  
**Coverage area:** Longueuil, Brossard  
**Hours:** services: variable, administration: Monday to Friday 9h00 to 17h00  
**Fees:** none  
**Financing:** federal, provincial, fundraising campaigns, foundations, municipal, Centraide of Greater Montréal  
**Legal status:** non-profit organization

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**MAISON DE JEUNES KEKPART - ACTION JEUNESSE SAINT-PIE-X DE LONGUEUIL**

1000 Roland-Therrien Boulevard, Longueuil, Montérégie, QC, J4J 5H3  
450 677-3821  
Website: www.maisonkekpart.com  
Email: communicationskekpart@videotron.ca  

**Eligibility:** youth 12 to 18 years old and their family  
**Capacity:** 40 people  
**Coverage area:** Longueuil  
**Hours:** administration: Monday to Friday 9h00 to 16h00, youth line: Monday to Friday 15h00 to 21h00  
**Fees:** none  
**Financing:** provincial, federal, fundraising campaigns  
**Legal status:** non-profit organization

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**QUÉBEC NATIVE WOMEN**

Confidential Address  
1 800 363-0322  
Fax: 450 632-9280  
Website: faq-qnw.org/en  
Email: info@faq-qnw.org  

**Eligibility:** native women living on and off reserve, their families and communities  
**Coverage area:** Province of Québec  
**Hours:** Monday to Friday 8h00 to 16h00  
**Fees:** none  
**Financing:** federal, provincial  
**Legal status:** non-profit organization

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**RESSOURCE POUR HOMMES DE LA HAUTE-YAMASKA**

739 Dufferin Street, Granby, Montérégie, QC, J2H 2H5  
450 777-6680  
Fax: 450 777-5788  
Website: www.rhhy.qc.ca  
Email: info@rhhy.qc.ca

Eligibility: men 14 years old and over
Coverage area: Granby, Haute-Yamaska, Brome-Missisquoi, Acton, Rouville
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30
Fees: according to income
Financing: provincial
Legal status: non-profit organization

TRAVERSÉE (LA)
10 Hickson Avenue, Saint-Lambert, Montérégie, QC, J4R 2N3
450 465-5263
Website: www.latraversee.qc.ca
Email: info@latraversee.qc.ca


Eligibility: women, youth and children living with mental health problems as a result of sexual assault including rape and incest
Coverage area: South Shore
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: provincial, fundraising campaigns
Legal status: non-profit organization

Support for perpetrators of violence and their families

AVIF - ACTION SUR LA VIOLENCE ET INTERVENTION FAMILIALE
330 Pierre-Boursier Street, Suite 1200, Châteauguay, Montérégie, QC, J6J 4Z2
450 692-7313 Fax: 450 692-9356
Website: www.avif.ca
Email: avif@bellnet.ca


Eligibility: male adults, youth 12 to 20 years old
Coverage area: Montérégie
Hours: Monday to Thursday 9h00 to 17h00, Friday 9h00 to 12h00 by appointment, group meetings: in the evening
Fees: adult: $30 for the assessment, support groups: $5 to 20 depending on the income
Financing: provincial, federal, donations
Legal status: non-profit organization

CENTRE D'INTERVENTION EN VIOLENCE ET AGRESSIONS SEXUELLES DE LA MONTÉRÉGIE
5100 Cousineau Boulevard, Suite 300-311, Longueuil, Montérégie, QC, J3Y 7G5
450 656-6524 Fax: 450 656-8075
Website: www.civas.ca
Email: civas.m@bellnet.ca

Eligibility: people who have committed or are afraid of committing a sexual assault, people with problems related to sexual addiction, people who use sexual services

Coverage area: Montérégie

Hours: Monday to Thursday 8h30 to 16h30, services by appointment

Fees: according to income

Financing: self-financing, provincial, grants

Legal status: non-profit organization

CENTRE DES FEMMES DE LONGUEUIL
1529 Lafayette Boulevard, Longueuil, Montérégie, QC, J4K 3B6
450 670-0111 Fax: 450 670-9749
Website: www.centredefemmeslongueuil.org
Email: info@centredefemmeslongueuil.org

Services: * Reception, listening and referral. * Ad hoc or short term individual support. * Popular education activities and outings. * Diverse workshops: self-knowledge, health, self-defense, etc. * Various support groups: for women who have violent behaviour, support in the separation, women of sexual and gender diversity, etc. * Computer lab. * Library and documentation centre. * Collective actions and citizen involvement (animation, committees, etc.).

Eligibility: women

Coverage area: agglomeration of Longueuil

Hours: Monday to Wednesday 9h00 to 16h30, Thursday 9h00 to 20h30

Fees: none

Financing: grants, donations

Legal status: non-profit organization

ENTRAIDE POUR HOMMES (L')
551 Sir-Wilfrid-Laurier Boulevard, Suite 204, Beloeil, Montérégie, QC, J3G 4J1
1 833 651-4447 Fax: 450 651-4448
Website: www.entraidepourhommes.org
Email: info@entraidepourhommes.org


Eligibility: men 18 years old and over

Coverage area: Montérégie: service points in Beloeil, Longueuil and Saint-Hyacinthe

Hours: phone: Monday to Friday 10h00 to 16h00, individual meetings and intervention groups: Monday to Friday, morning and evening

Fees: according to the income

Financing: provincial, Centraide Richelieu-Yamaska, self-financing, donations

Legal status: non-profit organization

ENTRAIDE POUR HOMMES (L') - POINT DE SERVICE BELOEIL
551 Sir Wilfrid Laurier Boulevard, Suite 204, Beloeil, Montérégie, QC, J3G 4J1
450 651-4447 Fax: 450 651-4448
Website: www.entraidepourhommes.org
Email: info@entraidepourhommes.org


Eligibility: men 18 and over

Coverage area: Montérégie, service points in Longueuil, Beloeil and Saint-Hyacinthe

Hours: Monday and Thursday 10h00 to 21h00, Tuesday 13h00 to 17h00, Friday 10h00 to 16h00

Fees: depending on income
Financing: provincial, self-financing, donations, Centraide  
Legal status: non-profit organization

ENTRAIDE POUR HOMMES (L') - POINT DE SERVICE GRAND LONGUEUIL  
1078 Sainte-Hélène Street, Longueuil, Montérégie, QC, J4K 3R9  
450 651-4447  Fax: 450 651-4448  
Website: www.entraidepourhommes.org  
Email: info@entraidepourhommes.org

Services:  
* Phone reception and referral.  
* Individual psychosocial support for men living difficult situations: fatherhood, relationships, work, grief.  
* Intervention groups for men with violent behaviours.  
* Individual consultation for men victims of violence.

Eligibility: men over 18 years old

Coverage area: Montérégie, service points in Longueuil, Beloeil and Saint-Hyacinthe

Hours: phone and individual meetings: Monday to Thursday 10h00 to 20h00, Friday 10h00 to 16h00, individual meetings and intervention groups: Monday to Thursday, morning and evening

Fees: according to the income

Financing: provincial, Centraide Richelieu-Yamaska, self-financing, donations  
Legal status: non-profit organization

KAHNWAKE SHAKOTIIA'TAKEHNHAS COMMUNITY SERVICES  
Confidential Address  
450 632-6880  Fax: 450 632-5116  
Website: www.kscs.ca

Services:  
* Psychological support  
* Emergency phone line for crisis situations.  
* Individual, crisis, couple and family psychosocial counselling.  
* Anger management.  
* Support for addiction issues.  
* Anxiety support group.  

Health: * Various health programs.  
* Sexual health training and support.  
* Our Gang: after-school activities program for children 6 to 12 years old.  
* Teen group: empowerment to become better global citizens while giving back to the community.  

Education: * Traditional cultural teachings.  

Parenthood: * Support to foster families.  
* Prenatal workshops.  
* Workshops for parenting teens.  
* Parent-child workshops.  
* Parenting skills workshops.  

Seniors: * Day activities program for seniors.  
* Counseling for seniors.  
* Home and nursing care for seniors.  
* Turtle Bay Elders’ Lodge.  

Food assistance: * Meals on wheels.  

Mental health: * Support and activities for people living with mental health problems or physical disabilities.

Eligibility: Kahnawake residents

Coverage area: Kahnawake

Hours: Monday to Friday 8h30 to 16h30

Financing: grants

Legal status: non-profit organization

MACADAM SUD  
895 Sainte-Hélène Street, Longueuil, Montérégie, QC, J4K 3R7  
450 677-9021  Fax: 450 677-4741  
Website: macadamsud.org  
Email: info@macadamsud.org

Services:  
* Support centre for young people.  
* Information and referral.  
* Squat: assistance for taking charge of one's free time, recreational activities, family support services.  
* Street and outreach work: prevention, distribution of safer use material and condoms, parenting education.  
* Capab: adapted secondary school, school dropout, learning disabilities and difficulties.  
* Troc: mobile intervention unit.  
* Espace-jeunes: drop-in centre, help with housing search, support for youth employment, popular education for adults, listening, referral and accompaniment.  
* Crime, violence and juvenile delinquency prevention.  
* Support for perpetrators.  
* Assistance to victims of sexual assault, incest and domestic violence.  
* Dependency prevention.  
* TAPAJ: Alternative work paid each day.  
* Distribution of fentanyl test strips.

