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Child, Youth and Family

CHILD WELFARE

DAYCARE AND RESPITE

FAMILY SUPPORT

JUVENILE DELINQUENCY

MATERNITY SUPPORT AND ADOPTION

PARENTING EDUCATION

RECREATIONAL ACTIVITIES

YOUTH CENTRES AND SUPPORT

YOUTH EMPLOYMENT

YOUTH SHELTERS AND SUPPORT

Child welfare

ASSOCIATION DES FAMILLES MONOPARENTALES ET RECOMPOSÉES DE L'OUTAOUAIS

85 Saint-Joseph Boulevard, Gatineau, Outaouais, QC, J8Y 3W6

819 771-3269 Fax: 819 771-3260

Website: www.afmro.ca

Email: afmro@videotron.ca

Services: Services relating to family break-up and reorganization. * Access supervision, supervised visits and custody exchanges. * Consultation and helping relationship. * Information and referral. * Pre-employability program. * Documentation centre. * Co-parenting workshops. * Educational activities and experience sharing.

Eligibility: single-parent and stepfamilies, helping relationship: families with an income of less than \$50,000 per year, pre-employability program: single-parent women or women living in stepfamilies on a low income

Coverage area: Outaouais

Hours: Monday to Friday 8h30 to 16h00

Fees: helping relationship: 5 to \$25 per hour, depending on income

Financing: provincial, grants

Legal status: non-profit organization

BUREAU D'AIDE JURIDIQUE - GATINEAU - SECTEUR AYLMEYER

204 Aylmer Road, Suite B-403, Gatineau, Outaouais, QC, J9H 1A1

819 684-0333 Fax: 819 684-5075

Website: www.aidejuridiqueoutaouais.ca

Email: bureauaylmer@ccjo.qc.ca

Services: Legal aid office in civil and family law.

Eligibility: people or non-profit organizations residing in Québec or forced to remain in Québec, financially eligible, and whose legal services are covered by the Law

Coverage area: Outaouais

Hours: Monday to Friday 8h30 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

BUREAU D'AIDE JURIDIQUE - GATINEAU - SECTEUR GATINEAU

365 Greber Boulevard, Suite 202, Gatineau, Outaouais, QC, J8T 5R3

819 568-0990 Fax: 819 568-4727

Website: www.aidejuridiqueoutaouais.ca

Email: bureaugatineau@ccjo.qc.ca

Services: Legal aid office in civil and family law.

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

Coverage area: Outaouais

Hours: Monday to Friday 8h30 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

BUREAU D'AIDE JURIDIQUE - GATINEAU - SECTEUR HULL

768 St-Joseph Boulevard, Suite 210, Gatineau, Outaouais, QC, J8Y 4B8

819 772-3011 Fax: 819 772-3764

Website: www.aidejuridiqueoutaouais.ca

Email: bureaucivil-famille@ccjo.qc.ca

Services: Legal aid office in civil law, family law and youth protection law.

Eligibility: people or non-profit organizations residing in Québec or forced to remain in Québec, financially eligible, and whose legal services are covered by the Law

Coverage area: Outaouais

Hours: Monday to Friday 8h30 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

CENTRE COMMUNAUTAIRE JURIDIQUE DE L'OUTAOUAIS - BUREAU ADMINISTRATIF

510 Maloney Boulevard East, Suite 201, Gatineau, Outaouais, QC, J8P 1E7

819 669-2382 Fax: 819 669-9309

Website: www.aidejuridiqueoutaouais.ca

Email: bureauadministration@ccjo.qc.ca

Services: Legal aid services lawyers who practice family law, criminal and penal law, youth protection law, immigration law, civil law, administrative law (social aid, SAAQ, CSST), child support, health rights, housing law, bankrupt and prison law. * Representation by a lawyer before a court of first instance or a court of appeal, as plaintiff or defendant. * Assistance from a lawyer in certain cases expressly provided in the Legal Aid Act. * Legal consultation with a lawyer. * Telephone consultation with a lawyer, available 24/7, for people who have been arrested or are being held in custody. * Legal information regarding the rights and obligations of legal aid recipients. * Some services may be rendered by a notary. * Complaints reception.

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

Coverage area: Outaouais

Hours: Monday to Friday 8h30 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

CENTRE D'INTERVENTION EN ABUS SEXUELS POUR LA FAMILLE

92 Saint-Raymond Boulevard, Suite 400-A, Gatineau, Outaouais, QC, J8Y 1S7

819 595-1905 Fax: 819 595-3487

Website: www.ciasf.org

Email: info@ciasf.org

Services: Psychosocial and psychotherapeutic group intervention for families and people confronted with child sexual abuse. * Prevention and intervention groups for child victims 3 to 5 years old from at-risk environments. * Prevention groups for child victims 6 to 8 years old and 9 to 12 years old. * Therapeutic groups for sexually abused adolescents 12 to 17 years old. * Specialized prevention groups for adolescents 12 to 17 years old with risk factors related to sexual exploitation. * Intervention groups for parents whose child has been sexually abused. * Therapeutic groups for men who have been sexually abused in their childhood. * Treatment groups for adolescents and adults who have sexually abused a child.

Eligibility: children, adolescents, parents, families, adults, organisations, institutions, partners working with minor victims and their families, perpetrators of sexual abuse and their families

Coverage area: Outaouais

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: federal, provincial, Centraide Outaouais, donations

Legal status: non-profit organization

DIRECTION DE LA PROTECTION DE LA JEUNESSE - OUTAOUAIS

105 Sacré-Cour Boulevard, Gatineau, Outaouais, QC, J8T 4J3

819 771-6631 Fax: 819 771-4162

Website: <https://cisss-outaouais.gouv.qc.ca/obtenir-un-service/obtenir-des-services-pour-les-jeunes-et-leur-famille/faire-un-signalement-a-la-direction-de-la-protection-de-la-jeunesse-dpj/>

Services: Management of youth centres. * Reception and assessment of reports of acts of neglect, violence or abuse according to the Loi sur la protection de la jeunesse. * Adaptation, rehabilitation and social integration in boarding or group homes. * Outreach and crisis intervention, educational support for families. * Psychosocial services for young offenders when necessary (under the Youth Criminal Justice Act). * Adoption, biological background research and expertise related to custody.

Eligibility: youth in difficulty 0 to 18 years old, young offenders, parents, guardians, social workers

Coverage area: Outaouais

Financing: provincial

Legal status: provincial government agency

ÉQUIPE SOUTIEN-FAMILLE

343 Notre-Dame Street, Gatineau, Outaouais, QC, J8P 1L3

819 682-2037

Website: equipesoutienfamille.com/en

Email: info@equipesoutienfamille.com

Services: Parental support and respite for families in difficulty to prevent child abuse and neglect. * Respite for children. * Accompaniment and support visits. * Support for families in difficulty.

Eligibility: respite service: families with children aged 18 months to 5 years old

Coverage area: Aylmer and Hull sectors of Gatineau

Hours: Monday to Friday 8h30 to 16h30, respite: Monday to Wednesday 8h30 to 14h30

Fees: none

Financing: Centraide Outaouais, federal, provincial

Legal status: non-profit organization

ESPACE OUTAOUAIS

10 Noël Street, Suite 107, Gatineau, Outaouais, QC, J8Z 3G5

819 771-1546 Fax: 819 771-7491

Website: espacesansviolence.org/outaouais

Email: info@espaceoutaouais.org

Services: Prevention of all forms of violence against children. * ESPACE program: workshops for children and adults to address all forms of violence, recognize manipulation techniques, develop protective strategies, increase the self-confidence of children. * Adapted workshops for children with special needs. * Phone line and referrals. * Concertation with other actors on prevention of violence against children.

Eligibility: children, adults, schools, ESPACE program: children 3 to 12 years old and the adults in their environment, adapted workshops: children with special needs

Capacity: unlimited

Coverage area: Outaouais

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

Fees: none

Financing: provincial, Centraide Outaouais

Legal status: non-profit organization

Daycare and respite

ACCOMPAGNEMENT DES FEMMES IMMIGRANTES DE L'OUTAOUAIS

109 Wright Street, Unit 9, Gatineau, Outaouais, QC, J8X 2G7

819 776-6764

Website: afio.ca

Email: info@afio.ca

Services: Accompaniment of immigrant women in a process of cultural, economic and social integration in Outaouais. * Information sessions on the first steps of settlement: important documents to obtain, opening a bank account, looking for housing, childcare services and school registration, the Québec school system, financial aid and income tax returns, services offered by community organizations, diploma equivalencies, employability services, etc. * French classes for women and their families. * Administering oaths for documents.

* Individual psychosocial support for immigrant women and women who are victims of violence. *

Accompaniment in administrative procedures. * Valorization of immigrant women who are entrepreneurs and promotion of their products. * Babel: group for seniors to break isolation through group activities, physical activity, basic English courses, etc. * Espace parent: group discussion workshops for parents on the education system in Québec, the DPJ, children integration, etc. * Workshops on democratic and Quebecois values. *

Subsidized daycare in Hull and Cantley. * New winter clothes at low cost. * Ready for back to school: distribution of school supplies at low cost. * Coffee-meetings.

Eligibility: immigrant women and their families, immigrant individuals, French classes: immigrant women and men 17 years old and over and born outside Canada, Babel: women 55 years old and over, winter clothes: migrant families on a low income

Coverage area: Outaouais

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, summer: Friday 8h30 to 13h00, specific hours for certain activities

Fees: none

Financing: municipal, provincial, Centraide Outaouais

Legal status: non-profit organization

CENTRE ACTU-ELLE

501 des Pins Street, Gatineau, Outaouais, QC, J8L 2L2

819 986-9713

Website: www.centreactuelle.ca

Email: info@actuelle.ca

Services: * Listening and individual support service. * Social and educational activities: various workshops. * Conferences. * Collective kitchen. * Drop-in daycare. * High school academic training service.

Eligibility: women

Coverage area: Gatineau city: Buckingham sector, Masson-Anger sector and MRC Papineau

Hours: Monday to Thursday 8h30 to 16h00, Buckingham sector drop-in daycare: Monday to Friday 9h00 to 3h00, MRC Papineau sector drop-in daycare: Monday to Thursday 9h00 to 3h00

Fees: annual registration: \$5, drop-in daycare: \$5 for one child, \$8 for 2 children, \$2 per additional child, collective kitchen: \$5, most activities: free

Financing: provincial, federal, Centraide Outaouais, donations

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE ENTRE-NOUS

175 Front Street, Gatineau, Outaouais, QC, J9H 5S9

819 684-2236

Website: centrecommunautaireentrenous.org/en

Email: ccenaccueil@gmail.com

Services: Community centre. Food * Collective kitchen. * Nurturing forest: fruit tree planting. Childhood and youth * Drop-in daycare for 0 to 5 years old. * Homework assistance. * Drop-in breastfeeding program. * Toy library: loan of games and toys. * Pandas playgroup (0 to 5 years old): parent-child workshops. * Petit cuisiniers: cooking classes for 6 to 12 years old. * Activities for 12 to 17 years old, in partnership with Avenue des jeunes. * Entre nous filles: discussion group for Grade 5 and 6 girls. * Day camp and spring break camp. Material assistance * Opération habit de neige: distribution of winter clothing. * Shared-store for school supplies. * Recovery of used clothing. Education * French courses. * Spanish courses. Social events * Café populaire, a space for socializing. * Social and recreational activities: sewing and knitting classes, karate classes, line dancing, board game group, danse cardio classes, physical activities for seniors. * Community parties.

Eligibility: people in vulnerable situations, children, teenagers, families, seniors

Coverage area: Gatineau: MacLeod neighbourhood and surrounding areas (primarily from the following neighbourhoods: MacLeod, Vieux-Aylmer, Des Cedres, La Seigneurie)

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

Financing: provincial, municipal, Centraide Outaouais, donations

Legal status: non-profit organization

CENTRE D'ACTIVITÉS PRÉSCOLAIRES ET FAMILIALES

122 Berri Street, Gatineau, Outaouais, QC, J8Y 4H8

819 776-0114

Website: centreprescolaire.ca

Email: capf@bellnet.ca

Services: Educational services to promote the global development of preschool age children. * Daycare. * Educational programs: development of self-esteem and sociability, dance and psychomotricity activities, initiation to reading and writing, initiation to English, preparation for kindergarten. * Classes: visual arts, drama, music, yoga and relaxation techniques, physical activities, zumba. * Summer day camp.

Eligibility: daycare: children 6 months to 5 years old, programs: children 2 to 5 years old depending on the program, classes: children 3 to 5 years old depending on the class, summer day camp: children 4 to 6 years old

Capacity: 16 kids per class

Coverage area: Outaouais

Hours: Monday to Friday 7h30 to 17h30

Fees: mandatory membership card: \$60 per year or \$20 per term, daycare: \$4.50 per hour and maximum \$37 per day, classes and programs: between 15 and \$18 per class for the entire term, day camp: \$40 for the term

Financing: self-financing

Legal status: non-profit organization

CENTRE D'ANIMATION FAMILIALE DE L'OUTAOUAIS

1312 Saint-Louis Street, Gatineau, Outaouais, QC, J8T 2M7

819 561-5196

Website: cafoutaouais.ca

Email: info@cafoutaouais.ca

Services: Neighbourhood house. Food * Collective kitchens. * Community garden. * Christmas baskets for members. * Food assistance for people participating in activities. Material assistance * Clothing assistance. * Opération habit de neige: distribution of winter clothing. * Back to School program: school supplies sharing store. * Bonhommes à Lunettes: glasses at affordable prices. Support * Homework assistance. * Drop-in daycare. * Reception, accompaniment and referral. * Individual meeting, listening and intervention. Activities * Developmental stimulation activities for children. * Workshop Au Petit Jardin: preparation for kindergarten. * Parent-child activities. * Daycare offered to participants during activities. * Jeux d'été: summer day camp. * Activities during pedagogical Fridays. * Coffee-meeting. * Crochet and knitting club. * Various events.

Eligibility: general public, adults, children, developmental stimulation activities: children 0 to 5 years old

Coverage area: Pointe-Gatineau district of Gatineau (Ruisseau, Saint-Rosaire, Jacques-Cartier and Lafèche neighborhoods of Gatineau)

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

Fees: variable

Financing: federal, provincial, municipal, Centraide Outaouais, grants, donations

Legal status: non-profit organization

ENFANTS DE L'ESPOIR DE HULL (LES)

107 Dollard-Des Ormeaux Street, Gatineau, Outaouais, QC, J8X 3M2

343 204-3774 Fax: 819 778-7400

Website: www.enfantsdelespoirhull.org

Email: info@enfantsdelespoirhull.org

Services: Centre providing adapted help for families. * Toddlers: preparation for starting kindergarten and school, summer program with sports, artistic and cooking activities. * Children from 6 to 12 years old: after-school activities, school support, weekend activities at the swimming pool and of cross-country skiing, drama classes and free theater shows, March camp, summer camp. * Adults: collective kitchens, 0-5 parent-children workshops, art and sewing classes, creative workshops, self-esteem classes, parenting classes, food assistance, coffee-meetings. * Families: family meals and excursions, family and community events, sharing store, sports and cultural activities. * Opération habits de neige: new winter clothing for children 0 to 12 years old for \$20. * Christmas baskets.

Eligibility: children 0 to 12 years old and their parents, families in need

Coverage area: Hull Island (Sacré-Coeur, Vieux-Hull Est and Vieux-Hull Ouest neighbourhoods of Gatineau)

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

Fees: none

Financing: Centraide Outaouais, federal, provincial, municipal, foundations

Legal status: non-profit organization

ÉQUIPE SOUTIEN-FAMILLE

343 Notre-Dame Street, Gatineau, Outaouais, QC, J8P 1L3

819 682-2037

Website: equipessoutienfamille.com/en

Email: info@equipessoutienfamille.com

Services: Parental support and respite for families in difficulty to prevent child abuse and neglect. * Respite for children. * Accompaniment and support visits. * Support for families in difficulty.

Eligibility: respite service: families with children aged 18 months to 5 years old

Coverage area: Aylmer and Hull sectors of Gatineau

Hours: Monday to Friday 8h30 to 16h30, respite: Monday to Wednesday 8h30 to 14h30

Fees: none

Financing: Centraide Outaouais, federal, provincial

Legal status: non-profit organization

ESPOIR ROSALIE DE GATINEAU

763 Saint-Louis Street, Gatineau, Outaouais, QC, J8T 2S9

819 243-7663 Fax: 819 243-7648

Website: www.espoirrosalie.org

Email: info@espoirrosalie.org

Services: Services for single mothers and their children. Women's Services * Individual follow-up: listening, accompaniment, support in the process, home visits, etc. * Parenting Skills Workshops. * Personal growth workshops, * Recreational activities. * Psychoeducational workshops on various topics. * Collective kitchen. * Food assistance. * Free mini thrift store. * Christmas sponsorships. * Snowsuit Program, in collaboration with Centraide. Children's Services * Daycare and drop-in, meals and snacks provided. * Individual follow-up. * Gross motor skills workshops for children from 0 to 5 years old. * Psychoeducational workshops for children from 6 to 12 years old. * Summer camp for children from 6 to 12 years old Family Services. * Workshops and mother-child activities. * Family Respite: stay in a cottage with the family.

Eligibility: single mothers, their children

Coverage area: Gatineau

Hours: Monday to Wednesday 8h30 to 15h30, Thursday 8h30 to 15h30 and 17h00 to 20h00, Saturday 8h30 to 15h30

Fees: none

Financing: provincial, Centraide Outaouais, foundations, donations

Legal status: non-profit organization

GROUPE COMMUNAUTAIRE DESCHÊNES

55 Vanier Road, Gatineau, Outaouais, QC, J9H 1X5

819 684-7999 Fax: 819 557-0771

Website: groupedeschenes.myfreesites.net

Email: gcd_intervenante@hotmail.com

Services: Meeting place and support for families. * Petits-Mousses: social activities for children and parents. * Drop-in daycare for young children. * Homework club. * Petits Cooks. * Collective kitchen. * Day camp: summer and spring break. * Neighbourhood parties. * Physical activities: zumba and tai chi. * Sharing store: low-cost school supplies. * Recovery of small used items: toys, books, clothing, kitchenware, etc. * Christmas baskets. * Snow suit. * Bonhomme à lunette service point: low-cost glasses.

Eligibility: families, adults, new arrivals, petits-mousses and drop-in daycare: children 0 to 5 years old, homework club, petits Cooks and summer day camp: children 6 to 12 years old

Coverage area: Gatineau: Aylmer district

Hours: Monday to Friday 9h00 to 17h00, Bonhomme à lunette: no appointment necessary, Wednesday 11h30 to 14h00

Financing: municipal, provincial, Centraide Outaouais

Legal status: non-profit organization

MAISON DE L'AMITIÉ DE HULL

58 Hanson Street, Gatineau, Outaouais, QC, J8Y 3M5

819 772-6622 Fax: 819 772-2014

Email: maisonamitiehull@videotron.ca

Services: Community centre. * Neighbourhood intervention, accompaniment, citizen participation. * Individual and collective intervention, youth intervention. * Homework club. * Literacy. * Support in looking for employment, help writing a résumé. * Community garden. * Collective kitchen. * Community lunches. * Marché Mobile de Gatineau. * Respite for families with the organization Équipe soutien-famille. * Teenager program: March camp, summer camp, ski. * Educational activities. * Knitting workshops. * Swimming pool trips and community soccer. * Coffee Mondays. * Back-to-school sharing store. * Opération habit de neige: distribution of low-cost winter clothing. * Neighbourhood parties: summer, Halloween, Christmas.

Eligibility: people and families on a low income

Capacity: variable depending on the activity

Coverage area: Jean-Dallaire and surrounding areas in the Hull sector of Gatineau

Hours: reception: Monday to Friday 8h00 to 15h30, activities and intervention: evenings and weekends

Fees: variables

Financing: municipal, provincial, Centraide Outaouais

Legal status: non-profit organization

MAISON DE LA FAMILLE - CENTRE DE PÉDIATRIE SOCIALE LA VALLÉE-DE-LA-GATINEAU

251 Cartier Street, Maniwaki, Outaouais, QC, J9E 1R4

819 441-0282 Fax: 819 441-0283

Website: mdf-cps-vg.com

Email: maisondelafamillevg@gmail.com

Services: Family services. * Drop-in daycare. * Breastfeeding services: mentoring, breastfeeding group. * Perinatal grief support group. * Twinning for families with children between 0 and 5 years old. * Parent-child workshops: reading and writing, cooking, crafts, yoga, baby carrying, exercises, etc.. * Thematic workshops on family life: discipline, self-esteem, relationship between siblings, etc. * Baby puree preparation group, collective kitchen. * Sewing and craft workshop. * Cardiopulmonary resuscitation for babies and children classes. * Social cafes, community meals. * Social pediatry. * Birth accompaniment. * Playground. * Car seat checks. * Back-to-school sharing store.

Eligibility: families with a child 0 to 17 years old

Coverage area: MRC La Vallée-de-la-Gatineau

Hours: Monday to Thursday 9h00 to 16h00

Fees: variable

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

Legal status: non-profit organization

MAISON DE LA FAMILLE DE GATINEAU

101 Gatineau Avenue, Gatineau, Outaouais, QC, J8T 4J4

819 568-6830 Fax: 819 568-2520

Website: www.maisonfg.org

Email: info@maisonfg.org

Services: Education and prevention services and activities for families. * Information and referrals. * Drop-in daycare with parent-children activities. * Accompaniment and readaptation for children with developmental conditions, as well as their close ones. * Kindergarten preparation program. * Workshops and activities: www.app.amilia.com/store/en/maisondelafamiliedegatineau/shop/programs * Evening conferences on various themes related to family. * Sharing store: sale of school supplies at a low cost. * Family bazaar: purchase and sale of maternity items and items for children 0 to 12 years old. * Book-sharing box. * Christmas party and Christmas baskets. * Opération habit de neige: distribution of winter clothing.

Eligibility: families, drop-in daycare: children 5 years old and under. their parents, preparation for kindergarten: children who will enter kindergarten the following year, accompaniment and readaptation program: children 2 to 5 years old with a diagnosis of an intellectual disability or of an autism spectrum disorder, sharing store: families on a low income

Coverage area: Gatineau, Cantley, Chelsea, Val-des-Monts, Denholm, L'Ange-Gardien, La Pêche, Pontiac, Ottawa

Hours: Monday to Friday in the morning, workshops and conferences: consult the program on the website, drop-in daycare: Tuesday or Friday morning for a 3 hour period and Saturday for a 5 hour period, as well as during the programmed activities

Fees: free, sharing store: 25% of the regular price

Financing: provincial, municipal

Legal status: non-profit organization

MAISON DE LA FAMILLE VALLÉE-DE-LA-LIÈVRE

321 Buckingham Avenue, Gatineau, Outaouais, QC, J8L 2G4

819 281-4359

Website: mdf-valleedelalievre.ca

Email: info@mdf-valleedelalievre.ca

Services: Family services. * Drop-in daycare for children 5 years old and under. * Stimulation activities for children 0 to 5 years old. * Games for children aged 6 to 12 years old on Saturdays. * Respite care. * Nobody's Perfect and Parents en couleur programs: parenting skills workshops. * Clothing assistance. * Matching gifts. * Annual golf tournament. * Warm Kids Program: low-cost snowsuits. * Sensory room. * Back to School: school supplies sharing store. * Christmas baskets.

Eligibility: families

Coverage area: Vallée-de-la-Lièvre urban village of Gatineau

Hours: Monday to Friday 9h00 to 16h00

Fees: variable

Financing: provincial, federal, grants

Legal status: non-profit organization

NAISSANCE-RENAISSANCE OUTAOUAIS

101 Gatineau Avenue, door B, Gatineau, Outaouais, QC, J8T 4J4

819 561-4499

Website: www.nroutaouais.ca/en

Email: info@nroutaouais.ca

Services: Support for parents during the period surrounding the birth. * Information, referral and awareness. * Prenatal classes. * Accompaniment at birth: follow-up during pregnancy and postnatal follow-up. * Individualized support by a breastfeeding sponsor. * Rental and sale of breast pumps. * Breastfeeding support: support from a postnatal assistant. * Support groups for women experiencing postpartum depression. * Halte alliance. * Documentation centre and book lending. * Meeting with a lactation consultant.

Eligibility: parents expecting a child, parents and their newborn, parents in perinatal bereavement

Coverage area: Outaouais

Hours: Monday to Thursday 9h00 to 15h30, Friday 9h00 to 12h00

Fees: workshops: variable, home support services and birth accompaniment: according to the family income, breastfeeding godmother: none

Financing: Centraide Outaouais

Legal status: non-profit organization

SOLIDARITÉ GATINEAU-OUEST

1096 Saint-Louis Street, Gatineau, Outaouais, QC, J8T 2R7

819 246-2029 Fax: 819 246-9819

Website: solidaritegatineauouest.ca

Email: s.g.o@videotron.ca

Services: Activities and support centre for individuals and families. Food services * Family parties and meals. * Collective kitchens. * Community gardens. * Christmas baskets. Youth and family * Drop-in daycare. * Day camp. * Jeux d'enfants: child development activities with parents. * Parenting skills workshops: Y'app, Gestion des émotions et du stress, Communication non violence parent-enfant. * Homework help and accompaniment. * Low-cost school supplies. Support services to individuals * Reception, accompaniment and helping relation. * Registration assistance for the Volunteer Centre's tax clinic. * Discussion group workshops. * Training in personal development. * Assistance with filling out forms. * French course. * Sewing course. * Thrift store. * Opération habit de neige: sale of children's snowsuits at low cost. * Internet access. * Volunteering.

Eligibility: people and families on a low income or in a vulnerable situation

Coverage area: Outaouais

Hours: Monday to Friday 9h00 to 16h00

Fees: Opération habit de neige: \$15 to \$20

Financing: provincial, municipal, Centraide Outaouais, donations

Legal status: non-profit organization

Family Support

ACCOMPAGNEMENT DES FEMMES IMMIGRANTES DE L'OUTAOUAIS

109 Wright Street, Unit 9, Gatineau, Outaouais, QC, J8X 2G7

819 776-6764

Website: afio.ca

Email: info@afio.ca

Services: Accompaniment of immigrant women in a process of cultural, economic and social integration in Outaouais. * Information sessions on the first steps of settlement: important documents to obtain, opening a bank account, looking for housing, childcare services and school registration, the Québec school system, financial aid and income tax returns, services offered by community organizations, diploma equivalencies, employability services, etc. * French classes for women and their families. * Administering oaths for documents. * Individual psychosocial support for immigrant women and women who are victims of violence. * Accompaniment in administrative procedures. * Valorization of immigrant women who are entrepreneurs and promotion of their products. * Babel: group for seniors to break isolation through group activities, physical activity, basic English courses, etc. * Espace parent: group discussion workshops for parents on the education system in Québec, the DPJ, children integration, etc. * Workshops on democratic and Quebecois values. * Subsidized daycare in Hull and Cantley. * New winter clothes at low cost. * Ready for back to school: distribution of school supplies at low cost. * Coffee-meetings.

Eligibility: immigrant women and their families, immigrant individuals, French classes: immigrant women and men 17 years old and over and born outside Canada, Babel: women 55 years old and over, winter clothes: migrant families on a low income

Coverage area: Outaouais

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, summer: Friday 8h30 to 13h00, specific hours for certain activities

Fees: none

Financing: municipal, provincial, Centraide Outaouais

Legal status: non-profit organization

ADOJEUNE

22 d'Auvergne Street, Gatineau, Outaouais, QC, J8T 6J8

819 568-4499 Fax: 819 568-3636

Website: adojeune.org

Email: adojeuneinc@videotron.ca

Services: * Prevention in schools for youth. * Support for parents. * Themed activities. * Youth centres and emergency housing.

Eligibility: schools, parents

Coverage area: Gatineau

Hours: Monday to Friday 8h30 to 15h30

Fees: free

Financing: provincial, fundraising campaigns

Legal status: non-profit organization

ASSOCIATION DES FAMILLES MONOPARENTALES ET RECOMPOSÉES DE L'OUTAOUAIS

85 Saint-Joseph Boulevard, Gatineau, Outaouais, QC, J8Y 3W6

819 771-3269 Fax: 819 771-3260

Website: www.afmro.ca

Email: afmro@videotron.ca

Services: Services relating to family break-up and reorganization. * Access supervision, supervised visits and custody exchanges. * Consultation and helping relationship. * Information and referral. * Pre-employability program. * Documentation centre. * Co-parenting workshops. * Educational activities and experience sharing.

Eligibility: single-parent and stepfamilies, helping relationship: families with an income of less than \$50,000 per year, pre-employability program: single-parent women or women living in stepfamilies on a low income

Coverage area: Outaouais

Hours: Monday to Friday 8h30 to 16h00

Fees: helping relationship: 5 to \$25 per hour, depending on income

Financing: provincial, grants

Legal status: non-profit organization

ASSOCIATION POUR L'INTÉGRATION COMMUNAUTAIRE DE L'OUTAOUAIS

405 Maloney Boulevard East, Gatineau, Outaouais, QC, J8P 6Z8

819 669-6219 Fax: 819 669-7967

Website: apico.ca

Email: info@apico.ca

Services: Support, information, mutual aid and recreational activities offered to people living with an intellectual disability and their families in order to promote and facilitate their social and community inclusion. * Civic support. * Parent group. * Social integration. * Awareness. * Daytime activities.

Eligibility: people living with an intellectual disability, their families

Coverage area: Outaouais

Hours: 7 days, variable schedule

Financing: provincial, self-financing, Centraide Outaouais

Legal status: non-profit organization

CENTRE ALPHA PAPINEAU

390 Buckingham Avenue, Gatineau, Outaouais, QC, J8L 2G7

819 986-7506

Website: centrealphapapineau.org

Email: direction@centrealphapapineau.org

Services: Literacy and popular education. Literacy training for people aged 16 and over * Basic training in French and math. * Elementary school education. Volet Jeunes 12 years and over * Remedial schooling. * Homework help and support. * Samedi en folie cooking and arts* SOS Paperasse: public writer service. * Bonhomme à lunettes service point.

Eligibility: families, adults, youth, general population

Coverage area: Vallée-de-la-Lièvre

Hours: Monday to Thursday 8h00 to 16h00

Fees: none

Financing: provincial, municipal, donations

Legal status: non-profit organization

CENTRE D'ACTIVITÉS PRÉSCOLAIRES ET FAMILIALES

122 Berri Street, Gatineau, Outaouais, QC, J8Y 4H8

819 776-0114

Website: centreprescolaire.ca

Email: capf@bellnet.ca

Services: Educational services to promote the global development of preschool age children. * Daycare. * Educational programs: development of self-esteem and sociability, dance and psychomotricity activities, initiation to reading and writing, initiation to English, preparation for kindergarten. * Classes: visual arts, drama, music, yoga and relaxation techniques, physical activities, zumba. * Summer day camp.

Eligibility: daycare: children 6 months to 5 years old, programs: children 2 to 5 years old depending on the program, classes: children 3 to 5 years old depending on the class, summer day camp: children 4 to 6 years old

Capacity: 16 kids per class

Coverage area: Outaouais

Hours: Monday to Friday 7h30 to 17h30

Fees: mandatory membership card: \$60 per year or \$20 per term, daycare: \$4.50 per hour and maximum \$37 per day, classes and programs: between 15 and \$18 per class for the entire term, day camp: \$40 for the term

Financing: self-financing

Legal status: non-profit organization

CENTRE D'ANIMATION FAMILIALE DE L'OUTAOUAIS

1312 Saint-Louis Street, Gatineau, Outaouais, QC, J8T 2M7

819 561-5196

Website: cafoutaouais.ca

Email: info@cafoutaouais.ca

Services: Neighbourhood house. Food * Collective kitchens. * Community garden. * Christmas baskets for members. * Food assistance for people participating in activities. Material assistance * Clothing assistance. * Opération habit de neige: distribution of winter clothing. * Back to School program: school supplies sharing store. * Bonhommes à Lunettes: glasses at affordable prices. Support * Homework assistance. * Drop-in daycare. * Reception, accompaniment and referral. * Individual meeting, listening and intervention. Activities * Developmental stimulation activities for children. * Workshop Au Petit Jardin: preparation for kindergarten. * Parent-child activities. * Daycare offered to participants during activities. * Jeux d'été: summer day camp. * Activities during pedagogical Fridays. * Coffee-meeting. * Crochet and knitting club. * Various events.

Eligibility: general public, adults, children, developmental stimulation activities: children 0 to 5 years old

Coverage area: Pointe-Gatineau district of Gatineau (Ruisseau, Saint-Rosaire, Jacques-Cartier and Laflèche neighborhoods of Gatineau)

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

Fees: variable

Financing: federal, provincial, municipal, Centraide Outaouais, grants, donations

Legal status: non-profit organization

CENTRE DE PÉDIATRIE SOCIALE DE GATINEAU

321 Notre-Dame Street, Gatineau, Outaouais, QC, J8P 1L2

819 643-3000 Fax: 873 800-1051

Website: www.pediatriesociale.gatineau.com/en

Email: info@pediatriesociale.gatineau.com

Services: * Social medicine. * Global health assessment. * Psychosocial support and accompaniment. * Pregnancy follow-up. * Group activities. * Therapeutic activities.

Eligibility: children 0 to 17 years old

Coverage area: Vieux Gatineau

Hours: Monday to Friday 8h00 to 16h00

Fees: none

Financing: donations, foundations, grants

Legal status: non-profit organization

CENTRE DE PÉDIATRIE SOCIALE DE GATINEAU - SECTEUR HULL

39 Frontenac Street, Gatineau, Outaouais, QC, J8X 1Y9

819 600-1661 Fax: 873 800-1051

Website: www.pediatriesociale.gatineau.com/en

Email: info@pediatriesociale.gatineau.com

Services: * Reception. * Evaluation and orientation. * Individual follow-ups. * Therapies. * Pregnancy follow-up. * Group activities.

Eligibility: families, children from 0 to 17 years old, pregnant women

Coverage area: Hull sector of Gatineau

Hours: Monday to Friday 8h30 to 16h00

Fees: none

Financing: donations, foundations

Legal status: non-profit organization

CONNEXIONS RESOURCE CENTER

67 du Couvent Street, Gatineau, Outaouais, QC, J9H 6A2

819 557-0615

Website: centreconnexions.org

Email: info@centreconnexions.org

Services: Resource centre for the English-speaking population. * Information and referral to health and social services, community organizations, legal information, employability, etc. * Programs, activities, conferences and workshops for all age groups. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Playgroup hosted at Cégep Heritage College. * Online resource directories: seniors and caregivers, youth, women, men, families, people in vulnerable situations and families with a member living with a disability. * Discussion and support groups: parents, youth, caregivers, men. * Online documentation: articles and videos. * Online anger management support group for men.

Eligibility: English-speaking people, seniors, caregivers, families, youth

Coverage area: Outaouais, ITMAV outreach work: Aylmer area of the city of Gatineau

Hours: Monday to Friday 8h00 to 16h00

Fees: none

Financing: federal, provincial

Legal status: non-profit organization

ENFANTS DE L'ESPOIR DE HULL (LES)

107 Dollard-Des Ormeaux Street, Gatineau, Outaouais, QC, J8X 3M2

343 204-3774 Fax: 819 778-7400

Website: www.enfantsdelespoirhull.org

Email: info@enfantsdelespoirhull.org

Services: Centre providing adapted help for families. * Toddlers: preparation for starting kindergarten and school, summer program with sports, artistic and cooking activities. * Children from 6 to 12 years old: after-school activities, school support, weekend activities at the swimming pool and of cross-country skiing, drama classes and free theater shows, March camp, summer camp. * Adults: collective kitchens, 0-5 parent-children workshops, art and sewing classes, creative workshops, self-esteem classes, parenting classes, food assistance, coffee-meetings. * Families: family meals and excursions, family and community events, sharing store, sports and cultural activities. * Opération habits de neige: new winter clothing for children 0 to 12 years old for \$20. * Christmas baskets.

Eligibility: children 0 to 12 years old and their parents, families in need

Coverage area: Hull Island (Sacré-Coeur, Vieux-Hull Est and Vieux-Hull Ouest neighbourhoods of Gatineau)

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

Fees: none

Financing: Centraide Outaouais, federal, provincial, municipal, foundations

Legal status: non-profit organization

ENTRAIDE-DEUIL DE L'OUTAOUAIS

115 Sacré-Coeur Boulevard, Suite 204, Gatineau, Outaouais, QC, J8X 1C5

819 770-4814 Fax: 819 770-8176

Website: entraide-deuil.qc.ca

Email: direction@entraide-deuil.qc.ca

Services: Organization that aims to improve the well-being and the autonomy of bereaved people through support and information. * Mutual aid groups for adults: weekly meeting program or two days condensed program for the loss of a child, the loss of a spouse or the loss of a loved one. * Partager pour mieux grandir: mutual aid groups program for teenagers. * J'écoute ma toute petite voix: mutual aid groups program for children. * Regular and condensed program for pet bereavement. * One on one: temporary and short-term individual support by a volunteer. * Mon premier Noël sans toi: activity to help bereaved people to experience the holiday gatherings better. * Mutual aid and sharing evenings: thematic evenings. * Documentation centre on site and referrals available on the website. * Presentations to the community on request. * Volunteer training for the animation of the mutual aid groups.

Eligibility: adults, teenagers from 13 to 18 years old, children from 6 to 12 years old

Capacity: 10 people per meeting, children mutual aid group: 8

Coverage area: Outaouais

Hours: Monday to Friday 8h30 to 16h30, Mon premier Noël sans toi: first Saturday of December

Fees: suggested contribution of \$10 per meeting

Financing: provincial, municipal, self-financing

Legal status: non-profit organization

ESPOIR ROSALIE DE GATINEAU

763 Saint-Louis Street, Gatineau, Outaouais, QC, J8T 2S9

819 243-7663 Fax: 819 243-7648

Website: www.espoirrosalie.org

Email: info@espoirrosalie.org

Services: Services for single mothers and their children. Women's Services * Individual follow-up: listening, accompaniment, support in the process, home visits, etc. * Parenting Skills Workshops. * Personal growth workshops, * Recreational activities. * Psychoeducational workshops on various topics. * Collective kitchen. * Food assistance. * Free mini thrift store. * Christmas sponsorships. * Snowsuit Program, in collaboration with Centraide. Children's Services * Daycare and drop-in, meals and snacks provided. * Individual follow-up. * Gross motor skills workshops for children from 0 to 5 years old. * Psychoeducational workshops for children from 6 to 12 years old. * Summer camp for children from 6 to 12 years old Family Services. * Workshops and mother-child activities. * Family Respite: stay in a cottage with the family.

Eligibility: single mothers, their children

Coverage area: Gatineau

Hours: Monday to Wednesday 8h30 to 15h30, Thursday 8h30 to 15h30 and 17h00 to 20h00, Saturday 8h30 to 15h30

Fees: none

Financing: provincial, Centraide Outaouais, foundations, donations

Legal status: non-profit organization

FAMILLES D'ABORD

38 Principale Street, Gracefield, Outaouais, QC, J0X 1W0

819 463-4500

Website: famillesdabord.com

Email: famillesdabord2015@gmail.com

Services: * Comptoir familial de Gracefield thrift store. * Game workshops for parent and children from 0 to 5 years old. * Support groups. * Respite. * Support for single women. * Awareness raising.

Eligibility: families

Capacity: 30 places

Coverage area: La Vallée-de-la-Gatineau, Collines-de-l'Outaouais

Hours: Monday to Thursday 8h00 to 16h00

Fees: none

Financing: self-financing, grants

Legal status: non-profit organization

GATINEAU SUPPORT GROUP

92 St-Raymond Boulevard, Suite 304, Gatineau, Outaouais, QC, J8Y 1S7

819 771-2277

Website: aqst.com/en/support-group/outaouais

Email: soutienaqst_gatineau@aqst.com

Services: Group of discussions, exchanges and testimonials for the relatives of people living with Tourette's syndrome.

Eligibility: caregivers, families of people living with Tourette's syndrome

Coverage area: Outaouais

Hours: from September to June, 3rd Wednesday of every month

Fees: none

Financing: donations, contributions, grants

Legal status: non-profit organization

IMPACT RIVIÈRE GATINEAU

270 Notre-Dame Street, Maniwaki, Outaouais, QC, J9E 2J8

1 877 449-3077

Email: impactrivieregatineauorg@videotron.ca

Services: Family violence service centre. * Support for people involved in family violence. * Group therapy for childrens, teenagers, men, parents, families. * Individual, couple, or family intervention. * Conflict management. * Emotional management. * Individual consultation for people with specific needs: intellectual disabilities and mental health issues. * Concertation and awareness among the community regarding family violence.

Eligibility: people involved in domestic violence, victims of domestic violence, people with intellectual disabilities, people living with a mental health issue

Coverage area: MRC Vallée-de-la-Gatineau, MRC des Collines-de-l'Outaouais

Hours: Monday to Thursday 9h00 to 17h30

Fees: none

Financing: donations, provincial

Legal status: non-profit organization

JEUNESSE IDEM

109, Wright Street, Suite 007, Gatineau, Outaouais, QC, J8X 2G7

819 776-1445

Website: jeunessidem.org

Email: jeunessidem@gmail.com

Services: * Individual contact and intervention. * Weekly discussion group for youth: 7 to 13, 14 to 17, 18 to 35. * Social activities. * Workshops to demystify sexual orientation, gender identity, fight against homophobia and transphobia. * Training for professionals in youth environments. * Information booths. * Support for parents and relatives.

Eligibility: young people aged 7 to 35 who are gay, lesbian, bisexual, transgender, transsexual, questioning

Coverage area: Outaouais

Hours: Monday to Friday 9h00 to 17h00, discussion group: evening

Fees: none

Financing: grants

Legal status: non-profit organization

MAISON ALCIDE-CLÉMENT

132 Saint-Jacques Street, Gatineau, Outaouais, QC, J8X 2Z4

819 776-1306

Email: maisonalcideclement@videotron.ca

Services: Community and family living environment. * Stimulation activities for children aged 0 to 5. * Day camp. * Back-to-School sharing store. * Collective kitchens. * Relevailles: in-home postnatal support for babies aged 0 to 12 months. * Coffee meetings.

Eligibility: people 0 to 17, parents, families

Coverage area: Gatineau

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

Fees: annual membership: \$15

Financing: provincial

Legal status: non-profit organization

MAISON DE LA FAMILLE - CENTRE DE PÉDIATRIE SOCIALE LA VALLÉE-DE-LA-GATINEAU

251 Cartier Street, Maniwaki, Outaouais, QC, J9E 1R4

819 441-0282 Fax: 819 441-0283

Website: mdf-cps-vg.com

Email: maisondefamillevg@gmail.com

Services: Family services. * Drop-in daycare. * Breastfeeding services: mentoring, breastfeeding group. * Perinatal grief support group. * Twinning for families with children between 0 and 5 years old. * Parent-child workshops: reading and writing, cooking, crafts, yoga, baby carrying, exercises, etc.. * Thematic workshops on family life: discipline, self-esteem, relationship between siblings, etc. * Baby puree preparation group, collective kitchen. * Sewing and craft workshop. * Cardiopulmonary resuscitation for babies and children classes. * Social cafes, community meals. * Social pediatry. * Birth accompaniment. * Playground. * Car seat checks. * Back-to-school sharing store.

Eligibility: families with a child 0 to 17 years old

Coverage area: MRC La Vallée-de-la-Gatineau

Hours: Monday to Thursday 9h00 to 16h00

Fees: variable

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

Legal status: non-profit organization

MAISON DE LA FAMILLE DE GATINEAU

101 Gatineau Avenue, Gatineau, Outaouais, QC, J8T 4J4

819 568-6830 Fax: 819 568-2520

Website: www.maisonfg.org

Email: info@maisonfg.org

Services: Education and prevention services and activities for families. * Information and referrals. * Drop-in daycare with parent-children activities. * Accompaniment and readaptation for children with developmental conditions, as well as their close ones. * Kindergarten preparation program. * Workshops and activities: www.app.amilia.com/store/en/maisondefamilledegatineau/shop/programs * Evening conferences on various themes related to family. * Sharing store: sale of school supplies at a low cost. * Family bazaar: purchase and sale of maternity items and items for children 0 to 12 years old. * Book-sharing box. * Christmas party and Christmas baskets. * Opération habit de neige: distribution of winter clothing.

Eligibility: families, drop-in daycare: children 5 years old and under. their parents, preparation for kindergarten: children who will enter kindergarten the following year, accompaniment and readaptation program: children 2 to 5 years old with a diagnosis of an intellectual disability or of an autism spectrum disorder, sharing store: families on a low income

Coverage area: Gatineau, Cantley, Chelsea, Val-des-Monts, Denholm, L'Ange-Gardien, La Pêche, Pontiac, Ottawa

Hours: Monday to Friday in the morning, workshops and conferences: consult the program on the website, drop-in daycare: Tuesday or Friday morning for a 3 hour period and Saturday for a 5 hour period, as well as during the programmed activities

Fees: free, sharing store: 25% of the regular price

Financing: provincial, municipal

Legal status: non-profit organization

MAISON DE LA FAMILLE VALLÉE-DE-LA-LIÈVRE

321 Buckingham Avenue, Gatineau, Outaouais, QC, J8L 2G4

819 281-4359

Website: mdf-valleedelalievre.ca

Email: info@mdf-valleedelalievre.ca

Services: Family services. * Drop-in daycare for children 5 years old and under. * Stimulation activities for children 0 to 5 years old. * Games for children aged 6 to 12 years old on Saturdays. * Respite care. * Nobody's Perfect and Parents en couleur programs: parenting skills workshops. * Clothing assistance. * Matching gifts. * Annual golf tournament. * Warm Kids Program: low-cost snowsuits. * Sensory room. * Back to School: school supplies sharing store. * Christmas baskets.

Eligibility: families

Coverage area: Vallée-de-la-Lièvre urban village of Gatineau

Hours: Monday to Friday 9h00 to 16h00

Fees: variable

Financing: provincial, federal, grants

Legal status: non-profit organization

MAISON OXYGÈNE OUTAOUAIS

Confidential Address

819 205-1451 Fax: 819 205-4458

Website: www.dtuc.org/maison-oxygene-outaouais

Email: liaison.info@donnetoiunechance.org

Services: Help for fathers in difficulty and their children. * Temporary housing for fathers and their children. * Community and psychosocial support. * Accompaniment in the process. * Reinforcement of parenting skills. * Food assistance. * Father-child activities. * Support for positive co-parenting.

Eligibility: fathers experiencing personal, marital or family difficulties, their children

Capacity: housing: 4 rooms, 17 beds
Coverage area: Outaouais
Financing: membership fees, donations, grants
Legal status: non-profit organization

NAISSANCE-RENAISSANCE OUTAOUAIS

101 Gatineau Avenue, door B, Gatineau, Outaouais, QC, J8T 4J4

819 561-4499

Website: www.nroutaouais.ca/en

Email: info@nroutaouais.ca

Services: Support for parents during the period surrounding the birth. * Information, referral and awareness. * Prenatal classes. * Accompaniment at birth: follow-up during pregnancy and postnatal follow-up. * Individualized support by a breastfeeding sponsor. * Rental and sale of breast pumps. * Breastfeeding support: support from a postnatal assistant. * Support groups for women experiencing postpartum depression. * Halte alliance. * Documentation centre and book lending. * Meeting with a lactation consultant.

Eligibility: parents expecting a child, parents and their newborn, parents in perinatal bereavement

Coverage area: Outaouais

Hours: Monday to Thursday 9h00 to 15h30, Friday 9h00 to 12h00

Fees: workshops: variable, home support services and birth accompaniment: according to the family income, breastfeeding godmother: none

Financing: Centraide Outaouais

Legal status: non-profit organization

RÉSEAU BIBLIO DE L'OUTAOUAIS

2295 Saint-Louis Street, Gatineau, Outaouais, QC, J8T 5L8

819 561-6008 Fax: 819 561-6767

Website: www.reseaubibliooutaouais.qc.ca/fr

Email: biblio@crsbpo.qc.ca

Services: Regional network of municipal public libraries. * Loans of physical and digital documents. * Online educational, cultural and leisure resources. * Activities, learning and introductory reading kits. * Book clubs for adults and children. * Story time.

Eligibility: general public

Coverage area: Outaouais, excluding Gatineau

Hours: administration: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, library opening times: see website

Fees: subscription for residents of Network member municipalities (excluding Gatineau): free

Financing: municipal

Legal status: municipal agency

SOLIDARITÉ GATINEAU-OUEST

1096 Saint-Louis Street, Gatineau, Outaouais, QC, J8T 2R7

819 246-2029 Fax: 819 246-9819

Website: solidaritegatineauouest.ca

Email: s.g.o@videotron.ca

Services: Activities and support centre for individuals and families. Food services * Family parties and meals. * Collective kitchens. * Community gardens. * Christmas baskets. Youth and family * Drop-in daycare. * Day camp. * Jeux d'enfants: child development activities with parents. * Parenting skills workshops: Y'app, Gestion des émotions et du stress, Communication non violence parent-enfant. * Homework help and accompaniment. * Low-cost school supplies. Support services to individuals * Reception, accompaniment and helping relation. * Registration assistance for the Volunteer Centre's tax clinic. * Discussion group workshops. * Training in personal development. * Assistance with filling out forms. * French course. * Sewing course. * Thrift store. * Opération habit de neige: sale of children's snowsuits at low cost. * Internet access. * Volunteering.

Eligibility: people and families on a low income or in a vulnerable situation

Coverage area: Outaouais

Hours: Monday to Friday 9h00 to 16h00

Fees: Opération habit de neige: \$15 to \$20

Financing: provincial, municipal, Centraide Outaouais, donations

Legal status: non-profit organization

TRAIT D'UNION OUTAOUAIS

109 Wright Street, Suite 109, Gatineau, Outaouais, QC, J8X 2G7

819 595-1290

Website: www.traitdunionoutaouais.com/en/

Email: info@traitdunionoutaouais.com

Services: Social integration for autistic people. Family services * Daytime, evening and weekend respite. * Support group for parents. * Thematic activities on autism. * Family social activities. * Support and information for families and entourage. * Adapted material production room: color photocopier, laminating, machine, pictogram software, sheets and cardboard. Services for children with autism * Educational and social activities. * Day camp in summer. Services for adults with autism * Leisure activities. * Support group. * Social outings. * Various themed workshops. Services for everyone * Info-Advice line. * Media library and documentation centre: loan of books and DVDs. * Autism-Friendly Program: an autism awareness and training program for various environments.

Eligibility: people diagnosed with autism, their relatives, training: leisure environments, awareness: schools, general population

Coverage area: Outaouais

Hours: Monday to Friday 8h00 to 15h00

Fees: variable

Financing: provincial, self-financing

Legal status: non-profit organization

TRANS OUTAOUAIS

Confidential Address

343 202-5006

Website: www.transoutaouais.com

Email: info@transoutaouais.com

Services: * Support and referrals. * Resources list. * Support group for parents of trans children, trans and non-binary youth and adults. * Swearing-in service for name and gender change procedures.

Eligibility: people from the gender diversity community, their relatives, allies

Coverage area: Outaouais

Fees: none

Financing: donations, fundraising, grants

Legal status: non-profit organization

VALLÉE JEUNESSE OUTAOUAIS

111 de Carillon Street, Gatineau, Outaouais, QC, J8X 2P8

819 778-8550 Fax: 819 778-0754

Website: www.valleejeunesse.ca

Email: administration@valleejeunesse.ca

Services: Prevention of academic and social abandonment. * Écho program: intensive specialized family intervention services for families living through multiple problematic situations. * Catamaran program: alternative socializing activities for youth living through multiple problematic situations. * Camp Exploration: alternative day camp for youth who cannot attend regular day camps because of multiple problematic situations. * Belvédère: transitory housing for youth dealing with homelessness. * Coup de Pouce Jeunesse program: prevention of missing and dropping out of school for teenagers and their families. * Project 14-17 years old: social reinsertion environment for students who can no longer attend the regular programs at school for behavioural or addiction reasons. * Project 16-24 years old: program for youth who wish to stay or go back to school but are faced with difficulties that make this challenging.

Eligibility: Écho project: youth 7 to 17 years old living through at least two problematic situations, Catamaran project: youth 7 to 17 years old who are followed by a social worker and living through at least two problematic situations, Camp Exploration: youth 7 to 17 years old living through multiple problems, Belvédère: youth 16 to 21 years old dealing with or at risk of homelessness, Coup de Pouce Jeunesse: youth 13 to 16 years old at risk of dropping out and their families, project 14-17 and 16-24: students in the Centre des services scolaire des Portages de l'Outaouais (CSSPO)

Coverage area: Gatineau and MRC les Collines-de-l'Outaouais

Financing: municipal, provincial, federal

Legal status: non-profit organization

Juvenile Delinquency

ALTERNATIVE OUTAOUAIS (L')

885 de la Carrière Boulevard, Suite 201, Gatineau, Outaouais, QC, J8Y 6S6

819 595-1106 Fax: 819 595-1139

Website: www.laltou.com/en

Email: info@laltou.com

Services: Services in alternative and restorative justice. * Application of extrajudicial measures and sanctions: accompaniment in compensatory and community work, Jeunes citoyens awareness group, restitution, letter of apology, donations, letter of reflection, victimization group, peer influence group. * Consultation with victims of a crime committed by a person between 12 and 17 years old. * Mediation between victims and teenage offenders. * Neighbourhood mediation. * Awareness.

Eligibility: adults, families, teenagers, victims, offenders teenagers

Coverage area: Outaouais

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

Financing: grants

Legal status: non-profit organization

AVENUE DES JEUNES

10 Bériault Street, Gatineau, Outaouais, QC, J8X 1A3

819 778-0634

Website: avenuedesjeunes.com

Email: administration@avenuedesjeunes.com

Services: Accompanying youth on their journey to improve their quality of life. * Individual and family support. * Workshops on Awareness, prevention and social adaptation. * Employment and training programs for youth. * Collaborative activities creating a stimulating environment. * Meeting places and activities: Maison des jeunes Antrados, Maison du parc de l'Île, Maison les Deschênes. * Lodging: Auberge du cour Héberge-Ados. * Post-housing follow-up.

Eligibility: youth aged 13 to 17 living in the Outaouais region, youth who are experiencing personal or family problems and are in need of accommodation

Coverage area: Outaouais

Fees: none

Financing: municipal, provincial, federal, Centreaide Outaouais

Legal status: non-profit organization

Maternity support and adoption

BUREAU D'AIDE JURIDIQUE - GATINEAU - SECTEUR AYLMEYER

204 Aylmer Road, Suite B-403, Gatineau, Outaouais, QC, J9H 1A1

819 684-0333 Fax: 819 684-5075

Website: www.aidejuridiqueoutaouais.ca

Email: bureauaylmer@ccjo.qc.ca

Services: Legal aid office in civil and family law.

Eligibility: people or non-profit organizations residing in Québec or forced to remain in Québec, financially eligible, and whose legal services are covered by the Law

Coverage area: Outaouais

Hours: Monday to Friday 8h30 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

BUREAU D'AIDE JURIDIQUE - GATINEAU - SECTEUR GATINEAU

365 Greber Boulevard, Suite 202, Gatineau, Outaouais, QC, J8T 5R3

819 568-0990 Fax: 819 568-4727

Website: www.aidejuridiqueoutaouais.ca

Email: bureaugatineau@ccjo.qc.ca

Services: Legal aid office in civil and family law.

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

Coverage area: Outaouais

Hours: Monday to Friday 8h30 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

BUREAU D'AIDE JURIDIQUE - GATINEAU - SECTEUR HULL

768 St-Joseph Boulevard, Suite 210, Gatineau, Outaouais, QC, J8Y 4B8

819 772-3011 Fax: 819 772-3764

Website: www.aidejuridiqueoutaouais.ca

Email: bureaucivil-famille@ccjo.qc.ca

Services: Legal aid office in civil law, family law and youth protection law.

Eligibility: people or non-profit organizations residing in Québec or forced to remain in Québec, financially eligible, and whose legal services are covered by the Law

Coverage area: Outaouais

Hours: Monday to Friday 8h30 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

CENTRE COMMUNAUTAIRE ENTRE-NOUS

175 Front Street, Gatineau, Outaouais, QC, J9H 5S9

819 684-2236

Website: centrecommunautaireentrenous.org/en

Email: ccenaccueil@gmail.com

Services: Community centre. Food * Collective kitchen. * Nurturing forest: fruit tree planting. Childhood and youth * Drop-in daycare for 0 to 5 years old. * Homework assistance. * Drop-in breastfeeding program. * Toy library: loan of games and toys. * Pandas playgroup (0 to 5 years old): parent-child workshops. * Petit cuisiniers: cooking classes for 6 to 12 years old. * Activities for 12 to 17 years old, in partnership with Avenue des jeunes. * Entre nous filles: discussion group for Grade 5 and 6 girls. * Day camp and spring break camp. Material assistance * Opération habit de neige: distribution of winter clothing. * Shared-store for school supplies. * Recovery of used clothing. Education * French courses. * Spanish courses. Social events * Café populaire, a space for socializing. * Social and recreational activities: sewing and knitting classes, karate classes, line dancing, board game group, danse cardio classes, physical activities for seniors. * Community parties.

Eligibility: people in vulnerable situations, children, teenagers, families, seniors

Coverage area: Gatineau: MacLeod neighbourhood and surrounding areas (primarily from the following neighbourhoods: MacLeod, Vieux-Aylmer, Des Cedres, La Seigneurie)

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

Financing: provincial, municipal, Centraide Outaouais, donations

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE JURIDIQUE DE L'OUTAOUAIS - BUREAU ADMINISTRATIF

510 Maloney Boulevard East, Suite 201, Gatineau, Outaouais, QC, J8P 1E7

819 669-2382 Fax: 819 669-9309

Website: www.aidejuridiqueoutaouais.ca

Email: bureauadministration@ccjo.qc.ca

Services: Legal aid services lawyers who practice family law, criminal and penal law, youth protection law, immigration law, civil law, administrative law (social aid, SAAQ, CSST), child support, health rights, housing law, bankrupt and prison law. * Representation by a lawyer before a court of first instance or a court of appeal, as plaintiff or defendant. * Assistance from a lawyer in certain cases expressly provided in the Legal Aid Act. * Legal consultation with a lawyer. * Telephone consultation with a lawyer, available 24/7, for people who have been arrested or are being held in custody. * Legal information regarding the rights and obligations of legal aid recipients. * Some services may be rendered by a notary. * Complaints reception.

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

Coverage area: Outaouais

Hours: Monday to Friday 8h30 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

CENTRE D'ANIMATION FAMILIALE DE L'OUTAOUAIS

1312 Saint-Louis Street, Gatineau, Outaouais, QC, J8T 2M7

819 561-5196

Website: cafoutaouais.ca

Email: info@cafoutaouais.ca

Services: Neighbourhood house. Food * Collective kitchens. * Community garden. * Christmas baskets for members. * Food assistance for people participating in activities. Material assistance * Clothing assistance. * Opération habit de neige: distribution of winter clothing. * Back to School program: school supplies sharing store. * Bonhommes à Lunettes: glasses at affordable prices. Support * Homework assistance. * Drop-in daycare. * Reception, accompaniment and referral. * Individual meeting, listening and intervention. Activities * Developmental stimulation activities for children. * Workshop Au Petit Jardin: preparation for kindergarten. * Parent-child activities. * Daycare offered to participants during activities. * Jeux d'été: summer day camp. * Activities during pedagogical Fridays. * Coffee-meeting. * Crochet and knitting club. * Various events.

Eligibility: general public, adults, children, developmental stimulation activities: children 0 to 5 years old

Coverage area: Pointe-Gatineau district of Gatineau (Ruisseau, Saint-Rosaire, Jacques-Cartier and Lafèche neighborhoods of Gatineau)

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

Fees: variable

Financing: federal, provincial, municipal, Centraide Outaouais, grants, donations

Legal status: non-profit organization

CENTRE DE PÉDIATRIE SOCIALE DE GATINEAU

321 Notre-Dame Street, Gatineau, Outaouais, QC, J8P 1L2

819 643-3000 Fax: 873 800-1051

Website: www.pediatriesociale.gatineau.com/en

Email: info@pediatriesociale.gatineau.com

Services: * Social medicine. * Global health assessment. * Psychosocial support and accompaniment. * Pregnancy follow-up. * Group activities. * Therapeutic activities.
Eligibility: children 0 to 17 years old
Coverage area: Vieux Gatineau
Hours: Monday to Friday 8h00 to 16h00
Fees: none
Financing: donations, foundations, grants
Legal status: non-profit organization

CENTRE DE PÉDIATRIE SOCIALE DE GATINEAU - SECTEUR HULL

39 Frontenac Street, Gatineau, Outaouais, QC, J8X 1Y9
819 600-1661 Fax: 873 800-1051
Website: www.pediatriesociale.gatineau.com/en
Email: info@pediatriesociale.gatineau.com
Services: * Reception. * Evaluation and orientation. * Individual follow-ups. * Therapies. * Pregnancy follow-up. * Group activities.
Eligibility: families, children from 0 to 17 years old, pregnant women
Coverage area: Hull sector of Gatineau
Hours: Monday to Friday 8h30 to 16h00
Fees: none
Financing: donations, foundations
Legal status: non-profit organization

CENTRE DE SANTÉ ET DE SERVICES SOCIAUX DE GATINEAU, MAISON DE NAISSANCE DE L'OUTAOUAIS

76 Gatineau Avenue, Gatineau, Outaouais, QC, J8T 4J4
819 966-6585 Fax: 819 966-6586
Website: cisss-outaouais.gouv.qc.ca/obtenir-un-service/avoir-un-enfant/maison-de-naissance-de-loutaouais
Email: 07_cisssso_MDN@ssss.gouv.qc.ca
Services: Maternity care. * Midwifery care during pregnancy, childbirth and the six-week postpartum period. * Clinical and paraclinical examinations for the health of mother and baby. * Prenatal classes.
Eligibility: pregnant people
Coverage area: Québec
Fees: none with a current Canadian health card
Financing: provincial
Legal status: parapublic organization

CENTRE MULTISERVICES DE SANTÉ ET DE SERVICES SOCIAUX DE GATINEAU

777 de La Gappe Boulevard, Gatineau, Outaouais, QC, J8T 8R2
819 966-6550
Website: cisss-outaouais.gouv.qc.ca/clsc/gatineau
Services: Frontline services for routine health and social services. * Injection equipment and bin to collect used syringes, needles, and lancets. * Vaccination for babies and children. * Routine health services. * Chronic diseases and nutrition. * Smoking cessation assistance. * Sexual health services for 12 to 24 years old. * Falls prevention program. * Pregnancy follow-up and breastfeeding advice. * Mental health services. * Support for people with addiction problems. * Home support. * Support for caregivers. * Community organization support.
Coverage area: Outaouais
Hours: Monday to Friday 8h00 to 21h00
Financing: provincial
Legal status: provincial government agency

COMITÉ PARTAGE SAINT-PIERRE-CHANEL

17 Des Groseilliers Street, Gatineau, Outaouais, QC, J8Z 1M4

819 776-3030

Email: comitepartage.spc@gmail.com

Services: * Monthly delivery of food aid. * Delivery of Christmas baskets. * Collection and donation of household items and clothing: kitchen utensils, small appliances, household items, bedding, winter clothing, children's clothing, adult clothing, etc. * Starter kit for infants.

Eligibility: individuals and families with low incomes

Coverage area: Paroisse Saint-Pierre-Chanel

Hours: lundi au vendredi 9h00 à 17h00, by appointment

Fees: none

Financing: donations, self-financing, fundraising campaigns

Legal status: non-profit organization

DIRECTION DE LA PROTECTION DE LA JEUNESSE - OUTAOUAIS

105 Sacré-Cour Boulevard, Gatineau, Outaouais, QC, J8T 4J3

819 771-6631 Fax: 819 771-4162

Website: <https://cisss-outaouais.gouv.qc.ca/obtenir-un-service/obtenir-des-services-pour-les-jeunes-et-leur-famille/faire-un-signalement-a-la-direction-de-la-protection-de-la-jeunesse-dpj/>

Services: Management of youth centres. * Reception and assessment of reports of acts of neglect, violence or abuse according to the Loi sur la protection de la jeunesse. * Adaptation, rehabilitation and social integration in boarding or group homes. * Outreach and crisis intervention, educational support for families. * Psychosocial services for young offenders when necessary (under the Youth Criminal Justice Act). * Adoption, biological background research and expertise related to custody.

Eligibility: youth in difficulty 0 to 18 years old, young offenders, parents, guardians, social workers

Coverage area: Outaouais

Financing: provincial

Legal status: provincial government agency

ENTRAIDE FAMILIALE DE L'OUTAOUAIS

276-A Saint-Joseph Boulevard, Gatineau, Outaouais, QC, J8Y 3Y3

819 525-6886

Website: www.entraidefamiliale.com

Email: agentefo82@gmail.com

Services: Self-help services for individuals and families on a low income in the Outaouais region. * Donation and home delivery of furniture and appliances. * Home pick-up of furniture and appliances in good condition. * Social economy moving company for small residential and commercial moves. * Social economy enterprise for regular or occasional housekeeping.

Eligibility: people or families on a low income

Coverage area: Outaouais

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

Fees: furniture request: \$40 contribution, on a voluntary basis, furniture pick-up: \$40, on a voluntary basis, with tax receipt including amount of money and market value of furniture, moving: variable, call for prices, housekeeping: free estimate, call for prices

Financing: provincial, federal, Centraide Outaouais, donations

Legal status: non-profit organization

FAMILLES D'ABORD

38 Principale Street, Gracefield, Outaouais, QC, J0X 1W0

819 463-4500

Website: famillesdabord.com

Email: famillesdabord2015@gmail.com

Services: * Comptoir familial de Gracefield thrift store. * Game workshops for parent and children from 0 to 5 years old. * Support groups. * Respite. * Support for single women. * Awareness raising.

Eligibility: families
Capacity: 30 places
Coverage area: La Vallée-de-la-Gatineau, Collines-de-l'Outaouais
Hours: Monday to Thursday 8h00 to 16h00
Fees: none
Financing: self-financing, grants
Legal status: non-profit organization

GATINEAU COURTHOUSE

17 Laurier Street, Gatineau, Outaouais, QC, J8X 4C1

819 776-8110 Fax: 819 772-3347

Website: www.justice.gouv.qc.ca/nous-joindre/trouver-un-palais-de-justice/palais-de-justice-de-gatineau

Services: Administration of judicial services of Gatineau. Couple and family * Curatorship and guardianship. * Marriage and civil union. * Family mediation. * Separation and divorce. Courts * Civil division. * Criminal and penal chamber. * Director of criminal and penal prosecutions. * Probation. Youth * Youth Division. Your money and property * Fines. * Voluntary deposit. * Bankruptcy. * Will. Your disputes * Small claims (claims under \$15,000). * Steps to follow to file a small claims claim: www.quebec.ca/en/justice-and-civil-status/small-claims/filing-claim/process-help-applicant * Small claims mediation (mandatory for claims of \$5,000 or less). * Arbitration. Services * Quebec Court. * Superior Court. * Juries. * Publicity of rights. * Financial services. * Real estate sales.

Eligibility: general public

Coverage area: Gatineau judicial district

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

Financing: provincial

Legal status: provincial government agency

MAISON ALCIDE-CLÉMENT

132 Saint-Jacques Street, Gatineau, Outaouais, QC, J8X 2Z4

819 776-1306

Email: maisonalcideclement@videotron.ca

Services: Community and family living environment. * Stimulation activities for children aged 0 to 5. * Day camp. * Back-to-School sharing store. * Collective kitchens. * Relevailles: in-home postnatal support for babies aged 0 to 12 months. * Coffee meetings.

Eligibility: people 0 to 17, parents, families

Coverage area: Gatineau

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

Fees: annual membership: \$15

Financing: provincial

Legal status: non-profit organization

MAISON DE LA FAMILLE - CENTRE DE PÉDIATRIE SOCIALE LA VALLÉE-DE-LA-GATINEAU

251 Cartier Street, Maniwaki, Outaouais, QC, J9E 1R4

819 441-0282 Fax: 819 441-0283

Website: mdf-cps-vg.com

Email: maisondelafamillevg@gmail.com

Services: Family services. * Drop-in daycare. * Breastfeeding services: mentoring, breastfeeding group. * Perinatal grief support group. * Twinning for families with children between 0 and 5 years old. * Parent-child workshops: reading and writing, cooking, crafts, yoga, baby carrying, exercises, etc.. * Thematic workshops on family life: discipline, self-esteem, relationship between siblings, etc. * Baby puree preparation group, collective kitchen. * Sewing and craft workshop. * Cardiopulmonary resuscitation for babies and children classes. * Social cafes, community meals. * Social pediatry. * Birth accompaniment. * Playground. * Car seat checks. * Back-to-school sharing store.

Eligibility: families with a child 0 to 17 years old

Coverage area: MRC La Vallée-de-la-Gatineau

Hours: Monday to Thursday 9h00 to 16h00

Fees: variable

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

Legal status: non-profit organization

MAISON DE LA FAMILLE VALLÉE-DE-LA-LIÈVRE

321 Buckingham Avenue, Gatineau, Outaouais, QC, J8L 2G4

819 281-4359

Website: mdf-valleedelalievre.ca

Email: info@mdf-valleedelalievre.ca

Services: Family services. * Drop-in daycare for children 5 years old and under. * Stimulation activities for children 0 to 5 years old. * Games for children aged 6 to 12 years old on Saturdays. * Respite care. * Nobody's Perfect and Parents en couleur programs: parenting skills workshops. * Clothing assistance. * Matching gifts. * Annual golf tournament. * Warm Kids Program: low-cost snowsuits. * Sensory room. * Back to School: school supplies sharing store. * Christmas baskets.

Eligibility: families

Coverage area: Vallée-de-la-Lièvre urban village of Gatineau

Hours: Monday to Friday 9h00 to 16h00

Fees: variable

Financing: provincial, federal, grants

Legal status: non-profit organization

NAISSANCE-RENAISSANCE OUTAOUAIS

101 Gatineau Avenue, door B, Gatineau, Outaouais, QC, J8T 4J4

819 561-4499

Website: www.nroutaouais.ca/en

Email: info@nroutaouais.ca

Services: Support for parents during the period surrounding the birth. * Information, referral and awareness. * Prenatal classes. * Accompaniment at birth: follow-up during pregnancy and postnatal follow-up. * Individualized support by a breastfeeding sponsor. * Rental and sale of breast pumps. * Breastfeeding support: support from a postnatal assistant. * Support groups for women experiencing postpartum depression. * Halte alliance. * Documentation centre and book lending. * Meeting with a lactation consultant.

Eligibility: parents expecting a child, parents and their newborn, parents in perinatal bereavement

Coverage area: Outaouais

Hours: Monday to Thursday 9h00 to 15h30, Friday 9h00 to 12h00

Fees: workshops: variable, home support services and birth accompaniment: according to the family income, breastfeeding godmother: none

Financing: Centraide Outaouais

Legal status: non-profit organization

Parenting Education

ASSOCIATION DES FAMILLES MONOPARENTALES ET RECOMPOSÉES DE L'OUTAOUAIS

85 Saint-Joseph Boulevard, Gatineau, Outaouais, QC, J8Y 3W6

819 771-3269 Fax: 819 771-3260

Website: www.afmro.ca

Email: afmro@videotron.ca

Services: Services relating to family break-up and reorganization. * Access supervision, supervised visits and custody exchanges. * Consultation and helping relationship. * Information and referral. * Pre-employability program. * Documentation centre. * Co-parenting workshops. * Educational activities and experience sharing.

Eligibility: single-parent and stepfamilies, helping relationship: families with an income of less than \$50,000 per year, pre-employability program: single-parent women or women living in stepfamilies on a low income

Coverage area: Outaouais

Hours: Monday to Friday 8h30 to 16h00

Fees: helping relationship: 5 to \$25 per hour, depending on income

Financing: provincial, grants

Legal status: non-profit organization

AUBERGE DU COEUR HÉBERGE-ADOS

39 Richard Street, Gatineau, Outaouais, QC, J8Y 4Y6

819 771-1750

Website: avenuedesjeunes.com

Email: infoha@avenuedesjeunes.com

Services: * Short-term housing 0 to 60 days. * Counselling. * Support. * Family mediation. * Development of autonomy. * Post shelter follow-up. * Parenting skills workshops: after the youth's post-housing or for any parent from Outaouais. * Mobile intervention.

Eligibility: youth 13 to 17 years old with various problems, parenting skills workshops: parents from Outaouais

Capacity: 8

Coverage area: Outaouais

Hours: 24 hours / 7 days

Financing: provincial, Centraide Outaouais, municipal

Legal status: non-profit organization

CENTRE D'ANIMATION FAMILIALE DE L'OUTAOUAIS

1312 Saint-Louis Street, Gatineau, Outaouais, QC, J8T 2M7

819 561-5196

Website: cafoutaouais.ca

Email: info@cafoutaouais.ca

Services: Neighbourhood house. Food * Collective kitchens. * Community garden. * Christmas baskets for members. * Food assistance for people participating in activities. Material assistance * Clothing assistance. * Opération habit de neige: distribution of winter clothing. * Back to School program: school supplies sharing store. * Bonhommes à Lunettes: glasses at affordable prices. Support * Homework assistance. * Drop-in daycare. * Reception, accompaniment and referral. * Individual meeting, listening and intervention. Activities * Developmental stimulation activities for children. * Workshop Au Petit Jardin: preparation for kindergarten. * Parent-child activities. * Daycare offered to participants during activities. * Jeux d'été: summer day camp. * Activities during pedagogical Fridays. * Coffee-meeting. * Crochet and knitting club. * Various events.

Eligibility: general public, adults, children, developmental stimulation activities: children 0 to 5 years old

Coverage area: Pointe-Gatineau district of Gatineau (Ruisseau, Saint-Rosaire, Jacques-Cartier and Laflèche neighborhoods of Gatineau)

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

Fees: variable

Financing: federal, provincial, municipal, Centraide Outaouais, grants, donations

Legal status: non-profit organization

CENTRE DE SERVICES SCOLAIRE AU COEUR-DES-VALLÉES

582 Maclaren Street, Gatineau, Outaouais, QC, J8L 2W2

1 800 958-9966 Fax: 819 986-9283

Website: www.cscv.gouv.qc.ca

Email: info@cscv.gouv.qc.ca

Services: Educational services to meet the needs of young people, adults, businesses, and organizations on its territory. * Find a school or centre: www.cscv.gouv.qc.ca/ecoles-centres * School calendar:

www.cscv.gouv.qc.ca/calendrier-scolaire * SARCA: support in realizing a professional or training project. * Organization of preschool, primary, secondary, and general education. * School transportation. * Toolbox for parents. * Passe-Partout program: easing the transition from home to daycare. * Complaints management.