Eligibility: youth 12 to 35 years old marginalized or at risk of marginalization, Squat: youth 12 to 17 years old, Espace-jeunes: youth 15 to 35 years old, any person in distress
Coverage area: Longueuil, Brossard  
Hours: services: variable, administration: Monday to Friday 9h00 to 17h00  
Fees: none  
Financing: federal, provincial, fundraising campaigns, foundations, municipal, Centraide of Greater Montréal  
Legal status: non-profit organization

MAISON LE PASSEUR  
113 Charlotte Street, Sorel-Tracy, Montérégie, QC, J3P 1G9  
450 743-8403    Fax: 450 743-8825  
Website: www.maisonlepasseur.com  
Email: info@maisonlepasseur.com  
Services: Support and intervention for men in difficulty, experiencing violence or engaging in violent behaviour.  
* Violence prevention and awareness. * Company assistance service for employees showing violent behavior at work.  
Eligibility: men living in difficult situations that can degenerate into conjugal violence (bereavement, depression, job loss, break-up, etc.), men who are victims or perpetrators of domestic violence, businesses with employees who exhibit violent behaviour  
Coverage area: MRC Pierre-De Saurel, Sorel-Tracy and surroundings  
Hours: Monday, Thursday and Friday 9h00 to 17h00, Tuesday and Wednesday 9h00 to 20h00  
Fees: cost proportional to the client's income  
Financing: provincial  
Legal status: non-profit organization

RESSOURSE POUR HOMMES DE LA HAUTE-YAMASKA  
739 Dufferin Street, Granby, Montérégie, QC, J2H 2H5  
450 777-6680    Fax: 450 777-5788  
Website: www.rhhy.qc.ca  
Email: info@rhhy.qc.ca  
Services: Psychosocial support for 30 weeks.  
* One-on-one or group. * Support during break-ups. * Follow-up.  
Eligibility: men 14 years old and over  
Coverage area: Granby, Haute-Yamaska, Brome-Missisquoi, Acton, Rouville  
Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30  
Fees: according to income  
Financing: provincial  
Legal status: non-profit organization

VIA L'ANSE  
340 du Havre Boulevard, Suite 103, Salaberry-de-Valleyfield, Montérégie, QC, J6S 1S6  
450 370-3200    Fax: 450 370-0143  
Website: vialanse.com  
Email: mario.trepnier@vialanse.com  
Services: Intervention with people at risk of violent behavior in family situations.  
Eligibility: people with violent behaviour  
Coverage area: Vaudreuil-Dorion, Huntingdon, Beaugardois  
Hours: administration: Monday to Friday 9h00 to 16h00  
Fees: voluntary contribution  
Financing: donations  
Legal status: non-profit organization
Support for victims and their families

ASSOCIATION POUR LES DROITS DES ACCIDENTÉS (L’)
Confidential Address
514 742-3873
Website: associationdroitsaccidentes.e-monsite.com
Email: association.droits.accidentes@gmail.com


Eligibility: persons who have been involved in a road accident, their relatives, caregivers, persons bereaved as a result of a road accident
Coverage area: Carignan, Chambly, MRC Rouville, MRC Le Haut-Richelieu
Hours: Monday to Friday 8h00 to 18h00
Fees: none
Financing: donations
Legal status: non-profit organization

BENADO
197 Saint-François-Xavier Road, Delson, Montérégie, QC, J5B 1X7
450 632-1640 Fax: 450 632-6754
Website: benado.org
Email: benado@videotron.ca


Eligibility: dropout alternative section: youth 13 to 18 years old coping with academic, family or social difficulties, alternative justice section: youth 12 to 18 years old, victims, parents and community
Coverage area: Candiac, Châteauguay, Delson, Hemmingford, La Prairie, Léry, Mercier, Saint-Constant, Saint-Édouard, Saint-Isidore, Saint-Mathieu, Saint-Michel, Saint-Philippe, Saint-Rémi, Sainte-Catherine, Sainte-Clotilde, Sherrington
Hours: Monday, Tuesday, Thursday and Friday 8h00 to 16h30, Wednesday 8h00 to 21h00
Financing: Centraide of Greater Montréal, donations, provincial
Legal status: non-profit organization

C.I.V.A.S. L'EXPRESSION LIBRE DU HAUT-RICHELIEU
Confidential Address
450 348-4380 Fax: 450 348-1365
Website: www.expressionlibre.ca
Email: expressionlibre@videotron.ca


Eligibility: youth 12 to 20 years old victims of sexual assault, women, their relatives
Capacity: support group for youth: 6 participants, self-help group for women: 15 participants
Coverage area: MRC Le Haut-Richelieu
Hours: Monday to Friday 9h00 to 16h30
Fees: none
Financing: grants, donations, fundraising campaigns
Legal status: non-profit organization
CENTRE D’AIDE ET DE LUTTE CONTRE LES AGRESSIONS À CARACTÈRE SEXUEL - LA VIGIE

Confidential Address
450 371-4222  Fax: 450 371-9590
Email: info@calacslavigie.org

Services: Support and prevention relative to sexual assaults. * Direct assistance: listening, information, referral, individual meetings and support groups. * Support to families and friends of women victim of sexual assault. * Education, prevention and training. * Advocacy, accompaniment in the legal procedures and actions to address the issue of sexual violence.

Eligibility: women victim of sexual assault, direct support: women and high school teenagers, prevention, awareness and advocacy: general public

Coverage area: MRC Beauce-Sartigan, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

Hours: Monday to Friday 8h00 to 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

CENTRE DE FEMMES LA MARG’ELLE

87 Perras Street, Saint-Rémi, Montérégie, QC, J0L 2L0
450 454-1199  Fax: 450 454-6910
Email: info@centredefemmeslamargelle.org


Eligibility: women 14 years old and over

Capacity: 40

Coverage area: MRC Les Jardins de Napierville

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Fees: very small fees

Financing: provincial

Legal status: non-profit organization

CENTRE DE FEMMES LA MOISSON

321 Grand Boulevard, L’Île-Perrot, Montérégie, QC, J7V 4X3
514 453-8720
Website: www.centredefemmeslamoisson.com/en
Email: lamoisson1@videotron.ca


Eligibility: women

Coverage area: Vaudreuil-Soulanges

Hours: Monday to Thursday 8h30 to 16h30

Fees: free

Financing: provincial

Legal status: non-profit organization

CHÂTEAUGUAY SEXUAL ASSAULT CENTRE

Confidential Address
450 699-8258  Fax: 450 699-7295
Website: calacs-chateauguay.ca
Email: info@calacs-chateauguay.ca

Eligibility: women 12 years and over who have experienced sexual assault
Capacity: support groups: 6 to 8 women
Coverage area: Beauharnois, MRC Les Jardins-de-Napierville, MRC Roussillon
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Fees: none
Financing: provincial, donations
Legal status: non-profit organization

CLSC DE CHÂTEAUGUAY
95 de la Verdure Avenue, Châteauguay, Montérégie, QC, J6K 0E8
450 699-3333     Fax: 450 691-6202
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?noficte=1232&ch_type%5B5%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J6K0E8
Coverage area: CISSS de la Montérégie-Ouest area
Hours: Monday to Friday 6h30 to 20h00, Saturday and Sunday 8h00 to 12h00 and 13h30 to 16h00, test centre: Monday to Friday 6h30 to 9h00
Financing: provincial
Legal status: parapublic organization

CORPORATION DE DÉVELOPPEMENT COMMUNAUTAIRE DE LA MRC DE LA VALLÉE-DU-RICHELIEU
308 Montsabré Street, Suite D-206, Beloeil, Montérégie, QC, J3G 2H5
450 281-1301
Website: www.cdcvr.org
Email: info@cdcvr.org
Eligibility: community organizations, general population
Coverage area: MRC de la Vallée-du-Richelieu
Hours: Monday to Friday 8h30 to 17h00
Financing: provincial
Legal status: non-profit organization

CRIME VICTIMS ASSISTANCE CENTRE OF MONTÉRÉGIE
370 de Chambly Road, Suite 200, Longueuil, Montérégie, QC, J4H 3Z6
1 888 670-3401     Fax: 450 670-3402
Website: cavac.qc.ca/en
Email: infocavac@cavacmonteregie.com
Services: * Psycho-socio-judicial and post-traumatic intervention. * Assistance with the procedures. * Information and referral: rights and remedies, existing ressources, etc.
Eligibility: victims of criminal acts, their relatives
Coverage area: Montérégie
Hours: Monday to Friday 8h30 to 16h30
Fees: none
CRIME VICTIMS ASSISTANCE CENTRE OF MONTÉRÉGIE - LONGUEUIL COURTHOUSE
1111 Jacques-Cartier Boulevard East, Longueuil, Montérégie, QC, J4M 2J6
450 646-4012
Website: cavac.qc.ca/en
Email: infocavac@cavacmonteregie.com
Eligibility: people victims of criminal acts, their relatives
Capacity: 10
Coverage area: Longueuil
Hours: Monday to Friday 8h30 to 16h30
Fees: none
Financing: provincial, donations
Legal status: non-profit organization

CRIME VICTIMS ASSISTANCE CENTRE OF MONTÉRÉGIE - SAINT-HYACINTHE SERVICE POINT
1550 Dessaulles Street, Suite RC-22, Saint-Hyacinthe, Montérégie, QC, J2S 2S8
450 778-9410 Fax: 450 778-6566
Website: cavac.qc.ca/en
Email: infocavac@cavacmonteregie.com
Eligibility: victims of criminal acts, their relatives
Coverage area: Saint-Hyacinthe
Hours: Monday to Friday 8h30 to 12h30 and 13h30 to 16h30
Fees: none
Financing: provincial, donations
Legal status: non-profit organization

CRIME VICTIMS ASSISTANCE CENTRE OF MONTÉRÉGIE - SAINT-JEAN-SUR-RICHELIEU SERVICE POINT
109 Saint-Charles Street, Suite 1-10B, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 2C2
450 358-0152 Fax: 450 346-3989
Website: cavac.qc.ca/en
Email: infocavac@cavacmonteregie.com
Services: * Psycho-socio-judicial and post-traumatic intervention. * Support in the procedures. * Information and referrals: rights and remedies, existing resources, etc.
Eligibility: victims of criminal acts, their relatives
Coverage area: Saint-Jean-Sur-Richelieu
Hours: Monday 8h30 to 16h30, Tuesday 9h30 to 16h30, Wednesday 10h30 to 16h30, Thursday 11h30 to 16h30, Friday 12h30 to 16h30
Fees: none
Financing: provincial, donations
Legal status: non-profit organization
CRIME VICTIMS ASSISTANCE CENTRE OF MONTÉRÉGIE - SALABERRY-DE-VALLEYFIELD SERVICE POINT

74 Académie Street, Suite 204, Salaberry-de-Valleyfield, Montérégie, QC, J6T 0B8
450 370-4029 Fax: 450 370-4018
Website: cavac.qc.ca/en
Email: infocavac@cavacmonteregie.com

**Services:** * Psycho-socio-judicial and post-traumatic intervention. * Support in the procedures. * Information and referrals: rights and remedies, existing resources, etc. * Listening and telephone helpline.

**Eligibility:** victims of criminal acts, their relatives

**Coverage area:** Salaberry-De-Valleyfield

**Hours:** Monday 8h30 to 16h30, Tuesday 9h30 to 16h30, Wednesday 10h30 to 16h30, Thursday 11h30 to 16h30, Friday 12h30 to 16h30

**Fees:** none

**Financing:** provincial, donations

**Legal status:** non-profit organization

CRIME VICTIMS ASSISTANCE CENTRE OF MONTÉRÉGIE - SOREL-TRACY SERVICE POINT

46 Charlotte Street, Sorel-Tracy, Montérégie, QC, J3P 6N5
450 742-8033 Fax: 450 743-4307
Website: cavac.qc.ca/en
Email: infocavac@cavacmonteregie.com

**Services:** * Psycho-socio-judicial and post-traumatic intervention. * Support in the procedures. * Information and referrals: rights and remedies, existing resources, etc. * Listening and telephone helpline.

**Eligibility:** victims of criminal acts, their relatives

**Coverage area:** Sorel-Tracy

**Hours:** Monday and Tuesday 8h30 to 16h30, Wednesday 10h30 to 16h30, Thursday 11h30 to 16h30, Friday 12h30 to 16h30

**Fees:** none

**Financing:** provincial, donations

**Legal status:** non-profit organization

ÉQUIJUSTICE RICHELIEU-YAMASKA

600 Casavant Boulevard West, Suite 102, Saint-Hyacinthe, Montérégie, QC, J2S 7S3
450 773-8940 Fax: 450 773-9561
Website: equijustice.ca
Email: richelieuyamaska@equijustice.ca


**Eligibility:** teenagers, organizations, mediation: citizens


**Hours:** Monday to Thursday: 8h30 to 17h00, Friday 8h30 to 16h30

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization
ÉQUIJUSTICE RIVE-SUD
620 Sainte-Foy Boulevard, Longueuil, Montérégie, QC, J4J 1Y9
450 647-9024 Fax: 450 647-9027
Website: equijustice.ca/en/members/rive-sud
Email: rivesud@equijustice.ca
Services: Accompaniment and support of people concerned by the reparation process with the application of measures stipulated by the law. * Community mediation that offers the possibility of an active participation in the process. * Training and support in conflict management in school and community environments.
Eligibility: young offenders from 12 to 18 years old, adults with a criminal record, victims of criminal acts, citizens, communities
Coverage area: Montérégie
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00
Financing: provincial
Legal status: non-profit organization

JUSTICE ALTERNATIVE DU HAUT-RICHELIEU
870 du Curé-Saint-Georges Street, Suite 200, Saint-Jean-sur-Richelieu, Montérégie, QC, J2X 2Z8
450 347-1799 Fax: 450 347-3445
Website: www.jahr.ca
Email: direction@jahr.ca
Eligibility: youth 12 to 17 years old
Coverage area: MRC Le Haut-Richelieu, Napierville, Saint-Bernard-de-Lacolle, Saint-Cyprien-de-Napierville, Saint-Jacques-le-Mineur
Hours: Monday to Friday 8h00 to 16h00
Financing: provincial
Legal status: non-profit organization

JUSTICE ALTERNATIVE DU SUROÎT
52 Larocque Road, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4A2
1 800 377-3576 Fax: 450 377-4394
Website: justicealternativedusuroit.com
Email: reception@justicealternativedusuroit.com
Eligibility: young people aged 12 to 17 years old
Coverage area: MRC de Beauharnois-Salaberry, MRC du Haut-Saint-Laurent, MRC Vaudreuil-Soulanges
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, group facilitation: Tuesday evening
Financing: provincial
Legal status: non-profit organization

KAHNAWAKE - ALTERNATIVE DISPUTE RESOLUTION
Confidential Address
450 638-9052 Fax: 450 638-5930
Website: www.kahnawakeadr.com
Email: info@kahnawakeadr.com
Eligibility: Kahnawake community members, people who have caused conflict, people who have been affected by conflict, families, organizations and business owners, courts

Coverage area: Kahnawake

Fees: none

Financing: provincial, federal

Legal status: municipal agency

SERVICE CANADA CENTRE - SAINT-HYACINTHE
Galeries Saint-Hyacinthe, 3225 Cusson Avenue, Suite 2500, Saint-Hyacinthe, Montérégie, QC, J2S 0H7
1 800 622-6232   TTY: 1 800 926-9105
Website: www.servicecanada.gc.ca


Coverage area: Saint-Hyacinthe

Hours: Monday to Friday 8h30 to 16h00

Financing: federal

Legal status: federal government agency

SERVICE CANADA CENTRE - SAINT-JEAN-SUR-RICHELIEU
1235 Douglas Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J2W 1C7
1 800 622-6232   TTY: 1 800 926-9105
Website: www.canada.ca


Coverage area: Saint-Jean-sur-Richelieu and surrounding area

Hours: Monday to Friday 8h30 to 16h00

Financing: federal

Legal status: federal government agency

SERVICE CANADA CENTRE - VALLEYFIELD
63 Champlain Street, Suite 100, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1W4
1 800 622-6232   TTY: 1 800 926-9105
Website: www.canada.ca

Coverage area: Salaberry-De-Valleyfield
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government 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.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?lang=eng&rc=2251
Coverage area: Vaudreuil-Dorion
Hours: Monday to Friday 8h30 to 16h00
Financing: federal
Legal status: federal government agency

TABLE DE CONCERTATION SUR LA VIOLENCE CONJUGALE ET SEXUELLE FAITE AUX FEMMES ET AUX ENFANTS BEAUHARNOIS-SALABERRY
71 Maden Street, Suite 200, Salaberry-de-Valleyfield, Montérégie, QC, J6S 3V4
450 371-0143 ext. 113148     Fax: 450 371-2630
Website: www.santemonteregie.qc.ca/installations/clsc-de-salaberry-de-valleyfield
Email: andreane.gelineau.cisssmo16@ssss.gouv.qc.ca
Services: * Advocacy and promotion of victims of conjugal and sexual violence's rights. * Ensuring the follow-up of collaborations for psychosocial assistance and for the socio-legal accompaniment of victims. Eligibility: people and organizations working in fields related to domestic and sexual violence, women and children who are victims of domestic and sexual violence
Coverage area: MRC Beauharnois-Salaberry
Hours: issue table: by appointment, CLSC de Salaberry-de-Valleyfield: Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 12h00 and 13h00 to 16h00
Financing: municipal, provincial
Legal status: parapublic organization

Therapy and counselling

ACTION EMPLOI HAUTE-YAMASKA - SAINT-HYACINTHE
440 Saint-Joseph Avenue, Saint-Hyacinthe, Montérégie, QC, J2S 8K5
450 773-8888      Fax: 450 773-7985
Website: action-emploi.ca
Email: info@action-emploi.ca
Eligibility: people 50 and over looking for employment, employers
Coverage area: Saint-Hyacinthe
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: none
Financing: grants
Legal status: non-profit organization