Eligibility: SARCA: people 16 years old and over

Coverage area: MRC Papineau and MRC les Collines-de-l'Outaouais

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

Fees: SARCA: free

Financing: provincial

Legal status: provincial government agency

CENTRE DE SERVICES SCOLAIRE DES DRAVEURS

200 Maloney Boulevard East, Gatineau, Outaouais, QC, J8P 1K3

819 663-9221 Fax: 819 663-6176

Website: www.cssd.gouv.qc.ca

Email: reception@cssd.gouv.qc.ca

Services: Educational services to meet the training needs of young people, adults, and local businesses and organizations. * Find a school or centre:

www.applications.cssd.gouv.qc.ca/GEOBUS/Pages/Anonyme/parents/page.fr.aspx * School calendar:

www.cssd.gouv.qc.ca/parents-eleves/calendriers-scolaires * SARCA: support in realizing a professional or

training project. * Organization of preschool, primary, secondary, and general education. * School

transportation. * Toolbox for parents. * Passe-Partout program: easing the transition from home to daycare. *

Complaints management.

Eligibility: SARCA: people 16 years old and over

Coverage area: Bowman, Cantley, Chelsea, Denholm, Gatineau, L'Ange-Gardien, La Pêche, Val-Des-Monts

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

Fees: SARCA: free

Financing: provincial

Legal status: provincial government agency

CENTRE DE SERVICES SCOLAIRE DES HAUTS-BOIS-DE-L'OUTAOUAIS

331 du Couvent Street, Maniwaki, Outaouais, QC, J9E 1H5

1 888 831-9606 Fax: 819 449-2636

Website: www.csshbo.gouv.qc.ca

Email: communications@csshbo.gouv.qc.ca

Services: Educational services to meet the training needs of young people, adults, and local businesses and organizations. * Find a school or centre:

www.webhbo.appgrics.ca/Geobus/Pages/Anonyme/Parents/Page.fr.aspx * School calendar:

www.csshbo.gouv.qc.ca/fr/parents-eleves-et-communaute/parents/outils-parents/calendriers-scolaires *

SARCA: support in realizing a professional or training project. * Organization of preschool, primary, secondary, and general education. * School transportation. * Toolbox for parents. * Text alerts: text notification of important information.. * Complaints management.

Eligibility: SARCA: people 16 years old and over

Coverage area: MRC du Pontiac and MRC la-Vallée-de-la-Gatineau

Fees: SARCA: free

Financing: provincial

Legal status: provincial government agency

CENTRE DE SERVICES SCOLAIRE DES PORTAGES-DE-L'OUTAOUAIS

225 Saint-Rédempteur Street, Gatineau, Outaouais, QC, J8X 2T3

819 771-4548

Website: www.csspo.gouv.qc.ca/

Email: reception@csspo.gouv.qc.ca

Services: Educational services to meet the training needs of young people, adults, and local businesses and organizations. * Find a school or centre: www.csspo.gouv.qc.ca/etablissements * School calendar:

www.csspo.gouv.qc.ca/services-aux-eleves/calendriers-scolaires * SARCA: support in realizing a professional

or training project. * Organization of preschool, primary, secondary, and general education. * School

transportation. * Toolbox for parents. * mParent: notification system of important information. * Complaints

management.

Eligibility: SARCA: people 16 years old and over

Coverage area: MRC les Collines-de-l'Outaouais

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

Fees: SARCA: free

Financing: provincial

Legal status: non-profit organization

CONNEXIONS RESOURCE CENTER

67 du Couvent Street, Gatineau, Outaouais, QC, J9H 6A2

819 557-0615

Website: centreconnexions.org

Email: info@centreconnexions.org

Services: Resource centre for the English-speaking population. * Information and referral to health and social services, community organizations, legal information, employability, etc. * Programs, activities, conferences and workshops for all age groups. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Playgroup hosted at Cégep Heritage College. * Online resource directories: seniors and caregivers, youth, women, men, families, people in vulnerable situations and families with a member living with a disability. * Discussion and support groups: parents, youth, caregivers, men. * Online documentation: articles and videos. * Online anger management support group for men.

Eligibility: English-speaking people, seniors, caregivers, families, youth

Coverage area: Outaouais, ITMAV outreach work: Aylmer area of the city of Gatineau

Hours: Monday to Friday 8h00 to 16h00

Fees: none

Financing: federal, provincial

Legal status: non-profit organization

DONNE-TOI UNE CHANCE

1939 Saint-Louis Street, Suite 4, Gatineau, Outaouais, QC, J8T 4H5

819 205-1451 Fax: 819 205-4458

Website: www.dtuc.org

Email: liaison.info@donnetoiunechance.org

Services: Support for men with issues relating to their interpersonal relations, to a period of loss or separation, or to a dynamic of domestic violence. * Information, reference, and accompaniment. * Exploratory meeting: introduction to the organism, interventions, establishing a trajectory. * Je me reconstruis: re-education program in domestic and familial violence, anger and stress management workshops. * Je me donne la chance: assistance and prevention program for men in crisis situations. * Pour moi: development of self-esteem. * Self-help and support group for male survivors of childhood sexual abuse. * Group for men experiencing a break-up. * Telephone support and occasional meetings for various needs. * Food assistance. * Accommodation for fathers and children in Maison Oxygène Outaouais. * Pour moi et mes enfants: program to improve parenting skills and the father-child relationship. * Father-child activities.

Eligibility: men and fathers in a vulnerable or crisis situation, men with violent conducts

Coverage area: Outaouais

Hours: office: Monday to Thursday 9h00 to 20h00, Friday 9h00 to 16h00

Fees: member card: \$10 per year

Financing: provincial, donations

Legal status: non-profit organization

ENFANTS DE L'ESPOIR DE HULL (LES)

107 Dollard-Des Ormeaux Street, Gatineau, Outaouais, QC, J8X 3M2

343 204-3774 Fax: 819 778-7400

Website: www.enfantsdelespoirhull.org

Email: info@enfantsdelespoirhull.org

Services: Centre providing adapted help for families. * Toddlers: preparation for starting kindergarten and school, summer program with sports, artistic and cooking activities. * Children from 6 to 12 years old: after-school activities, school support, weekend activities at the swimming pool and of cross-country skiing, drama classes and free theater shows, March camp, summer camp. * Adults: collective kitchens, 0-5 parent-children workshops, art and sewing classes, creative workshops, self-esteem classes, parenting classes, food assistance, coffee-meetings. * Families: family meals and excursions, family and community events, sharing store, sports and cultural activities. * Opération habits de neige: new winter clothing for children 0 to 12 years old for \$20. * Christmas baskets.

Eligibility: children 0 to 12 years old and their parents, families in need

Coverage area: Hull Island (Sacré-Coeur, Vieux-Hull Est and Vieux-Hull Ouest neighbourhoods of Gatineau)

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

Fees: none

Financing: Centraide Outaouais, federal, provincial, municipal, foundations

Legal status: non-profit organization

ÉQUIPE SOUTIEN-FAMILLE

343 Notre-Dame Street, Gatineau, Outaouais, QC, J8P 1L3

819 682-2037

Website: equipessoutienfamille.com/en

Email: info@equipessoutienfamille.com

Services: Parental support and respite for families in difficulty to prevent child abuse and neglect. * Respite for children. * Accompaniment and support visits. * Support for families in difficulty.

Eligibility: respite service: families with children aged 18 months to 5 years old

Coverage area: Aylmer and Hull sectors of Gatineau

Hours: Monday to Friday 8h30 to 16h30, respite: Monday to Wednesday 8h30 to 14h30

Fees: none

Financing: Centraide Outaouais, federal, provincial

Legal status: non-profit organization

ESPOIR ROSALIE DE GATINEAU

763 Saint-Louis Street, Gatineau, Outaouais, QC, J8T 2S9

819 243-7663 Fax: 819 243-7648

Website: www.espoirrosalie.org

Email: info@espoirrosalie.org

Services: Services for single mothers and their children. Women's Services * Individual follow-up: listening, accompaniment, support in the process, home visits, etc. * Parenting Skills Workshops. * Personal growth workshops, * Recreational activities. * Psychoeducational workshops on various topics. * Collective kitchen. * Food assistance. * Free mini thrift store. * Christmas sponsorships. * Snowsuit Program, in collaboration with Centraide. Children's Services * Daycare and drop-in, meals and snacks provided. * Individual follow-up. * Gross motor skills workshops for children from 0 to 5 years old. * Psychoeducational workshops for children from 6 to 12 years old. * Summer camp for children from 6 to 12 years old Family Services. * Workshops and mother-child activities. * Family Respite: stay in a cottage with the family.

Eligibility: single mothers, their children

Coverage area: Gatineau

Hours: Monday to Wednesday 8h30 to 15h30, Thursday 8h30 to 15h30 and 17h00 to 20h00, Saturday 8h30 to 15h30

Fees: none

Financing: provincial, Centraide Outaouais, foundations, donations

Legal status: non-profit organization

FAMILLES D'ABORD

38 Principale Street, Gracefield, Outaouais, QC, J0X 1W0

819 463-4500

Website: famillesdabord.com

Email: famillesdabord2015@gmail.com

Services: * Comptoir familial de Gracefield thrift store. * Game workshops for parent and children from 0 to 5 years old. * Support groups. * Respite. * Support for single women. * Awareness raising.

Eligibility: families

Capacity: 30 places

Coverage area: La Vallée-de-la-Gatineau, Collines-de-l'Outaouais

Hours: Monday to Thursday 8h00 to 16h00

Fees: none

Financing: self-financing, grants

Legal status: non-profit organization

MAISON D'ACCUEIL MUTCHMORE

142 Mutchmore Street, Gatineau, Outaouais, QC, J8Y 3T7

819 770-0788

Website: accueilmutchmore.ca

Email: info@accueilmutchmore.ca

Services: Community centre. * Collective kitchen. * Touchatou: stimulation workshop of fine motor skills. * Francization workshop. * Projet Multigénérationnel: various intergenerational activities. * Âllo-ADOS: sports and social activities for teenagers. * Sports activities: karate classes, fitness, yoga, zumba, skiing, swimming pool outings. * Opération habit de neige: distribution of winter clothing. * School supplies. * Tax clinic.

Eligibility: people and families on a low income, newcomers, seniors, neighbourhood residents, Opération habit de neige: families on a low income with children 2 to 13 years old

Coverage area: Mutchmore and Jean Proulx neighbourhoods of Gatineau

Hours: Monday to Friday 8h30 to 15h30, reception: 9h00 to 15h00

Fees: none, Opération habit de neige: \$20 per piece of clothing

Financing: Centraide Outaouais, municipal, provincial

Legal status: non-profit organization

MAISON DE LA FAMILLE - CENTRE DE PÉDIATRIE SOCIALE LA VALLÉE-DE-LA-GATINEAU

251 Cartier Street, Maniwaki, Outaouais, QC, J9E 1R4

819 441-0282 Fax: 819 441-0283

Website: mdf-cps-vg.com

Email: maisondelafamillevg@gmail.com

Services: Family services. * Drop-in daycare. * Breastfeeding services: mentoring, breastfeeding group. * Perinatal grief support group. * Twinning for families with children between 0 and 5 years old. * Parent-child workshops: reading and writing, cooking, crafts, yoga, baby carrying, exercises, etc.. * Thematic workshops on family life: discipline, self-esteem, relationship between siblings, etc. * Baby puree preparation group, collective kitchen. * Sewing and craft workshop. * Cardiopulmonary resuscitation for babies and children classes. * Social cafes, community meals. * Social pediatry. * Birth accompaniment. * Playground. * Car seat checks. * Back-to-school sharing store.

Eligibility: families with a child 0 to 17 years old

Coverage area: MRC La Vallée-de-la-Gatineau

Hours: Monday to Thursday 9h00 to 16h00

Fees: variable

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

Legal status: non-profit organization

MAISON DE LA FAMILLE VALLÉE-DE-LA-LIÈVRE

321 Buckingham Avenue, Gatineau, Outaouais, QC, J8L 2G4

819 281-4359

Website: mdf-valleedelalievre.ca

Email: info@mdf-valleedelalievre.ca

Services: Family services. * Drop-in daycare for children 5 years old and under. * Stimulation activities for children 0 to 5 years old. * Games for children aged 6 to 12 years old on Saturdays. * Respite care. * Nobody's Perfect and Parents en couleur programs: parenting skills workshops. * Clothing assistance. * Matching gifts. * Annual golf tournament. * Warm Kids Program: low-cost snowsuits. * Sensory room. * Back to School: school supplies sharing store. * Christmas baskets.

Eligibility: families

Coverage area: Vallée-de-la-Lièvre urban village of Gatineau

Hours: Monday to Friday 9h00 to 16h00

Fees: variable

Financing: provincial, federal, grants

Legal status: non-profit organization

SOLIDARITÉ GATINEAU-OUEST

1096 Saint-Louis Street, Gatineau, Outaouais, QC, J8T 2R7

819 246-2029 Fax: 819 246-9819

Website: solidaritegatineauouest.ca

Email: s.g.o@videotron.ca

Services: Activities and support centre for individuals and families. Food services * Family parties and meals. * Collective kitchens. * Community gardens. * Christmas baskets. Youth and family * Drop-in daycare. * Day camp. * Jeux d'enfants: child development activities with parents. * Parenting skills workshops: Y'app, Gestion des émotions et du stress, Communication non violence parent-enfant. * Homework help and accompaniment. * Low-cost school supplies. Support services to individuals * Reception, accompaniment and helping relation. * Registration assistance for the Volunteer Centre's tax clinic. * Discussion group workshops. * Training in personal development. * Assistance with filling out forms.* French course. * Sewing course. * Thrift store. * Opération habit de neige: sale of children's snowsuits at low cost. * Internet access.* Volunteering.

Eligibility: people and families on a low income or in a vulnerable situation

Coverage area: Outaouais

Hours: Monday to Friday 9h00 to 16h00

Fees: Opération habit de neige: \$15 to \$20

Financing: provincial, municipal, Centraide Outaouais, donations

Legal status: non-profit organization

Recreational Activities**ACTION-QUARTIERS**

2 Fortier Street, Gatineau, Outaouais, QC, J8Y 4P5

819 777-7815

Email: direction@actionquartiers.ca

Services: Neighbourhood centre. * Reception. * Thematic workshops for children: drawing, cooking, crafts. * Distribution of snowsuits for children. * Activities for teenagers: animated discussion group, social evenings. * Yoga classes. * Social café. * Neighbourhood parties. * Family activities: outings to the park, soccer, kick ball, etc. * Distribution of school supplies. * Christmas baskets.

Eligibility: children, adolescents, adults

Coverage area: Saint-Jean-Bosco and Wrightville neighbourhoods of Gatineau

Hours: Monday, Wednesday, Thursday and Friday 9h00 to 16h00, Tuesday 13h00 to 16h00

Financing: grants, municipal

Legal status: non-profit organization

AURÉLIEN-DOUCET LIBRARY

207 du Mont-Bleu Boulevard, Gatineau, Outaouais, QC, J8Z 2M3

819 595-7460

Website: www.gatineau.ca/page.asp?p=quoi_faire/bibliotheque

Services: General services * Lending of books, videocassettes, CDs and CD-ROMs. * Children's activities: readiness to read (0-5 years), story time, teen bag (high school students), video game tournament, etc. * Activities for adults. * Conferences, art exhibitions, etc. Amenities and office services * Wireless Internet access and computers. * Loan of laptops and tablets for on-site use. * Photocopying, printing, faxing and scanning. * Workrooms, meeting rooms (2 to 4 people) and multi-purpose rooms (up to 40 people). * Return boxes. * Small electronics depot.

Eligibility: general public

Coverage area: Gatineau

Hours: Monday to Thursday 12h00 to 20h00, Friday 12h00 to 18h00, Saturday 11h00 to 17h00, public holidays: variable

Fees: subscription: free, photocopies and printing (black and white): \$0.25/page, color printing: \$1/page

Financing: municipal

Legal status: municipal agency

BERNARD-LONERGAN LIBRARY

181 Joseph Street, Gatineau, Outaouais, QC, J8L 1G6

819 595-7460

Website: www.gatineau.ca/page.asp?p=quoi_faire/bibliotheque

Services: General services * Lending of books, videocassettes, CDs and CD-ROMs. * Children's activities: readiness to read (0-5 years), story time, teen bag (high school students), video game tournament, etc. * Activities for adults. * Conferences, art exhibitions, etc. Amenities and office services * Wireless Internet access and computers. * Loan of laptops and tablets for on-site use. * Photocopying, printing, faxing and scanning. * Workrooms, meeting rooms (2 to 4 people) and multi-purpose rooms (up to 40 people). * Return boxes. * Small electronics depot.

Eligibility: general public

Coverage area: Gatineau

Hours: Monday 10h00 to 20h00, Tuesday to Friday 13h00 to 20h00, Saturday and Sunday 10h00 to 16h00

Fees: subscription: free, photocopies and printing (black and white): \$0.25/page, color printing: \$1/page

Financing: municipal

Legal status: municipal agency

CENTRE COMMUNAUTAIRE ENTRE-NOUS

175 Front Street, Gatineau, Outaouais, QC, J9H 5S9

819 684-2236

Website: centrecommunautaireentrenous.org/en

Email: cenaccueil@gmail.com

Services: Community centre. Food * Collective kitchen. * Nurturing forest: fruit tree planting. Childhood and youth * Drop-in daycare for 0 to 5 years old. * Homework assistance. * Drop-in breastfeeding program. * Toy library: loan of games and toys. * Pandas playgroup (0 to 5 years old): parent-child workshops. * Petit cuisiniers: cooking classes for 6 to 12 years old. * Activities for 12 to 17 years old, in partnership with Avenue des jeunes. * Entre nous filles: discussion group for Grade 5 and 6 girls. * Day camp and spring break camp. Material assistance * Opération habit de neige: distribution of winter clothing. * Shared-store for school supplies. * Recovery of used clothing. Education * French courses. * Spanish courses. Social events * Café populaire, a space for socializing. * Social and recreational activities: sewing and knitting classes, karate classes, line dancing, board game group, danse cardio classes, physical activities for seniors. * Community parties.

Eligibility: people in vulnerable situations, children, teenagers, families, seniors

Coverage area: Gatineau: MacLeod neighbourhood and surrounding areas (primarily from the following neighbourhoods: MacLeod, Vieux-Aylmer, Des Cedres, La Seigneurie)

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

Financing: provincial, municipal, Centraide Outaouais, donations

Legal status: non-profit organization

CENTRE D'ANIMATION FAMILIALE DE L'OUTAOUAIS

1312 Saint-Louis Street, Gatineau, Outaouais, QC, J8T 2M7

819 561-5196

Website: cafoutaouais.ca

Email: info@cafoutaouais.ca

Services: Neighbourhood house. Food * Collective kitchens. * Community garden. * Christmas baskets for members. * Food assistance for people participating in activities. Material assistance * Clothing assistance. * Opération habit de neige: distribution of winter clothing. * Back to School program: school supplies sharing store. * Bonhommes à Lunettes: glasses at affordable prices. Support * Homework assistance. * Drop-in daycare. * Reception, accompaniment and referral. * Individual meeting, listening and intervention. Activities * Developmental stimulation activities for children. * Workshop Au Petit Jardin: preparation for kindergarten. * Parent-child activities. * Daycare offered to participants during activities. * Jeux d'été: summer day camp. * Activities during pedagogical Fridays. * Coffee-meeting. * Crochet and knitting club. * Various events.

Eligibility: general public, adults, children, developmental stimulation activities: children 0 to 5 years old

Coverage area: Pointe-Gatineau district of Gatineau (Ruisseau, Saint-Rosaire, Jacques-Cartier and Laflèche neighborhoods of Gatineau)

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

Fees: variable

Financing: federal, provincial, municipal, Centraide Outaouais, grants, donations

Legal status: non-profit organization

ENFANTS DE L'ESPOIR DE HULL (LES)

107 Dollard-Des Ormeaux Street, Gatineau, Outaouais, QC, J8X 3M2

343 204-3774 Fax: 819 778-7400

Website: www.enfantsdelespoirhull.org

Email: info@enfantsdelespoirhull.org

Services: Centre providing adapted help for families. * Toddlers: preparation for starting kindergarten and school, summer program with sports, artistic and cooking activities. * Children from 6 to 12 years old: after-school activities, school support, weekend activities at the swimming pool and of cross-country skiing, drama classes and free theater shows, March camp, summer camp. * Adults: collective kitchens, 0-5 parent-children workshops, art and sewing classes, creative workshops, self-esteem classes, parenting classes, food assistance, coffee-meetings. * Families: family meals and excursions, family and community events, sharing store, sports and cultural activities. * Opération habits de neige: new winter clothing for children 0 to 12 years old for \$20. * Christmas baskets.

Eligibility: children 0 to 12 years old and their parents, families in need

Coverage area: Hull Island (Sacré-Coeur, Vieux-Hull Est and Vieux-Hull Ouest neighbourhoods of Gatineau)

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

Fees: none

Financing: Centraide Outaouais, federal, provincial, municipal, foundations

Legal status: non-profit organization

ESPOIR ROSALIE DE GATINEAU

763 Saint-Louis Street, Gatineau, Outaouais, QC, J8T 2S9

819 243-7663 Fax: 819 243-7648

Website: www.espoirrosalie.org

Email: info@espoirrosalie.org

Services: Services for single mothers and their children. Women's Services * Individual follow-up: listening, accompaniment, support in the process, home visits, etc. * Parenting Skills Workshops. * Personal growth workshops, * Recreational activities. * Psychoeducational workshops on various topics. * Collective kitchen. * Food assistance. * Free mini thrift store. * Christmas sponsorships. * Snowsuit Program, in collaboration with Centraide. Children's Services * Daycare and drop-in, meals and snacks provided. * Individual follow-up. * Gross motor skills workshops for children from 0 to 5 years old. * Psychoeducational workshops for children from 6 to 12 years old. * Summer camp for children from 6 to 12 years old Family Services. * Workshops and mother-child activities. * Family Respite: stay in a cottage with the family.

Eligibility: single mothers, their children

Coverage area: Gatineau

Hours: Monday to Wednesday 8h30 to 15h30, Thursday 8h30 to 15h30 and 17h00 to 20h00, Saturday 8h30 to 15h30

Fees: none

Financing: provincial, Centraide Outaouais, foundations, donations

Legal status: non-profit organization

FAMILLES D'ABORD

38 Principale Street, Gracefield, Outaouais, QC, J0X 1W0

819 463-4500

Website: famillesdabord.com

Email: famillesdabord2015@gmail.com

Services: * Comptoir familial de Gracefield thrift store. * Game workshops for parent and children from 0 to 5 years old. * Support groups. * Respite. * Support for single women. * Awareness raising.

Eligibility: families

Capacity: 30 places

Coverage area: La Vallée-de-la-Gatineau, Collines-de-l'Outaouais

Hours: Monday to Thursday 8h00 to 16h00

Fees: none

Financing: self-financing, grants

Legal status: non-profit organization

GATINEAU - MUNICIPALITÉ, BIBLIOTHÈQUE JEAN-MARIE-CARON

430 du Progrès Street, Gatineau, Outaouais, QC, J8M 1T3

819 986-1414

Website: www.gatineau.ca/page.asp?p=quoi_faire/bibliotheque

Services: General services * Lending of books, videocassettes, CDs and CD-ROMs. * Children's activities: readiness to read (0-5 years), story time, teen bag (high school students), video game tournament, etc. * Activities for adults. * Conferences, art exhibitions, etc. Amenities and office services * Wireless Internet access and computers. * Photocopying, printing, faxing and scanning. * Workrooms and meeting rooms (2 to 4 people). * Return boxes.

Eligibility: general public

Coverage area: Gatineau

Hours: Monday 17h00 to 20h00, Tuesday 16h00 to 20h00, Wednesday 14h30 to 20h00, Thursday 16h00 to 20h00, Friday 10h00 to 16h00, Saturday 12h00 to 16h00

Fees: subscription: free, photocopies and printing (black and white): \$0.25/page

Financing: municipal

Legal status: municipal agency

GATINEAU - MUNICIPALITÉ, BIBLIOTHÈQUE MANISE-MORIN

36, chemin de Montréal, Gatineau, Outaouais, QC, J8M 1E9

819 595-7460

Website: www.ville.gatineau.qc.ca/page.asp?p=quoi_faire/bibliotheque

Services: * Lending of books, videocassettes, CDs and CD-ROMs. * Children's activities: readiness to read (0-5 years), story time, teen bag (high school students), video game tournament, etc. * Activities for adults. * Conferences, art exhibitions, etc. Amenities and office services * Wireless Internet access and computers. * Photocopying, printing, faxing and scanning. * Workrooms and meeting rooms (2 to 4 people). * Return boxes.

Eligibility: general public

Coverage area: Gatineau

Hours: Monday and Tuesday 17h00 to 20h00, Wednesday 8h30 to 11h30 and 17h00 to 20h00, Saturday 12h00 to 16h00

Fees: subscription: free, photocopies and printing (black and white): \$0.25/page, color printing: \$1/page

Financing: municipal

Legal status: municipal agency

GROUPE COMMUNAUTAIRE DESCHÊNES

55 Vanier Road, Gatineau, Outaouais, QC, J9H 1X5

819 684-7999 Fax: 819 557-0771

Website: groupeledeschenes.myfreesites.net

Email: gcd_intervenante@hotmail.com

Services: Meeting place and support for families. * Petits-Mousses: social activities for children and parents. * Drop-in daycare for young children. * Homework club. * Petits Cooks. * Collective kitchen. * Day camp: summer and spring break. * Neighbourhood parties. * Physical activities: zumba and tai chi. * Sharing store: low-cost school supplies. * Recovery of small used items: toys, books, clothing, kitchenware, etc. * Christmas baskets. * Snow suit. * Bonhomme à lunette service point: low-cost glasses.

Eligibility: families, adults, new arrivals, petits-mousses and drop-in daycare: children 0 to 5 years old, homework club, petits Cooks and summer day camp: children 6 to 12 years old

Coverage area: Gatineau: Aylmer district

Hours: Monday to Friday 9h00 to 17h00, Bonhomme à lunette: no appointment necessary, Wednesday 11h30 to 14h00

Financing: municipal, provincial, Centraide Outaouais

Legal status: non-profit organization

LIBRARY DOCTEUR-JEAN-LORRAIN

20 Lorrain Boulevard, Gatineau, Outaouais, QC, J8P 2C8

819 595-7460

Website: www.ville.gatineau.qc.ca/page.asp?p=quoi_faire/bibliotheque

Services: General services * Lending of books, videocassettes, CDs and CD-ROMs. * Children's activities: readiness to read (0-5 years), story time, teen bag (high school students), video game tournament, etc. * Activities for adults. * Conferences, art exhibitions, etc. Amenities and office services * Wireless Internet access and computers. * Photocopying, printing, faxing and scanning. * Workrooms and meeting rooms (2 to 4 people). * Return boxes. * Small electronics depot.

Eligibility: general public

Coverage area: Gatineau

Hours: Monday to Thursday 16h00 to 20h00, Saturday 12h00 to 16h00

Fees: subscription: free, photocopies and printing (black and white): \$0.25/page

Financing: municipal

Legal status: municipal agency

LUCIEN-LALONDE LIBRARY

225 Berri Street, Gatineau, Outaouais, QC, J8Y 4K1

819 595-7460

Website: www.ville.gatineau.qc.ca/page.asp?p=quoi_faire/bibliotheque

Services: General services * Lending of books, videocassettes, CDs and CD-ROMs. * Children's activities: readiness to read (0-5 years), story time, teen bag (high school students), video game tournament, etc. * Activities for adults. * Conferences, art exhibitions, etc. Amenities and office services * Wireless Internet access and computers. * Loan of laptops and tablets for on-site use. * Photocopying, printing, faxing and scanning. * Workrooms, meeting rooms (2 to 4 people) and multi-purpose rooms (up to 40 people). * Return boxes. * Small electronics depot.

Eligibility: general public

Coverage area: QC - Outaouais County - Gatineau;

Hours: Monday to Thursday 10h00 to 20h00, Friday 10h00 to 18h00, Saturday and Sunday 10h00 to 17h00

Fees: subscription: free, photocopies and printing (black and white): \$0.25/page, color printing: \$1/page

Financing: municipal

Legal status: municipal agency

LUCY-FARIS LIBRARY

115 Principale Street, Gatineau, Outaouais, QC, J9H 3M2

819 595-7460

Website: www.ville.gatineau.qc.ca/page.asp?p=quoi_faire/bibliotheque

Services: General services * Lending of books, videocassettes, CDs and CD-ROMs. * Children's activities: readiness to read (0-5 years), story time, teen bag (high school students), video game tournament, etc. * Activities for adults. * Conferences, art exhibitions, etc. Amenities and office services * Wireless Internet access and computers. * Loan of laptops and tablets for on-site use. * Photocopying, printing, faxing and scanning. * Workrooms, meeting rooms (2 to 4 people) and multi-purpose rooms (up to 40 people). * Return boxes. * Small electronics depot.

Eligibility: general public

Coverage area: Gatineau

Hours: Monday to Thursday 12h00 to 20h00, Friday 12h00 to 18h00, Saturday 10h00 to 17h00

Fees: subscription: free, photocopies and printing (black and white): \$0.25/page, color printing: \$1/page

Financing: municipal

Legal status: municipal agency

MAISON ALCIDE-CLÉMENT

132 Saint-Jacques Street, Gatineau, Outaouais, QC, J8X 2Z4

819 776-1306

Email: maisonalcideclement@videotron.ca

Services: Community and family living environment. * Stimulation activities for children aged 0 to 5. * Day camp. * Back-to-School sharing store. * Collective kitchens. * Relevailles: in-home postnatal support for babies aged 0 to 12 months. * Coffee meetings.

Eligibility: people 0 to 17, parents, families

Coverage area: Gatineau

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

Fees: annual membership: \$15

Financing: provincial

Legal status: non-profit organization

MAISON COMMUNAUTAIRE DANIEL-JOHNSON

22 Arthur-Buies Street, Gatineau, Outaouais, QC, J8Z 1P5

819 772-6625

Email: mcdj@bellnet.ca

Services: Community centre. * Access to a computer, Internet, and fax. * Social and recreational activities: for teenagers, families, parents-children. * Social café. * Homework club. * Collective kitchen. * Community breakfast. * Knitting and crochet circle. * Introduction to cross-country for youth 9 to 12 years old. * Operation Snowsuit Outaouais: winter clothing for children. * Cooking workshops minis-chefs 8 to 12 years old. * Back to school program: store-sharing school supplies. * Women's circle. * Halloween and Christmas celebrations. * Neighbourhood party.

Eligibility: citizens of the Daniel-Johnson neighbourhood in the Hull sector of Gatineau

Coverage area: Daniel-Johnson neighbourhood in the Hull sector of Gatineau

Hours: Tuesday to Thursday 9h00 to 12h00 and 13h00 to 16h30

Financing: donations

Legal status: non-profit organization

MAISON D'ACCUEIL MUTCHMORE

142 Mutchmore Street, Gatineau, Outaouais, QC, J8Y 3T7

819 770-0788

Website: accueilmutchmore.ca

Email: info@accueilmutchmore.ca

Services: Community centre. * Collective kitchen. * Touchatou: stimulation workshop of fine motor skills. * Francization workshop. * Projet Multigénérationnel: various intergenerational activities. * Âllo-ADOS: sports and social activities for teenagers. * Sports activities: karate classes, fitness, yoga, zumba, skiing, swimming pool outings. * Opération habit de neige: distribution of winter clothing. * School supplies. * Tax clinic.

Eligibility: people and families on a low income, newcomers, seniors, neighbourhood residents, Opération habit de neige: families on a low income with children 2 to 13 years old

Coverage area: Mutchmore and Jean Proulx neighbourhoods of Gatineau

Hours: Monday to Friday 8h30 to 15h30, reception: 9h00 to 15h00

Fees: none, Opération habit de neige: \$20 per piece of clothing

Financing: Centraide Outaouais, municipal, provincial

Legal status: non-profit organization

MAISON DE LA FAMILLE - CENTRE DE PÉDIATRIE SOCIALE LA VALLÉE-DE-LA-GATINEAU

251 Cartier Street, Maniwaki, Outaouais, QC, J9E 1R4

819 441-0282 Fax: 819 441-0283

Website: mdf-cps-vg.com

Email: maisondefamillevg@gmail.com

Services: Family services. * Drop-in daycare. * Breastfeeding services: mentoring, breastfeeding group. * Perinatal grief support group. * Twinning for families with children between 0 and 5 years old. * Parent-child workshops: reading and writing, cooking, crafts, yoga, baby carrying, exercises, etc.. * Thematic workshops on family life: discipline, self-esteem, relationship between siblings, etc. * Baby puree preparation group, collective kitchen. * Sewing and craft workshop. * Cardiopulmonary resuscitation for babies and children classes. * Social cafes, community meals. * Social pediatry. * Birth accompaniment. * Playground. * Car seat checks. * Back-to-school sharing store.

Eligibility: families with a child 0 to 17 years old

Coverage area: MRC La Vallée-de-la-Gatineau

Hours: Monday to Thursday 9h00 to 16h00

Fees: variable

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

Legal status: non-profit organization

MAISON DE LA FAMILLE DE GATINEAU

101 Gatineau Avenue, Gatineau, Outaouais, QC, J8T 4J4

819 568-6830 Fax: 819 568-2520

Website: www.maisonfg.org

Email: info@maisonfg.org

Services: Education and prevention services and activities for families. * Information and referrals. * Drop-in daycare with parent-children activities. * Accompaniment and readaptation for children with developmental conditions, as well as their close ones. * Kindergarten preparation program. * Workshops and activities: www.app.amilia.com/store/en/maisondefamilledegatineau/shop/programs * Evening conferences on various themes related to family. * Sharing store: sale of school supplies at a low cost. * Family bazaar: purchase and sale of maternity items and items for children 0 to 12 years old. * Book-sharing box. * Christmas party and Christmas baskets. * Opération habit de neige: distribution of winter clothing.

Eligibility: families, drop-in daycare: children 5 years old and under. their parents, preparation for kindergarten: children who will enter kindergarten the following year, accompaniment and readaptation program: children 2 to 5 years old with a diagnosis of an intellectual disability or of an autism spectrum disorder, sharing store: families on a low income

Coverage area: Gatineau, Cantley, Chelsea, Val-des-Monts, Denholm, L'Ange-Gardien, La Pêche, Pontiac, Ottawa

Hours: Monday to Friday in the morning, workshops and conferences: consult the program on the website, drop-in daycare: Tuesday or Friday morning for a 3 hour period and Saturday for a 5 hour period, as well as during the programmed activities

Fees: free, sharing store: 25% of the regular price

Financing: provincial, municipal

Legal status: non-profit organization

MAISON DE LA FAMILLE VALLÉE-DE-LA-LIÈVRE

321 Buckingham Avenue, Gatineau, Outaouais, QC, J8L 2G4

819 281-4359

Website: mdf-valleedelalievre.ca

Email: info@mdf-valleedelalievre.ca

Services: Family services. * Drop-in daycare for children 5 years old and under. * Stimulation activities for children 0 to 5 years old. * Games for children aged 6 to 12 years old on Saturdays. * Respite care. * Nobody's Perfect and Parents en couleur programs: parenting skills workshops. * Clothing assistance. * Matching gifts. * Annual golf tournament. * Warm Kids Program: low-cost snowsuits. * Sensory room. * Back to School: school supplies sharing store. * Christmas baskets.

Eligibility: families

Coverage area: Vallée-de-la-Lièvre urban village of Gatineau

Hours: Monday to Friday 9h00 to 16h00

Fees: variable

Financing: provincial, federal, grants

Legal status: non-profit organization

MAISON-DU-CITOYEN LIBRARY

25 Laurier Street, Gatineau, Outaouais, QC, J8X 4C8

819 595-7460

Website: www.ville.gatineau.qc.ca/page.asp?p=quoi_faire/bibliotheque

Services: General services * Lending of books, videocassettes, CDs and CD-ROMs. * Children's activities: readiness to read (0-5 years), story time, teen bag (high school students), video game tournament, etc. * Activities for adults. * Conferences, art exhibitions, etc. * Battery depots. Amenities and office services * Wireless Internet access and computers. * Loan of laptops and tablets for on-site use. * Photocopying, printing, faxing and scanning. * Workrooms, meeting rooms (2 to 4 people) and multi-purpose rooms (up to 40 people). * Return boxes. * Small electronics depot.

Eligibility: general public

Coverage area: Gatineau

Hours: Monday to Thursday 10h00 to 20h00, Friday 10h00 to 18h00, Saturday 11h00 to 17h00

Fees: subscription: free, photocopies and printing (black and white): \$0.25/page, color printing: \$1/page

Financing: municipal

Legal status: municipal agency

MANI-JEUNES

86 Roy Street, Maniwaki, Outaouais, QC, J9E 3G9

819 449-6609

Email: direction@mani-jeunes.ca

Services: Meeting place for discussions and activities for youth. * Sporting, cultural and social activities. * Prevention and health promotion. * Healthy cooking workshops. * Special Outputs. * Exploring the passions.

Eligibility: people 12 to 17 years old, 1 evening per week: youth 8 to 12 years old

Coverage area: Maniwaki
Hours: Monday to Friday 15h30 to 19h30
Financing: provincial, self-financing
Legal status: non-profit organization

MASQUE DE FER (LE)

381 Maloney Boulevard East, Gatineau, Outaouais, QC, J8P 1E3
819 319-2792

Website: www.masquedefere.ca
Email: info@masquedefere.ca

Services: Mobile fencing sports club. * Training and promotion of the sport of fencing. * Fencing competition. * Online athlete training program. * Loan of equipment.

Eligibility: general public

Coverage area: Gatineau

Fees: registration: variable

Financing: self-financing

Legal status: non-profit organization

RÉSEAU BIBLIO DE L'OUTAOUAIS

2295 Saint-Louis Street, Gatineau, Outaouais, QC, J8T 5L8
819 561-6008 Fax: 819 561-6767

Website: www.reseaubibliooutaouais.qc.ca/fr
Email: biblio@crsbpo.qc.ca

Services: Regional network of municipal public libraries. * Loans of physical and digital documents. * Online educational, cultural and leisure resources. * Activities, learning and introductory reading kits. * Book clubs for adults and children. * Story time.

Eligibility: general public

Coverage area: Outaouais, excluding Gatineau

Hours: administration: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, library opening times: see website

Fees: subscription for residents of Network member municipalities (excluding Gatineau): free

Financing: municipal

Legal status: municipal agency

RIVIERA LIBRARY

12 de Picardie Street, Gatineau, Outaouais, QC, J8T 1N9
819 595-7460

Website: www.ville.gatineau.qc.ca/page.asp?p=quoi_faire/bibliotheque

Services: General services * Lending of books, videocassettes, CDs and CD-ROMs. * Children's activities: readiness to read (0-5 years), story time, teen bag (high school students), video game tournament, etc. * Activities for adults. * Conferences, art exhibitions, etc. Amenities and office services * Wireless Internet access and computers. * Photocopying, printing, faxing and scanning. * Workrooms and meeting rooms (2 to 4 people). * Return boxes.

Eligibility: general public

Coverage area: Gatineau

Hours: Monday to Thursday 16h00 to 20h00, Saturday 12h00 to 16h00

Fees: subscription: free, photocopies and printing (black and white): \$0.25/page

Financing: municipal

Legal status: municipal agency

SOLIDARITÉ GATINEAU-OUEST

1096 Saint-Louis Street, Gatineau, Outaouais, QC, J8T 2R7

819 246-2029 Fax: 819 246-9819

Website: solidaritegatineauouest.ca

Email: s.g.o@videotron.ca

Services: Activities and support centre for individuals and families. Food services * Family parties and meals. * Collective kitchens. * Community gardens. * Christmas baskets. Youth and family * Drop-in daycare. * Day camp. * Jeux d'enfants: child development activities with parents. * Parenting skills workshops: Y'app, Gestion des émotions et du stress, Communication non violence parent-enfant. * Homework help and accompaniment. * Low-cost school supplies. Support services to individuals * Reception, accompaniment and helping relation. * Registration assistance for the Volunteer Centre's tax clinic. * Discussion group workshops. * Training in personal development. * Assistance with filling out forms. * French course. * Sewing course. * Thrift store. * Opération habit de neige: sale of children's snowsuits at low cost. * Internet access. * Volunteering.

Eligibility: people and families on a low income or in a vulnerable situation

Coverage area: Outaouais

Hours: Monday to Friday 9h00 to 16h00

Fees: Opération habit de neige: \$15 to \$20

Financing: provincial, municipal, Centraide Outaouais, donations

Legal status: non-profit organization

TRAIT D'UNION OUTAOUAIS

109 Wright Street, Suite 109, Gatineau, Outaouais, QC, J8X 2G7

819 595-1290

Website: www.traitdunionoutaouais.com/en/

Email: info@traitdunionoutaouais.com

Services: Social integration for autistic people. Family services * Daytime, evening and weekend respite. * Support group for parents. * Thematic activities on autism. * Family social activities. * Support and information for families and entourage. * Adapted material production room: color photocopier, laminating, machine, pictogram software, sheets and cardboard. Services for children with autism * Educational and social activities. * Day camp in summer. Services for adults with autism * Leisure activities. * Support group. * Social outings. * Various themed workshops. Services for everyone * Info-Advice line. * Media library and documentation centre: loan of books and DVDs. * Autism-Friendly Program: an autism awareness and training program for various environments.

Eligibility: people diagnosed with autism, their relatives, training: leisure environments, awareness: schools, general population

Coverage area: Outaouais

Hours: Monday to Friday 8h00 to 15h00

Fees: variable

Financing: provincial, self-financing

Legal status: non-profit organization

Youth Centres and Support**ABORIGINAL COMMUNITY OF MANIWAKI**

270 Notre-Dame Street, Maniwaki, Outaouais, QC, J9E 2J8

819 441-2444 Fax: 819 441-0755

Website: autochtones-maniwaki.com

Email: admin@autochtones-maniwaki.com

Services: Representation, community support, and defense of the interests of the Maniwaki Métis. * Camp Métis Abitibi and Coureur des bois: cottages, activities, training in orientation, tool sharpening, shelter building, bannock baking, forest hikes. * Mealtime gatherings. * Legal fight for the recognition of the community's ancestral rights by the Superior Court of Québec.

Eligibility: Métis, Camp Métis Abitibi: Métis who are identified or in the process of identification

Coverage area: Maniwaki

Hours: variable

Fees: members 60 years old and under: \$60 per two years and \$50 administration fee for membership (one time only), members over 60 years old: \$20 per two years, Camp Métis Abitibi: variable

Financing: self-financing, membership fees

Legal status: non-profit organization

ACTION-QUARTIERS

2 Fortier Street, Gatineau, Outaouais, QC, J8Y 4P5

819 777-7815

Email: direction@actionquartiers.ca

Services: Neighbourhood centre. * Reception. * Thematic workshops for children: drawing, cooking, crafts. * Distribution of snowsuits for children. * Activities for teenagers: animated discussion group, social evenings. * Yoga classes. * Social café. * Neighbourhood parties. * Family activities: outings to the park, soccer, kick ball, etc. * Distribution of school supplies. * Christmas baskets.

Eligibility: children, adolescents, adults

Coverage area: Saint-Jean-Bosco and Wrightville neighbourhoods of Gatineau

Hours: Monday, Wednesday, Thursday and Friday 9h00 to 16h00, Tuesday 13h00 to 16h00

Financing: grants, municipal

Legal status: non-profit organization

ADOJEUNE - MAISON DES JEUNES CENTRE COMMUNAUTAIRE GÉRARD-PEZZANI

22 d'Auvergne Street, Gatineau, Outaouais, QC, J8T 6J8

819 568-4499

Website: adojeune.org

Email: administration@adojeune.org

Services: Animated meeting place for youth. * Billiards, hockey, ping-pong, baby-foot, game consoles, computers, cafeteria, etc. * Outdoors and sports activities. * Homework assistance

Eligibility: youth 12 to 17 years old

Coverage area: Gatineau

Fees: annual membership: \$2

Financing: donations, membership fees

Legal status: non-profit organization

ADOJEUNE - MAISON DES JEUNES SANSCARTIER

42 Sanscartier Street, Gatineau, Outaouais, QC, J8P 4N5

819 643-1735

Website: adojeune.org

Email: administration@adojeune.org

Services: Animated meeting place for youth. * Billiards, hockey, ping-pong, baby-foot, game consoles, computers, cafeteria, etc. * Outdoors and sports activities. * Homework assistance.

Eligibility: youth 12 to 17 years old

Coverage area: Gatineau

Fees: annual membership: \$2

Financing: donations, membership fees

Legal status: non-profit organization

ANTRE-HULLOISES (L')

16 Bériault Street, Gatineau, Outaouais, QC, J8X 1A3

819 778-0997 Fax: 819 777-6311

Website: www.antrehullose.org

Email: antre.hullose@bellnet.ca

Services: Women's centre. * Reception, information and reference. * Help relationship. * Self-help group. * Telephone warmline. * Documentation centre. * Accompaniment in addiction and drug addiction, in partnership with the Association de la prévention de la toxicomanie et de l'alcoolisme chez les femmes en Outaouais. * Awareness and training workshops. * Prévenir, c'est agir Program: awareness and prevention of conjugal violence. * Les Cybercitoyennes: workshops for the development of pro-social, self-critical and safe behaviours in the use of technology. * Activities and thematic days. * Citizen involvement and action committees.

Eligibility: women, Cybercitoyennes: teenagers 12 to 17 years old

Coverage area: Outaouais

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

Fees: none

Financing: provincial

Legal status: non-profit organization

AVENUE DES JEUNES

10 Bériault Street, Gatineau, Outaouais, QC, J8X 1A3

819 778-0634

Website: avenuedesjeunes.com

Email: administration@avenuedesjeunes.com

Services: Accompanying youth on their journey to improve their quality of life. * Individual and family support. * Workshops on Awareness, prevention and social adaptation. * Employment and training programs for youth. * Collaborative activities creating a stimulating environment. * Meeting places and activities: Maison des jeunes Antrados, Maison du parc de l'Île, Maison les Deschênes. * Lodging: Auberge du cour Héberge-Ados. * Post-housing follow-up.

Eligibility: youth aged 13 to 17 living in the Outaouais region, youth who are experiencing personal or family problems and are in need of accommodation

Coverage area: Outaouais

Fees: none

Financing: municipal, provincial, federal, Centreaide Outaouais

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE ENTRE-NOUS

175 Front Street, Gatineau, Outaouais, QC, J9H 5S9

819 684-2236

Website: centrecommunautaireentrenous.org/en

Email: ccenaccueil@gmail.com

Services: Community centre. Food * Collective kitchen. * Nurturing forest: fruit tree planting. Childhood and youth * Drop-in daycare for 0 to 5 years old. * Homework assistance. * Drop-in breastfeeding program. * Toy library: loan of games and toys. * Pandas playgroup (0 to 5 years old): parent-child workshops. * Petit cuisiniers: cooking classes for 6 to 12 years old. * Activities for 12 to 17 years old, in partnership with Avenue des jeunes. * Entre nous filles: discussion group for Grade 5 and 6 girls. * Day camp and spring break camp. Material assistance * Opération habit de neige: distribution of winter clothing. * Shared-store for school supplies. * Recovery of used clothing. Education * French courses. * Spanish courses. Social events * Café populaire, a space for socializing. * Social and recreational activities: sewing and knitting classes, karate classes, line dancing, board game group, danse cardio classes, physical activities for seniors. * Community parties.

Eligibility: people in vulnerable situations, children, teenagers, families, seniors

Coverage area: Gatineau: MacLeod neighbourhood and surrounding areas (primarily from the following neighbourhoods: MacLeod, Vieux-Aylmer, Des Cedres, La Seigneurie)

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

Financing: provincial, municipal, Centraide Outaouais, donations

Legal status: non-profit organization

ENFANTS DE L'ESPOIR DE HULL (LES)

107 Dollard-Des Ormeaux Street, Gatineau, Outaouais, QC, J8X 3M2

343 204-3774 Fax: 819 778-7400

Website: www.enfantsdelespoirhull.org

Email: info@enfantsdelespoirhull.org

Services: Centre providing adapted help for families. * Toddlers: preparation for starting kindergarten and school, summer program with sports, artistic and cooking activities. * Children from 6 to 12 years old: after-school activities, school support, weekend activities at the swimming pool and of cross-country skiing, drama classes and free theater shows, March camp, summer camp. * Adults: collective kitchens, 0-5 parent-children workshops, art and sewing classes, creative workshops, self-esteem classes, parenting classes, food assistance, coffee-meetings. * Families: family meals and excursions, family and community events, sharing store, sports and cultural activities. * Opération habits de neige: new winter clothing for children 0 to 12 years old for \$20. * Christmas baskets.

Eligibility: children 0 to 12 years old and their parents, families in need

Coverage area: Hull Island (Sacré-Coeur, Vieux-Hull Est and Vieux-Hull Ouest neighbourhoods of Gatineau)

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

Fees: none

Financing: Centraide Outaouais, federal, provincial, municipal, foundations

Legal status: non-profit organization

JEUNESSE SANS FRONTIÈRES VALLÉE-DE-LA-GATINEAU

119 Saint-Joseph Street, Gracefield, Outaouais, QC, J0X 1W0

819 463-4030

Website: jsfvg.com

Email: direction.jsfvg@gmail.com

Services: Safe place that welcomes youth from 12 to 17 years old and allows them to realize projects. * Welcoming and individual support. * Creative learning workshops. * Raising awareness. * Referral to other organizations in the sector. * Outings.

Eligibility: youth 12 to 17 years old

Capacity: 40

Coverage area: MRC de La Vallée-de-la-Gatineau

Hours: Monday to Thursday 15h30 to 21h00

Fees: none

Financing: grants

Legal status: non-profit organization

LATEKOE

85B du Portage Promenade, Gatineau, Outaouais, QC, J8X 2K2

819 685-2424

Website: cipp-fpic.com/en/home-2

Email: info@cipp-fpic.com

Services: Promotion of social and technological innovation by and with Indigenous people. * Educational workshops on various themes: Indigenous protocols and governance, Indigenous people in cities, bullying and indigenous people, Indigenous education etc. * FabLab ONAKI: collaborative digital fabrication workshop with access to knowledge and machinery. * ONAKI circles: Indigenous activities in primary and secondary schools.

Eligibility: general public

Coverage area: Outaouais

Hours: Monday to Friday 8h30 to 16h30, summer period 8h00 to 16h00

Fees: variable

Financing: donations, grants

Legal status: non-profit organization

MAISON COMMUNAUTAIRE DANIEL-JOHNSON

22 Arthur-Buies Street, Gatineau, Outaouais, QC, J8Z 1P5

819 772-6625

Email: mcdj@bellnet.ca

Services: Community centre. * Access to a computer, Internet, and fax. * Social and recreational activities: for teenagers, families, parents-children. * Social café. * Homework club. * Collective kitchen. * Community breakfast. * Knitting and crochet circle. * Introduction to cross-country for youth 9 to 12 years old. * Operation Snowsuit Outaouais: winter clothing for children. * Cooking workshops minis-chefs 8 to 12 years old. * Back to school program: store-sharing school supplies. * Women's circle. * Halloween and Christmas celebrations. * Neighbourhood party.

Eligibility: citizens of the Daniel-Johnson neighbourhood in the Hull sector of Gatineau

Coverage area: Daniel-Johnson neighbourhood in the Hull sector of Gatineau

Hours: Tuesday to Thursday 9h00 to 12h00 and 13h00 to 16h30

Financing: donations

Legal status: non-profit organization

MAISON D'ACCUEIL MUTCHMORE

142 Mutchmore Street, Gatineau, Outaouais, QC, J8Y 3T7

819 770-0788

Website: accueilmutchmore.ca

Email: info@accueilmutchmore.ca

Services: Community centre. * Collective kitchen. * Touchatou: stimulation workshop of fine motor skills. * Francization workshop. * Projet Multigénérationnel: various intergenerational activities. * Âllo-ADOS: sports and social activities for teenagers. * Sports activities: karate classes, fitness, yoga, zumba, skiing, swimming pool outings. * Opération habit de neige: distribution of winter clothing. * School supplies. * Tax clinic.

Eligibility: people and families on a low income, newcomers, seniors, neighbourhood residents, Opération habit de neige: families on a low income with children 2 to 13 years old

Coverage area: Mutchmore and Jean Proulx neighbourhoods of Gatineau

Hours: Monday to Friday 8h30 to 15h30, reception: 9h00 to 15h00

Fees: none, Opération habit de neige: \$20 per piece of clothing

Financing: Centraide Outaouais, municipal, provincial

Legal status: non-profit organization

MAISON DE L'AMITIÉ DE HULL

58 Hanson Street, Gatineau, Outaouais, QC, J8Y 3M5

819 772-6622 Fax: 819 772-2014

Email: maisonamitiehull@videotron.ca

Services: Community centre. * Neighbourhood intervention, accompaniment, citizen participation. * Individual and collective intervention, youth intervention. * Homework club. * Literacy. * Support in looking for employment, help writing a résumé. * Community garden. * Collective kitchen. * Community lunches. * Marché Mobile de Gatineau. * Respite for families with the organization Équipe soutien-famille. * Teenager program: March camp, summer camp, ski. * Educational activities. * Knitting workshops. * Swimming pool trips and community soccer. * Coffee Mondays. * Back-to-school sharing store. * Opération habit de neige: distribution of low-cost winter clothing. * Neighbourhood parties: summer, Halloween, Christmas.

Eligibility: people and families on a low income

Capacity: variable depending on the activity

Coverage area: Jean-Dallaire and surrounding areas in the Hull sector of Gatineau

Hours: reception: Monday to Friday 8h00 to 15h30, activities and intervention: evenings and weekends

Fees: variables

Financing: municipal, provincial, Centraide Outaouais

Legal status: non-profit organization

MAISON DES JEUNES ANTRADOS

10 Bériault Street, Gatineau, Outaouais, QC, J8X 1A3

819 778-0634

Website: www.avenuedesjeunes.com

Email: infomdj@avenuedesjeunes.com

Services: Animated meeting place for youth. * Individual and family support. * Workshop discussions: bullying, sexual safety, etc. * Homework help. * Various activities: painting, cooking, educational games, music initiation, sports, etc. * Outings: movies, trips and museum visits. * Participation and involvement in community events.

Eligibility: youth aged 13 to 17 living in the Outaouais region, youth experiencing personal or family problems

Coverage area: Outaouais

Fees: none

Financing: municipal, provincial, federal, Centraide Outaouais

Legal status: non-profit organization

MAISON DES JEUNES DU PARC DE L'ÎLE

94 Mance Street, Gatineau, Outaouais, QC, J8X 4A3

819 778-0634

Website: www.avenuedesjeunes.com

Email: infomdj@avenuedesjeunes.com

Services: Animated meeting place for youth. * Individual and family support. * Workshop discussions: bullying, sexual safety, etc. * Homework help. * Various activities: painting, cooking, educational games, music initiation, sports, etc. * Outings: movies, trips and museum visits. * Participation and involvement in community events.

Eligibility: youth aged 13 to 17 living in the Outaouais region, youth experiencing personal or family problems

Coverage area: Outaouais

Fees: none

Financing: municipal, provincial, federal, Centraide Outaouais

Legal status: non-profit organization

MAISON DES JEUNES LES DESCHÊNÉS

26 Arthur-Whelan Street, Gatineau, Outaouais, QC, J9H 2A5

819 778-0634

Website: www.avenuedesjeunes.com

Email: infomdj@avenuedesjeunes.com

Services: Animated meeting place for youth. * Individual and family support. * Workshop discussions: bullying, sexual safety, etc. * Homework help. * Various activities: painting, cooking, educational games, music initiation, sports, etc. * Outings: movies, trips and museum visits. * Participation and involvement in community events.

Eligibility: youth aged 13 to 17 living in the Outaouais region, youth experiencing personal or family problems

Coverage area: Outaouais

Fees: none

Financing: municipal, provincial, federal, Centraide Outaouais

Legal status: non-profit organization

MANI-JEUNES

86 Roy Street, Maniwaki, Outaouais, QC, J9E 3G9

819 449-6609

Email: direction@mani-jeunes.ca

Services: Meeting place for discussions and activities for youth. * Sporting, cultural and social activities. * Prevention and health promotion. * Healthy cooking workshops. * Special Outputs. * Exploring the passions.

Eligibility: people 12 to 17 years old, 1 evening per week: youth 8 to 12 years old

Coverage area: Maniwaki

Hours: Monday to Friday 15h30 to 19h30

Financing: provincial, self-financing

Legal status: non-profit organization

MASQUE DE FER (LE)

381 Maloney Boulevard East, Gatineau, Outaouais, QC, J8P 1E3

819 319-2792

Website: www.masquedefers.ca

Email: info@masquedefers.ca

Services: Mobile fencing sports club. * Training and promotion of the sport of fencing. * Fencing competition. *

Online athlete training program. * Loan of equipment.

Eligibility: general public

Coverage area: Gatineau

Fees: registration: variable

Financing: self-financing

Legal status: non-profit organization

SAGA MAISON DES JEUNES (LA) - BEAUDRY

23a St-Alexandre Street, Gatineau, Outaouais, QC, J8V 1A8

819 561-1211

Email: direction@lasaga.ca

Services: Youth center.* Leisure and educational activities.

Eligibility: young people aged 11 to 17 years old

Coverage area: Gatineau

Financing: municipal

Legal status: non-profit organization

Youth Employment**AVENUE DES JEUNES**

10 Bériault Street, Gatineau, Outaouais, QC, J8X 1A3

819 778-0634

Website: avenuedesjeunes.com

Email: administration@avenuedesjeunes.com

Services: Accompanying youth on their journey to improve their quality of life. * Individual and family support. *

Workshops on Awareness, prevention and social adaptation. * Employment and training programs for youth. *

Collaborative activities creating a stimulating environment. * Meeting places and activities: Maison des jeunes

Antrados, Maison du parc de l'Île, Maison les Deschênes. * Lodging: Auberge du cour Héberge-Ados. * Post-

housing follow-up.

Eligibility: youth aged 13 to 17 living in the Outaouais region, youth who are experiencing personal or family problems and are in need of accommodation

Coverage area: Outaouais

Fees: none

Financing: municipal, provincial, federal, Centreaide Outaouais

Legal status: non-profit organization

CARREFOUR JEUNESSE EMPLOI DE L'OUTAOUAIS

350 de la Gappe Boulevard, Gatineau, Outaouais, QC, J8T 7T9

819 561-7712 Fax: 819 561-1455

Website: cjeo.qc.ca/english

Email: info@cjeo.qc.ca

Services: Accompaniment of young adults on their path to employment, back to school or to start a business. *

Job search. * Development of employability. * Academic and professional orientation. * Educational success. *

Entrepreneurship. * Immigrant services. * Financial education. * Artistic and cultural projects. * Employer services.

Eligibility: young people 16 to 35 years old

Coverage area: Gatineau

Hours: Monday, Wednesday and Thursday 8h30 to 17h00, Tuesday 8h30 to 20h00, Friday 8h30 to 12h00

Financing: federal, provincial, donations

Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI DE LA VALLÉE-DE-LA-GATINEAU

217 Principale Street, Maniwaki, Outaouais, QC, J9E 2A3

819 441-1165 Fax: 819 441-1195

Website: www.cjevg.qc.ca

Email: info@cjevg.qc.ca

Services: Accompaniment of young adults on their path to employment, back to school or to start a business. * Job search. * Development of employability. * Academic and professional orientation. * Entrepreneurship. * Immigrant services. * Financial education. * Employer services.

Eligibility: youth 16 to 35 years old seeking employment

Coverage area: MRC La Vallée-de-la-Gatineau

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

Fees: none

Financing: provincial, municipal, donations

Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI PAPINEAU

112 Maclaren East Street, Gatineau, Outaouais, QC, J8L 1K1

819 986-5248 Fax: 819 986-9686

Website: cjepapineau.qc.ca

Email: cjepapineau@cjepapineau.qc.ca

Services: Personalized labor market integration service to increase autonomy and sense of belonging to the community. Employment * Multiservice room: computers, fax, documentation. * Personalized accompaniment. * Individualized job search assistance based on client needs and dynamic job search methods: help with writing CVs, cover letters and preparing for job interviews. * Individual educational and vocational guidance, including validation of career choices with a goal of returning to school or entering the job market. * Personal and social autonomy: help in finding housing, filling out forms, coping with financial difficulties, family or interpersonal conflicts for young people aged 16 to 35 who are experiencing difficulties in one or more areas of their lives. * School retention support for young people aged 14 to 19 who have dropped out or are at risk of dropping out. * Place aux jeunes Papineau: a program for 18- to 35-year-olds to encourage migration, settlement and mentoring of young graduates in the MRC Papineau. Entrepreneurship * Personalized support in the early stages of business start-up. * Volunteering and entrepreneurship for young people.

Eligibility: people 14 years old and over

Coverage area: MRC Papineau, Val-Des-Monts, Notre-Dame-De-La-Salette, L'Ange-Gardien, Lac-Simon, Gatineau: Templeton, Rivière-Blanche, Buckingham, Masson-Angers sectors

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

Fees: none

Financing: provincial, municipal

Legal status: non-profit organization

RELANCE (LA)

270 des Allumettières Boulevard, Gatineau, Outaouais, QC, J8X 1N3

819 770-6444 Fax: 819 770-5328

Website: larelance.ca/en

Email: info@larelance.ca

Services: Employment assistance centre. Employment integration program * Paid 20-week internship in one of the companies of La Relance's companies: Hebdo Ménage, Service technologique La Relance. * Psychosocial accompaniment. * Support for skills development. * Workshops and special activities to the job search. * Training technique. * Individualized 24-month follow-up at the end of the program. Job finding club * Group training of 3 weeks. * Writing a CV, cover letter and a business card. * Interview simulation. * Job search and communication strategy. Job finding strategy * Individual or group training sessions lasting 4 days. * Job search strategies and tools update. * Interview simulation, CV and cover letter writing. * Accompaniment by a counselor for 4 weeks after the program. Specialized labour service * Individual consultations. * Job search assistance. * Professional integration and follow-up. Evolution service * Individual intervention or group workshops for men lasting 6 months to 1 year. * Personalized accompaniment in job search and integration. * Development of skills, self-knowledge activities. * Follow-up for job retention. Services to companies * Support in staff recruitment. * Personalized accompaniment. * Advice and training. Services offered by integration companies * Full commercial and industrial cleaning services. * Recovery and refurbishment of computers and IT equipment from public institutions and the private sector. * Free or low-cost distribution of computer equipment to schools, non-profit organizations, childcare centres and indigenous communities.

Eligibility: employment integration program: people 16 years and over with difficulties finding or keeping a job and who are not attending school full time, job finding club: people 16 years and over, job finding strategy: people 16 years and over who are job-ready and already have job search skills, specialized labour service: people 16 years and over with one or more disabilities with supporting written medical evidence, evolution service: men 35 years and over with difficulties in finding, integrating and maintaining employment, technical work experience program: graduates 16 to 30 years old with a college diploma or having completed at least one semester of a post-secondary program, preferably in a computer-related field, business services: companies looking for workers, computer hardware recovery: public institutions, businesses, computer hardware distribution: schools, non-profit organizations, indigenous communities

Coverage area: Outaouais

Hours: Monday to Friday 8h30 to 16h30

Fees: variable

Financing: federal, provincial, self-financing

Legal status: non-profit organization

Youth Shelters and Support

AIRE OUVERTE DE L'OUTAOUAIS

92 St-Raymond Boulevard, Room 403, Gatineau, Outaouais, QC, J8Y 1S7

819 966-6220

Website: ciss-s-outaouais.gouv.qc.ca/aire-ouverte

Email: 07.aire_ouverte@ssss.gouv.qc.ca

Services: Various confidential services, with or without appointment, for young people aged 12 to 25. * Meetings with specialists in mental health, physical health, and sexual health. * On-site counsellors.

Eligibility: youth from 12 to 25 years old

Coverage area: Outaouais

Hours: Monday and Friday: by appointment only, Tuesday and Thursday 11h00 to 19h00, Wednesday 9h00 to 12h00 and 13h00 to 17h00, Sunday 11h00 to 16h00 and 17h00 to 19h00

Fees: none

Financing: provincial

Legal status: provincial government agency

APPART ADOJEUNE (L')

1133 Maloney Street East, Gatineau, Outaouais, QC, J8P 1H8

819 439-1010

Website: adojeune.org

Email: coordoappart@adojeune.org

Services: * Emergency shelter for a minimum of 14 and up to 21 days. * Support group for parents of housed children. * Workshops and community activities.

Eligibility: people 12 to 17 years old, their parents
Capacity: 9 beds, 1 overflow bed
Coverage area: Outaouais
Hours: 24 hours / 7 days
Financing: provincial, Centraide Outaouais, foundations
Legal status: non-profit organization

AUBERGE DU COEUR HÉBERGE-ADOS

39 Richard Street, Gatineau, Outaouais, QC, J8Y 4Y6
819 771-1750
Website: avenuedesjeunes.com
Email: infoha@avenuedesjeunes.com

Services: * Short-term housing 0 to 60 days. * Counselling. * Support. * Family mediation. * Development of autonomy. * Post shelter follow-up. * Parenting skills workshops: after the youth's post-housing or for any parent from Outaouais. * Mobile intervention.

Eligibility: youth 13 to 17 years old with various problems, parenting skills workshops: parents from Outaouais
Capacity: 8

Coverage area: Outaouais
Hours: 24 hours / 7 days
Financing: provincial, Centraide Outaouais, municipal
Legal status: non-profit organization

AVENUE DES JEUNES

10 Bériault Street, Gatineau, Outaouais, QC, J8X 1A3
819 778-0634
Website: avenuedesjeunes.com
Email: administration@avenuedesjeunes.com

Services: Accompanying youth on their journey to improve their quality of life. * Individual and family support. * Workshops on Awareness, prevention and social adaptation. * Employment and training programs for youth. * Collaborative activities creating a stimulating environment. * Meeting places and activities: Maison des jeunes Antrados, Maison du parc de l'Île, Maison les Deschênes. * Lodging: Auberge du cour Héberge-Ados. * Post-housing follow-up.

Eligibility: youth aged 13 to 17 living in the Outaouais region, youth who are experiencing personal or family problems and are in need of accommodation

Coverage area: Outaouais
Fees: none
Financing: municipal, provincial, federal, Centraide Outaouais
Legal status: non-profit organization

MAISON DES JEUNES ANTRADOS

10 Bériault Street, Gatineau, Outaouais, QC, J8X 1A3
819 778-0634
Website: www.avenuedesjeunes.com
Email: infomdj@avenuedesjeunes.com

Services: Animated meeting place for youth. * Individual and family support. * Workshop discussions: bullying, sexual safety, etc. * Homework help. * Various activities: painting, cooking, educational games, music initiation, sports, etc. * Outings: movies, trips and museum visits. * Participation and involvement in community events.

Eligibility: youth aged 13 to 17 living in the Outaouais region, youth experiencing personal or family problems
Coverage area: Outaouais

Fees: none
Financing: municipal, provincial, federal, Centraide Outaouais
Legal status: non-profit organization

MAISON DES JEUNES DU PARC DE L'ÎLE

94 Mance Street, Gatineau, Outaouais, QC, J8X 4A3

819 778-0634

Website: www.avenuedesjeunes.com

Email: infomdj@avenuedesjeunes.com

Services: Animated meeting place for youth. * Individual and family support. * Workshop discussions: bullying, sexual safety, etc. * Homework help. * Various activities: painting, cooking, educational games, music initiation, sports, etc. * Outings: movies, trips and museum visits. * Participation and involvement in community events.

Eligibility: youth aged 13 to 17 living in the Outaouais region, youth experiencing personal or family problems

Coverage area: Outaouais

Fees: none

Financing: municipal, provincial, federal, Centraide Outaouais

Legal status: non-profit organization

MAISON DES JEUNES LES DESCHÊNÉS

26 Arthur-Whelan Street, Gatineau, Outaouais, QC, J9H 2A5

819 778-0634

Website: www.avenuedesjeunes.com

Email: infomdj@avenuedesjeunes.com

Services: Animated meeting place for youth. * Individual and family support. * Workshop discussions: bullying, sexual safety, etc. * Homework help. * Various activities: painting, cooking, educational games, music initiation, sports, etc. * Outings: movies, trips and museum visits. * Participation and involvement in community events.

Eligibility: youth aged 13 to 17 living in the Outaouais region, youth experiencing personal or family problems

Coverage area: Outaouais

Fees: none

Financing: municipal, provincial, federal, Centraide Outaouais

Legal status: non-profit organization

Community Action

ADVISORY AND CITIZEN ACTION ORGANIZATIONS

CHARITY ORGANIZATIONS

COMMUNITY CENTRES

COMMUNITY DEVELOPMENT

INFORMATION AND REFERRAL

VOLUNTEERING AND VOLUNTEER CENTRES

Advisory and citizen action organizations

ACTION-QUARTIERS

2 Fortier Street, Gatineau, Outaouais, QC, J8Y 4P5

819 777-7815

Email: direction@actionquartiers.ca

Services: Neighbourhood centre. * Reception. * Thematic workshops for children: drawing, cooking, crafts. * Distribution of snowsuits for children. * Activities for teenagers: animated discussion group, social evenings. * Yoga classes. * Social café. * Neighbourhood parties. * Family activities: outings to the park, soccer, kick ball, etc. * Distribution of school supplies. * Christmas baskets.

Eligibility: children, adolescents, adults

Coverage area: Saint-Jean-Bosco and Wrightville neighbourhoods of Gatineau

Hours: Monday, Wednesday, Thursday and Friday 9h00 to 16h00, Tuesday 13h00 to 16h00

Financing: grants, municipal

Legal status: non-profit organization

ANTRE-HULLOISES (L')

16 Bériault Street, Gatineau, Outaouais, QC, J8X 1A3

819 778-0997 Fax: 819 777-6311

Website: www.antrehullose.org

Email: antre.hullose@bellnet.ca

Services: Women's centre. * Reception, information and reference. * Help relationship. * Self-help group. * Telephone warmline. * Documentation centre. * Accompaniment in addiction and drug addiction, in partnership with the Association de la prévention de la toxicomanie et de l'alcoolisme chez les femmes en Outaouais. * Awareness and training workshops. * Prévenir, c'est agir Program: awareness and prevention of conjugal violence. * Les Cybercitoyennes: workshops for the development of pro-social, self-critical and safe behaviours in the use of technology. * Activities and thematic days. * Citizen involvement and action committees.

Eligibility: women, Cybercitoyennes: teenagers 12 to 17 years old

Coverage area: Outaouais

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

Fees: none

Financing: provincial

Legal status: non-profit organization

ASSOCIATION POUR LA DÉFENSE DES DROITS SOCIAUX DE GATINEAU

18 Charlevoix Street, Gatineau, Outaouais, QC, J8X 1P1

819 770-3839

Website: addsgatineau.wordpress.com/about

Email: lutteraddsgatineau@gmail.com

Services: Education and social rights defense group. * Home. * Telephone information. * Training and information workshops: social rights, social assistance, fight against poverty, mobilization.

Eligibility: social assistance recipients, employment insurance recipients, people on a low income

Coverage area: Gatineau

Fees: none

Financing: grants

Legal status: non-profit organization

AVENUE DES JEUNES

10 Bériault Street, Gatineau, Outaouais, QC, J8X 1A3

819 778-0634

Website: avenuedesjeunes.com

Email: administration@avenuedesjeunes.com

Services: Accompanying youth on their journey to improve their quality of life. * Individual and family support. * Workshops on Awareness, prevention and social adaptation. * Employment and training programs for youth. * Collaborative activities creating a stimulating environment. * Meeting places and activities: Maison des jeunes Antrados, Maison du parc de l'Île, Maison les Deschênes. * Lodging: Auberge du cour Héberge-Ados. * Post-housing follow-up.

Eligibility: youth aged 13 to 17 living in the Outaouais region, youth who are experiencing personal or family problems and are in need of accommodation

Coverage area: Outaouais

Fees: none

Financing: municipal, provincial, federal, Centreaide Outaouais

Legal status: non-profit organization

AYLMER HERITAGE ASSOCIATION

495 Aylmer Road, Gatineau, Outaouais, QC, J9H 1A9

819 684-6809

Website: associationpatrimoineaylmer.com/en

Email: associationpatrimoineaylmer@gmail.com

Services: Promotion, preservation and protection of the heritage of Aylmer and the Outaouais. * Access to the archives. * On site and virtual guided tours. * Assistance and advice for the purchase of heritage homes. * Costume rentals. * Book sales.

Eligibility: general public

Coverage area: Outaouais

Hours: Tuesday to Thursday 10h00 to 15h00

Fees: individual member: 35\$, family member: 50\$, corporate member: \$250, non-profit organization: \$50

Financing: municipal, contributions, donations

Legal status: non-profit organization

CAP SANTÉ OUTAOUAIS

92, Saint-Raymond Boulevard, Suite 304, Gatineau, Outaouais, QC, J8Y 1S7

819 771-2277

Website: capsante-outaouais.org

Email: info@capsante-outaouais.org

Services: Promoting mental health and well-being for people and collectivities. * Tools and workshops for a good mental health. * Trainings to promote well-being in personal and relational abilities. * Information and referral service towards mutual aid and support groups in Outaouais: www.capsante-outaouais.org/groupes * Help with the creation of new mutual aid groups and support for existing groups: training, visibility, free loan of facilities, etc. * Pacifique program: support for schools in training, implementing and maintaining a program of pacific conducts and prevention of violence. * Pacific and safe neighbourhood program: citizen involvement in neighbourhoods to promote healthy relationships.

Eligibility: general population, mutual aid workers, professionals, schools

Coverage area: Outaouais

Hours: by appointment only

Fees: variable

Financing: provincial, donations

Legal status: non-profit organization

CENTRE ACTION GÉNÉRATIONS DES AÎNÉS DE LA VALLÉE-DE-LA-LIÈVRE

390 de Buckingham Avenue, Gatineau, Outaouais, QC, J8L 2G7

819 281-4343 Fax: 819 281-4344

Website: cavagl.ca

Services: Seniors' service centre. * Bouf'mobile: meals on wheels service, hot and frozen meals. * Information centre. * Friendly visits. * Friendly phone calls. * Support for seniors victims of abuse (SAVA): support and accompaniment of seniors victims of abuse, prevention of abuse and mistreatment, consultation. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Individual support for caregivers, on site or by telephone. * Support group for caregivers. * Coffee meetings. * Collective kitchens: groups for men, women, mixed group for culinary discoveries and mixed English-speaking group. * Assistance with government forms and income tax returns. * Conferences and information workshops. * Computer courses. * Recreational activity clubs: walking, scrabble, bridge and darts. * Transportation to medical and paramedical appointments. * Tax clinic.