AINSI SOIT-ELLE - CENTRE DE FEMMES
1224 Notre-Dame Street, Chambly, Montérégie, QC, J3L 1K3
450 447-3576 Fax: 450 447-8242
Email: ainski.soitelle.org@hotmail.com


Eligibility: women

Coverage area: CLSC du Richelieu

Hours: Monday, Wednesday and Thursday 8h30 to 16h30, Tuesday 13h00 to 16h30

Fees: members: $10 each year

Financing: provincial, self-financing, donations, fundraising campaigns

Legal status: non-profit organization

AINSI SOIT-ELLE - CENTRE DE FEMMES
1224 Notre-Dame Street, Chambly, Montérégie, QC, J3L 1K3
450 447-3576 Fax: 450 447-8242
Email: ainski.soitelle.org@hotmail.com


Eligibility: women

Coverage area: CLSC du Richelieu

Hours: Monday, Wednesday and Thursday 8h30 to 16h30, Tuesday 13h00 to 16h30

Fees: members: $10 each year

Financing: provincial, self-financing, donations, fundraising campaigns

Legal status: non-profit organization

AKWESASNE FAMILY WELLNESS PROGRAM
Confidential Address
613 937-4322
Website: www.akwesasne.ca/community-social-services/akwesasne-family-wellness-program
Email: afwpoutreach@akwesasne.ca

Services: Emergency and long-term safe housing for victims of domestic violence, abusive situations, self harm and high risk behaviors. * 6-week residential or non-residential program for women and men who have been victims of or exposed to abuse. * In-house residents: intake, assessments, case plans and accompaniment to courts and health related visits. * 24/7 support line, on-site support and information available. * One-on-one counselling. * Referrals. * Advocacy. * Education. * Tools and information on domestic violence offered in individual and group settings. * Access to cultural and traditional teachings. * Outreach program.

Eligibility: women, children, men

Coverage area: Akwesasne

Fees: none

Financing: municipal

Legal status: municipal agency
ANCRE ET AILES DU HAUT-SAINT-LAURENT
10 Bridge Street, Ormstown, Montérégie, QC, J0S 1K0
450 829-3491
Website: www.ancreetailes.com
Email: ancreetailes@bellnet.ca
Eligibility: adults living with or having experienced a mental health problem or psychological distress
Coverage area: MRC Le Haut-Saint-Laurent
Hours: Tuesday to Friday 9h00 to 16h00
Fees: annual membership card: $10, meals: $4, fees may apply for activities and outings
Financing: donations
Legal status: non-profit organization

APHASIE RIVE-SUD
1720 De Gaulle Street, Longueuil, Montérégie, QC, J4T 1M9
450 550-4466
Website: aphasierivesud.ca/en/home
Email: info.aphasierivesud@gmail.com
Services: * Workshops: language (speech therapy), written language, theatre, choir, games, adapted scrabble, lunch meeting, relaxation on a chair, etc. * J'active mes neurones workshop. * Parole entre nous workshop. * Workshops for caregivers: Café du bien support group, sociocultural activities, etc.
Eligibility: adults with aphasia, caregivers
Coverage area: South Shore of Montréal
Hours: Monday to Friday 8h30 to 15h30, meetings and workshops: Monday to Friday 9h30 to 11h30
Fees: membership card: $30 per year, activities: $50 per semester
Financing: provincial, self-financing, donations
Legal status: non-profit organization

ARC-EN-CIEL DES SEIGNEURIES - GROUPE D'ENTRAIDE EN SANTÉ MENTALE (L')
274 Sainte-Anne Street, Varennes, Montérégie, QC, J3X 1R7
450 985-0522 Fax: 450 985-0805
Website: www.arcencieldesseigneuries.org
Email: info@arcencieldesseigneuries.org
Eligibility: people living with or who have lived with mental health issues
Coverage area: Boucherville, Calixa-Lavallée, Contrecœur, Saint-Amable, Sainte-Julie, Varennes, Verchères
Hours: Monday to Thursday 9h00 to 16h30, occasionally on nights and weekends
Fees: membership card: $5
Financing: provincial, donations, membership fees
Legal status: non-profit organization

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

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

ARCHE MONTÉRÉGIE (L’)
221 Bernard-Pilon Street, Beloeil, Montérégie, QC, J3G 1V2
450 446-1061
Website: www.larchemonteregie.org
Email: info@larchemonteregie.org


Eligibility: people 18 years old and over living with an intellectual disability

Capacity: 3 group homes with a maximum capacity of 17 persons

Coverage area: Montérégie

Hours: 24 hours / 7 days

Fees: variable annual pension

Financing: provincial, donations

Legal status: non-profit organization

ASSOCIATION DES PARENTS ET AMIS DE LA PERSONNE ATTEINTE DE MALADIE MENTALE - RIVE-SUD
10 Churchill Boulevard, Suite 206 and 208, Longueuil, Montérégie, QC, J4V 2L7
450 766-0524
Website: apammrs.org/english
Email: info@apammrs.org


Eligibility: adults and children 5 years old and over with a close one living with a mental health issue

Coverage area: urban agglomeration of Longueuil, MRC Marguerite-D’Youville

Hours: administration: Monday to Friday 9h00 to 17h00, family activities: week days and evenings

Fees: psychosocial interventions: none, members: $15 to $20 per year, members-only activities: variable

Financing: grants, donations, contributions

Legal status: non-profit organization

ASSOCIATION DES PERSONNES APHASIQUES DU RICHELIEU-YAMASKA
1800 Dessaulles Street, door C-3115, Saint-Hyacinthe, Montérégie, QC, J2S 2T2
450 771-3333 ext. 2685
Website: www.aphasieapary.org
Email: info@aphasieapary.org

Eligibility: people with aphasia following a stroke, their relatives
Capacity: 15
Coverage area: Richelieu, Yamaska
Hours: Monday to Friday 8h30 to 15h30
Fees: annual membership: $20, outings: fees for meals
Financing: provincial, self-financing
Legal status: non-profit organization

ASSOCIATION LOCALE DES PERSONNES HANDICAPÉES DE CHAMBLY ET LA RÉGION - ALPHA
608 12th Avenue, Richelieu, Montérégie, QC, J3L 5J9
450 658-9869
Website: www.associationalpha.com
Email: associationalpha@hotmail.com
Services: * Raising awareness and advocating for the rights of people with an autism spectrum disorder or a physical or intellectual disability. * IPS Program: day program for adults with an intellectual disability or an autism spectrum disorder that aims to develop and maintain skills through various workshops and with specialists in music therapy, zootherapy and massotherapy. * Activities and workshops: drama, visual arts, cooking, dance, meetings, dance night and special outings. * Journée Déclic: weekly activity or outing. * Espace TSA: workshop for children and pre-adolescents with an autism spectrum disorder to develop their socialization skills. * Coin des amis: workshop for children and pre-adolescents with intellectual disabilities. * Summer day camp.
Eligibility: people with an intellectual disability, a physical disability or an autism spectrum disorder, their family, IPS program: people 21 years old and over with an intellectual disability or an ASD
Coverage area: Richelieu, Saint-Mathias-sur-Richelieu, Chambly, Carignan, Marieville, Sainte-Angèle-de-Monnoir, Rougemont, Saint-Césaire
Hours: IPS program and summer day camp: Monday to Friday from 8h30 to 15h30, journée Déclic: Saturday 9h30 to 15h30, day camp daycare: Monday to Friday 7h00 to 8h45 and 15h30 to 17h30, workshops: varied schedule, consult the online calendar
Fees: variable
Financing: provincial, Centraide Richelieu-Yamaska, federal
Legal status: non-profit organization

ASSOCIATION POUR LES DROITS DES ACCIDENTÉS (L’)
Confidential Address
514 742-3873
Website: associationdroitsaccidentes.e-monsite.com
Email: association.droits.accidentes@gmail.com
Eligibility: persons who have been involved in a road accident, their relatives, caregivers, persons bereaved as a result of a road accident
Coverage area: Carignan, Chambly, MRC Rouville, MRC Le Haut-Richelieu
Hours: Monday to Friday 8h00 to 18h00
Fees: none
Financing: donations
Legal status: non-profit organization
AU COEUR DES FAMILLES AGRICOLES
600 Benoît Street, Saint-Hyacinthe, Montérégie, QC, J2S 1L6
450 768-6995
Website: acfareseaux.qc.ca
Email: acfa@acfareseaux.qc.ca
Eligibility: agricultural producers, their families, their networks, Maison ACFA: agricultural producers
Coverage area: Province of Québec
Hours: office: Monday to Friday 8h00 to 16h00, help line: Monday to Saturday 8h00 to 20h00
Fees: none
Financing: provincial, donations, fundraising campaigns
Legal status: non-profit organization