Eligibility: seniors 50 years old and over, caregivers

Coverage area: Bowman, Masson-Angers and Buckingham sectors of Gatineau, L'ange-Gardien, Lochaber-Partie-Ouest, Mayo, Mulgrave-Et-Derry, Notre-Dame-De-La-Salette, Papineauville, Thurso, Val-Des-Bois, Poltimore sector of Val-Des-Monts, Bouf'mobile: hot meals for the Buckingham sector and within a radius of 10 km, frozen meals for the rest of the territory served, ITMAV: MRC Papineau, Masson-Angers and Buckingham sectors of Gatineau, L'Ange-Gardien, Notre-Dame-de-la-Salette

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

Fees: variable

Financing: provincial, Centraide Outaouais, donations, self-financing

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE DE GATINEAU (LE)

42 Gatineau Avenue, Gatineau, Outaouais, QC, J8T 4J3

819 568-0747

Website: www.cabgatineau.com

Email: directiongenerale@videotron.ca

Services: Volunteer centre. Seniors * Meals on wheels. * Carrefour d'information pour Aînés: information and assistance with administrative procedures, offered on site, by phone or at home. * SécuriCAB: personalized and automated calls, reminders for taking medication. * Assistance with forms. * Télé bonjour: reassurance on the phone. * Friendly visits. * Accompaniment and transportation. * Tax clinic. Volunteering and community support * Volunteer recruitment, training, orientation and support. * Promotion of volunteerism. * Consultation and collaboration with the actors of the community.

Eligibility: general public, seniors, volunteers

Coverage area: Gatineau sector of Gatineau

Hours: Monday to Friday 8h30 to 12h00 and 12h30 to 15h30

Fees: variable

Financing: grants, donations

Legal status: non-profit organization

COLLECTIF RÉGIONAL DE LUTTE À L'ITINÉRANCE EN OUTAOUAIS

149 Maloney Boulevard West, Gatineau, Outaouais, QC, J8P 3V6

819 712-2746

Website: lecrio.org

Email: coordo@lecrio.org

Services: Regional grouping of organisations involved in issues concerning homelessness. * Collective advocacy. * Noir sur Blanc: newsletter on the fight against homelessness, published annually. * Coordination of the Nuit des sans-abri: event to raise awareness about homelessness.

Eligibility: local organizations involved in the fight against homelessness

Coverage area: Outaouais

Hours: variable

Financing: provincial

Legal status: non-profit organization

COMITÉ DE VIE DE QUARTIER DU VIEUX-GATINEAU

89 Jean-René-Monette Street, Gatineau, Outaouais, QC, J8P 5B8

819 893-4300

Website: cvqvg.ca

Email: info@cvqvg.ca

Services: Round table for improving neighborhood life, living conditions and community life. * Mobilization of the people and partnership with neighborhood organizations: community centre, community fair. * Committees: Vie communautaire et participation citoyenne, Concertation en itinérance du Vieux-Gatineau, Sécurité alimentaire, Exploration en logement and Familles de l'est. * Anti-waste fridge located outside the building. * Collective kitchens. * Free bicycle rental. * Bougeons ensemble: free courses promoting healthy lifestyle habits (zumba, yoga, nutrition workshops, meditation, anxiety management, etc.). * Activities in the park: cinema, art workshop, various games, etc. * Neighborhood party on Notre-Dame Street. * Place Noël: winter neighborhood party. * Neighborhood party on Gouin, Sabourin and Saint-René Street.

Eligibility: community organizations, families, general public

Coverage area: Old Gatineau, bounded to the south by the Ottawa River, to the north by Boulevard Saint-René Ouest, to the west by Montée Paiement and to the east by Lac Beauchamp

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00, anti-waste fridge: 24 hours / 7 days

Financing: municipal

Legal status: non-profit organization

CONSEIL RÉGIONAL DE L'ENVIRONNEMENT ET DU DÉVELOPPEMENT DURABLE DE L'OUTAOUAIS

85 Victoria Street, Suite 116, Gatineau, Outaouais, QC, J8X 2A3

819 772-4925

Website: www.creddo.ca

Email: info@creddo.ca

Services: Bringing together Outaouais' stakeholders to address the region's environmental issues. * Setting up projects to provide solutions for waste management, climate change, sustainable development, biodiversity conservation, and the development of a green economy.

Financing: provincial

Legal status: non-profit organization

CORPORATION DE DÉVELOPPEMENT COMMUNAUTAIRE ROND-POINT

57 de Montréal Est Road, Gatineau, Outaouais, QC, J8M 1K3

819 281-2060

Website: cdcrondpoint.ca

Email: direction@cdcrondpoint.ca

Services: Regroupment, development and support of community organisations to ensure their active participation in the socio-economic development of the region. * Material support: loan of books, rooms and office items, photocopy service. * Support-intervention: administrative and management support, help in applying for grants, support in communications, referral, information. * Consultation among community organizations. * Collective insurance for the member of the CDC Rond-Point. * Publicizing community projects. * Training workshops on various subjects. * Representation of the interests of member organizations.

Eligibility: community organizations

Coverage area: MRC Papineau Eastern sector, Gatineau city: Masson, Buckingham

Hours: Monday to Friday 8h00 to 16h00

Fees: contribution: \$50 or \$100 per year depending on the organisation's budget, \$25 per year for individuals

Financing: grants, municipal

Legal status: non-profit organization

DROITS-ACCÈS DE L'OUTAOUAIS

17 Jeanne-D'Arc Street, Gatineau, Outaouais, QC, J8Y 2H3

819 777-4746

Website: www.droitsaccés.com

Email: dao@videotron.ca

Services: * Advocacy for people living or having lived with mental health problems. * Training, mobilization, popular education.

Eligibility: people who lived with or are living with mental health problems

Coverage area: Outaouais

Hours: regular hours: Monday to Thursday 9h00 to 16h00

Fees: none

Financing: self-financing, provincial

Legal status: non-profit organization

ENVIRO ÉDUC-ACTION

200-A Saint-Joseph Boulevard, Gatineau, Outaouais, QC, J8Y 3W9

819 205-1082 ext. 201

Website: www.enviroeducation.org

Email: info@enviroeducation.org

Services: Promoting the health of the environment and the citizens through three components: urban ecosystem management, environmental education, and sustainable development consulting service.

Eligibility: schools, municipalities, day camps, events, festivals, and general public

Coverage area: Outaouais

Fees: variable

Legal status: Nonprofit - Incorporated

FÉDÉRATION DES OSBL D'HABITATION DE L'OUTAOUAIS

28 Caron Street, Gatineau, Outaouais, QC, J8Y 1Y7

819 205-3485 Fax: 819 205-1223

Website: www.la-foho.ca

Email: info@la-foho.ca

Services: Regroupment of non-profit organisations involved in questions of social housing and poverty. *

Services for organisations: management of finances, organisational management and training, communication services, real estate management. * Development of partnerships with community organisations in the sector. *

Coordination of research and development projects on housing and community support.

Eligibility: non-profit organisations involved in questions of social housing and poverty

Coverage area: Outaouais

Hours: Monday to Friday 8h00 to 16h00

Financing: provincial

Legal status: non-profit organization

FÉDÉRATION INTERCOOPÉRATIVE EN HABITATION DE L'OUTAOUAIS

106 Sacré-Coeur Boulevard, Suite 100, Gatineau, Outaouais, QC, J8X 1E1

819 243-3717 Fax: 819 243-5356

Website: www.cooperativehabitation.coop/outaouais

Email: bonjour@fihab.coop

Services: Grouping of housing cooperatives. * List of housing cooperatives. * Support for good associative, property and financial management. * Sharing of experiences and management practices. * Discussion groups: selection of new members, maintenance, participation, governance, etc. * Various training workshops. * Representation of housing cooperatives to political bodies. * Mobilising events and promotion of the cooperative model.

Eligibility: housing cooperatives, their members

Coverage area: Outaouais

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

Financing: grants, provincial

Legal status: cooperative

LOGE-ACTION OUTAOUAIS

106 Sacré-Coeur Boulevard, Suite 100, Gatineau, Outaouais, QC, J8X 1E1

819 243-3717 Fax: 819 243-5356

Email: info@logeaction.com

Services: Development and implementation of community housing projects. * Technical help. * Information on government programs. * Training. * Project management during construction and renovation.

Eligibility: community groups, cooperatives

Coverage area: Outaouais

Hours: Monday to Friday 8h30 to 16h00

Fees: variable

Financing: provincial

Legal status: non-profit organization

LOISIR SPORT OUTAOUAIS

390 de Buckingham Avenue, Gatineau, Outaouais, QC, J8L 2G7

819 663-2575

Website: www.urlso.qc.ca

Email: info@urlso.qc.ca

Services: Stimulates regional development in leisure, sport and outdoor activities. * Training: welcoming and leisure activities for people with a disability, planning and development of a program of activities, finding partners, understanding grant applications, etc. * Secondaire en spectacle: development of youth through the practice of cultural leisure activities in the school environment. * Jeux du Québec: development of competitive sports. * Mes Premiers Jeux: introducing youth to the pleasures of competitive sports and putting them in contact with sports clubs in their region. * Expertises: outdoor activities, recreation for people with a disability, municipal, school and community recreation, day camps, volunteer work, etc. * Financial assistance programs: projects promoting physical activities, projects for people with a disability, projects related to volunteering in leisure, sport and outdoor activities, etc.

Eligibility: general public

Coverage area: Outaouais

Hours: Monday to Friday 9h00 to 16h00

Fees: annual membership: free for citizens, variable for organizations

Financing: contributions, provincial, self-financing

Legal status: non-profit organization

MAISON COMMUNAUTAIRE DANIEL-JOHNSON

22 Arthur-Buies Street, Gatineau, Outaouais, QC, J8Z 1P5

819 772-6625

Email: mcdj@bellnet.ca

Services: Community centre. * Access to a computer, Internet, and fax. * Social and recreational activities: for teenagers, families, parents-children. * Social café. * Homework club. * Collective kitchen. * Community breakfast. * Knitting and crochet circle. * Introduction to cross-country for youth 9 to 12 years old. * Operation Snowsuit Outaouais: winter clothing for children. * Cooking workshops minis-chefs 8 to 12 years old. * Back to school program: store-sharing school supplies. * Women's circle. * Halloween and Christmas celebrations. * Neighbourhood party.

Eligibility: citizens of the Daniel-Johnson neighbourhood in the Hull sector of Gatineau

Coverage area: Daniel-Johnson neighbourhood in the Hull sector of Gatineau

Hours: Tuesday to Thursday 9h00 to 12h00 and 13h00 to 16h30

Financing: donations

Legal status: non-profit organization

MAISON DE L'AMITIÉ DE HULL

58 Hanson Street, Gatineau, Outaouais, QC, J8Y 3M5

819 772-6622 Fax: 819 772-2014

Email: maisonamitiehull@videotron.ca

Services: Community centre. * Neighbourhood intervention, accompaniment, citizen participation. * Individual and collective intervention, youth intervention. * Homework club. * Literacy. * Support in looking for employment, help writing a résumé. * Community garden. * Collective kitchen. * Community lunches. * Marché Mobile de Gatineau. * Respite for families with the organization Équipe soutien-famille. * Teenager program: March camp, summer camp, ski. * Educational activities. * Knitting workshops. * Swimming pool trips and community soccer. * Coffee Mondays. * Back-to-school sharing store. * Opération habit de neige: distribution of low-cost winter clothing. * Neighbourhood parties: summer, Halloween, Christmas.

Eligibility: people and families on a low income

Capacity: variable depending on the activity

Coverage area: Jean-Dallaire and surrounding areas in the Hull sector of Gatineau

Hours: reception: Monday to Friday 8h00 to 15h30, activities and intervention: evenings and weekends

Fees: variables

Financing: municipal, provincial, Centraide Outaouais

Legal status: non-profit organization

REGROUPEMENT DES ASSOCIATIONS DE PERSONNES HANDICAPÉES DE L'OUTAOUAIS

115 Sacré-Coeur Boulevard, Suite 210, Gatineau, Outaouais, QC, J8X 1C5

819 770-0535

Website: www.rapho.org

Email: direction@rapho.org

Services: Advocacy and promotion of the interests of people living with a physical or intellectual disability or autism and their caregivers. * Welcome and referrals. * Awareness-raising events. * Inter-organizational round tables. * Raising awareness of the realities of people with disabilities among government bodies. * Online directory of resources.

Eligibility: people living with a disability (physical, intellectual, autism), caregivers, organizations working with people living with a disability

Coverage area: Outaouais

Hours: Monday to Friday 10h00 to 18h00

Fees: none

Financing: provincial

Legal status: non-profit organization

REGROUPEMENT DES ORGANISMES COMMUNAUTAIRES EN SANTÉ MENTALE DE L'OUTAOUAIS

92 Saint-Raymond Boulevard, Suite 200, Gatineau, Outaouais, QC, J8Y 1S7

Website: www.rocsmo.ca

Email: rocsmo.outaouais@gmail.com

Services: Ensures the quality of services and cohesion between different mental health organization in Outaouais. * Support, collaboration and advocacy for the interests of community organizations in mental health. * Continuous training and development of projects in partnership with organizations. * Promotion and advocacy of the rights of people living with mental health issues.

Eligibility: community organizations in mental health, people living with mental health issues

Coverage area: Outaouais

Fees: none

Financing: provincial

Legal status: non-profit organization

RÉSEAU DU PATRIMOINE DE GATINEAU ET DE L'OUTAOUAIS

39 Leduc Street, Gatineau, Outaouais, QC, J8X 3A3

819 205-5586

Website: www.reseaupatrimoine.ca

Email: info@reseaupatrimoine.ca

Services: A group of organizations and individuals whose mission is to promote, preserve and protect the heritage of Gatineau and the Outaouais region. * Supports member organizations in the realization of their projects. * Represents the interests of member organizations and the heritage sector. * Concertation of member organizations for the maintenance of the Outaouais heritage. * Online directory of member organisations: <https://www.reseaupatrimoine.ca/membres/> * Training. * Volunteer opportunities.

Eligibility: general public

Coverage area: Outaouais, Gatineau

Fees: organizations in Gatineau: free

Financing: municipal, contributions

Legal status: non-profit organization

SOCIÉTÉ D'HISTOIRE DE L'OUTAOUAIS

Confidential Address

Website: histoireoutaouais.ca

Email: societehistoireoutaouais@gmail.com

Services: Promotion and diffusion of the history of the Outaouais region as well as the enhancement and preservation of its heritage. * Guided tours. * Dinner conferences. * Publications on heritage.

Eligibility: general public

Coverage area: Outaouais

Fees: members: individual \$30 or family \$35 per year, individual \$50 or family \$60 for 2 years, conference dinner: \$25 to \$30 per person

Financing: municipal, contributions

Legal status: non-profit organization

TABLE DE CONCERTATION SUR LA FAIM ET LE DÉVELOPPEMENT SOCIAL DE L'OUTAOUAIS

180 du Mont-Bleu Boulevard, Gatineau, Outaouais, QC, J8Z 3J5

819 771-8391 ext. 337

Website: tcfds.org

Services: Grouping of individuals, community organizations and institutions that share knowledge and develop activities to advance food security. * Discussion days on food insecurity. * Working committees organized by members. * Meetings, workshops, conferences or symposia on hunger and poverty. * Raising awareness of hunger and poverty issues.

Eligibility: community organizations, institutions concerned with food safety

Coverage area: Outaouais

Hours: Monday to Friday 9h00 to 17h00, activities: variable

Fees: annual membership: \$12 for individuals, \$30 for organizations, \$72 for institutions, activities: variable with prices for member

Financing: membership fees, dons, municipal, provincial

Legal status: non-profit organization

TABLE DES AÎNÉS DE GATINEAU

C.P. 82057, Gatineau, Outaouais, QC, J8T 8B6

819 918-1771

Website: tablegatineau@gmail.com

Email: coordo@tagatineau.org

Services: Grouping of associations and organizations working with seniors for their quality of life. * Exchange and consultation with seniors' organizations. * Grand Rendezvous: annual gathering event offering workshops and conferences. * Conferences. * Discussion groups. * Coordination of projects.

Eligibility: people aged 55 years old and over, community organizations and tables working with seniors

Coverage area: Gatineau

Legal status: non-profit organization

Charity Organizations

CENTRAIDE OUTAOUAIS

74 Montclair Boulevard, Gatineau, Outaouais, QC, J8Y 2E7

1 800 325-7751 Fax: 819 771-0301

Website: centraideoutaouais.com/en

Email: info@centraideoutaouais.com

Services: Support to local community organizations through a fundraising campaign and donations collected.

Eligibility: community organizations

Coverage area: Outaouais

Hours: Monday to Friday 8h30 to 16h30

Financing: fundraising campaigns, self-financing

Legal status: non-profit organization

Community centres

ACTION-QUARTIERS

2 Fortier Street, Gatineau, Outaouais, QC, J8Y 4P5

819 777-7815

Email: direction@actionquartiers.ca

Services: Neighbourhood centre. * Reception. * Thematic workshops for children: drawing, cooking, crafts. * Distribution of snowsuits for children. * Activities for teenagers: animated discussion group, social evenings. * Yoga classes. * Social café. * Neighbourhood parties. * Family activities: outings to the park, soccer, kick ball, etc. * Distribution of school supplies. * Christmas baskets.

Eligibility: children, adolescents, adults

Coverage area: Saint-Jean-Bosco and Wrightville neighbourhoods of Gatineau

Hours: Monday, Wednesday, Thursday and Friday 9h00 to 16h00, Tuesday 13h00 to 16h00

Financing: grants, municipal

Legal status: non-profit organization

ASSOCIATION RÉCRÉATIVE DE TEMPLETON

13 du Curé-Labelle Street, Gatineau, Outaouais, QC, J8P 1X7

819 663-8901

Email: artgatineau@hotmail.com

Services: Recreational centre. * Social club for seniors. * Dance classes for children. * Dart games. * Iron league. * Petanque league. * Pocket-Baseball for seniors. * Reception hall rental.

Eligibility: general public, seniors social club: people 50 years old and over

Capacity: downstairs hall: 80, upstairs hall: 250

Coverage area: Outaouais

Hours: Monday to Sunday 11h00 to 23h00

Fees: annual membership: \$25, activities: variable

Financing: self-financing, donations

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE ENTRE-NOUS

175 Front Street, Gatineau, Outaouais, QC, J9H 5S9

819 684-2236

Website: centrecommunautaireentrenous.org/en

Email: ccenaccueil@gmail.com

Services: Community centre. Food * Collective kitchen. * Nurturing forest: fruit tree planting. Childhood and youth * Drop-in daycare for 0 to 5 years old. * Homework assistance. * Drop-in breastfeeding program. * Toy library: loan of games and toys. * Pandas playgroup (0 to 5 years old): parent-child workshops. * Petit cuisiniers: cooking classes for 6 to 12 years old. * Activities for 12 to 17 years old, in partnership with Avenue des jeunes. * Entre nous filles: discussion group for Grade 5 and 6 girls. * Day camp and spring break camp. Material assistance * Opération habit de neige: distribution of winter clothing. * Shared-store for school supplies. * Recovery of used clothing. Education * French courses. * Spanish courses. Social events * Café populaire, a space for socializing. * Social and recreational activities: sewing and knitting classes, karate classes, line dancing, board game group, danse cardio classes, physical activities for seniors. * Community parties.

Eligibility: people in vulnerable situations, children, teenagers, families, seniors

Coverage area: Gatineau: MacLeod neighbourhood and surrounding areas (primarily from the following neighbourhoods: MacLeod, Vieux-Aylmer, Des Cedres, La Seigneurie)

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

Financing: provincial, municipal, Centraide Outaouais, donations

Legal status: non-profit organization

CENTRE D'ANIMATION FAMILIALE DE L'OUTAOUAIS

1312 Saint-Louis Street, Gatineau, Outaouais, QC, J8T 2M7

819 561-5196

Website: cafoutaouais.ca

Email: info@cafoutaouais.ca

Services: Neighbourhood house. Food * Collective kitchens. * Community garden. * Christmas baskets for members. * Food assistance for people participating in activities. Material assistance * Clothing assistance. * Opération habit de neige: distribution of winter clothing. * Back to School program: school supplies sharing store. * Bonhommes à Lunettes: glasses at affordable prices. Support * Homework assistance. * Drop-in daycare. * Reception, accompaniment and referral. * Individual meeting, listening and intervention. Activities * Developmental stimulation activities for children. * Workshop Au Petit Jardin: preparation for kindergarten. * Parent-child activities. * Daycare offered to participants during activities. * Jeux d'été: summer day camp. * Activities during pedagogical Fridays. * Coffee-meeting. * Crochet and knitting club. * Various events.

Eligibility: general public, adults, children, developmental stimulation activities: children 0 to 5 years old

Coverage area: Pointe-Gatineau district of Gatineau (Ruisseau, Saint-Rosaire, Jacques-Cartier and Laflèche neighborhoods of Gatineau)

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

Fees: variable

Financing: federal, provincial, municipal, Centraide Outaouais, grants, donations

Legal status: non-profit organization

ESPACE DEP SYLVESTRE

230 Montcalm Street, Gatineau, Outaouais, QC, J8Y 3C1

819 771-3723

Website: depanneursylvestre.org

Email: depanneursylvestre@hotmail.com

Services: * Meeting place open to all. * Coffee and food, dinner. * Collective kitchen. * Animation and preventive intervention. * Internet access. * Social, cultural, recreational and intergenerational activities and events. * Community mental health support. * Volunteering and volunteer centre. * Community development. * Adapted work, professional reintegration and rehabilitation, support for employability and training. * Support and integration.

Eligibility: people on a low income, people experiencing social isolation

Coverage area: Outaouais

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

Fees: voluntary contribution

Financing: provincial, self-financing

Legal status: cooperative

GROUPE COMMUNAUTAIRE DESCHÊNES

55 Vanier Road, Gatineau, Outaouais, QC, J9H 1X5

819 684-7999 Fax: 819 557-0771

Website: groupedeschenes.myfreesites.net

Email: gcd_intervenante@hotmail.com

Services: Meeting place and support for families. * Petits-Mousses: social activities for children and parents. * Drop-in daycare for young children. * Homework club. * Petits Cooks. * Collective kitchen. * Day camp: summer and spring break. * Neighbourhood parties. * Physical activities: zumba and tai chi. * Sharing store: low-cost school supplies. * Recovery of small used items: toys, books, clothing, kitchenware, etc. * Christmas baskets. * Snow suit. * Bonhomme à lunette service point: low-cost glasses.

Eligibility: families, adults, new arrivals, petits-mousses and drop-in daycare: children 0 to 5 years old, homework club, petits Cooks and summer day camp: children 6 to 12 years old

Coverage area: Gatineau: Aylmer district

Hours: Monday to Friday 9h00 to 17h00, Bonhomme à lunette: no appointment necessary, Wednesday 11h30 to 14h00

Financing: municipal, provincial, Centraide Outaouais

Legal status: non-profit organization

MAISON COMMUNAUTAIRE DANIEL-JOHNSON

22 Arthur-Buies Street, Gatineau, Outaouais, QC, J8Z 1P5

819 772-6625

Email: mcdj@bellnet.ca

Services: Community centre. * Access to a computer, Internet, and fax. * Social and recreational activities: for teenagers, families, parents-children. * Social café. * Homework club. * Collective kitchen. * Community breakfast. * Knitting and crochet circle. * Introduction to cross-country for youth 9 to 12 years old. * Operation Snowsuit Outaouais: winter clothing for children. * Cooking workshops minis-chefs 8 to 12 years old. * Back to school program: store-sharing school supplies. * Women's circle. * Halloween and Christmas celebrations. * Neighbourhood party.

Eligibility: citizens of the Daniel-Johnson neighbourhood in the Hull sector of Gatineau

Coverage area: Daniel-Johnson neighbourhood in the Hull sector of Gatineau

Hours: Tuesday to Thursday 9h00 to 12h00 and 13h00 to 16h30

Financing: donations

Legal status: non-profit organization

MAISON D'ACCUEIL MUTCHMORE

142 Mutchmore Street, Gatineau, Outaouais, QC, J8Y 3T7

819 770-0788

Website: accueilmutchmore.ca

Email: info@accueilmutchmore.ca

Services: Community centre. * Collective kitchen. * Touchatou: stimulation workshop of fine motor skills. * Francization workshop. * Projet Multigénérationnel: various intergenerational activities. * Allo-ADOS: sports and social activities for teenagers. * Sports activities: karate classes, fitness, yoga, zumba, skiing, swimming pool outings. * Opération habit de neige: distribution of winter clothing. * School supplies. * Tax clinic.

Eligibility: people and families on a low income, newcomers, seniors, neighbourhood residents, Opération habit de neige: families on a low income with children 2 to 13 years old

Coverage area: Mutchmore and Jean Proulx neighbourhoods of Gatineau

Hours: Monday to Friday 8h30 to 15h30, reception: 9h00 to 15h00

Fees: none, Opération habit de neige: \$20 per piece of clothing

Financing: Centraide Outaouais, municipal, provincial

Legal status: non-profit organization

MAISON DE L'AMITIÉ DE HULL

58 Hanson Street, Gatineau, Outaouais, QC, J8Y 3M5

819 772-6622 Fax: 819 772-2014

Email: maisonamitiehull@videotron.ca

Services: Community centre. * Neighbourhood intervention, accompaniment, citizen participation. * Individual and collective intervention, youth intervention. * Homework club. * Literacy. * Support in looking for employment, help writing a résumé. * Community garden. * Collective kitchen. * Community lunches. * Marché Mobile de Gatineau. * Respite for families with the organization Équipe soutien-famille. * Teenager program: March camp, summer camp, ski. * Educational activities. * Knitting workshops. * Swimming pool trips and community soccer. * Coffee Mondays. * Back-to-school sharing store. * Opération habit de neige: distribution of low-cost winter clothing. * Neighbourhood parties: summer, Halloween, Christmas.

Eligibility: people and families on a low income

Capacity: variable depending on the activity

Coverage area: Jean-Dallaire and surrounding areas in the Hull sector of Gatineau

Hours: reception: Monday to Friday 8h00 to 15h30, activities and intervention: evenings and weekends

Fees: variables

Financing: municipal, provincial, Centraide Outaouais

Legal status: non-profit organization

MAISON DE QUARTIER NOTRE-DAME

280 Maloney Boulevard East, Gatineau, Outaouais, QC, J8P 1C6

819 893-6763

Email: intervenant.mqnd@gmail.com

Services: * Participation in Opération habit de neige: distribution of snowsuits for children. * School supplies sharing store. * Book club. * Social activities.

Coverage area: Notre-Dame neighbourhood of Gatineau

Hours: Monday to Thursday 9h00 to 16h00, Friday 9h00 to 12h00

Financing: self-financing

Legal status: non-profit organization

SOUPE POPULAIRE DE HULL

297 des Allumettières Boulevard, Gatineau, Outaouais, QC, J8Y 4B7

819 778-0173 Fax: 819-778-7408

Website: www.soupepopulairedehull.org

Email: administration@soupepopulairedehull.org

Services: Support and tools for people in precarious situations. * Welcoming, listening, accompaniment and counselling. * Lunch and dinner meals. * Assistance for budget management. * Legal assistance. * Social and community integration activities: group outings, coffee meetings, leisure activities, etc. * Volunteering and internship. * Distribution of naloxone kit.

Eligibility: people in a situation of financial, social or personal precariousness

Coverage area: Gatineau, Hull sector

Hours: Monday to Friday 10h30 to 16h30, lunch: Monday to Friday 11h30 to 13h30, dinner: Monday to Friday 16h45 to 18h15, legal aid: once a week, without appointment, dental clinic: once a week

Fees: voluntary contribution for meals: \$1

Financing: Centraide Outaouais

Legal status: non-profit organization

Community development

AUMOND - MUNICIPALITÉ

664 Principale Street, Aumond, Outaouais, QC, J0W 1W0

819 449-4006 Fax: 819 449-7448

Website: aumond.ca/index_en.php

Email: info@aumond.ca

Services: Municipal service management. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.aumond.ca/index.php/citoyens/dechets-et-recyclage * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Automated emergency call system. * Recreation services: activities, day camp, etc. * Municipal library. * Rental of halls.

Eligibility: general public

Coverage area: Aumond

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

Financing: municipal

Legal status: municipal agency

BLUE SEA - MUNICIPALITY

10 Principale Street, Blue Sea, Outaouais, QC, J0X 1C0

819 463-2261

Website: www.blueseas.ca/index.php/en

Email: info@blueseas.ca

Services: Municipal service management. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.blueseas.ca/index.php/services/dechets-et-recyclage * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Recreation services: activities, day camp, etc. * Municipal library. * Rental of halls.

Eligibility: general public

Coverage area: Blue Sea

Hours: Monday to Friday 8h00 to 16h00

Financing: municipal

Legal status: municipal agency

BOIS-FRANC - MUNICIPALITÉ

466 Route 105, Bois-Franc, Outaouais, QC, J9E 3A9

819 449-2252 Fax: 819 449-4407

Website: www.bois-franc.ca

Email: info@bois-franc.ca

Services: Municipal service management. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.bois-franc.ca/index.php/page-4/dechets-et-recyclage * Ecocentre. * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Recreation services: activities, day camp, etc. * Municipal libraries. * Rental of halls.

Eligibility: general public

Coverage area: Bois-Franc

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

Financing: municipal

Legal status: municipal agency

BOUCHETTE - MUNICIPALITÉ

36 Principale Street, Bouchette, Outaouais, QC, J0X 1E0

819 465-2555 Fax: 819-465-2318

Website: www.bouchette.ca

Email: info@bouchette.ca

Services: Municipal service management. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.bouchette.ca/index.php/fr/services/dechets-et-recyclage * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Recreation services: activities, day camp, etc. * Municipal library. * Rental of halls.

Eligibility: general public

Coverage area: Bouchette

Hours: Monday to Friday 10h00 to 12h00 and 13h00 to 16h00

Financing: municipal

Legal status: municipal agency

CAMPUS 3

196 Notre-Dame Street, Gatineau, Outaouais, QC, J8P 0E6

819 663-3305

Website: campus3.ca

Email: info@campus3.ca

Services: Centre for seniors. Home care * Takeaway meals. * Day workshop for the preservation of autonomy and the respite of relatives. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * PADI program: day centre for seniors living with an intellectual disability. Housing * Housing Faubourg Jean-Marie-Vianney. * HébergeVac Centre: respite care. Leisure and community action * Intergenerational reading program. * Carpentry workshop, sale of handicrafts. * University of the Third Age. * Sports and creative activities and courses. * Room rental. * Catering service. * Volunteer opportunities.

Eligibility: people 50 years and older, housing: people 55 years and older on a low income, PADI: seniors living with an intellectual disability

Capacity: 130 units

Coverage area: Gatineau

Hours: Monday to Friday 8h00 to 16h00

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

Financing: Centraide Outaouais, municipal, provincial, grants

Legal status: non-profit organization

CAP SANTÉ OUTAOUAIS

92, Saint-Raymond Boulevard, Suite 304, Gatineau, Outaouais, QC, J8Y 1S7

819 771-2277

Website: capsante-outaouais.org

Email: info@capsante-outaouais.org

Services: Promoting mental health and well-being for people and collectivities. * Tools and workshops for a good mental health. * Trainings to promote well-being in personal and relational abilities. * Information and referral service towards mutual aid and support groups in Outaouais: www.capsante-outaouais.org/groupes * Help with the creation of new mutual aid groups and support for existing groups: training, visibility, free loan of facilities, etc. * Pacifique program: support for schools in training, implementing and maintaining a program of pacific conducts and prevention of violence. * Pacific and safe neighbourhood program: citizen involvement in neighbourhoods to promote healthy relationships.

Eligibility: general population, mutual aid workers, professionals, schools

Coverage area: Outaouais

Hours: by appointment only

Fees: variable

Financing: provincial, donations

Legal status: non-profit organization

CAYAMANT - MUNICIPALITY

6 Lachapelle Road, Cayamant, Outaouais, QC, J0X 1Y0

819 463-3587

Website: www.cayamant.ca

Email: info@cayamant.ca

Services: Municipal services management. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.cayamant.ca/index.php/citoyens/information-importante * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Recreation services: activities, day camp, etc. * Rental of halls.

Eligibility: general public

Coverage area: Cayamant

Financing: municipal

Legal status: municipal agency

CÉGEP DE L'OUTAOUAIS

333 de la Cité-des-Jeunes Boulevard, Gatineau, Outaouais, QC, J8Y 6M4

1 866 770-4012

Website: www.cegepoutaouais.qc.ca

Email: communication@cegepoutaouais.qc.ca

Services: Public college-level educational institution. * Pre-university and technical programs (DEC), attestation of college studies (AEC). * Ongoing training. * Information on housing assistance for students. * Open days. * Premises for rent. * Dental hygiene clinic-school.

Eligibility: general public

Coverage area: le Québec

Fees: variable

Financing: provincial

Legal status: non-profit organization

CENTRAIDE OUTAOUAIS

74 Montclair Boulevard, Gatineau, Outaouais, QC, J8Y 2E7

1 800 325-7751 Fax: 819 771-0301

Website: centraideoutaouais.com/en

Email: info@centraideoutaouais.com

Services: Support to local community organizations through a fundraising campaign and donations collected.

Eligibility: community organizations

Coverage area: Outaouais

Hours: Monday to Friday 8h30 to 16h30

Financing: fundraising campaigns, self-financing

Legal status: non-profit organization

CORPORATION DE DÉVELOPPEMENT COMMUNAUTAIRE ROND-POINT

57 de Montréal Est Road, Gatineau, Outaouais, QC, J8M 1K3

819 281-2060

Website: cdcrondpoint.ca

Email: direction@cdcrondpoint.ca

Services: Regroupment, development and support of community organisations to ensure their active participation in the socio-economic development of the region. * Material support: loan of books, rooms and office items, photocopy service. * Support-intervention: administrative and management support, help in applying for grants, support in communications, referral, information. * Consultation among community organizations. * Collective insurance for the member of the CDC Rond-Point. * Publicizing community projects. * Training workshops on various subjects. * Representation of the interests of member organizations.

Eligibility: community organizations

Coverage area: MRC Papineau Eastern sector, Gatineau city: Masson, Buckingham

Hours: Monday to Friday 8h00 to 16h00

Fees: contribution: \$50 or \$100 per year depending on the organisation's budget, \$25 per year for individuals

Financing: grants, municipal

Legal status: non-profit organization

DÉLÉAGE - MUNICIPALITY

175 Route 107, Maniwaki, Outaouais, QC, J9E 3A8

819 449-1979

Website: www.deleage.ca

Email: reception@deleage.ca

Services: Management of municipal services. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.deleage.ca/index.php/citoyens/cueillette-des-ordures-et-du-recyclage * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Recreation services: activities, day camp, etc. * Municipal library. * Rental of halls.

Eligibility: general public

Coverage area: Déléage

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

Financing: municipal

Legal status: municipal agency

DENHOLM - MUNICIPALITÉ

419 du Poisson Blanc Road, Denholm, Outaouais, QC, J8N 9C8

819 457-2992 Fax: 819 457-9862

Website: denholm.ca/index.php/en

Email: info@denholm.ca

Services: Management of municipal services. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.denholm.ca/fr/services-aux-citoyens/collectes-des-matieres-residuelles * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Recreation services: activities, day camp, etc. * Municipal libraries. * Rental of halls.

Eligibility: general public

Coverage area: Denholm

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

Financing: municipal

Legal status: municipal agency

EGAN-SUD - MUNICIPALITÉ

95 Road 105, Bois-Franc, Outaouais, QC, J9E 3A9

819 449-1702 Fax: 819 449-7423

Website: www.egan-sud.ca

Email: info@egan-sud.ca

Services: Management of municipal services. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.egan-sud.ca/index.php/services/dechets-compostage-et-recyclage * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Recreation services: activities, day camp, etc. * Welcoming immigrants. * Municipal library. * Rental of halls.

Eligibility: general public

Coverage area: Egan-Sud

Financing: municipal

Legal status: municipal agency

FÉDÉRATION DES OSBL D'HABITATION DE L'OUTAOUAIS

28 Caron Street, Gatineau, Outaouais, QC, J8Y 1Y7

819 205-3485 Fax: 819 205-1223

Website: www.la-foho.ca

Email: info@la-foho.ca

Services: Regroupment of non-profit organisations involved in questions of social housing and poverty. *
 Services for organisations: management of finances, organisational management and training, communication services, real estate management. * Development of partnerships with community organisations in the sector. *
 Coordination of research and development projects on housing and community support.
Eligibility: non-profit organisations involved in questions of social housing and poverty
Coverage area: Outaouais
Hours: Monday to Friday 8h00 to 16h00
Financing: provincial
Legal status: non-profit organization

FONDATION POUR LES AÎNÉS DE L'OUTAOUAIS

331, boulevard de la Cité-des-Jeunes, Gatineau, Outaouais, QC, J8Y 6T3

819 777-3595

Website: www.cabaneenboisrond.com

Email: fao.lpoitras@videotron.ca

Services: Gathering place for seniors. * Room rental for organizations dedicated to the well-being of seniors.