CAMPAGNOL (LE)
94 Saint-André Street, Saint-Rémi, Montérégie, QC, J0L 2L0
450 454-5121 Fax: 450 454-2018
Website: www.lecampagnol.com
Email: entraide@campagnol.qc.ca
Services: Mutual aid group for mental health and living environment. * Activities: training and information workshop, creativity workshop, promotion and awareness workshop. * Listening, support and accompaniment for and by members.
Eligibility: adults living with or who haved lived with mental health issues or emotional disorganization
Coverage area: MRC Les Jardins-de-Napierville
Hours: Monday to Thursday 9h00 to 16h00, Friday 9h00 to 21h00
Financing: grants, self-financing, donations
Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE ST-HYACINTHE (LE)
1015 Dessaulles Street, Saint-Hyacinthe, Montérégie, QC, J2S 2Y8
450 773-4966
Website: cbsh.ca
Email: infomad@cbsh.ca
Eligibility: seniors, people and families on a low income, people in a vulnerable situation, volunteers, organizations
Coverage area: MRC Les Maskoutains
Hours: Monday to Friday 8h30 to 16h30, emergency food assistance: by appointment
Fees: variable
Financing: Centraide Richelieu-Yamaska, provincial, donations
Legal status: non-profit organization
CENTRE DE FEMMES ENTRE AILES
1611-A Principale Street, Sainte-Julie, Montérégie, QC, J3E 1W7
450 649-0658
Website: www.entreailes.org
Email: entreailes@entreailes.org
Eligibility: women
Capacity: 300
Coverage area: Boucherville, Calixa-Lavallée, Contrecœur, Saint-Amable, Saint-Bruno-de-Montarville, Sainte-Julie, Verchères, Varennes
Hours: Monday 8h30 to 12h00 and 13h15 to 16h30, Tuesday 13h30 to 16h30, Wednesday and Thursday 8h30 to 12h00 and 13h15 to 16h30, occasional activities in the evening: see program
Fees: annual membership: maximum $10
Financing: provincial, self-financing
Legal status: non-profit organization

CENTRE DE FEMMES L'AUTONOMIE EN SOIE
270 de la Concorde Avenue North, Saint-Hyacinthe, Montérégie, QC, J2S 4N5
450 252-0010     Fax: 450 252-0020
Website: www.cfautonomieensoie.wordpress.com
Email: infocfaes@gmail.com
Eligibility: women over 14 years old
Coverage area: Saint-Hyacinthe and surroundings
Hours: Monday and Tuesday 13h00 to 16h00, Wednesday and Thursday 9h00 to 12h00 and 13h00 to 16h00
Fees: membership card: $7 per year, activities and services: free or low fee
Financing: contributions, self-financing, grants
Legal status: non-profit organization

CENTRE DE FEMMES LA MARG'ELLE
87 Perras Street, Saint-Rémi, Montérégie, QC, J0L 2L0
450 454-1199     Fax: 450 454-6910
Email: info@centredefemmeslamargelle.org
Eligibility: women 14 years old and over
Capacity: 40
Coverage area: MRC Les Jardins de Napierville
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Fees: very small fees
Financing: provincial
Legal status: non-profit organization

CENTRE DE FEMMES LA MOISSON
321 Grand Boulevard, L’Île-Perrot, Montérégie, QC, J7V 4X3
514 453-8720
Website: www.centredefemmeslamoisson.com/en
Email: lamoisson1@videotron.ca
Eligibility: women
Coverage area: Vaudreuil-Soulanges
Hours: Monday to Thursday 8h30 to 16h30
Fees: free
Financing: provincial
Legal status: non-profit organization

CENTRE DE FORMATION À L'AUTOGESTION DU HAUT RICHELIEU
199-A Laurier Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 6Z8
450 346-8357 Fax: 450 346-8357
Email: cfa-hr@hotmail.ca


Eligibility: people 35 years and under
Coverage area: MRC Le Haut-Richelieu
Hours: Monday to Thursday 10h00 to 16h00
Fees: membership: $4 if possible
Financing: provincial, donations
Legal status: non-profit organization

CENTRE DE PÉDIATRIE SOCIALE EN COMMUNAUTÉ MAIN DANS LA MAIN
215 du Sud Street, 3rd floor, Cowansville, Montérégie, QC, J2K 2X5
450 260-1414 ext. 0
Website: cpscmaindanslamain.org/en
Email: reception@cpscmaindanslamain.org


Eligibility: children 0 to 18 years old in situations of great vulnerability
Coverage area: MRC Brome-Missisquoi
Hours: Monday to Friday 8h30 to 16h30
Financing: provincial, donations, fundraising campaigns
Legal status: non-profit organization

CENTRE DE RÉHABILITATION AVC
500 Saint-Laurent Street, La Prairie, Montérégie, QC, J5R 5X2
514 775-5347
Website: www.centrenrehabilitationavc.com
Email: accidentvasculaire@hotmail.com


Eligibility: people who have had a stroke, their caregivers
Coverage area: South Shore of Montréal
Hours: Wednesday 9h15 to 15h30
Fees: contribution: $20 per year, outing: $5
Financing: donations, membership fees, provincial
Legal status: non-profit organization

Violence and abuse

Eligibility: women
Coverage area: Vaudreuil-Soulanges
Hours: Monday to Thursday 8h30 to 16h30
Fees: free
Financing: provincial
Legal status: non-profit organization
CENTRE DE ZOOTHÉRAPIE COMMUNAUTAIRE
2025 Hebert Boulevard, Suite 803, Salaberry-de-Valleyfield, Montérégie, QC, J6S 5Y4
450 560-0910
Website: zootherapia.com/english-greetings
Email: centredezootherapiecommunautai@gmail.com
Services: * Adapted zootherapy programs. * Animal boarding.
Eligibility: children, teenagers, seniors, people with disabilities
Coverage area: Laurentians, Montérégie, Laval
Hours: Monday to Friday 9h00 to 17h00
Fees: $60 per hour
Financing: self-financing, fundraising campaigns
Legal status: non-profit organization

CENTRE LOUISE BIBEAU
2110 Mailhot Avenue, Saint-Hyacinthe, Montérégie, QC, J2S 9E1
450 773-7321     Fax: 450 252-1321
Website: centrelouisebibeau.com
Email: clb@maskatel.net
Eligibility: people living with an intellectual disability with or without physical disabilities
Capacity: 12 people per day
Coverage area: Montérégie
Hours: drop-in respite: weekend, summer or emergency: 24 hours / 7 days
Fees: annual membership: $15, respite: variable
Financing: Centraide Richelieu-Yamaska, provincial, donations, foundations
Legal status: non-profit organization

CLINIQUE DES JEUNES DU BASSIN DE CHAMBLY
650 Sénécal Street, Chambly, Montérégie, QC, J3L 1N9
450 658-2016     Fax: 450 358-2034
Website: santemonteregie.qc.ca/en/installations/clinique-des-jeunes-du-bassin-de-chambly
Eligibility: people 12 to 24 years old
Coverage area: Montérégie
Hours: Monday, Tuesday and Wednesday, variable hours
Financing: provincial
Legal status: parapublic organization

CLSC DE VAUDREUIL-DORION - PAROLES AUX ANGES
3031 de la Gare Street, 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
CLSC KATERI
90 Marie-Victorin Boulevard, Candiac, Montérégie, QC, J5R 1C1
450 659-7661     Fax: 450 444-6260
Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1235&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J5R1C1
Coverage area: CISSS de la Montérégie-Ouest area
Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 20h00, tests centre: Monday to Friday 6h30 to 9h00
Financing: provincial
Legal status: parapublic organization

COOPÉRATIVE DE SOLIDARITÉ DE SANTÉ DE LA MRC D’ACTON
755 de Roxton Street, Acton Vale, Montérégie, QC, J0H 1A0
450 546-3245     Fax: 450 546-4720
Website: coopsanteacton.ca
Email: info@coopsanteacton.ca
Eligibility: individuals without a family doctor or followed by a doctor from the Coopérative de santé de la MRC d’Acton
Coverage area: MRC Acton
Hours: Monday and Wednesday 8h00 to 20h30, Tuesday, Thursday and Friday 8h00 to 17h00
Fees: consultations: none, other services: variable with reduced rates for members, membership on a voluntary basis: $10 for the acquisition of a social share, $65 for the annual contribution
Financing: contributions
Legal status: cooperative

COOPÉRATIVE DE SOLIDARITÉ SANTÉ LAC CHAMPLAIN
211 16th Avenue West, Suite 100, Venise-en-Québec, Montérégie, QC, J0J 2K0
450 244-5350     Fax: 514 284-9968
Website: coopsantelacchamplain.ca
Email: coopsantelc@gmail.com
Coverage area: MRC Le Haut-Richelieu
Hours: Monday to Friday 8h00 to 16h30, the hours are subject to change without warning
Financing: self-financing, grants
Legal status: cooperative

CORPORATION INTERNATIONALE DES THÉRAPEUTES EN RELATION D’AIDE DU CANADA (LA)
182 Saint-Charles Street West, Longueuil, Montérégie, QC, J4H 1C9
1 877 932-2195
Website: citrac.ca
Email: info@citrac.ca

Eligibility: therapists, general public

Coverage area: Canada

Hours: administration: Monday to Thursday 9h00 to 16h00

Financing: membership fees

Legal status: non-profit organization

COURT OF QUÉBEC - CIVIL DIVISION - LONGUEUIL
1111 Jacques-Cartier Boulevard East, Longueuil, Montérégie, QC, J4M 2J6
450 646-4009
Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/longueuil-courthouse

Services: Court constituting the judicial system of Québec. * Hearing of cases where the amount in dispute is less than $85,000. * Hearing of some cases regarding municipal and school affairs. * Hearing of temporary and authorized confinement cases prior to or following psychiatric assessment. * Exclusive jurisdiction to hear appeals from decisions of certain administrative tribunals, such as the Tribunal administratif du logement. * Voluntary deposit.

Coverage area: South Shore of Montréal: Longueuil judicial district

Hours: Monday to Friday of 8h30 to 16h30

Financing: provincial

Legal status: provincial government agency

COURT OF QUÉBEC - CIVIL DIVISION - SAINT-JEAN-SUR-RICHELIEU
109 Saint-Charles Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 2C2
450 347-3716
Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/saint-jean-sur-richelieu-courthouse

Services: Court constituting the judicial system of Québec. * Hearing of cases where the amount in dispute is less than $85,000. * Hearing of some cases regarding municipal and school affairs. * Hearing of temporary and authorized confinement cases prior to or following psychiatric assessment. * Exclusive jurisdiction to hear appeals from decisions of certain administrative tribunals, such as the Tribunal administratif du logement. * Voluntary deposit.

Coverage area: Montérégie: Iberville judicial district

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: provincial government agency

COURT OF QUÉBEC - CIVIL DIVISION - SALABERRY-DE-VALLEYFIELD
74 Académie Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 0B8
450 370-4006
Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/salaberry-de-valleyfield-courthouse

Services: Court constituting the judicial system of Québec. * Hearing of cases where the amount in dispute is less than $85,000. * Hearing of some cases regarding municipal and school affairs. * Hearing of temporary and authorized confinement cases prior to or following psychiatric assessment. * Exclusive jurisdiction to hear appeals from decisions of certain administrative tribunals, such as the Tribunal administratif du logement. * Voluntary deposit.

Coverage area: Beauharnois judicial district: MRC Beauharnois-Salaberry and MRC Vaudreuil-Soulanges

Hours: Monday to Friday 8h30 to 12h45 and 13h45 to 16h30

Financing: provincial

Legal status: provincial government agency
COURT OF QUÉBEC - CIVIL DIVISION - SOREL-TRACY
46 Charlotte Street, Sorel-Tracy, Montérégie, QC, J3P 6N5
450 742-2786
Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/sorel-tracy-courthouse
Services: Court constituting the judicial system of Québec. * Hearing of cases where the amount in dispute is less than $85,000. * Hearing of some cases regarding municipal and school affairs. * Hearing of temporary and authorized confinement cases prior to or following psychiatric assessment. * Exclusive jurisdiction to hear appeals from decisions of certain administrative tribunals, such as the Tribunal administratif du logement. * Voluntary deposit.
Coverage area: Richelieu judicial district: MRC Pierre-De Saurel and MRC Marguerite-D'Youville
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30
Financing: provincial
Legal status: provincial government agency

CRISIS CENTRE - MAISON SOUS LES ARBRES
2 D'Anjou Boulevard, Châteauguay, Montérégie, QC, J6K 1B7
1 866 277-3553 Fax: 450 691-6813
Website: www.la-msla.com/en
Email: admin@la-msla.com
Eligibility: adults 18 years and over experiencing a psychosocial, suicidal or psychiatric crisis
Capacity: emergency shelter: 3 beds
Coverage area: CLSC Châteauguay, CLSC Jardin du Québec, CLSC Katéri
Hours: phone intervention: 24 hours / 7 days
Fees: none
Financing: provincial
Legal status: non-profit organization

ÉMISSAIRE
1005 Curé-Poirier Boulevard West, Suite 101, Longueuil, Montérégie, QC, J4K 2E2
450 651-9229
Website: emissaire.ca
Email: sylvain.gauthier@emissaire.ca
Eligibility: people living with HIV and AIDS and their families, young people 16 to 29 years old attending Carrefour jeunesse-emploi (CJE) and adult education, people attending drug rehab therapy centres, female sex workers, women victims of sexual violence
Coverage area: Montérégie
Hours: Monday to Friday 9h00 to 17h00
Fees: none
Financing: self-financing, provincial, federal
Legal status: non-profit organization

ENTRAIDE POUR HOMMES (L')
551 Sir-Wilfrid-Laurier Boulevard, Suite 204, Beloeil, Montérégie, QC, J3G 4J1
1 833 651-4447 Fax: 450 651-4448
Website: www.entraidepourhommes.org
Email: info@entraidepourhommes.org
Eligibility: men 18 years old and over
ENTRAIDE POUR HOMMES (L') - POINT DE SERVICE BELOEIL
551 Sir Wilfrid Laurier Boulevard, Suite 204, Beloeil, Montérégie, QC, J3G 4J1
450 651-4447     Fax: 450 651-4448
Website: www.entraidepourhommes.org
Email: info@entraidepourhommes.org

Eligibility: men 18 and over
Coverage area: Montérégie, service points in Longueuil, Beloeil and Saint-Hyacinthe
Hours: Monday and Thursday 10h00 to 21h00, Tuesday 13h00 to 17h00, Friday 10h00 to 16h00
Fees: depending on income
Financing: provincial, Centraide Richelieu-Yamaska, self-financing, donations
Legal status: non-profit organization

ENTRAIDE POUR HOMMES (L') - POINT DE SERVICE GRAND LONGUEUIL
1078 Sainte-Hélène Street, Longueuil, Montérégie, QC, J4K 3R9
450 651-4447     Fax: 450 651-4448
Website: www.entraidepourhommes.org
Email: info@entraidepourhommes.org

Eligibility: men over 18 years old
Coverage area: Montérégie, service points in Longueuil, Beloeil and Saint-Hyacinthe
Hours: phone and individual meetings: Monday to Thursday 10h00 to 20h00, Friday 10h00 to 16h00, individual meetings and intervention groups: Monday to Thursday, morning and evening
Fees: according to the income
Financing: provincial, Centraide Richelieu-Yamaska, self-financing, donations
Legal status: non-profit organization

FAMILLE À COEUR
130 Saint-Georges Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 2S8
450 346-1734     Fax: 450 346-9680
Website: familleacoeur.qc.ca
Email: familleacoeur@familleacoeur.qc.ca

Eligibility: families
Coverage area: MRC Le Haut-Richelieu
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00, some evenings and weekends
Fees: yearly membership: $20 per family per year
Financing: provincial, federal, Centraide of Greater Montréal
Legal status: non-profit organization
GROUPE D’ENTRAIDE L’ARRÊT-COURT, SOREL-TRACY
117 George Street, Sorel-Tracy, Montérégie, QC, J3P 1C4
450 743-6071     Fax: 450 743-9971
Website: www.groupedentraidelarretcourt.com
Email: arretcourt@hotmail.com


Eligibility: people 18 years old and over who are or have been living with severe and persistent mental health issues

Coverage area: Sorel-Tracy

Hours: Monday to Friday 8h00 to 12h00 and 13h15 to 17h00

Fees: none

Financing: donations, provincial

Legal status: non-profit organization

INFO-SOCIAL 8-1-1 - MONTÉRÉGIE
Confidential Address
811
Website: www.quebec.ca/en/health/finding-a-resource/info-social-811

Services: Psychosocial consultation by phone. * Information and referral to assistance resources.

Coverage area: Montérégie

Hours: 24 hours / 7 days

Fees: free

Financing: provincial

Legal status: non-profit organization

JAG - JEUNES ADULTES GAI.E.S
1195 Saint-Antoine Street, Suite 305, Saint-Hyacinthe, Montérégie, QC, J2S 3K6
450 774-1349     Fax: 450 261-0983
Website: lejag.org
Email: info@lejag.org

Services: Community organization providing awareness, support and referrals for people who are affected by emotional, sexual or gender diversity, who has questions about it. * Individual counselling: by phone, in person, by video conference (Messenger or Teams). * Group meetings. * Workshops, conferences. * Social activities. * Workshops in schools aiming at demystifying homosexuality and bisexuality. * Workshops and conferences in schools (primary, high school, Cégep) and community organizations on the importance of allies and on different sexual orientations and gender diversity. * Training for health, school and community workers. * Representation: stands, round tables.

Eligibility: people who are affected by emotional, sexual or gender diversity, who has questions about it

Coverage area: Montérégie East

Hours: Monday to Friday 9h00 to 17h00

Fees: people younger than 18: free, people over 18: $5 per year

Financing: membership fees, donations, municipal, provincial

Legal status: non-profit organization

JEUNES ADULTES GAI-E-S - LONGUEUIL SERVICE POINT
1320 de Chambly Road, Longueuil, Montérégie, QC, J4J 3X3
450 774-1349
Website: lejag.org
Email: info@lejag.org
Services: Community organization providing awareness, support and referrals for people who are affected by emotional, sexual or gender diversity, who has questions about it. * Individual counselling: by phone, in person, by video conference (Messenger or Teams). * Group meetings. * Workshops, conferences. * Social activities. * Workshops in schools aiming at demystifying homosexuality and bisexuality. * Workshops and conferences in schools (primary, high school, Cégep) and community organizations on the importance of allies and on different sexual orientations and gender diversity. * Training for health, school and community workers. * Representation: stands, round tables.

Eligibility: people who are affected by emotional, sexual or gender diversity, who has questions about it.