Coverage area: Gatineau

Hours: Monday to Friday 8h00 to 16h30

Fees: variable

Legal status: non-profit organization

GATINEAU - CENTRE DE SERVICES D'AYLMER

181 Principale Street, Gatineau, Outaouais, QC, J9H 6A6

819 595-2002 Fax: 819 685-5049

Website: www.gatineau.ca

Email: info@gatineau.ca

Services: Liaison between municipal departments, the population, partners, organizations and elected officials.

* Payment of municipal taxes. * Payment of tickets. * Payment of City bills. * Registration for cultural and recreational activities. * Reservation of public facilities: gymnasium, swimming pools, meeting rooms, etc. *

Permits and information on current urban planning regulations. * Commissioner of Oaths.

Eligibility: general public

Coverage area: Gatineau

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

Fees: swearing in: \$5 per document plus tax

Financing: municipal

Legal status: municipal agency

GATINEAU - CENTRE DE SERVICES DE BUCKINGHAM

515 Charles Street, Gatineau, Outaouais, QC, J8L 2K4

819 595-2002 Fax: 819 986-4234

Website: www.gatineau.ca

Email: info@gatineau.ca

Services: Liaison between municipal departments, the population, partners, organizations and elected officials.

* Payment of municipal taxes. * Payment of tickets. * Payment of City bills. * Registration for cultural and recreational activities. * Reservation of public facilities: gymnasium, swimming pools, meeting rooms, etc. *

Permits and information on current urban planning regulations. * Commissioner of Oaths.

Eligibility: general public

Coverage area: Gatineau

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

Fees: swearing in: \$5 per document plus tax

Financing: municipal

Legal status: municipal agency

GATINEAU - CENTRE DE SERVICES DE GATINEAU

144 de l'Hôpital Boulevard, Gatineau, Outaouais, QC, J8T 7S9

819 595-2002 Fax: 819 243-2338

Website: www.gatineau.ca

Email: info@gatineau.ca

Services: Liaison between municipal departments, the population, partners, organizations and elected officials.

* Payment of municipal taxes. * Payment of tickets. * Payment of City bills. * Registration for cultural and recreational activities. * Reservation of public facilities: gymnasium, swimming pools, meeting rooms, etc. * Permits and information on current urban planning regulations. * Commissioner of Oaths.

Eligibility: general public

Coverage area: Gatineau

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

Fees: swearing in: \$5 per document plus tax

Financing: municipal

Legal status: municipal agency

GATINEAU - CENTRE DE SERVICES DE HULL

775 de la Carrière Boulevard, Gatineau, Outaouais, QC, J9H 3M2

819 595-2002 Fax: 819 595-8190

Website: www.gatineau.ca

Email: info@gatineau.ca

Services: Liaison between municipal departments, the population, partners, organizations and elected officials.

* Payment of municipal taxes. * Payment of tickets. * Payment of City bills. * Registration for cultural and recreational activities. * Reservation of public facilities: gymnasium, swimming pools, meeting rooms, etc. * Permits and information on current urban planning regulations. * Parking permits for residents and operators.

Eligibility: general public

Coverage area: Gatineau

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

Fees: commissioner of oaths: \$5 per document plus tax

Financing: municipal

Legal status: municipal agency

GATINEAU - CENTRE DE SERVICES DE MASSON-ANGERS

57 de Montréal Road East, Gatineau, Outaouais, QC, J8M 1K3

819 595-2002 Fax: 819 986-4234

Website: www.gatineau.ca

Email: info@gatineau.ca

Services: Liaison between municipal departments, the population, partners, organizations and elected officials.

* Payment of municipal taxes. * Payment of tickets. * Payment of City bills. * Registration for cultural and recreational activities. * Reservation of public facilities: gymnasium, swimming pools, meeting rooms, etc. * Permits and information on current urban planning regulations. * Commissioner of Oaths.

Eligibility: general public

Coverage area: Gatineau

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

Fees: swearing in: \$5 per document plus tax

Financing: municipal

Legal status: municipal agency

GATINEAU - CITY

25 Laurier Street, Gatineau, Outaouais, QC, J8X 4C8

1 866 299-2002

Website: www.gatineau.ca

Email: info@gatineau.ca

Services: Management of municipal services. * Practical information: pets, change of address, etc. * Calendar of artistic events, sporting activities, etc.: www.calendrier.gatineau.cloud/calendrier/parcourir.aspx?langue=fr-ca&categories=2 * Interactive city map: www.gatineau.ca/portail/default.aspx?p=trouver_un_lieu&pref=haut-de-page * Waste collection calendar: www.gatineau.ca/portail/default.aspx?p=guichet_municipal/ordures_recyclage_compostage_encombrants&ref=pastilles * Permanent ecocentres, mobile ecocentres and transshipment centres. * Service centers: payment of municipal taxes, permits, etc. * Fire department. * Home Adaptation Program (HAP). * Automated emergency notification system. * Recreation and culture: activities, day camp, etc. * Swimming program, aquafitness, etc. * Public library. * Hall rentals.

Eligibility: general public

Coverage area: Gatineau

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

Financing: municipal

Legal status: municipal agency

GRACEFIELD - MUNICIPALITY

351 Route 105, Gracefield, Outaouais, QC, J0X 1W0

819 463-3458 Fax: 819 463-4236

Website: www.gracefield.ca

Email: info@gracefield.ca

Services: Management of municipal services. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.gracefield.ca/index.php/citoyens/ordures-et-recyclage * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Recreation services: activities, day camp, etc. * Municipal library. * Rental of halls.

Eligibility: general public

Coverage area: Gracefield

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

Financing: municipal

Legal status: municipal agency

GRAND-REMOUS - MUNICIPALITÉ

1508 Trans-Canada Highway, Grand-Remous, Outaouais, QC, J0W 1E0

819 438-2877 Fax: 819 438-2364

Website: www.grandremous.ca

Email: info@grandremous.ca

Services: Municipal services management. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.grandremous.ca/citoyens/calendrier-des-collectes * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Welcome and integration services for new arrivals. * Recreation services: activities, day camp, etc. * Municipal library. * Rental of halls.

Eligibility: general public

Coverage area: Grand-Remous

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

Financing: municipal

Legal status: municipal agency

KAZABAZUA - MUNICIPALITY

30 Begley Road, Kazabazua, Outaouais, QC, J0X 1X0

819 467-2852 Fax: 819 467-3872

Website: www.kazabazua.ca

Email: infos@kazabazua.ca

Services: Management of municipal services. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.kazabazua.ca/index.php/fr/servicesauxcitoyens/dechets-recyclage-et-compostage * Ecocentre. * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Automated emergency call system. * Recreation services: activities, day camp, etc. * Municipal library. * Rental of halls.

Eligibility: general public

Coverage area: Kazabazua

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

Financing: municipal

Legal status: municipal agency

LAC-SAINTE-MARIE - MUNICIPALITY

106 Lac-Sainte-Marie Road, Lac-Sainte-Marie, Outaouais, QC, J0X 1Z0

819 467-5437 Fax: 819-467-3691

Website: www.lac-sainte-marie.com

Email: municipalite@lac-sainte-marie.com

Services: Municipal services management. * Practical information: water analysis, change of address, septic systems, etc. * Calendar for waste management: www.lac-sainte-marie.com/index.php/services-aux-citoyens/dechets-recyclage-encombrants-et-compostage#dechets * Ecocentres. * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Recreation services: activities, day camp, etc. * Municipal library. * Rental of halls.

Eligibility: general public

Coverage area: Lac-Sainte-Marie

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

Financing: municipal

Legal status: municipal agency

LOGE-ACTION OUTAOUAIS

106 Sacré-Coeur Boulevard, Suite 100, Gatineau, Outaouais, QC, J8X 1E1

819 243-3717 Fax: 819 243-5356

Email: info@logeaction.com

Services: Development and implementation of community housing projects. * Technical help. * Information on government programs. * Training. * Project management during construction and renovation.

Eligibility: community groups, cooperatives

Coverage area: Outaouais

Hours: Monday to Friday 8h30 to 16h00

Fees: variable

Financing: provincial

Legal status: non-profit organization

LOISIR SPORT OUTAOUAIS

390 de Buckingham Avenue, Gatineau, Outaouais, QC, J8L 2G7

819 663-2575

Website: www.urlso.qc.ca

Email: info@urlso.qc.ca

Services: Stimulates regional development in leisure, sport and outdoor activities. * Training: welcoming and leisure activities for people with a disability, planning and development of a program of activities, finding partners, understanding grant applications, etc. * Secondaire en spectacle: development of youth through the practice of cultural leisure activities in the school environment. * Jeux du Québec: development of competitive sports. * Mes Premiers Jeux: introducing youth to the pleasures of competitive sports and putting them in contact with sports clubs in their region. * Expertises: outdoor activities, recreation for people with a disability, municipal, school and community recreation, day camps, volunteer work, etc. * Financial assistance programs: projects promoting physical activities, projects for people with a disability, projects related to volunteering in leisure, sport and outdoor activities, etc.

Eligibility: general public

Coverage area: Outaouais

Hours: Monday to Friday 9h00 to 16h00

Fees: annual membership: free for citizens, variable for organizations

Financing: contributions, provincial, self-financing

Legal status: non-profit organization

LOW - MUNICIPALITY

4A d'Amour Road, Low, Outaouais, QC, J0X 2C0

819 422-3528 Fax: 819 422-3796

Website: www.lowquebec.ca/index_en.php

Email: reception@lowquebec.ca

Services: Management of municipal services. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.lowquebec.ca/fr/services/services-aux-citoyens/collectes-des-matieres-residuelles * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Automated emergency call system. * Recreation services: activities, day camp, etc. * Municipal libraries. * Rental of halls.

Eligibility: general public

Coverage area: Low

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

Financing: municipal

Legal status: municipal agency

MAISON ALONZO WRIGHT

2425 A Saint-Louis Street, Gatineau, Outaouais, QC, J8V 1E7

819 246-7277 Fax: 819 246-7277

Website: www.maisonalonzowright.com

Email: administration@maisonalonzowright.ca

Services: Professional services in relation to psychological help. * Individual, conjugal or family help relationship, in medium or long term. * Personalized group interventions: stress management and relaxation, anger management. * Hall rental.

Eligibility: people, families or couples experiencing transient or recurring difficulties or a mental health problem

Coverage area: Gatineau

Hours: Monday to Friday 9h00 to 16h00

Fees: depending on income, minimum \$35 per hour

Financing: self-financing, donations, fundraising campaigns

Legal status: non-profit organization

MANIWAKI - MUNICIPALITY

186 Principale Street South, Maniwaki, Outaouais, QC, J9E 1Z9

819 449-2800 Fax: 819 449-7078

Website: www.ville.maniwaki.qc.ca

Email: maniwaki@ville.maniwaki.qc.ca

Services: Management of municipal services. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.ville.maniwaki.qc.ca/index.php/liensrapides/calendriercueillettes/residentiel-dechets-et-compostage * Ecocentre. * Community garden. * Reception and integration services for new arrivals. * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Recreation services: activities, day camp, etc. * Municipal libraries. * Rental of halls.

Eligibility: general public

Coverage area: Maniwaki

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

Financing: municipal

Legal status: municipal agency

MESSINES - MUNICIPALITY

70 Principale Street, Messines, Outaouais, QC, J0X 2J0

819 465-2323 Fax: 819 465-2943

Website: www.messines.ca

Email: info@messines.ca

Services: Management of municipal services. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.messines.ca/fr/services/hygiene-du-milieu/gestion-des-matieres-residuelles * Ecocentre. * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Recreation services: activities, day camp, etc. * Municipal libraries. * Rental of halls.

Eligibility: general public

Coverage area: Messines

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

Financing: municipal

Legal status: municipal agency

MONTCEF-LYTTON - MUNICIPALITY

18 Principale Street North, Montcerf-Lytton, Outaouais, QC, J0W 1N0

819 449-4578 Fax: 819 449-7310

Website: www.montcerf-lytton.com

Email: infos@montcerf-lytton.com

Services: Municipal services management. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.montcerf-lytton.com/fr/calendrier/calendrier-des-collectes * Ecocentre. * Fridge anti-waste. * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Recreation services: activities, day camp, etc. * Municipal libraries. * Rental of halls.

Eligibility: general public

Coverage area: Montcerf-Lytton

Hours: Monday and Tuesday 8h00 to 12h00 and 13h00 to 16h00, Wednesday 8h00 to 12h00 and 13h00 to 18h00, Thursday 8h00 to 12h00 and 13h00 to 16h00, Friday 8h00 to 13h00

Financing: municipal

Legal status: municipal agency

MULGRAVE-ET-DERRY - MUNICIPALITY

560, avenue de Buckingham, Gatineau, Outaouais, QC, J8L 2H1

819 986-9519 Fax: 819 986-9954

Website: www.mulgrave-derry.ca

Email: dg@mulgrave-derry.ca

Services: Municipal services management. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.mulgrave-derry.ca/services/?id=6#contn * Ecocentre. * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Automated emergency call system. * Recreation services: activities, day camp, etc. * Municipal library. * Rental of halls.

Eligibility: general public

Coverage area: Mulgrave-Et-Derry

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00, library: Wednesday 14h00 to 17h00, Saturday 9h00 to 12h00

Financing: municipal

Legal status: municipal agency

TABLE RÉGIONALE DES ORGANISMES COMMUNAUTAIRES AUTONOMES DE L'OUTAOUAIS (LA)

109 Wright Street, Suite 213, Gatineau, Outaouais, QC, J8X 2G7

819 568-9986

Website: trocao.org/wp

Email: info@trocao.org

Services: Network of community organizations to defend and promote autonomous community action in the Outaouais region. * Training for community organization: autonomous community action, roles and responsibilities of the board of directors, etc. * Sharing information, general support, networking, group discussions on recent issues. * Political representation and advocacy.

Eligibility: community organizations in the region

Coverage area: Outaouais

Hours: on appointment

Fees: annual membership: variable, activities for members: free

Financing: membership fees, provincial

Legal status: non-profit organization

Information and referral

CAP SANTÉ OUTAOUAIS

92, Saint-Raymond Boulevard, Suite 304, Gatineau, Outaouais, QC, J8Y 1S7

819 771-2277

Website: capsante-outaouais.org

Email: info@capsante-outaouais.org

Services: Promoting mental health and well-being for people and collectivities. * Tools and workshops for a good mental health. * Trainings to promote well-being in personal and relational abilities. * Information and referral service towards mutual aid and support groups in Outaouais: www.capsante-outaouais.org/groupes * Help with the creation of new mutual aid groups and support for existing groups: training, visibility, free loan of facilities, etc. * Pacifique program: support for schools in training, implementing and maintaining a program of pacific conducts and prevention of violence. * Pacific and safe neighbourhood program: citizen involvement in neighbourhoods to promote healthy relationships.

Eligibility: general population, mutual aid workers, professionals, schools

Coverage area: Outaouais

Hours: by appointment only

Fees: variable

Financing: provincial, donations

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE DE GATINEAU (LE)

42 Gatineau Avenue, Gatineau, Outaouais, QC, J8T 4J3

819 568-0747

Website: www.cabgatineau.com

Email: directiongenerale@videotron.ca

Services: Volunteer centre. Seniors * Meals on wheels. * Carrefour d'information pour Aînés: information and assistance with administrative procedures, offered on site, by phone or at home. * SécuriCAB: personalized and automated calls, reminders for taking medication. * Assistance with forms. * Télé bonjour: reassurance on the phone. * Friendly visits. * Accompaniment and transportation. * Tax clinic. Volunteering and community support * Volunteer recruitment, training, orientation and support. * Promotion of volunteerism. * Consultation and collaboration with the actors of the community.

Eligibility: general public, seniors, volunteers

Coverage area: Gatineau sector of Gatineau

Hours: Monday to Friday 8h30 to 12h00 and 12h30 to 15h30

Fees: variable

Financing: grants, donations

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE DE HULL

12 Brodeur Street, Gatineau, Outaouais, QC, J8Y 2P4

819 778-2900

Website: cabhull.org

Email: direction@benevoles-outaouais.org

Services: * Meals on wheels. * Accompaniment-transportation for medical appointments and essential services. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV): information, referrals to appropriate services and accompaniment. * Assistance with forms. * Tax clinic. * Volunteers recruitment.

Eligibility: individuals and families on a low income, seniors, people with a loss of autonomy, people wishing to volunteer, community organizations

Coverage area: Hull sector of Gatineau

Hours: Monday to Friday 8h30 to 15h30

Fees: meals on wheels: \$7.25

Financing: provincial, donations

Legal status: non-profit organization

CENTRE EN SÉCURITÉ ALIMENTAIRE DE GATINEAU

305 Notre-Dame Street, Gatineau, Outaouais, QC, J8P 1K9

873 376-2724

Website: dgcsag.wixsite.com/csag

Email: coordo.csag@outlook.com

Services: * Food assistance. * Psychosocial intervention and support. * Various workshops. * Collective kitchen. * Food delivery service. * Christmas baskets. * Internships. * Referrals to other organizations and community services.

Eligibility: low income families and people

Coverage area: Gatineau

Hours: Monday 13h00 to 16h00, Wednesday 13h00 to 18h00, Friday 13h00 to 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

CLINIQUE DES FEMMES DE L'OUTAOUAIS (LA)

228 Saint-Joseph Boulevard, Suite 201, Gatineau, Outaouais, QC, J8Y 3X4

819 778-2055

Website: www.cliniquedesfemmes.com/en

Email: infaccueil@cliniquedesfemmes.com

Services: Reproductive health information and services. * Termination of pregnancy. * Information on contraception. * Contraception service for people without a family doctor. * Medical and social intervention in cases of sexual assault. * Menopause and peri-menopause consultations. * Pap tests for people without a family doctor. * IUD insertion. * Nexplanon contraceptive implant insertion. * Emergency contraception service.

Eligibility: women, trans people, non-binary people

Coverage area: Outaouais

Hours: Monday to Thursday 8h00 to 16h00, Friday 8h00 to 15h00

Fees: variable, 100% covered by the RAMQ

Financing: donations

Legal status: non-profit organization

CONNEXIONS RESOURCE CENTER

67 du Couvent Street, Gatineau, Outaouais, QC, J9H 6A2

819 557-0615

Website: centreconnexions.org

Email: info@centreconnexions.org

Services: Resource centre for the English-speaking population. * Information and referral to health and social services, community organizations, legal information, employability, etc. * Programs, activities, conferences and workshops for all age groups. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Playgroup hosted at Cégep Heritage College. * Online resource directories: seniors and caregivers, youth, women, men, families, people in vulnerable situations and families with a member living with a disability. * Discussion and support groups: parents, youth, caregivers, men. * Online documentation: articles and videos. * Online anger management support group for men.

Eligibility: English-speaking people, seniors, caregivers, families, youth

Coverage area: Outaouais, ITMAV outreach work: Aylmer area of the city of Gatineau

Hours: Monday to Friday 8h00 to 16h00

Fees: none

Financing: federal, provincial

Legal status: non-profit organization

DONNE-TOI UNE CHANCE

1939 Saint-Louis Street, Suite 4, Gatineau, Outaouais, QC, J8T 4H5

819 205-1451 Fax: 819 205-4458

Website: www.dtuc.org

Email: liaison.info@donnetoiunechance.org

Services: Support for men with issues relating to their interpersonal relations, to a period of loss or separation, or to a dynamic of domestic violence. * Information, reference, and accompaniment. * Exploratory meeting: introduction to the organism, interventions, establishing a trajectory. * Je me reconstruis: re-education program in domestic and familial violence, anger and stress management workshops. * Je me donne la chance: assistance and prevention program for men in crisis situations. * Pour moi: development of self-esteem. * Self-help and support group for male survivors of childhood sexual abuse. * Group for men experiencing a break-up. * Telephone support and occasional meetings for various needs. * Food assistance. * Accommodation for fathers and children in Maison Oxygène Outaouais. * Pour moi et mes enfants: program to improve parenting skills and the father-child relationship. * Father-child activities.

Eligibility: men and fathers in a vulnerable or crisis situation, men with violent conducts

Coverage area: Outaouais

Hours: office: Monday to Thursday 9h00 to 20h00, Friday 9h00 to 16h00

Fees: member card: \$10 per year

Financing: provincial, donations

Legal status: non-profit organization

IMPACT RIVIÈRE GATINEAU

270 Notre-Dame Street, Maniwaki, Outaouais, QC, J9E 2J8

1 877 449-3077

Email: impactrivieregatineauorg@videotron.ca

Services: Family violence service centre. * Support for people involved in family violence. * Group therapy for childrens, teenagers, men, parents, families. * Individual, couple, or family intervention. * Conflict management. * Emotional management. * Individual consultation for people with specific needs: intellectual disabilities and mental health issues. * Concertation and awareness among the community regarding family violence.

Eligibility: people involved in domestic violence, victims of domestic violence, people with intellectual disabilities, people living with a mental health issue

Coverage area: MRC Vallée-de-la-Gatineau, MRC des Collines-de-l'Outaouais

Hours: Monday to Thursday 9h00 to 17h30

Fees: none

Financing: donations, provincial

Legal status: non-profit organization

REGROUPEMENT DES ASSOCIATIONS DE PERSONNES HANDICAPÉES DE L'OUTAOUAIS

115 Sacré-Coeur Boulevard, Suite 210, Gatineau, Outaouais, QC, J8X 1C5

819 770-0535

Website: www.rapho.org

Email: direction@rapho.org

Services: Advocacy and promotion of the interests of people living with a physical or intellectual disability or autism and their caregivers. * Welcome and referrals. * Awareness-raising events. * Inter-organizational round tables. * Raising awareness of the realities of people with disabilities among government bodies. * Online directory of resources.

Eligibility: people living with a disability (physical, intellectual, autism), caregivers, organizations working with people living with a disability

Coverage area: Outaouais

Hours: Monday to Friday 10h00 to 18h00

Fees: none

Financing: provincial

Legal status: non-profit organization

SERVICE CANADA CENTRE - GATINEAU-EST

455 de l'Hôpital Boulevard, Gatineau, Outaouais, QC, J8T 7X7

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

Website: www.canada.ca

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

Eligibility: general public

Coverage area: Gatineau

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

SERVICE CANADA CENTRE - GATINEAU-HULL

210 Champlain Street, Gatineau, Outaouais, QC, J8X 3R5

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

Website: www.canada.ca

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

Eligibility: general public

Coverage area: Gatineau

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

SERVICE CANADA CENTRE - MANIWAKI

100 Principale Street South, Suite 220, Maniwaki, Outaouais, QC, J9E 3L4

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

Website: www.canada.ca

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

Eligibility: general public

Coverage area: Maniwaki

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

Volunteering and volunteer centres

ACADÉMIE DES RETRAITÉS DE L'OUTAOUAIS

331 Cité-des-Jeunes Boulevard, Gatineau, Outaouais, QC, J8Y 6T3

819 776-5052

Website: <https://academiedesretraites.ca/>

Email: adjointe@academiedesretraites.caa

Services: Education centre for retirees. * Lectures on general culture, health, personal development, politics, sex education, history, economics. * Language courses: Spanish beginner, intermediate and advanced level, Italian. * Computer courses: introduction to Apple computers, tablets, telephones. * Exercise classes: Yoga, weight training, Qi gong, cardio, self-defense. * Art and crafts classes. * AROBAS theatre company. * Coeur Tournesol choir. * ARO'Band music group. * Social clubs: walking club, billiards club, Velosanté bicycle club, le Pixelliste photography club, book club, travelers club, golf club, ARO'mitié club for people who are alone. * Volunteer opportunities.

Eligibility: retired people

Coverage area: Outaouais

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

Fees: variable

Financing: grants

Legal status: non-profit organization

ACTION-QUARTIERS

2 Fortier Street, Gatineau, Outaouais, QC, J8Y 4P5

819 777-7815

Email: direction@actionquartiers.ca

Services: Neighbourhood centre. * Reception. * Thematic workshops for children: drawing, cooking, crafts. * Distribution of snowsuits for children. * Activities for teenagers: animated discussion group, social evenings. * Yoga classes. * Social café. * Neighbourhood parties. * Family activities: outings to the park, soccer, kick ball, etc. * Distribution of school supplies. * Christmas baskets.

Eligibility: children, adolescents, adults

Coverage area: Saint-Jean-Bosco and Wrightville neighbourhoods of Gatineau

Hours: Monday, Wednesday, Thursday and Friday 9h00 to 16h00, Tuesday 13h00 to 16h00

Financing: grants, municipal

Legal status: non-profit organization

AIDANTS UNIS POUR RECRÉER ENSEMBLE DES SOUTIENS

Confidential Address

819 557-0789 Fax: 819 557-0641

Website: aupres.ca

Email: aupres@hotmail.ca

Services: Social accompaniment service. * Accompaniment by peer helpers, focusing on social and recreational aspects, on a weekly basis. * Reception and listening to break isolation. * Support and follow-up during recovery.

Eligibility: adults living with mental health problems suffering from social isolation, volunteers

Coverage area: Gatineau

Hours: Monday to Friday 8h00 to 19h00

Fees: none

Financing: donations

Legal status: non-profit organization

CAMPUS 3

196 Notre-Dame Street, Gatineau, Outaouais, QC, J8P 0E6

819 663-3305

Website: campus3.ca

Email: info@campus3.ca

Services: Centre for seniors. Home care * Takeaway meals. * Day workshop for the preservation of autonomy and the respite of relatives. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * PADI program: day centre for seniors living with an intellectual disability. Housing * Housing Faubourg Jean-Marie-Vianney. * HébergeVac Centre: respite care. Leisure and community action * Intergenerational reading program. * Carpentry workshop, sale of handicrafts. * University of the Third Age. * Sports and creative activities and courses. * Room rental. * Catering service. * Volunteer opportunities.

Eligibility: people 50 years and older, housing: people 55 years and older on a low income, PADI: seniors living with an intellectual disability

Capacity: 130 units

Coverage area: Gatineau

Hours: Monday to Friday 8h00 to 16h00

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

Financing: Centraide Outaouais, municipal, provincial, grants

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE ENTRE-NOUS

175 Front Street, Gatineau, Outaouais, QC, J9H 5S9

819 684-2236

Website: centrecommunautaireentrenous.org/en

Email: ccenaccueil@gmail.com

Services: Community centre. Food * Collective kitchen. * Nurturing forest: fruit tree planting. Childhood and youth * Drop-in daycare for 0 to 5 years old. * Homework assistance. * Drop-in breastfeeding program. * Toy library: loan of games and toys. * Pandas playgroup (0 to 5 years old): parent-child workshops. * Petit cuisiniers: cooking classes for 6 to 12 years old. * Activities for 12 to 17 years old, in partnership with Avenue des jeunes. * Entre nous filles: discussion group for Grade 5 and 6 girls. * Day camp and spring break camp. Material assistance * Opération habit de neige: distribution of winter clothing. * Shared-store for school supplies. * Recovery of used clothing. Education * French courses. * Spanish courses. Social events * Café populaire, a space for socializing. * Social and recreational activities: sewing and knitting classes, karate classes, line dancing, board game group, danse cardio classes, physical activities for seniors. * Community parties.

Eligibility: people in vulnerable situations, children, teenagers, families, seniors

Coverage area: Gatineau: MacLeod neighbourhood and surrounding areas (primarily from the following neighbourhoods: MacLeod, Vieux-Aylmer, Des Cedres, La Seigneurie)

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

Financing: provincial, municipal, Centraide Outaouais, donations

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE ACCÈS

67 Principale Street, Gatineau, Outaouais, QC, J9H 3L4

819 684-2242 Fax: 819 682-2641

Website: cabaccès.ca

Email: info@cabaccès.ca

Services: * Day activities for seniors: preventive, formative, recreational and socialization activities. * Visits and calls for seniors. * Action Program: employability program. * Accompaniment and transportation to medical appointments. * Accompaniment to the grocery store. * Tax clinic.

Eligibility: seniors, people in loss of autonomy, people on a low income, caregivers

Coverage area: Aylmer sector of Gatineau

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

Fees: membership: \$25 per year, services: variable

Financing: provincial, Centraide Outaouais, membership fees, self-financing

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE DE GATINEAU (LE)

42 Gatineau Avenue, Gatineau, Outaouais, QC, J8T 4J3

819 568-0747

Website: www.cabgatineau.com

Email: directiongenerale@videotron.ca

Services: Volunteer centre. Seniors * Meals on wheels. * Carrefour d'information pour Aînés: information and assistance with administrative procedures, offered on site, by phone or at home. * SécuriCAB: personalized and automated calls, reminders for taking medication. * Assistance with forms. * Télé bonjour: reassurance on the phone. * Friendly visits. * Accompaniment and transportation. * Tax clinic. Volunteering and community support * Volunteer recruitment, training, orientation and support. * Promotion of volunteerism. * Consultation and collaboration with the actors of the community.

Eligibility: general public, seniors, volunteers

Coverage area: Gatineau sector of Gatineau

Hours: Monday to Friday 8h30 to 12h00 and 12h30 to 15h30

Fees: variable

Financing: grants, donations

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE DE HULL

12 Brodeur Street, Gatineau, Outaouais, QC, J8Y 2P4

819 778-2900

Website: cabhull.org

Email: direction@benevoles-outaouais.org

Services: * Meals on wheels. * Accompaniment-transportation for medical appointments and essential services. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV): information, referrals to appropriate services and accompaniment. * Assistance with forms. * Tax clinic. * Volunteers recruitment.

Eligibility: individuals and families on a low income, seniors, people with a loss of autonomy, people wishing to volunteer, community organizations

Coverage area: Hull sector of Gatineau

Hours: Monday to Friday 8h30 to 15h30

Fees: meals on wheels: \$7.25

Financing: provincial, donations

Legal status: non-profit organization

CENTRE D'ENTRAIDE AUX AÎNÉS

331 de la Cité-des-Jeunes Boulevard, Suite 101, Gatineau, Outaouais, QC, J8Y 6T3

819 771-6609

Website: www.entraideauxaines.ca

Email: direction@entraideauxaines.ca

Services: * Pairing program: friendly visits and calls. * Activity days and community lunches. * Caregivers support program: training, information sessions, support groups and individual support. * Accompaniment and transportation to medical appointments and special needs by volunteers. * Grocery shopping day: accompaniment and transportation to grocery shopping by volunteers.

Eligibility: seniors 65 years old and over with a slight loss of autonomy, caregivers of seniors

Coverage area: Gatineau: Hull area

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, day of activities: Tuesday and Thursday 9h30 to 14h00

Fees: annual membership card: \$20 for one person, \$35 for two persons living at the same address, day of activities: \$5, community lunch: \$5

Financing: provincial, Centraide Outaouais

Legal status: non-profit organization

ENTRAIDE-DEUIL DE L'OUTAOUAIS

115 Sacré-Coeur Boulevard, Suite 204, Gatineau, Outaouais, QC, J8X 1C5

819 770-4814 Fax: 819 770-8176

Website: entraide-deuil.qc.ca

Email: direction@entraide-deuil.qc.ca

Services: Organization that aims to improve the well-being and the autonomy of bereaved people through support and information. * Mutual aid groups for adults: weekly meeting program or two days condensed program for the loss of a child, the loss of a spouse or the loss of a loved one. * Partager pour mieux grandir: mutual aid groups program for teenagers. * J'écoute ma toute petite voix: mutual aid groups program for children. * Regular and condensed program for pet bereavement. * One on one: temporary and short-term individual support by a volunteer. * Mon premier Noël sans toi: activity to help bereaved people to experience the holiday gatherings better. * Mutual aid and sharing evenings: thematic evenings. * Documentation centre on site and referrals available on the website. * Presentations to the community on request. * Volunteer training for the animation of the mutual aid groups.

Eligibility: adults, teenagers from 13 to 18 years old, children from 6 to 12 years old

Capacity: 10 people per meeting, children mutual aid group: 8

Coverage area: Outaouais

Hours: Monday to Friday 8h30 to 16h30, Mon premier Noël sans toi: first Saturday of December

Fees: suggested contribution of \$10 per meeting

Financing: provincial, municipal, self-financing

Legal status: non-profit organization

ESPACE DEP SYLVESTRE

230 Montcalm Street, Gatineau, Outaouais, QC, J8Y 3C1

819 771-3723

Website: depanneursylvestre.org

Email: depanneursylvestre@hotmail.com

Services: * Meeting place open to all. * Coffee and food, dinner. * Collective kitchen. * Animation and preventive intervention. * Internet access. * Social, cultural, recreational and intergenerational activities and events. * Community mental health support. * Volunteering and volunteer centre. * Community development. * Adapted work, professional reintegration and rehabilitation, support for employability and training. * Support and integration.

Eligibility: people on a low income, people experiencing social isolation

Coverage area: Outaouais

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

Fees: voluntary contribution

Financing: provincial, self-financing

Legal status: cooperative

ESPOIR ROSALIE DE GATINEAU

763 Saint-Louis Street, Gatineau, Outaouais, QC, J8T 2S9

819 243-7663 Fax: 819 243-7648

Website: www.espoirrosalie.org

Email: info@espoirrosalie.org

Services: Services for single mothers and their children. Women's Services * Individual follow-up: listening, accompaniment, support in the process, home visits, etc. * Parenting Skills Workshops. * Personal growth workshops, * Recreational activities. * Psychoeducational workshops on various topics. * Collective kitchen. * Food assistance. * Free mini thrift store. * Christmas sponsorships. * Snowsuit Program, in collaboration with Centraide. Children's Services * Daycare and drop-in, meals and snacks provided. * Individual follow-up. * Gross motor skills workshops for children from 0 to 5 years old. * Psychoeducational workshops for children from 6 to 12 years old. * Summer camp for children from 6 to 12 years old Family Services. * Workshops and mother-child activities. * Family Respite: stay in a cottage with the family.

Eligibility: single mothers, their children

Coverage area: Gatineau

Hours: Monday to Wednesday 8h30 to 15h30, Thursday 8h30 to 15h30 and 17h00 to 20h00, Saturday 8h30 to 15h30

Fees: none

Financing: provincial, Centraide Outaouais, foundations, donations

Legal status: non-profit organization

LATEKOE

85B du Portage Promenade, Gatineau, Outaouais, QC, J8X 2K2

819 685-2424

Website: cipp-fpic.com/en/home-2

Email: info@cipp-fpic.com

Services: Promotion of social and technological innovation by and with Indigenous people. * Educational workshops on various themes: Indigenous protocols and governance, Indigenous people in cities, bullying and indigenous people, Indigenous education etc. * FabLab ONAKI: collaborative digital fabrication workshop with access to knowledge and machinery. * ONAKI circles: Indigenous activities in primary and secondary schools.

Eligibility: general public

Coverage area: Outaouais

Hours: Monday to Friday 8h30 to 16h30, summer period 8h00 to 16h00

Fees: variable

Financing: donations, grants

Legal status: non-profit organization

LOISIR SPORT OUTAOUAIS

390 de Buckingham Avenue, Gatineau, Outaouais, QC, J8L 2G7

819 663-2575

Website: www.urlso.qc.ca

Email: info@urlso.qc.ca

Services: Stimulates regional development in leisure, sport and outdoor activities. * Training: welcoming and leisure activities for people with a disability, planning and development of a program of activities, finding partners, understanding grant applications, etc. * Secondaire en spectacle: development of youth through the practice of cultural leisure activities in the school environment. * Jeux du Québec: development of competitive sports. * Mes Premiers Jeux: introducing youth to the pleasures of competitive sports and putting them in contact with sports clubs in their region. * Expertises: outdoor activities, recreation for people with a disability, municipal, school and community recreation, day camps, volunteer work, etc. * Financial assistance programs: projects promoting physical activities, projects for people with a disability, projects related to volunteering in leisure, sport and outdoor activities, etc.

Eligibility: general public

Coverage area: Outaouais

Hours: Monday to Friday 9h00 to 16h00

Fees: annual membership: free for citizens, variable for organizations

Financing: contributions, provincial, self-financing

Legal status: non-profit organization

ORGANISATION COMMUNAUTAIRE J'AIME MA VILLE - GATINEAU

Confidential Address

Website: jaimemaville.com

Email: info@jaimemaville.com

Services: Promotion of community involvement through volunteering. * Prevention of social isolation. * Volunteering.

Eligibility: vulnerable people, community organizations

Coverage area: Gatineau

Fees: none

Financing: donations

Legal status: non-profit organization

SOLIDARITÉ GATINEAU-OUEST

1096 Saint-Louis Street, Gatineau, Outaouais, QC, J8T 2R7

819 246-2029 Fax: 819 246-9819

Website: solidaritegatineauouest.ca

Email: s.g.o@videotron.ca

Services: Activities and support centre for individuals and families. Food services * Family parties and meals. * Collective kitchens. * Community gardens. * Christmas baskets. Youth and family * Drop-in daycare. * Day camp. * Jeux d'enfants: child development activities with parents. * Parenting skills workshops: Y'app, Gestion des émotions et du stress, Communication non violence parent-enfant. * Homework help and accompaniment. * Low-cost school supplies. Support services to individuals * Reception, accompaniment and helping relation. * Registration assistance for the Volunteer Centre's tax clinic. * Discussion group workshops. * Training in personal development. * Assistance with filling out forms. * French course. * Sewing course. * Thrift store. * Opération habit de neige: sale of children's snowsuits at low cost. * Internet access. * Volunteering.

Eligibility: people and families on a low income or in a vulnerable situation

Coverage area: Outaouais

Hours: Monday to Friday 9h00 to 16h00

Fees: Opération habit de neige: \$15 to \$20

Financing: provincial, municipal, Centraide Outaouais, donations

Legal status: non-profit organization

SOUPE POPULAIRE DE HULL

297 des Allumettières Boulevard, Gatineau, Outaouais, QC, J8Y 4B7

819 778-0173 Fax: 819-778-7408

Website: www.soupepopulairedehull.org

Email: administration@soupepopulairedehull.org

Services: Support and tools for people in precarious situations. * Welcoming, listening, accompaniment and counselling. * Lunch and dinner meals. * Assistance for budget management. * Legal assistance. * Social and community integration activities: group outings, coffee meetings, leisure activities, etc. * Volunteering and intership. * Distribution of naloxone kit.

Eligibility: people in a situation of financial, social or personal precariousness

Coverage area: Gatineau, Hull sector

Hours: Monday to Friday 10h30 to 16h30, lunch: Monday to Friday 11h30 to 13h30, dinner: Monday to Friday 16h45 to 18h15, legal aid: once a week, without appointment, dental clinic: once a week

Fees: voluntary contribution for meals: \$1

Financing: Centraide Outaouais

Legal status: non-profit organization

TEL-AIDE OUTAOUAIS

92 Saint-Raymond Boulevard, Gatineau, Outaouais, QC, J8Y 1S7

819 775-3223

Website: www.telaideoutaouais.ca

Email: administration@telaideoutaouais.ca

Services: Helpline for all issues. * Active, anonymous, confidential and non-discriminatory listening. * Support and referral. * Listening service for voice hearers. * Mental health prevention and awareness. * Training, support and accompaniment for volunteers.

Eligibility: people 18 years and over experiencing difficulties of all kinds (bereavement, loneliness, suffering, depression, etc.)

Coverage area: Outaouais

Hours: 24 hours / 7 days

Fees: none

Financing: Centraide Outaouais, provincial, municipal

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**

Adapted work and employability support

ASSOCIATION DES FAMILLES MONOPARENTALES ET RECOMPOSÉES DE L'OUTAOUAIS

85 Saint-Joseph Boulevard, Gatineau, Outaouais, QC, J8Y 3W6

819 771-3269 Fax: 819 771-3260

Website: www.afmro.ca

Email: afmro@videotron.ca

Services: Services relating to family break-up and reorganization. * Access supervision, supervised visits and custody exchanges. * Consultation and helping relationship. * Information and referral. * Pre-employability program. * Documentation centre. * Co-parenting workshops. * Educational activities and experience sharing.

Eligibility: single-parent and stepfamilies, helping relationship: families with an income of less than \$50,000 per year, pre-employability program: single-parent women or women living in stepfamilies on a low income

Coverage area: Outaouais

Hours: Monday to Friday 8h30 to 16h00

Fees: helping relationship: 5 to \$25 per hour, depending on income

Financing: provincial, grants

Legal status: non-profit organization

ASSOCIATION DES NEUROTRAUMATISÉS - RÉGION DE L'OUTAOUAIS

115 Sacré-Coeur Boulevard, Suite 1, Gatineau, Outaouais, QC, J8X 1C5

819 770-8804 Fax: 819 770-5863

Website: www.ano.ca

Email: ano@ano.ca

Services: Assists people who have suffered a traumatic brain injury (TBI) or stroke and their families. * Social integration program. * Support program. * Residential integration program. * Socio-professional integration program.

Eligibility: people 18 years and over who have suffered a traumatic brain injury (TBI) or stroke, their families

Coverage area: Outaouais

Hours: Monday to Friday 9h00 to 16h00

Financing: provincial

Legal status: non-profit organization

CENTRE ALIMENTAIRE AYLMEYER

67 Couvent Street, Gatineau, Outaouais, QC, J9H 6A2

819 684-0163 Fax: 819 684-4714

Website: www.centrealimentaireaylmer.org

Email: caadmin@centrealimentaireaylmer.org

Services: Food assistance and mutual aid for disadvantaged individuals and families. * Food assistance. * Social and professional reintegration. * Helping relationship. * Homelessness prevention: accompaniment in finding and maintaining housing, referrals. * Collective kitchens. * Cooking workshop. * Bien au chaud program: collection and distribution of winter clothing for children. * Online video library: informative thematic videos. * Magasin-partage scolaire: distribution of school supplies. * Magasin partage de Noël: distribution of Christmas baskets for members. * Opération habit de neige: distribution of winter clothing.

Eligibility: people and families on a low income

Coverage area: Aylmer sector of Gatineau

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

Fees: variable

Financing: Centraide Outaouais, federal, provincial, foundations, donations

Legal status: non-profit organization

CENTRE DE TRAVAIL LARO

179 Deveault Street, Gatineau, Outaouais, QC, J8Z 1S7

819 770-6434

Website: centredetravaillaro.com/en

Email: info@ctlaro.com

Services: Adapted work centre. * Adapted job opportunities. * Labour services: postal preparation, packaging, binding, carpentry, delivery and reception. * Labour rental. * Sale of lottery tickets.

Eligibility: people living with a physical or a mental disability

Capacity: 100 employees

Coverage area: Outaouais

Hours: Monday to Friday 8h00 to 16h30

Financing: provincial, self-financing

Legal status: non-profit organization

CENTRE INTER-SECTION

1232 Saint-René Boulevard West, Gatineau, Outaouais, QC, J8T 6H3

819 568-4555

Website: www.inter-section.ca

Email: info@inter-section.ca

Services: Centre for recovery and support in mental health for rehabilitation and social reintegration. * Psychosocial support and accompaniment. * Mourning after suicide: support group and individual follow-up. * Recovery activities and support group. * Employability development program. * Socioprofessional support. * Community housing. * Leisure and training activities. * Conferences.

Eligibility: people living with a mental health problem, people bereaved by suicide

Capacity: variable

Coverage area: Outaouais

Hours: Monday to Friday 9h00 to 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

CENTRE JEAN BOSCO DE MANIWAKI

204 Laurier Street, Maniwaki, Outaouais, QC, J9E 2K9

819 449-4057 Fax: 819 449-1900

Email: daniel.corbeil@centrejeanbosco.ca

Services: Adapted work centre. * Work experience opportunities: le Carro thrift store, document shredding service and recovery of non-hazardous residual materials. * Le Carro thrift store. * Social and professional integration and reintegration.

Eligibility: people living with an intellectual disability, an autism spectrum disorder or a physical disability

Coverage area: MRC La Vallée-de-la-Gatineau

Hours: Monday to Friday 8h00 to 16h00

Fees: none, thrift store: variable

Financing: Centraide Outaouais, provincial

Legal status: non-profit organization

COOPÉRATIVE DE SOLIDARITÉ DE L'UNICITÉ

895 Dollard Street, Gatineau, Outaouais, QC, J8L 3T4

819 986-3018

Website: www.serresbiodeloutaouais.com

Email: lesserresdeloutaouais@hotmail.ca

Services: Organic vegetable production cooperative aimed at integrating people with intellectual disabilities into the workplace. * Organic greenhouse vegetable store. * Hiring program for people with intellectual disabilities.

Eligibility: people living with an intellectual disability, general public

Coverage area: Outaouais

Hours: Monday to Friday 8h00 to 15h00

Financing: provincial

Legal status: non-profit organization

ENVOL, SERVICE DE RETOUR AU TRAVAIL (L')

92 Saint-Raymond Boulevard, Suite 302, Gatineau, Outaouais, QC, J8Y 1S7

819 770-1622

Website: www.envolsrt.org

Email: admin@envolsrt.org

Services: Organization aiming to promote access, integration and job retention for adults living with a mental health problem. * Reception and assessment: needs assessments, vocational guidance. * Job search, integration and retention: assistance with job search and integration, curriculum vitae, interview preparation, employer awareness. * Academic integration and retention: search for financial aid measures, assistance with registration and admission, assistance plan and support in organizing studies. * Group services.

Eligibility: adults living with a mental health problem

Coverage area: Outaouais

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

Fees: none

Financing: provincial

Legal status: non-profit organization

RE-SOURCE INTÉGRATION

312 Saint-Louis Street, Gatineau, Outaouais, QC, J8P 8B3

819 663-9908 Fax: 819 663-2319

Website: www.resourceintegration.ca

Email: rh@resourceintegration.ca

Services: Adapted work centres for people with disabilities. * Jobs and services in the fields of assembly, packaging, labelling and recycling. * La Source des Aubaines: jobs at the Liquidation Centre of the region. * Public and organizations awareness of the integration of people with disabilities in the workplace.

Eligibility: people living with an intellectual disability, physical limitation or mental health disorder, organizations, companies

Coverage area: Outaouais

Hours: Monday to Friday 8h00 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

RELANCE (LA)

270 des Allumettières Boulevard, Gatineau, Outaouais, QC, J8X 1N3

819 770-6444 Fax: 819 770-5328

Website: larelance.ca/en

Email: info@larelance.ca

Services: Employment assistance centre. Employment integration program * Paid 20-week internship in one of the companies of La Relance's companies: Hebdo Ménage, Service technologique La Relance. * Psychosocial accompaniment. * Support for skills development. * Workshops and special activities to the job search. * Training technique. * Individualized 24-month follow-up at the end of the program. Job finding club * Group training of 3 weeks. * Writing a CV, cover letter and a business card. * Interview simulation. * Job search and communication strategy. Job finding strategy * Individual or group training sessions lasting 4 days. * Job search strategies and tools update. * Interview simulation, CV and cover letter writing. * Accompaniment by a counselor for 4 weeks after the program. Specialized labour service * Individual consultations. * Job search assistance. * Professional integration and follow-up. Evolution service * Individual intervention or group workshops for men lasting 6 months to 1 year. * Personalized accompaniment in job search and integration. * Development of skills, self-knowledge activities. * Follow-up for job retention. Services to companies * Support in staff recruitment. * Personalized accompaniment. * Advice and training. Services offered by integration companies * Full commercial and industrial cleaning services. * Recovery and refurbishment of computers and IT equipment from public institutions and the private sector. * Free or low-cost distribution of computer equipment to schools, non-profit organizations, childcare centres and indigenous communities.

Eligibility: employment integration program: people 16 years and over with difficulties finding or keeping a job and who are not attending school full time, job finding club: people 16 years and over, job finding strategy: people 16 years and over who are job-ready and already have job search skills, specialized labour service: people 16 years and over with one or more disabilities with supporting written medical evidence, evolution service: men 35 years and over with difficulties in finding, integrating and maintaining employment, technical work experience program: graduates 16 to 30 years old with a college diploma or having completed at least one semester of a post-secondary program, preferably in a computer-related field, business services: companies looking for workers, computer hardware recovery: public institutions, businesses, computer hardware distribution: schools, non-profit organizations, indigenous communities

Coverage area: Outaouais

Hours: Monday to Friday 8h30 to 16h30

Fees: variable

Financing: federal, provincial, self-financing

Legal status: non-profit organization

RÉSEAU OUTAOUAIS ISP

109 Wright Street, Suite 200, Gatineau, Outaouais, QC, J8X 2G7

819 770-7129 Fax: 819 771-1769

Website: www.reseauoutaouais.qc.ca

Email: info@roisp.org

Services: Assistance for social and professional integration. * Employment assistance: psychosocial evaluation and socio-professional accompaniment including needs assessment and referrals. * Social assistance and support program Action: group integration activities in personal development and job search. * Community activities: insertion internship in a community organization, between 15 and 20 hours per week.

Eligibility: unemployed people with a problem of physical or mental health, under-qualification, under-employment or socio-economic integration

Coverage area: Gatineau, Hull sector

Hours: Monday to Friday 9h00 to 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

RÉSEAU OUTAOUAIS ISP - POINT DE SERVICE SECTEUR BUCKINGHAM

132 Maclaren Street East, Gatineau, Outaouais, QC, J8L 1K1

819 986-7771 Fax: 819 771-1769

Website: www.reseauoutaouais.qc.ca

Email: info@roisp.org

Services: Assistance for social and professional integration. * Employment assistance: psychosocial evaluation and socio-professional accompaniment including needs assessment and referrals. * Social assistance and support program Action: group integration activities in personal development and job search. * Community activities: insertion internship in a community organization, between 15 and 20 hours per week. * Job search centre: community access to internet and computers and documentation centre.

Eligibility: unemployed people living with a of physical or mental health, under-qualification, under-employment or socio-economic integration problem

Coverage area: Gatineau, Buckingham sector

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

RÉSEAU OUTAOUAIS ISP - POINT DE SERVICE SECTEUR GATINEAU

109 Wright Street, Suite 200, Gatineau, Outaouais, QC, J8X 2G7

819 770-7129 Fax: 819 771-1769

Website: www.reseauoutaouais.qc.ca

Email: info@roisp.org

Services: Assistance for social and professional integration. * Employment assistance: psychosocial evaluation and socio-professional accompaniment including needs assessment and referral. * Social assistance and support program ACTION: group integration activities in personal development and job search. * Community activities: insertion internship in a community organization, between 15 and 20 hours per week. * Job search centre: community access to Internet, computers and documentation centre.

Eligibility: unemployed people living with a physical or mental health issues, under-qualification, under-employment or socio-economic integration problem

Coverage area: Gatineau

Hours: Monday to Friday 8h00 to 16h00

Fees: none

Financing: provincial

Legal status: None or unknown

SERVICE INTÉGRATION TRAVAIL OUTAOUAIS

920 Saint-Joseph Boulevard, Suite 107, Gatineau, Outaouais, QC, J8Z 1S9

819 776-2260

Website: sito.qc.ca

Email: info@sito.qc.ca

Services: Employment assistance for immigrant people. * Personalized assistance job search. * Rapid job placement program including 4 weeks of training and 5 weeks of internship. * Pre-employment training program including 6 weeks of training and 5 weeks of internship. * Sito-jeunes: pre-employment training program for young people including 8 weeks of training and 12 weeks of paid internship. * Regionalization of immigration in the Outaouais: program that promotes the movement of job seekers from Montreal to the Outaouais.

Eligibility: immigrant people, sito-jeunes: immigrant people 18 to 30 years old, regionalization of immigration in the Outaouais: immigrant people and their families wishing to work and settle in the Outaouais region

Coverage area: Outaouais

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

Advocacy for people with a physical disability

ASSOCIATION DE L'OUÏE DE L'OUTAOUAIS

15 du Sommet Street, Gatineau, Outaouais, QC, J8Z 3M2

819 777-6767

Website: www.adoo.ca

Email: adoo@adoo.ca

Services: Defending the interests of people living with deafness. * Referral to health and work assistance services. * Literacy workshops. * Quebec Sign Language courses. * Recreational and social activities: art, cooking, coffee meetings, cultural outings. * Internet café. * Advocacy of rights of people living with deafness. * Awareness of public and parapublic organizations, various trainings.

Eligibility: people living with deafness, such as people who have become deaf, parents of children with hearing loss, and people who are hard of hearing or have tinnitus

Coverage area: Outaouais

Hours: Monday to Friday 9h00 to 16h00

Fees: annual membership: \$10 per person or \$20 per family

Financing: membership fees

Legal status: non-profit organization

ASSOCIATION DES NEUROTRAUMATISÉS - RÉGION DE L'OUTAOUAIS

115 Sacré-Coeur Boulevard, Suite 1, Gatineau, Outaouais, QC, J8X 1C5

819 770-8804 Fax: 819 770-5863

Website: www.ano.ca

Email: ano@ano.ca

Services: Assists people who have suffered a traumatic brain injury (TBI) or stroke and their families. * Social integration program. * Support program. * Residential integration program. * Socio-professional integration program.

Eligibility: people 18 years and over who have suffered a traumatic brain injury (TBI) or stroke, their families

Coverage area: Outaouais

Hours: Monday to Friday 9h00 to 16h00

Financing: provincial

Legal status: non-profit organization

ASSOCIATION POUR L'INTÉGRATION COMMUNAUTAIRE DE L'OUTAOUAIS

405 Maloney Boulevard East, Gatineau, Outaouais, QC, J8P 6Z8

819 669-6219 Fax: 819 669-7967

Website: apico.ca

Email: info@apico.ca

Services: Support, information, mutual aid and recreational activities offered to people living with an intellectual disability and their families in order to promote and facilitate their social and community inclusion. * Civic support. * Parent group. * Social integration. * Awareness. * Daytime activities.

Eligibility: people living with an intellectual disability, their families

Coverage area: Outaouais

Hours: 7 days, variable schedule

Financing: provincial, self-financing, Centraide Outaouais

Legal status: non-profit organization

DOULEUR CHRONIQUE OUTAOUAIS

161 Saint-René Boulevard West, Suite 206, Gatineau, Outaouais, QC

819 663-4494

Website: <https://douleurchroniqueoutaouais.ca/>

Email: infos@douleurchroniqueoutaouais.ca

Services: Improve the quality of life of people with chronic pain, their loved ones and promote their social and community integration. * Reception, information and referral. * Telephone intervention and by appointment. * Workshops on pain and emotion management. * Informative conferences on traditional and complementary treatment approaches. * Weekly self-help group. * Personal growth and resourcing. * Documentation centre. * Social and recreational activities. * Annual awareness show. * Self-financing activities.

Eligibility: people with chronic pain, their loved ones

Coverage area: Outaouais

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

Fees: membership: \$20 per year

Financing: provincial, donations

Legal status: non-profit organization

ENTRE DEUX ROUES

124 Sainte-Marie Street, Gatineau, Outaouais, QC, J8Y 2B1

819 770-2233

Website: www.entredeuxroues.org

Email: entredeuxroues@videotron.ca

Services: Organization that works for the social integration of people with severe reduced mobility or multiple physical limitations, for their quality of life and autonomy improvement and for the support of their family. * Vivre chez soi: home living skills. * Autonomy, self help skills and empowerment program. * Water therapeutic bath, relaxation and sports activities adapted to different syndromes: yoga, aquafitness, boccia, etc. * Literacy and communication. * Internet café: electronics and social networks training. * Videoconferencing sessions and individual follow-ups program. * Group activities: community garden, board games, arts and crafts, occasional outings. * Collective and community meals.

Eligibility: people over 16 years old who live with a physical disability that is not related to aging, to an intellectual disability, to a behavioral problem or to other notable problem and who need physical care in their daily life

Coverage area: Outaouais

Hours: Monday, Tuesday, Thursday 8h30 to 17h00, Wednesday and Friday 8h30 to 20h00

Fees: community meals: shared fees

Financing: provincial, municipal, donations, Centraide Outaouais, fundraising campaigns

Legal status: non-profit organization

REGROUPEMENT DES ASSOCIATIONS DE PERSONNES HANDICAPÉES DE L'OUTAOUAIS

115 Sacré-Coeur Boulevard, Suite 210, Gatineau, Outaouais, QC, J8X 1C5

819 770-0535

Website: www.rapho.org

Email: direction@rapho.org

Services: Advocacy and promotion of the interests of people living with a physical or intellectual disability or autism and their caregivers. * Welcome and referrals. * Awareness-raising events. * Inter-organizational round tables. * Raising awareness of the realities of people with disabilities among government bodies. * Online directory of resources.

Eligibility: people living with a disability (physical, intellectual, autism), caregivers, organizations working with people living with a disability

Coverage area: Outaouais

Hours: Monday to Friday 10h00 to 18h00

Fees: none

Financing: provincial

Legal status: non-profit organization

TRAIT D'UNION OUTAOUAIS

109 Wright Street, Suite 109, Gatineau, Outaouais, QC, J8X 2G7

819 595-1290

Website: www.traitdunionoutaouais.com/en/

Email: info@traitdunionoutaouais.com

Services: Social integration for autistic people. Family services * Daytime, evening and weekend respite. * Support group for parents. * Thematic activities on autism. * Family social activities. * Support and information for families and entourage. * Adapted material production room: color photocopier, laminating, machine, pictogram software, sheets and cardboard. Services for children with autism * Educational and social activities. * Day camp in summer. Services for adults with autism * Leisure activities. * Support group. * Social outings. * Various themed workshops. Services for everyone * Info-Advice line. * Media library and documentation centre: loan of books and DVDs. * Autism-Friendly Program: an autism awareness and training program for various environments.

Eligibility: people diagnosed with autism, their relatives, training: leisure environments, awareness: schools, general population

Coverage area: Outaouais

Hours: Monday to Friday 8h00 to 15h00

Fees: variable

Financing: provincial, self-financing

Legal status: non-profit organization

Advocacy for people with an intellectual disability**REGROUPEMENT DES ASSOCIATIONS DE PERSONNES HANDICAPÉES DE L'OUTAOUAIS**

115 Sacré-Coeur Boulevard, Suite 210, Gatineau, Outaouais, QC, J8X 1C5

819 770-0535

Website: www.rapho.org

Email: direction@rapho.org

Services: Advocacy and promotion of the interests of people living with a physical or intellectual disability or autism and their caregivers. * Welcome and referrals. * Awareness-raising events. * Inter-organizational round tables. * Raising awareness of the realities of people with disabilities among government bodies. * Online directory of resources.

Eligibility: people living with a disability (physical, intellectual, autism), caregivers, organizations working with people living with a disability

Coverage area: Outaouais

Hours: Monday to Friday 10h00 to 18h00

Fees: none

Financing: provincial

Legal status: non-profit organization

Deaf and hearing impaired**ASSOCIATION DE L'OUÏE DE L'OUTAOUAIS**

15 du Sommet Street, Gatineau, Outaouais, QC, J8Z 3M2

819 777-6767

Website: www.adoo.ca

Email: adoo@adoo.ca

Services: Defending the interests of people living with deafness. * Referral to health and work assistance services. * Literacy workshops. * Quebec Sign Language courses. * Recreational and social activities: art, cooking, coffee meetings, cultural outings. * Internet café. * Advocacy of rights of people living with deafness. * Awareness of public and parapublic organizations, various trainings.

Eligibility: people living with deafness, such as people who have become deaf, parents of children with hearing loss, and people who are hard of hearing or have tinnitus

Coverage area: Outaouais

Hours: Monday to Friday 9h00 to 16h00

Fees: annual membership: \$10 per person or \$20 per family

Financing: membership fees

Legal status: non-profit organization

PHONE RELAY SERVICE

1 du Portage Driveway, Gatineau, Outaouais, QC, J8X 4B1

1 800 855-0511 TTY: 1 800 855-0511

Website: crtc.gc.ca/eng/phone/acces/mrsrt.htm

Services: Phone-message relay service allowing speaking and non-speaking people to communicate. * From a teletypewriter (TTY) to a standard phone or from a standard phone to a teletypewriter. * Phone-message relay system by teletypewriter: the operator communicates with the hearing or speaking-impaired person using a teletypewriter and speaks with the discussion partner directly. * IP relay service call (Internet Protocol): the person with a hearing or speech disability uses an Internet-enabled device to reach a relay operator by logging into the IP relay provider's web portal.

Eligibility: people living with a hearing impairment or a speech-related disorder, people who wish to communicate with them

Coverage area: Province of Québec

Hours: 24 hours / 7 days

Fees: free local calls, long-distance fees apply

Financing: federal

Legal status: non-profit organization

REGROUPEMENT DES ASSOCIATIONS DE PERSONNES HANDICAPÉES DE L'OUTAOUAIS

115 Sacré-Coeur Boulevard, Suite 210, Gatineau, Outaouais, QC, J8X 1C5

819 770-0535

Website: www.rapho.org

Email: direction@rapho.org

Services: Advocacy and promotion of the interests of people living with a physical or intellectual disability or autism and their caregivers. * Welcome and referrals. * Awareness-raising events. * Inter-organizational round tables. * Raising awareness of the realities of people with disabilities among government bodies. * Online directory of resources.

Eligibility: people living with a disability (physical, intellectual, autism), caregivers, organizations working with people living with a disability

Coverage area: Outaouais

Hours: Monday to Friday 10h00 to 18h00

Fees: none

Financing: provincial

Legal status: non-profit organization

RELANCE (LA)

270 des Allumettières Boulevard, Gatineau, Outaouais, QC, J8X 1N3

819 770-6444 Fax: 819 770-5328

Website: larelance.ca/en

Email: info@larelance.ca

Services: Employment assistance centre. Employment integration program * Paid 20-week internship in one of the companies of La Relance's companies: Hebdo Ménage, Service technologique La Relance. * Psychosocial accompaniment. * Support for skills development. * Workshops and special activities to the job search. * Training technique. * Individualized 24-month follow-up at the end of the program. Job finding club * Group training of 3 weeks. * Writing a CV, cover letter and a business card. * Interview simulation. * Job search and communication strategy. Job finding strategy * Individual or group training sessions lasting 4 days. * Job search strategies and tools update. * Interview simulation, CV and cover letter writing. * Accompaniment by a counselor for 4 weeks after the program. Specialized labour service * Individual consultations. * Job search assistance. * Professional integration and follow-up. Evolution service * Individual intervention or group workshops for men lasting 6 months to 1 year. * Personalized accompaniment in job search and integration. * Development of skills, self-knowledge activities. * Follow-up for job retention. Services to companies * Support in staff recruitment. * Personalized accompaniment. * Advice and training. Services offered by integration companies * Full commercial and industrial cleaning services. * Recovery and refurbishment of computers and IT equipment from public institutions and the private sector. * Free or low-cost distribution of computer equipment to schools, non-profit organizations, childcare centres and indigenous communities.

Eligibility: employment integration program: people 16 years and over with difficulties finding or keeping a job and who are not attending school full time, job finding club: people 16 years and over, job finding strategy: people 16 years and over who are job-ready and already have job search skills, specialized labour service: people 16 years and over with one or more disabilities with supporting written medical evidence, evolution service: men 35 years and over with difficulties in finding, integrating and maintaining employment, technical work experience program: graduates 16 to 30 years old with a college diploma or having completed at least one semester of a post-secondary program, preferably in a computer-related field, business services: companies looking for workers, computer hardware recovery: public institutions, businesses, computer hardware distribution: schools, non-profit organizations, indigenous communities

Coverage area: Outaouais

Hours: Monday to Friday 8h30 to 16h30

Fees: variable

Financing: federal, provincial, self-financing

Legal status: non-profit organization

Language disorders

PHONE RELAY SERVICE

1 du Portage Driveway, Gatineau, Outaouais, QC, J8X 4B1

1 800 855-0511 TTY: 1 800 855-0511

Website: crtc.gc.ca/eng/phone/acces/mrsrt.htm

Services: Phone-message relay service allowing speaking and non-speaking people to communicate. * From a teletypewriter (TTY) to a standard phone or from a standard phone to a teletypewriter. * Phone-message relay system by teletypewriter: the operator communicates with the hearing or speaking-impaired person using a teletypewriter and speaks with the discussion partner directly. * IP relay service call (Internet Protocol): the person with a hearing or speech disability uses an Internet-enabled device to reach a relay operator by logging into the IP relay provider's web portal.

Eligibility: people living with a hearing impairment or a speech-related disorder, people who wish to communicate with them

Coverage area: Province of Québec

Hours: 24 hours / 7 days

Fees: free local calls, long-distance fees apply

Financing: federal

Legal status: non-profit organization

Mobility aids

AMICALE DES PERSONNES HANDICAPÉES PHYSIQUES DE L'OUTAOUAIS (L')

405 Notre-Dame Street, Gatineau, Outaouais, QC, J8P 1L7

819 663-2999

Website: amicale.ca

Email: info@amicale.ca

Services: * Free dinners for members. * Social and recreational activities: painting classes, pottery classes, film screenings, bingo, etc. * Rental, sale and exchange of used adapted equipment: chairs, bath seats, crutches, etc. * Adapted community garden.

Eligibility: people living with a physical disability

Coverage area: Outaouais

Hours: Monday to Friday 9h00 to 15h00, lunches for members: Monday, Wednesday and Friday

Fees: membership card: \$10 per year

Financing: membership fees, provincial, grants

Legal status: non-profit organization

CLSC DE GRACEFIELD

12 Principale Street, Suite A, Gracefield, Outaouais, QC, J0X 1W0

819 463-2604

Website: https://sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=1559&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=7&ch_rayon=0&ch_code=

Services: Frontline services for routine health and social services. * Authentication of health insurance card. * Cane, wheelchair and walker rental. * Dressing changes and follow-up. * Same-day or next-day medical consultations. * Regular contraception and emergency oral contraception. * Prenatal classes. * Screening. * Distribution of new injection equipment to drug users (free service). * Blood sampling. * Collection of used syringes and needles.

Coverage area: Outaouais

Hours: 8h00 à 12h00, 13h00 à 16h00

Financing: provincial

Legal status: parapublic organization

SOCIÉTÉ CANADIENNE DE LA SCLÉROSE EN PLAQUES - DIVISION DU QUÉBEC - SECTION OUTAOUAIS

10 Noël Street, Suite 112, Gatineau, Outaouais, QC, J8Z 3G5

1 819 778-1450 Fax: 1 819 778-7058

Website: mscanada.ca/ms-canada-outaouais

Email: info.outaouais@scleroseenplaques.ca

Services: * Information, documentation and referral. * Psychological support. * Self-help group. * Day activity centre. * Home and hospital visits. * Civic support service: help with filling out forms, accompaniment to go vote, budget management. * Recreational and social activities. * Equipment loan. * Promotion and defence of rights. * Conferences.

Eligibility: people with multiple sclerosis, their relatives

Coverage area: Outaouais

Hours: Monday to Friday 8h00 to 15h00

Financing: donations, fundraising campaigns

Legal status: non-profit organization

Paratransit

GUICHET UNIQUE DES TRANSPORTS COLLECTIF ET ADAPTÉ DE LA VALLÉE-DE-LA-GATINEAU

198 Notre-Dame Street, Suite 104, Maniwaki, Outaouais, QC, J9E 2J5

819 449-7666 Fax: 819 306-1611

Website: www.mrcvg.qc.ca/index.php/en/the-gutac

Email: gutac.vg@hotmail.com

Services: One-stop source for collective transportation, including adapted transportation. * Adapted transportation for people living with a disability or with loss of autonomy. * Medical transportation. * Collective transportation.

Eligibility: residents, seniors, people living with a disability or with loss of autonomy, people on a low income, youth and all people who need a transportation service

Coverage area: MRC La Vallée-de-la-Gatineau

Hours: Monday to Friday 8h00 to 16h00

Fees: variable depending on distance

Financing: municipal, provincial

Legal status: non-profit organization

SOCIÉTÉ DE TRANSPORT DE L'OUTAOUAIS - SERVICE DU TRANSPORT ADAPTÉ

111 Jean-Proulx Street, Gatineau, Outaouais, QC, J8Z 1T4

819 773-2222 option 1

Website: www.sto.ca/index.php?id=transportadapte&L=en

Email: admission.ta@sto.ca

Services: * Paratransit with a reservation. * Book or modify a trip. * Revision admission file: www.quebec.ca/transports/transport-adapte/admissibilite-transport-adapte

Eligibility: people living with a significant and persistent impairment (physical or mental) (inability to walk 400 metres on level ground, inability to climb a 35-centimetre step with support or to descend a step without support, inability to complete a trip using regular public transit, inability to orient oneself in time or space, inability to control situations or behaviours that could be detrimental to one's own safety or that of others)

Coverage area: Gatineau, reasons for travel in STO territory: all reasons (except school and inter-institutional transportation), reasons for travel in Ontario territory: work, post-secondary studies, health care (occupational therapy, physiotherapy and medical appointments) (Ottawa Hospital, Children's Hospital of Eastern Ontario, Royal Ottawa Rehabilitation Centre, Montfort Hospital), cultural and recreational activities (bounded by King Edward Street to the east, Queensway to the south, Booth to the west and Rivière Outaouais to the north)

Hours: customer relations: Monday to Friday 6h00 to 21h00, Saturday and Sunday 7h30 to 21h00, transportation: Monday to Sunday 6h15 to 00h30, in person: Monday to Friday 8h30 to 16h30

Fees: variable (the same fares as for regular public transit)

Financing: provincial, self-financing

Legal status: parapublic organization

Recreation and camps

ALZHEIMER SOCIETY OUTAOUAIS

440 Maloney West Boulevard, Gatineau, Outaouais, QC, J8P 6W2

819 777-4232 Fax: 819 893-1397

Website: alzheimeroutaouais.com

Email: info@alzheimeroutaouais.com

Services: Accompaniment of people affected by Alzheimer's disease. * Support, information, referral and advice. * Phone counselling. * Individual and family counselling in person. * Day and respite centres: social and stimulation activities. * Accompaniment and respite at home. * Training workshops. * Support groups. * Brain stimulation workshops. * Information and awareness workshops. * Conferences. * Professional training program. * Reference platform for health care workers: <http://referenceaidancequebec.ca>

Eligibility: people living with Alzheimer's disease or any other major neurodegenerative disorder, their family, caregivers, health professionals or any other professionals related to the people affected by the disease

Coverage area: Outaouais

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

Fees: variable

Financing: fédéral, provincial, dons

Legal status: non-profit organization

AMICALE DES PERSONNES HANDICAPÉES PHYSIQUES DE L'OUTAOUAIS (L')

405 Notre-Dame Street, Gatineau, Outaouais, QC, J8P 1L7

819 663-2999

Website: amicale.ca

Email: info@amicale.ca

Services: * Free dinners for members. * Social and recreational activities: painting classes, pottery classes, film screenings, bingo, etc. * Rental, sale and exchange of used adapted equipment: chairs, bath seats, crutches, etc. * Adapted community garden.

Eligibility: people living with a physical disability

Coverage area: Outaouais

Hours: Monday to Friday 9h00 to 15h00, lunches for members: Monday, Wednesday and Friday

Fees: membership card: \$10 per year

Financing: membership fees, provincial, grants

Legal status: non-profit organization

ASSOCIATION DE L'OUÏE DE L'OUTAOUAIS

15 du Sommet Street, Gatineau, Outaouais, QC, J8Z 3M2

819 777-6767

Website: www.adoo.ca

Email: adoo@adoo.ca

Services: Defending the interests of people living with deafness. * Referral to health and work assistance services. * Literacy workshops. * Quebec Sign Language courses. * Recreational and social activities: art, cooking, coffee meetings, cultural outings. * Internet café. * Advocacy of rights of people living with deafness. * Awareness of public and parapublic organizations, various trainings.

Eligibility: people living with deafness, such as people who have become deaf, parents of children with hearing loss, and people who are hard of hearing or have tinnitus

Coverage area: Outaouais

Hours: Monday to Friday 9h00 to 16h00

Fees: annual membership: \$10 per person or \$20 per family

Financing: membership fees

Legal status: non-profit organization

ASSOCIATION POUR L'INTÉGRATION COMMUNAUTAIRE DE L'OUTAOUAIS

405 Maloney Boulevard East, Gatineau, Outaouais, QC, J8P 6Z8

819 669-6219 Fax: 819 669-7967

Website: apico.ca

Email: info@apico.ca

Services: Support, information, mutual aid and recreational activities offered to people living with an intellectual disability and their families in order to promote and facilitate their social and community inclusion. * Civic support. * Parent group. * Social integration. * Awareness. * Daytime activities.

Eligibility: people living with an intellectual disability, their families

Coverage area: Outaouais

Hours: 7 days, variable schedule

Financing: provincial, self-financing, Centraide Outaouais

Legal status: non-profit organization

ENTRE DEUX ROUES

124 Sainte-Marie Street, Gatineau, Outaouais, QC, J8Y 2B1

819 770-2233

Website: www.entredeuxroues.org

Email: entredeuxroues@videotron.ca

Services: Organization that works for the social integration of people with severe reduced mobility or multiple physical limitations, for their quality of life and autonomy improvement and for the support of their family. * Vivre chez soi: home living skills. * Autonomy, self help skills and empowerment program. * Water therapeutic bath, relaxation and sports activities adapted to different syndromes: yoga, aquafitness, boccia, etc. * Literacy and communication. * Internet café: electronics and social networks training. * Videoconferencing sessions and individual follow-ups program. * Group activities: community garden, board games, arts and crafts, occasional outings. * Collective and community meals.

Eligibility: people over 16 years old who live with a physical disability that is not related to aging, to an intellectual disability, to a behavioral problem or to other notable problem and who need physical care in their daily life

Coverage area: Outaouais

Hours: Monday, Tuesday, Thursday 8h30 to 17h00, Wednesday and Friday 8h30 to 20h00

Fees: community meals: shared fees

Financing: provincial, municipal, donations, Centraide Outaouais, fundraising campaigns

Legal status: non-profit organization

FADOQ - OUTAOUAIS REGION

811 Saint-René Boulevard West, Suite D, Gatineau, Outaouais, QC, J8T 0C3

819 777-5774

Website: www.fadoq.ca/en/outaouais

Email: admin@fadoqoutaouais.qc.ca

Services: Grouping and representation of seniors in all instances requiring the recognition of their rights and needs. * Organizing recreational and sporting activities. * Privilege Program giving access to discounts on various products and services.

Eligibility: people 50 years and over

Coverage area: Outaouais

Hours: Monday to Friday 8h30 à 16h30

Fees: regional membership: \$30 for 1 year or \$50 for 2 years, club membership: \$25 for 1 year or \$45 for 2 years

Financing: membership fees

Legal status: non-profit organization

GRENIER D'APPRENTISSAGE JACQUES L. CHARBONNEAU

477 Bélanger Street, Gatineau, Outaouais, QC, J8L 2M3

819 281-6470 Fax: 819 281-6470

Email: legrenierdapprentissage@videotron.ca

Services: Day centre. * Workshops for socio-affective, language, cognitive, motor and autonomy development. * Literacy, mathematics. * Cultural outings. * Family activities. * Educational and recreational workshops: multicultural cuisine, anatomy, history, geography.