Coverage area: Montérégie Centre

Hours: Monday to Friday 9h00 to 17h00

Fees: people younger than 18: free, people over 18: $5 per year

Financing: membership fees, donations, provincial, municipal

Legal status: non-profit organization

JEUNES ADULTES GAI-E-S - SALABERRY-DE-VALLEYFIELD SERVICE POINT

107 Jacques-Cartier Street Suite 11, Salaberry-de-Valleyfield, Montérégie, QC, J6T 4R8
450 774-1349
Website: lejag.org
Email: info@lejag.org

Services: Community organization providing awareness, support and referrals for people who are affected by emotional, sexual or gender diversity, who has questions about it. * Individual counselling: by phone, in person, by video conference (Messenger or Teams). * Group meetings. * Workshops, conferences. * Social activities. * Workshops in schools aiming at demystifying homosexuality and bisexuality. * Workshops and conferences in schools (primary, high school, Cégep) and community organizations on the importance of allies and on different sexual orientations and gender diversity. * Training for health, school and community workers. * Representation: stands, round tables.

Eligibility: people who are affected by emotional, sexual or gender diversity, who has questions about it.

Coverage area: Montérégie-West

Hours: Monday to Friday 9h00 to 17h00

Fees: people younger than 18: free, people over 18: $5 per year

Financing: membership fees, donations, provincial, municipal

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


Eligibility: adults 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

KAHNNAWAKE SHAKOTII'A'TAKEHNHAS COMMUNITY SERVICES

Confidential Address
450 632-6880 Fax: 450 632-5116
Website: www.kscs.ca

Eligibility: Kahnawake residents  
Coverage area: Kahnawake  
Hours: Monday to Friday 8h30 to 16h30  
Financing: grants  
Legal status: non-profit organization

KANONHKWA'TSHERI:IO HEALTH AND SOCIAL FACILITY
31 Hilltop Drive, Akwesasne, Montérégie, QC, H0M 1A0  
613 575-2341  
Website: www.akwesasne.ca/health  
Email: info@akwesasne.ca


Eligibility: members of an aboriginal community  
Coverage area: Akwesasne  
Fees: none  
Legal status: municipal agency

LE 2159
2159 de Chambly Road, Longueuil, Montérégie, QC, J4J 3Z1  
450 396-6426  
Website: www.le2159.com  
Email: info@le2159.com

Services: * Mid and long-term housing. * Activities and workshops offered on a weekly basis on various topics. * Psychosocial intervention: individual meetings with a counsellor. * Accompaniment for a return to school, an internship, job or apartment search and for appointments. * Social reinsertion through internships.

Eligibility: youth 17 to 25 at risk of delinquency, homelessness, sexual exploitation or mental health issues  
Capacity: 16 rooms  
Coverage area: Montérégie  
Hours: Monday to Friday 8h30 to 16h30  
Fees: none  
Financing: federal, provincial, foundations, fundraising campaigns  
Legal status: non-profit organization
MAISON DE LA FAMILLE DE LA VALLÉE DU RICHELIEU (LA)
91 Cartier Boulevard, Beloeil, Montérégie, QC, J3G 6R4
450 446-0852
Website: www.mfvr.ca
Email: reception@mfvr.ca


Eligibility: families, caregivers, seniors
Hours: office: Monday to Friday 8h30 to 16h00, daycare: Monday to Friday 8h30 to 15h30, Saturday 8h30 to 12h00, seniors pavilion: Monday to Thursday 13h00 to 16h00
Fees: annual membership card: $20
Financing: donations, fundraising campaigns, grants
Legal status: non-profit organization

MAISON DE RÉPIT L'INTERMÈDE
192 F.X.-Garneau Street, Beloeil, Montérégie, QC, J3G 4Y1
450 464-9261 ext. 2
Website: www.repit-intermede.com
Email: coordoservices@gmail.com


Eligibility: people with an intellectual disability or an autism spectrum disorder
Coverage area: MRC La Vallée-du-Richelieu
Hours: by reservation, regular respite: Thursday 16h00 to Sunday 19h00, day and night
Fees: $8.50 per hour up to a maximum of $102 per 24 hours, at-home respite: $16 per hour
Financing: grants, Centraide Richelieu-Yamaska, donations, self-financing
Legal status: non-profit organization

MAISON DE SOINS PALLIATIFS SOURCE BLEUE
1130 de Montbrun Street, Boucherville, Montérégie, QC, J4B 8W6
450 641-3165 Fax: 450 641-0934
Website: www.maisonsourcebleue.ca
Email: info@maisonsourcebleue.ca


Eligibility: adult people at the final stage of life with cancer or with a terminal disease and a prognosis of less than 3 months, their families
Capacity: 16 people
Coverage area: Montérégie
Hours: 24 hours / 7 days
Fees: costs of medication and personal care products
Financing: provincial, fundraising campaigns, donations, foundations
Legal status: non-profit organization
MAISON DES PETITS TOURNESOLS (LA)
150 Grant Street, Suite 330, Longueuil, Montérégie, QC, J4H 3H6
450 332-4862
Website: www.lamaisondespetitstournesols.com
Email: lamaisondespetitstournesols@gmail.com
Eligibility: grieving children and teenagers, their parents and adults responsible for these children
Coverage area: Greater Montréal
Hours: variable
Fees: none
Financing: donations
Legal status: non-profit organization

MAISON LE PASSEUR
113 Charlotte Street, Sorel-Tracy, Montérégie, QC, J3P 1G9
450 743-8403 Fax: 450 743-8825
Website: www.maisonlepasseur.com
Email: info@maisonlepasseur.com
Eligibility: men living in difficult situations that can degenerate into conjugal violence (bereavement, depression, job loss, break-up, etc.), men who are victims or perpetrators of domestic violence, businesses with employees who exhibit violent behaviour
Coverage area: MRC Pierre-De Saurel, Sorel-Tracy and surroundings
Hours: Monday, Thursday and Friday 9h00 to 17h00, Tuesday and Wednesday 9h00 to 20h00
Fees: cost proportional to the client's income
Financing: provincial
Legal status: non-profit organization

MAISON SOUS LES ARBRES (LA)
2 D'Anjou Boulevard, Châteauguay, Montérégie, QC, J6K 1B7
1 866 277-3553 Fax: 450 691-6813
Website: www.la-msla.com/en
Email: admin@la-msla.com
Eligibility: people 18 years and over, training: counsellors, intensive follow-up: people living with a mental health problem
Capacity: short term housing: 3 places, crisis follow-up: 23 places, community support and intensive follow-up: 63 places
Coverage area: Châteauguay
Hours: hotline and crisis centre: 24 hours / 7 days, intensive follow-up: Monday to Friday 8h30 to 17h00
Fees: none
Financing: provincial
Legal status: non-profit organization

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MOSAÏQUE (LA), CENTRE D’ACTION BÉNÉVOLE ET COMMUNAUTAIRE
1650 de l’Église Avenue, Longueuil, Montérégie, QC, J4P 2C8
450 465-1803     Fax: 450 465-5440
Website: www.lamosaique.org
Email: info@lamosaique.qc.ca


Eligibility: volunteers, people in need, community organizations and organizations in the health and social services network

Coverage area: agglomeration of Longueuil

Hours: administration: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30, thrift store: Tuesday to Saturday 10h00 to 17h00, shopping trips: twice a month

Fees: thrift store: variable low prices, other services: low cost or free

Financing: donations, grants, self-financing

Legal status: non-profit organization

OSIRIS MONTÉRÉGIE
Confidential Address
450 679-6467
Website: osirismonteregie.com
Email: infos@osirismonteregie.com

Services: Professional counselling services. * Individual, couple, relational or mourning therapy.

Coverage area: Montérégie

Hours: Monday to Thursday 8h00 to 21h00, Friday 8h00 to 17h00

Fees: registration fee: $35, according to the familial income

Financing: self-financing

Legal status: non-profit organization

PAROISSE DE SAINT-JEAN L’ÉVANGÉLISTE (LA) - PASTORALE SOCIALE
80 Lajeunesse Street, Saint-Jean-sur-Richelieu, Montérégie, QC, J3B 5G1
450 347-2328 ext. 1022
Website: www.paroissestjeanev.com/rubriques/gauche/engagement-social/pastorale-sociale
Email: r.comtois@paroissestjeanev.com

Services: * Listening, support and references to other organizations when needed. * Peer encounter group and spiritual workshops. * Christmas baskets.

Eligibility: people in a vulnerability circumstances, general public

Coverage area: Saint-Jean-sur-Richelieu

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00

Fees: none

Financing: donations

Legal status: non-profit organization

PETIT PONT (LE)
2475 Sainte-Anne Avenue, Saint-Hyacinthe, Montérégie, QC, J2S 5J1
450 773-8742 ext. 101     Fax: 450 773-8742
Website: www.petitpont.org/home.php
Email: services@petitpont.org

Eligibility: parents and children
Coverage area: Montérégie
Hours: by appointment
Fees: supervised visit: $15 per hour, supervised custody exchange: $8
Financing: provincial, federal, self-financing, fundraising campaigns
Legal status: non-profit organization

PETIT PONT (LE) - POINT OF SERVICE LONGUEUIL
Confidential Address
450 448-3732 Fax: 450 448-4242
Website: www.petitpont.org/home.php
Email: longueuil@petitpont.org
Eligibility: parents and children
Coverage area: Montérégie and surroundings
Hours: Tuesday to Friday and Sunday by appointment
Fees: supervised visit: $15 per hour, supervised custody exchange: $8
Financing: provincial, federal, self-financing, fundraising campaigns
Legal status: non-profit organization

PHARE - SAINT-HYACINTHE ET RÉGIONS (LE)
620 Robert Avenue, Saint-Hyacinthe, Montérégie, QC, J2S 4L8
450 773-7202 Fax: 450 773-5117
Website: www.lephare-apamm.ca
Email: reception@lephare-apamm.ca
Eligibility: family and friends of people living with mental health challenges, community workers, training and awareness raising: organisations, schools, companies
Coverage area: MRC d'Acton, MRC Les Maskoutains, MRC La Vallée-du-Richelieu (Carignan and Chambly excluded), Saint-Bruno-de-Montarville
Hours: office: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, open until 20h30 on Wednesday
Fees: none
Financing: grants, donations
Legal status: non-profit organization

PHARE SOURCE D'ENTRAIDE (LE) - POINT DE SERVICE - COWANSVILLE
515 du Sud Street, Suite 216, Cowansville, Montérégie, QC, J2K 1T8
450 266-3464
Website: psentraide.org
Email: lephare@videotron.ca
Eligibility: people living with or having lived with mental health challenges
Coverage area: Cowansville
Hours: Monday, Wednesday, Thursday, Friday 9h00 to 16h00
Financing: provincial
Legal status: non-profit organization
PHARE SOURCE D’ENTRAIDE (LE) - SIÈGE SOCIAL - FARNHAM
525 Saint-Édouard Street, Suite 103, Farnham, Montérégie, QC, J2N 1G6
450 293-0690 Fax: 450 293-7070
Website: psentraide.org
Email: lephare@videotron.ca
Eligibility: people living or having lived with a mental health problem or a period of emotional distress
Coverage area: MRC Brome-Missisquoi
Hours: Monday, Wednesday, Thursday and Friday 9h00 to 16h00
Financing: provincial
Legal status: non-profit organization

PSYCOHÉSION
100 du Marché Street, Salaberry-de-Valleyfield, Montérégie, QC, J6T 1P7
450 377-2841 Fax: 450 377-0410
Website: www.psycohesion.weebly.com
Email: directrice@psycohesion.com
Eligibility: people 18 years and over living with or having lived with a mental health problem, Pass-Action program: people ready to reintegrate the job market
Capacity: Pass-Action program: 8 people
Coverage area: Salaberry-de-Valleyfield
Hours: Monday and Wednesday 9h00 to 16h00, Tuesday 12h00 to 16h00, Thursday 9h00 to 16h00 and 18h00 to 21h00, Friday 9h00 to 15h00, Saturday and Sunday 9h00 to 14h00
Fees: annual membership: $10
Financing: provincial
Legal status: non-profit organization

QUARTIER DES FEMMES (LE)
71 Principale Street, Châteauguay, Montérégie, QC, J6K 1G1
450 692-9805 Fax: 450 692-8243
Website: quartierdesfemmes.com/en
Email: info@quartierdesfemmes.com
Eligibility: women
Coverage area: CLSC Jardins-Roussillon
Hours: Monday to Friday 8h30 to 16h30, open in the evening according to activities
Fees: none, minimal fees for some activities
Financing: Centraide of Greater Montréal, provincial, federal, donations, contributions
Legal status: non-profit organization
RESSOURCE POUR HOMMES DE LA HAUTE-YAMASKA
739 Dufferin Street, Granby, Montérégie, QC, J2H 2H5
450 777-6680     Fax: 450 777-5788
Website: www.rhhy.qc.ca
Email: info@rhhy.qc.ca


Eligibility: men 14 years old and over

Coverage area: Granby, Haute-Yamaska, Brome-Missisquoi, Acton, Rouville

Hours: Monday to Thursday 8h00 to 12h00 and 13h00 to 16h30

Fees: according to income

Financing: provincial

Legal status: non-profit organization

RESSOURSE-FAMILLE
91 Cartier Boulevard, Beloeil, Montérégie, QC, J3G 6R4
514 503-5904
Website: www.mfvr.ca/ressourcefamille
Email: ressourcefamille@mfvr.ca


Eligibility: families


Hours: office hours: Monday to Friday 8h30 to 16h00

Fees: none

Financing: donations, fundraising campaigns, grants

Legal status: non-profit organization

S.A.U.S.
9 Montcalm Street North, Suite 512, Candiac, Montérégie, QC, J5R 3L5
514 944-4986
Website: s-au-s.org/en
Email: info@s-au-s.org


Eligibility: children, youth, young adults 21 and over, living with an autism spectrum disorder (level 2-3)

Coverage area: Greater Montréal, Montérégie

Hours: office: Monday to Thursday 9h00 to 15h00

Fees: non-mandatory membership: 50 or $100 depending on the type chosen, activities: variable

Financing: self-financing

Legal status: non-profit organization

SANTÉ MENTALE QUÉBEC - PIERRE-DE SAUREL
71 Hôtel-Dieu Street, Suite 105, Sorel-Tracy, Montérégie, QC, J3P 1L3
450 746-1497
Website: www.smqpierredesaurel.org
Email: info@smqpierredesaurel.org
Services: Promotion and prevention of mental health in the MRC Pierre-De Saurel. * Prevention and promotion work for the protection of the mental health of the population. * Raising awareness in the population about caring for one’s mental health as much as their physical health. * L’Astuce: community space for members to share, equip themselves and help each other. * Facilitating the support of people who have lived or are living through affective and emotional difficulties. * Promoting the development of any alternative or community resource enabling the psychosocial integration of people who have lived with mental health issues.

Eligibility: general population, people who have lived or are living through affective and emotional difficulties, people who have lived with mental health issues

Coverage area: MRC Pierre-De Saurel

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00

Fees: upon request, depending on the activity

Financing: grants

Legal status: non-profit organization

TRA MONTÉRÉGIE

504 219 Road, Saint-Jean-sur-Richelieu, Montérégie, QC, J2Y 1C3

514 604-6455

Website: www.tramonteregie.com

Email: info@tramonterie.com

Services: Professional grouping of accredited therapists in helping relationships. * Individual or relationship therapy in person or by video conference. * Specialized bereavement service.

Eligibility: adults, seniors, professionals, couples, children, teenagers

Coverage area: Montérégie

Hours: Monday to Friday 9h00 to 21h00, Saturday and Sunday 9h00 to 18h00

Fees: file opening: $25, therapies: according to gross family income

Financing: contributions

Legal status: non-profit organization

TROUPE DE THÉÂTRE ADAPTÉ LES PAS POUR RIRE

748 Grande-Île Avenue, Salaberry-de-Valleyfield, Montérégie, QC, J6S 3N8

438 502-1220

Website: lespaspourrire.com

Email: info@lespaspourrire.com

Services: * Adapted theater workshops. * Creation, preparation and animation of an original play. * Show-assembler for the adapted groups and the work platforms of the school and social network. * Participation in events and activities: festivals, Journées de la culture, la Fête Différente, FRAS challenge, etc.

Eligibility: adults 18 years and older living with an intellectual disability and adjustment difficulties

Coverage area: MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

Hours: Tuesday 19h00 to 21h00, September to June

Fees: membership card: $5, theater workshop: $5

Financing: donations, grants

Legal status: non-profit organization

UNIVERSITÉ DE SHERBROOKE - CAMPUS DE LONGUEUIL - CLINIQUE D’ÉVALUATION ET D’INTERVENTION EN ENFANCE ET EN ADOLESCENCE

150 Place Charles-Le Moyne, Longueuil, Montérégie, QC, J4K 0A8

450 463-1835 ext. 61612

Website: www.usherbrooke.ca/psychologie/clinique-devaluation-et-dintervention-en-enfance-et-en-adolescence

Email: psychologie@usherbrooke.ca

Eligibility: children, adolescents, their families
Coverage area: Greater Montréal
Hours: September to April, by appointment
Fees: file opening: $10, services: variable
Financing: self-financing, foundations, provincial
Legal status: non-profit organization

VAISSEAU D’OR (LE)
201 Robillard Street, Suite 210, Sorel-Tracy, Montérégie, QC, J3P 8C7
450 743-2300
Website: levaisseaudor.org
Email: info@vaisseaudor.org
Services: Assistance, support and intervention with the close ones of a person living with severe and persistent mental illness. * Individual or family psychosocial intervention. * Information and training activities. * Support and self-help group. * Respite.
Eligibility: close ones of a person living with severe and persistent mental illness
Coverage area: Massueville, Saint-Aimé, Saint-David, Saint-Gérard-Majella, Saint-Joseph-de-Sorel, Saint-Ours, Saint-Robert, Saint-Roch-de-Richelieu, Sainte-Anne-de-Sorel, Sainte-Victoire-de-Sorel, Sorel-Tracy, Yamaska
Hours: Monday to Friday 9h00 to 16h00
Fees: free
Financing: grants, donations, self-financing, foundations
Legal status: non-profit organization
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