Eligibility: people 18 years and older with an intellectual disability

Capacity: 16 people

Coverage area: Gatineau

Hours: Monday to Friday 8h00 to 15h00

Fees: membership card: \$10 per year

Financing: provincial, grants, membership fees

Legal status: non-profit organization

SOCIÉTÉ CANADIENNE DE LA SCLÉROSE EN PLAQUES - DIVISION DU QUÉBEC - SECTION OUTAOUAIS

10 Noël Street, Suite 112, Gatineau, Outaouais, QC, J8Z 3G5

1 819 778-1450 Fax: 1 819 778-7058

Website: mscanada.ca/ms-canada-outaouais

Email: info.outaouais@scleroseenplaques.ca

Services: * Information, documentation and referral. * Psychological support. * Self-help group. * Day activity centre. * Home and hospital visits. * Civic support service: help with filling out forms, accompaniment to go vote, budget management. * Recreational and social activities. * Equipment loan. * Promotion and defence of rights. * Conferences.

Eligibility: people with multiple sclerosis, their relatives

Coverage area: Outaouais

Hours: Monday to Friday 8h00 to 15h00

Financing: donations, fundraising campaigns

Legal status: non-profit organization

TRAIT D'UNION OUTAOUAIS

109 Wright Street, Suite 109, Gatineau, Outaouais, QC, J8X 2G7

819 595-1290

Website: www.traitdunionoutaouais.com/en/

Email: info@traitdunionoutaouais.com

Services: Social integration for autistic people. Family services * Daytime, evening and weekend respite. * Support group for parents. * Thematic activities on autism. * Family social activities. * Support and information for families and entourage. * Adapted material production room: color photocopier, laminating, machine, pictogram software, sheets and cardboard. Services for children with autism * Educational and social activities. * Day camp in summer. Services for adults with autism * Leisure activities. * Support group. * Social outings. * Various themed workshops. Services for everyone * Info-Advice line. * Media library and documentation centre: loan of books and DVDs. * Autism-Friendly Program: an autism awareness and training program for various environments.

Eligibility: people diagnosed with autism, their relatives, training: leisure environments, awareness: schools, general population

Coverage area: Outaouais

Hours: Monday to Friday 8h00 to 15h00

Fees: variable

Financing: provincial, self-financing

Legal status: non-profit organization

VALLÉE JEUNESSE OUTAOUAIS

111 de Carillon Street, Gatineau, Outaouais, QC, J8X 2P8

819 778-8550 Fax: 819 778-0754

Website: www.valleejeunesse.ca

Email: administration@valleejeunesse.ca

Services: Prevention of academic and social abandonment. * Écho program: intensive specialized family intervention services for families living through multiple problematic situations. * Catamaran program: alternative socializing activities for youth living through multiple problematic situations. * Camp Exploration: alternative day camp for youth who cannot attend regular day camps because of multiple problematic situations. * Belvédère: transitory housing for youth dealing with homelessness. * Coup de Pouce Jeunesse program: prevention of missing and dropping out of school for teenagers and their families. * Project 14-17 years old: social reinsertion environment for students who can no longer attend the regular programs at school for behavioural or addiction reasons. * Project 16-24 years old: program for youth who wish to stay or go back to school but are faced with difficulties that make this challenging.

Eligibility: Écho project: youth 7 to 17 years old living through at least two problematic situations, Catamaran project: youth 7 to 17 years old who are followed by a social worker and living through at least two problematic situations, Camp Exploration: youth 7 to 17 years old living through multiple problems, Belvédère: youth 16 to 21 years old dealing with or at risk of homelessness, Coup de Pouce Jeunesse: youth 13 to 16 years old at risk of dropping out and their families, project 14-17 and 16-24: students in the Centre des services scolaire des Portages de l'Outaouais (CSSPO)

Coverage area: Gatineau and MRC les Collines-de-l'Outaouais

Financing: municipal, provincial, federal

Legal status: non-profit organization

Respite services and housing

ASSOCIATION POUR L'INTÉGRATION COMMUNAUTAIRE DE L'OUTAOUAIS

405 Maloney Boulevard East, Gatineau, Outaouais, QC, J8P 6Z8

819 669-6219 Fax: 819 669-7967

Website: apico.ca

Email: info@apico.ca

Services: Support, information, mutual aid and recreational activities offered to people living with an intellectual disability and their families in order to promote and facilitate their social and community inclusion. * Civic support. * Parent group. * Social integration. * Awareness. * Daytime activities.

Eligibility: people living with an intellectual disability, their families

Coverage area: Outaouais

Hours: 7 days, variable schedule

Financing: provincial, self-financing, Centraide Outaouais

Legal status: non-profit organization

ASSOCIATION RÉPIT COMMUNAUTAIRE

592-A de l'Hôpital Boulevard, Gatineau, Outaouais, QC, J8V 2S9

819 561-6116 Fax: 819 561-4334

Website: www.asso-arc.org

Email: llacroix@asso-arc.org

Services: Respite home for children living with an intellectual disability (ID) with or without an autism spectrum disorder (ID-ASD) or multiple disabilities. * Respite services, with or without overnight stay. * Clinical meetings and evaluation. * Recreational and social activities.

Eligibility: people living with an intellectual disability (ID) or an intellectual disability with an autism spectrum disorder (ID-ASD) or multiple disabilities 4 to 24 years old

Coverage area: Gatineau

Hours: respite service with overnight stays: Friday 18h00 to Sunday 16h00, daytime respite service: Saturday and Sunday 9h00 to 16h00

Fees: weekend daytime: \$20 per day, weekend with one overnight stay: \$75, weekend with two overnight stays: \$100

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

Legal status: non-profit organization

CAMPUS 3

196 Notre-Dame Street, Gatineau, Outaouais, QC, J8P 0E6

819 663-3305

Website: campus3.ca

Email: info@campus3.ca

Services: Centre for seniors. Home care * Takeaway meals. * Day workshop for the preservation of autonomy and the respite of relatives. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * PADI program: day centre for seniors living with an intellectual disability. Housing * Housing Faubourg Jean-Marie-Vianney. * HébergeVac Centre: respite care. Leisure and community action * Intergenerational reading program. * Carpentry workshop, sale of handicrafts. * University of the Third Age. * Sports and creative activities and courses. * Room rental. * Catering service. * Volunteer opportunities.

Eligibility: people 50 years and older, housing: people 55 years and older on a low income, PADI: seniors living with an intellectual disability

Capacity: 130 units

Coverage area: Gatineau

Hours: Monday to Friday 8h00 to 16h00

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

Financing: Centraide Outaouais, municipal, provincial, grants

Legal status: non-profit organization

GRENIER D'APPRENTISSAGE JACQUES L. CHARBONNEAU

477 Bélanger Street, Gatineau, Outaouais, QC, J8L 2M3

819 281-6470 Fax: 819 281-6470

Email: legrenierdapprentissage@videotron.ca

Services: Day centre. * Workshops for socio-affective, language, cognitive, motor and autonomy development. * Literacy, mathematics. * Cultural outings. * Family activities. * Educational and recreational workshops: multicultural cuisine, anatomy, history, geography.

Eligibility: people 18 years and older with an intellectual disability

Capacity: 16 people

Coverage area: Gatineau

Hours: Monday to Friday 8h00 to 15h00

Fees: membership card: \$10 per year

Financing: provincial, grants, membership fees

Legal status: non-profit organization

HABITATIONS NOUVEAU DÉPART (LES)

165 Maloney Boulevard West, Gatineau, Outaouais, QC, J8P 3V6

819 893-1223

Website: www.hndgatineau.org

Email: info@hndgatineau.org

Services: Housing for people living with a severe and persistent mental health disorder, an intellectual disability or a pervasive developmental disorder. * Supportive housing services of varying intensity depending on the needs of the individual. * Social housing or access to suitable and affordable housing.

Eligibility: people living with a severe and persistent mental health disorder, an intellectual disability or an autism spectrum disorder

Capacity: 39 people

Coverage area: Gatineau

Hours: Monday to Friday 9h00 to 16h00

Fees: rental fees for the apartment

Financing: municipal, provincial

Legal status: non-profit organization

TRAIT D'UNION OUTAOUAIS

109 Wright Street, Suite 109, Gatineau, Outaouais, QC, J8X 2G7

819 595-1290

Website: www.traitdunionoutaouais.com/en/

Email: info@traitdunionoutaouais.com

Services: Social integration for autistic people. Family services * Daytime, evening and weekend respite. * Support group for parents. * Thematic activities on autism. * Family social activities. * Support and information for families and entourage. * Adapted material production room: color photocopier, laminating, machine, pictogram software, sheets and cardboard. Services for children with autism * Educational and social activities. * Day camp in summer. Services for adults with autism * Leisure activities. * Support group. * Social outings. * Various themed workshops. Services for everyone * Info-Advice line. * Media library and documentation centre: loan of books and DVDs. * Autism-Friendly Program: an autism awareness and training program for various environments.

Eligibility: people diagnosed with autism, their relatives, training: leisure environments, awareness: schools, general population

Coverage area: Outaouais

Hours: Monday to Friday 8h00 to 15h00

Fees: variable

Financing: provincial, self-financing

Legal status: non-profit organization

VOIX ET SOLIDARITÉ DES AIDANTS NATURELS DE LA VALLÉE DE LA GATINEAU

248 Cartier Street, Maniwaki, Outaouais, QC, J9E 3P5

819 441-1001

Website: www.voixetsolidarite.com

Email: direction@voixetsolidarite.ca

Services: Support for caregivers. * Listening, information and psychosocial support by phone and in person. * Support group. * In-home and out-of-home respite. * Coffee-meetings. * Training. * Conferences. * Defense of rights and interests.

Eligibility: caregivers, general public, in-home respite: caregivers of seniors, caregivers of people 18 years and over living with an intellectual or physical disability, caregivers of autistic people 18 years and over, out-of-home respite: people aged between 18 and 65, with all diagnoses, except for violent cases or those requiring certain invasive care

Coverage area: MRC La Vallée-de-la-Gatineau

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: provincial

Legal status: non-profit organization

Support Associations

ACCOMPAGNEMENT DES FEMMES IMMIGRANTES DE L'OUTAOUAIS

109 Wright Street, Unit 9, Gatineau, Outaouais, QC, J8X 2G7

819 776-6764

Website: afio.ca

Email: info@afio.ca

Services: Accompaniment of immigrant women in a process of cultural, economic and social integration in Outaouais. * Information sessions on the first steps of settlement: important documents to obtain, opening a bank account, looking for housing, childcare services and school registration, the Québec school system, financial aid and income tax returns, services offered by community organizations, diploma equivalencies, employability services, etc. * French classes for women and their families. * Administering oaths for documents. * Individual psychosocial support for immigrant women and women who are victims of violence. * Accompaniment in administrative procedures. * Valorization of immigrant women who are entrepreneurs and promotion of their products. * Babel: group for seniors to break isolation through group activities, physical activity, basic English courses, etc. * Espace parent: group discussion workshops for parents on the education system in Québec, the DPJ, children integration, etc. * Workshops on democratic and Quebecois values. * Subsidized daycare in Hull and Cantley. * New winter clothes at low cost. * Ready for back to school: distribution of school supplies at low cost. * Coffee-meetings.

Eligibility: immigrant women and their families, immigrant individuals, French classes: immigrant women and men 17 years old and over and born outside Canada, Babel: women 55 years old and over, winter clothes: migrant families on a low income

Coverage area: Outaouais

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, summer: Friday 8h30 to 13h00, specific hours for certain activities

Fees: none

Financing: municipal, provincial, Centraide Outaouais

Legal status: non-profit organization

ACCUEIL-PARRAINAGE OUTAOUAIS

124 Jeanne-d'Arc Street, Gatineau, Outaouais, QC, J8Y 2H7

819 777-2960 Fax: 819 777-1739

Website: apo-qc.org

Email: direction@apo-qc.org

Services: Welcoming of immigrants who have newly arrived to Outaouais and support with integration. * Welcoming, referrals and accompaniment. * Connections with institutions, resources and other government services. * Assistance in finding housing and signing a lease. * Enrollment in school and francization courses. * Assistance in filling out forms. * Support in navigating in the healthcare system. * Guidance for initial settlement steps: explanations for the first grocery shopping, opening a bank account, assistance with purchase a phone, public transport guidance, assistance in finding daycares, personal advice and support, photocopy and fax service. * Integration support: pairing programs, interpreter and translator bank, integration into the school system, mediation, sponsorship, employment resources referrals, document certification. * Information sessions about living in a new host community, rights, responsibilities, the notion of citizenship, etc.

Eligibility: newcomers, immigrants

Coverage area: Outaouais

Hours: Monday to Friday 8h30 to 16h30

Financing: municipal, provincial, Centraide Outaouais

Legal status: non-profit organization

ADOJEUNE

22 d'Auvergne Street, Gatineau, Outaouais, QC, J8T 6J8

819 568-4499 Fax: 819 568-3636

Website: adojeune.org

Email: adojeuneinc@videotron.ca

Services: * Prevention in schools for youth. * Support for parents. * Themed activities. * Youth centres and emergency housing.

Eligibility: schools, parents

Coverage area: Gatineau

Hours: Monday to Friday 8h30 to 15h30

Fees: free

Financing: provincial, fundraising campaigns

Legal status: non-profit organization

AIDANTS UNIS POUR RECRÉER ENSEMBLE DES SOUTIENS

Confidential Address

819 557-0789 Fax: 819 557-0641

Website: aupres.ca

Email: aupres@hotmail.ca

Services: Social accompaniment service. * Accompaniment by peer helpers, focusing on social and recreational aspects, on a weekly basis. * Reception and listening to break isolation. * Support and follow-up during recovery.

Eligibility: adults living with mental health problems suffering from social isolation, volunteers

Coverage area: Gatineau

Hours: Monday to Friday 8h00 to 19h00

Fees: none

Financing: donations

Legal status: non-profit organization

ALBATROS GATINEAU - LA LIÈVRE

115 Sacré-Coeur Boulevard, Suite 103, Gatineau, Outaouais, QC, J8X 1C5

873 455-9632

Email: AlbatrosGatineauLL@gmail.com

Services: Volunteer support for people in palliative care or at the end of life.* Accompaniment at home, in residences, CHSLDs and hospitals. <https://forms.gle/BAA4GgTtbwAiiSrC7>* Support and respite for caregivers.

* Active listening without judgement. * Volunteer training in palliative care.

<https://forms.gle/xu4Lcqojn6FRdwPx9>

Eligibility: people suffering from serious illnesses in palliative care or at the end of life, seniors, and their loved ones, training: caregivers, general population

Coverage area: MRC Les Collines-de-l'Outaouais, MRC Vallée-de-la-Gatineau, MRC Papineau

Hours: Monday to Sunday 9h00 to 21h00

Fees: accompaniment: free, training: variable

Financing: donations

Legal status: non-profit organization

ALZHEIMER SOCIETY OUTAOUAIS

440 Maloney West Boulevard, Gatineau, Outaouais, QC, J8P 6W2

819 777-4232 Fax: 819 893-1397

Website: alzheimeroutaouais.com

Email: info@alzheimeroutaouais.com

Services: Accompaniment of people affected by Alzheimer's disease. * Support, information, referral and advice. * Phone counselling. * Individual and family counselling in person. * Day and respite centres: social and stimulation activities. * Accompaniment and respite at home. * Training workshops. * Support groups. * Brain stimulation workshops. * Information and awareness workshops. * Conferences. * Professional training program. * Reference platform for health care workers: <http://referenceaidancequebec.ca>

Eligibility: people living with Alzheimer's disease or any other major neurodegenerative disorder, their family, caregivers, health professionals or any other professionals related to the people affected by the disease

Coverage area: Outaouais

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

Fees: variable

Financing: fédéral, provincial, dons

Legal status: non-profit organization

ASSOCIATION DE L'OUÏE DE L'OUTAOUAIS

15 du Sommet Street, Gatineau, Outaouais, QC, J8Z 3M2

819 777-6767

Website: www.adoo.ca

Email: adoo@adoo.ca

Services: Defending the interests of people living with deafness. * Referral to health and work assistance services. * Literacy workshops. * Quebec Sign Language courses. * Recreational and social activities: art, cooking, coffee meetings, cultural outings. * Internet café. * Advocacy of rights of people living with deafness. * Awareness of public and parapublic organizations, various trainings.

Eligibility: people living with deafness, such as people who have become deaf, parents of children with hearing loss, and people who are hard of hearing or have tinnitus

Coverage area: Outaouais

Hours: Monday to Friday 9h00 to 16h00

Fees: annual membership: \$10 per person or \$20 per family

Financing: membership fees

Legal status: non-profit organization

ASSOCIATION DES NEUROTRAUMATISÉS - RÉGION DE L'OUTAOUAIS

115 Sacré-Coeur Boulevard, Suite 1, Gatineau, Outaouais, QC, J8X 1C5

819 770-8804 Fax: 819 770-5863

Website: www.ano.ca

Email: ano@ano.ca

Services: Assists people who have suffered a traumatic brain injury (TBI) or stroke and their families. * Social integration program. * Support program. * Residential integration program. * Socio-professional integration program.

Eligibility: people 18 years and over who have suffered a traumatic brain injury (TBI) or stroke, their families

Coverage area: Outaouais

Hours: Monday to Friday 9h00 to 16h00

Financing: provincial

Legal status: non-profit organization

ASSOCIATION POUR L'INTÉGRATION COMMUNAUTAIRE DE L'OUTAOUAIS

405 Maloney Boulevard East, Gatineau, Outaouais, QC, J8P 6Z8

819 669-6219 Fax: 819 669-7967

Website: apico.ca

Email: info@apico.ca

Services: Support, information, mutual aid and recreational activities offered to people living with an intellectual disability and their families in order to promote and facilitate their social and community inclusion. * Civic support. * Parent group. * Social integration. * Awareness. * Daytime activities.

Eligibility: people living with an intellectual disability, their families

Coverage area: Outaouais

Hours: 7 days, variable schedule

Financing: provincial, self-financing, Centraide Outaouais

Legal status: non-profit organization

BUREAU RÉGIONAL D'ACTION SIDA DE L'OUTAOUAIS

109 Wright Street, Suite 003, Gatineau, Outaouais, QC, J8X 2G7

819 776-2727 Fax: 819 776-2001

Website: lebras.qc.ca

Email: info@lebras.qc.ca

Services: * Street work. * Defending and promoting the rights of people with blood-borne infections. * Prevention and awareness: infections transmitted by blood and Hepatitis C. * HIV, Aids, STD: prevention and social and recreational programmes. * Emotional and social support to people in the streets and those confined at home. * Food, housing and financial help. * Naloxone kit distribution. * Intervention during raves/parties. * Distribution and delivery of fentanyl test strips. * Substance analysis tools.

Eligibility: people living with HIV (PLHIV) and their loved ones, people living with hepatitis C (PLHCV) and their loved ones, people who use PAS, people who use drugs by injection or inhalation, people in care and at risk, sex workers, youth and young people in difficulty (e.g. street youth), MSM/WSW, trans people, party environments, people who are or have been incarcerated, First Nations people, people from regions where HIV infection is endemic

Coverage area: Outaouais

Hours: Monday to Friday 9h00 to 17h00

Fees: free

Legal status: non-profit organization

DIABÈTE OUTAOUAIS

10 Noël Street, Gatineau, Outaouais, QC, J8Z 3G5

819 770-0442

Website: diabeteoutaouais.com

Email: info@diabeteoutaouais.com

Services: Information, awareness, and prevention of diabetes. * Culinary workshops. * Coffee-meetings and conferences. * Salon du diabète.

Eligibility: people with diabetes, general population

Coverage area: Outaouais

Hours: Monday to Thursday 8h30 to 15h30

Fees: members: annual fee of \$20

Financing: provincial, donations, fundraising campaigns

Legal status: non-profit organization

DOULEUR CHRONIQUE OUTAOUAIS

161 Saint-René Boulevard West, Suite 206, Gatineau, Outaouais, QC

819 663-4494

Website: <https://douleurchroniqueoutaouais.ca/>

Email: infos@douleurchroniqueoutaouais.ca

Services: Improve the quality of life of people with chronic pain, their loved ones and promote their social and community integration. * Reception, information and referral. * Telephone intervention and by appointment. * Workshops on pain and emotion management. * Informative conferences on traditional and complementary treatment approaches. * Weekly self-help group. * Personal growth and resourcing. * Documentation centre. * Social and recreational activities. * Annual awareness show. * Self-financing activities.

Eligibility: people with chronic pain, their loved ones

Coverage area: Outaouais

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

Fees: membership: \$20 per year

Financing: provincial, donations

Legal status: non-profit organization

ENTRE DEUX ROUES

124 Sainte-Marie Street, Gatineau, Outaouais, QC, J8Y 2B1

819 770-2233

Website: www.entredeuxroues.org

Email: entredeuxroues@videotron.ca

Services: Organization that works for the social integration of people with severe reduced mobility or multiple physical limitations, for their quality of life and autonomy improvement and for the support of their family. * Vivre chez soi: home living skills. * Autonomy, self help skills and empowerment program. * Water therapeutic bath, relaxation and sports activities adapted to different syndromes: yoga, aquafitness, boccia, etc. * Literacy and communication. * Internet café: electronics and social networks training. * Videoconferencing sessions and individual follow-ups program. * Group activities: community garden, board games, arts and crafts, occasional outings. * Collective and community meals.

Eligibility: people over 16 years old who live with a physical disability that is not related to aging, to an intellectual disability, to a behavioral problem or to other notable problem and who need physical care in their daily life

Coverage area: Outaouais

Hours: Monday, Tuesday, Thursday 8h30 to 17h00, Wednesday and Friday 8h30 to 20h00

Fees: community meals: shared fees

Financing: provincial, municipal, donations, Centraide Outaouais, fundraising campaigns

Legal status: non-profit organization

FAMILLES D'ABORD

38 Principale Street, Gracefield, Outaouais, QC, J0X 1W0

819 463-4500

Website: famillesdabord.com

Email: famillesdabord2015@gmail.com

Services: * Comptoir familial de Gracefield thrift store. * Game workshops for parent and children from 0 to 5 years old. * Support groups. * Respite. * Support for single women. * Awareness raising.

Eligibility: families

Capacity: 30 places

Coverage area: La Vallée-de-la-Gatineau, Collines-de-l'Outaouais

Hours: Monday to Thursday 8h00 to 16h00

Fees: none

Financing: self-financing, grants

Legal status: non-profit organization

GATINEAU SUPPORT GROUP

92 St-Raymond Boulevard, Suite 304, Gatineau, Outaouais, QC, J8Y 1S7

819 771-2277

Website: aqst.com/en/support-group/outaouais

Email: soutienaqst_gatineau@aqst.com

Services: Group of discussions, exchanges and testimonials for the relatives of people living with Tourette's syndrome.

Eligibility: caregivers, families of people living with Tourette's syndrome

Coverage area: Outaouais

Hours: from September to June, 3rd Wednesday of every month

Fees: none

Financing: donations, contributions, grants

Legal status: non-profit organization

HABITATIONS PARTAGÉES DE L'OUTAOUAIS (LES)

331 de la Cité-des-Jeunes Boulevard, Suite 109, Gatineau, Outaouais, QC, J8Y 6T3

819 771-6576

Website: habitationspartagees.ca

Email: hpou@videotron.ca

Services: Home care for seniors and improvement of their quality of life. * Pairing in cohabitation. * Help in the private residence search process and assisting in filling out forms. * Distribution of moving boxes and assistance in packing and unpacking.

Eligibility: people 18 years old and over

Coverage area: Outaouais

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

Fees: annual membership: \$20

Financing: provincial

Legal status: None or unknown

HAVRE (LE)

171 Nicolet Street, Gatineau, Outaouais, QC, J8Y 2J5

819 770-3900 ext. 232

Website: www.mmfs.org/en

Email: direction@mmfs.org

Services: Day activities centre. * Support and comfort. * Psychosocial and spiritual accompaniment at home. * Coffee meeting. * Support group. * Art therapy. * Massage therapy and foot care.

Eligibility: people with a prognosis of less than 2 years of end of life, their caregivers, patients and caregivers of the Maison Mathieu Froment-Savoie

Coverage area: Outaouais

Hours: Monday to Friday 8h00 to 16h00

Fees: none

Financing: donations, grant

Legal status: non-profit organization

IMPACT RIVIÈRE GATINEAU

270 Notre-Dame Street, Maniwaki, Outaouais, QC, J9E 2J8

1 877 449-3077

Email: impactrivieregatineauorg@videotron.ca

Services: Family violence service centre. * Support for people involved in family violence. * Group therapy for childrens, teenagers, men, parents, families. * Individual, couple, or family intervention. * Conflict management. * Emotional management. * Individual consultation for people with specific needs: intellectual disabilities and mental health issues. * Concertation and awareness among the community regarding family violence.

Eligibility: people involved in domestic violence, victims of domestic violence, people with intellectual disabilities, people living with a mental health issue

Coverage area: MRC Vallée-de-la-Gatineau, MRC des Collines-de-l'Outaouais

Hours: Monday to Thursday 9h00 to 17h30

Fees: none

Financing: donations, provincial

Legal status: non-profit organization

JEUNESSE IDEM

109, Wright Street, Suite 007, Gatineau, Outaouais, QC, J8X 2G7

819 776-1445

Website: jeunesseidem.org

Email: jeunesseidem@gmail.com

Services: * Individual contact and intervention. * Weekly discussion group for youth: 7 to 13, 14 to 17, 18 to 35. * Social activities. * Workshops to demystify sexual orientation, gender identity, fight against homophobia and transphobia. * Training for professionals in youth environments. * Information booths. * Support for parents and relatives.

Eligibility: young people aged 7 to 35 who are gay, lesbian, bisexual, transgender, transsexual, questioning

Coverage area: Outaouais

Hours: Monday to Friday 9h00 to 17h00, discussion group: evening

Fees: none

Financing: grants

Legal status: non-profit organization

MAISON DE LA FAMILLE - CENTRE DE PÉDIATRIE SOCIALE LA VALLÉE-DE-LA-GATINEAU

251 Cartier Street, Maniwaki, Outaouais, QC, J9E 1R4

819 441-0282 Fax: 819 441-0283

Website: mdf-cps-vg.com

Email: maisondefamillevg@gmail.com

Services: Family services. * Drop-in daycare. * Breastfeeding services: mentoring, breastfeeding group. * Perinatal grief support group. * Twinning for families with children between 0 and 5 years old. * Parent-child workshops: reading and writing, cooking, crafts, yoga, baby carrying, exercises, etc.. * Thematic workshops on family life: discipline, self-esteem, relationship between siblings, etc. * Baby puree preparation group, collective kitchen. * Sewing and craft workshop. * Cardiopulmonary resuscitation for babies and children classes. * Social cafes, community meals. * Social pediatry. * Birth accompaniment. * Playground. * Car seat checks. * Back-to-school sharing store.

Eligibility: families with a child 0 to 17 years old

Coverage area: MRC La Vallée-de-la-Gatineau

Hours: Monday to Thursday 9h00 to 16h00

Fees: variable

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

Legal status: non-profit organization

NAISSANCE-RENAISSANCE OUTAOUAIS

101 Gatineau Avenue, door B, Gatineau, Outaouais, QC, J8T 4J4

819 561-4499

Website: www.nroutaouais.ca/en

Email: info@nroutaouais.ca

Services: Support for parents during the period surrounding the birth. * Information, referral and awareness. * Prenatal classes. * Accompaniment at birth: follow-up during pregnancy and postnatal follow-up. * Individualized support by a breastfeeding sponsor. * Rental and sale of breast pumps. * Breastfeeding support: support from a postnatal assistant. * Support groups for women experiencing postpartum depression. * Halte alliance. * Documentation centre and book lending. * Meeting with a lactation consultant.

Eligibility: parents expecting a child, parents and their newborn, parents in perinatal bereavement

Coverage area: Outaouais

Hours: Monday to Thursday 9h00 to 15h30, Friday 9h00 to 12h00

Fees: workshops: variable, home support services and birth accompaniment: according to the family income, breastfeeding godmother: none

Financing: Centraide Outaouais

Legal status: non-profit organization

SOCIÉTÉ ALZHEIMER OUTAOUAIS - SECTEUR AYLNER

181 Principale Street, Gatineau, Outaouais, QC, J8P 6W2

819 777-4232

Website: www.alzheimeroutaouais.com

Email: info@alzheimeroutaouais.com

Services: * Support. * Respite care. * Day centers. * Workshops and training. * Support groups.

Eligibility: caregivers, people living with a neurocognitive disorder

Coverage area: Gatineau, MRC des collines, MRC Pontiac

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

Fees: none, minimal fees for specific services

Financing: federal, provincial, donations

Legal status: non-profit organization

SOCIÉTÉ CANADIENNE DE LA SCLÉROSE EN PLAQUES - DIVISION DU QUÉBEC - SECTION OUTAOUAIS

10 Noël Street, Suite 112, Gatineau, Outaouais, QC, J8Z 3G5

1 819 778-1450 Fax: 1 819 778-7058

Website: mscanada.ca/ms-canada-outaouais

Email: info.outaouais@scleroseenplaques.ca

Services: * Information, documentation and referral. * Psychological support. * Self-help group. * Day activity centre. * Home and hospital visits. * Civic support service: help with filling out forms, accompaniment to go vote, budget management. * Recreational and social activities. * Equipment loan. * Promotion and defence of rights. * Conferences.

Eligibility: people with multiple sclerosis, their relatives

Coverage area: Outaouais

Hours: Monday to Friday 8h00 to 15h00

Financing: donations, fundraising campaigns

Legal status: non-profit organization

TRAIT D'UNION OUTAOUAIS

109 Wright Street, Suite 109, Gatineau, Outaouais, QC, J8X 2G7

819 595-1290

Website: www.traitudunionoutaouais.com/en/

Email: info@traitudunionoutaouais.com

Services: Social integration for autistic people. Family services * Daytime, evening and weekend respite. * Support group for parents. * Thematic activities on autism. * Family social activities. * Support and information for families and entourage. * Adapted material production room: color photocopier, laminating, machine, pictogram software, sheets and cardboard. Services for children with autism * Educational and social activities. * Day camp in summer. Services for adults with autism * Leisure activities. * Support group. * Social outings. * Various themed workshops. Services for everyone * Info-Advice line. * Media library and documentation centre: loan of books and DVDs. * Autism-Friendly Program: an autism awareness and training program for various environments.

Eligibility: people diagnosed with autism, their relatives, training: leisure environments, awareness: schools, general population

Coverage area: Outaouais

Hours: Monday to Friday 8h00 to 15h00

Fees: variable

Financing: provincial, self-financing

Legal status: non-profit organization

TRANS OUTAOUAIS

Confidential Address

343 202-5006

Website: www.transoutaouais.com

Email: info@transoutaouais.com

Services: * Support and referrals. * Resources list. * Support group for parents of trans children, trans and non-binary youth and adults. * Swearing-in service for name and gender change procedures.

Eligibility: people from the gender diversity community, their relatives, allies

Coverage area: Outaouais

Fees: none

Financing: donations, fundraising, grants

Legal status: non-profit organization

Support and integration organizations**ASSOCIATION POUR L'INTÉGRATION COMMUNAUTAIRE DE L'OUTAOUAIS**

405 Maloney Boulevard East, Gatineau, Outaouais, QC, J8P 6Z8

819 669-6219 Fax: 819 669-7967

Website: apico.ca

Email: info@apico.ca

Services: Support, information, mutual aid and recreational activities offered to people living with an intellectual disability and their families in order to promote and facilitate their social and community inclusion. * Civic support. * Parent group. * Social integration. * Awareness. * Daytime activities.

Eligibility: people living with an intellectual disability, their families

Coverage area: Outaouais

Hours: 7 days, variable schedule

Financing: provincial, self-financing, Centraide Outaouais

Legal status: non-profit organization

ENTRE DEUX ROUES

124 Sainte-Marie Street, Gatineau, Outaouais, QC, J8Y 2B1

819 770-2233

Website: www.entredeuxroues.org

Email: entredeuxroues@videotron.ca

Services: Organization that works for the social integration of people with severe reduced mobility or multiple physical limitations, for their quality of life and autonomy improvement and for the support of their family. * Vivre chez soi: home living skills. * Autonomy, self help skills and empowerment program. * Water therapeutic bath, relaxation and sports activities adapted to different syndromes: yoga, aquafitness, boccia, etc. * Literacy and communication. * Internet café: electronics and social networks training. * Videoconferencing sessions and individual follow-ups program. * Group activities: community garden, board games, arts and crafts, occasional outings. * Collective and community meals.

Eligibility: people over 16 years old who live with a physical disability that is not related to aging, to an intellectual disability, to a behavioral problem or to other notable problem and who need physical care in their daily life

Coverage area: Outaouais

Hours: Monday, Tuesday, Thursday 8h30 to 17h00, Wednesday and Friday 8h30 to 20h00

Fees: community meals: shared fees

Financing: provincial, municipal, donations, Centraide Outaouais, fundraising campaigns

Legal status: non-profit organization

GRENIER D'APPRENTISSAGE JACQUES L. CHARBONNEAU

477 Bélanger Street, Gatineau, Outaouais, QC, J8L 2M3

819 281-6470 Fax: 819 281-6470

Email: legrenierdapprentissage@videotron.ca

Services: Day centre. * Workshops for socio-affective, language, cognitive, motor and autonomy development. * Literacy, mathematics. * Cultural outings. * Family activities. * Educational and recreational workshops: multicultural cuisine, anatomy, history, geography.

Eligibility: people 18 years and older with an intellectual disability

Capacity: 16 people

Coverage area: Gatineau

Hours: Monday to Friday 8h00 to 15h00

Fees: membership card: \$10 per year

Financing: provincial, grants, membership fees

Legal status: non-profit organization

MAISON DE LA FAMILLE DE GATINEAU

101 Gatineau Avenue, Gatineau, Outaouais, QC, J8T 4J4

819 568-6830 Fax: 819 568-2520

Website: www.maisonfg.org

Email: info@maisonfg.org

Services: Education and prevention services and activities for families. * Information and referrals. * Drop-in daycare with parent-children activities. * Accompaniment and readaptation for children with developmental conditions, as well as their close ones. * Kindergarten preparation program. * Workshops and activities: www.app.amilia.com/store/en/maisondelafamiliedegatineau/shop/programs * Evening conferences on various themes related to family. * Sharing store: sale of school supplies at a low cost. * Family bazaar: purchase and sale of maternity items and items for children 0 to 12 years old. * Book-sharing box. * Christmas party and Christmas baskets. * Opération habit de neige: distribution of winter clothing.

Eligibility: families, drop-in daycare: children 5 years old and under. their parents, preparation for kindergarten: children who will enter kindergarten the following year, accompaniment and readaptation program: children 2 to 5 years old with a diagnosis of an intellectual disability or of an autism spectrum disorder, sharing store: families on a low income

Coverage area: Gatineau, Cantley, Chelsea, Val-des-Monts, Denholm, L'Ange-Gardien, La Pêche, Pontiac, Ottawa

Hours: Monday to Friday in the morning, workshops and conferences: consult the program on the website, drop-in daycare: Tuesday or Friday morning for a 3 hour period and Saturday for a 5 hour period, as well as during the programmed activities

Fees: free, sharing store: 25% of the regular price

Financing: provincial, municipal

Legal status: non-profit organization

TRAIT D'UNION OUTAOUAIS

109 Wright Street, Suite 109, Gatineau, Outaouais, QC, J8X 2G7

819 595-1290

Website: www.traitdunionoutaouais.com/en/

Email: info@traitdunionoutaouais.com

Services: Social integration for autistic people. Family services * Daytime, evening and weekend respite. * Support group for parents. * Thematic activities on autism. * Family social activities. * Support and information for families and entourage. * Adapted material production room: color photocopier, laminating, machine, pictogram software, sheets and cardboard. Services for children with autism * Educational and social activities. * Day camp in summer. Services for adults with autism * Leisure activities. * Support group. * Social outings. * Various themed workshops. Services for everyone * Info-Advice line. * Media library and documentation centre: loan of books and DVDs. * Autism-Friendly Program: an autism awareness and training program for various environments.

Eligibility: people diagnosed with autism, their relatives, training: leisure environments, awareness: schools, general population

Coverage area: Outaouais

Hours: Monday to Friday 8h00 to 15h00

Fees: variable

Financing: provincial, self-financing

Legal status: non-profit organization

The Blind

REGROUPEMENT DES ASSOCIATIONS DE PERSONNES HANDICAPÉES DE L'OUTAOUAIS

115 Sacré-Coeur Boulevard, Suite 210, Gatineau, Outaouais, QC, J8X 1C5

819 770-0535

Website: www.rapho.org

Email: direction@rapho.org

Services: Advocacy and promotion of the interests of people living with a physical or intellectual disability or autism and their caregivers. * Welcome and referrals. * Awareness-raising events. * Inter-organizational round tables. * Raising awareness of the realities of people with disabilities among government bodies. * Online directory of resources.

Eligibility: people living with a disability (physical, intellectual, autism), caregivers, organizations working with people living with a disability

Coverage area: Outaouais

Hours: Monday to Friday 10h00 to 18h00

Fees: none

Financing: provincial

Legal status: non-profit organization

Education and Literacy**ACADEMIC AND VOCATIONAL GUIDANCE****COMPUTER WORKSHOPS****DIFFICULTIES AND LEARNING DISABILITIES****HOMEWORK ASSISTANCE AND TUTORING****LANGUAGE COURSES****LITERACY****PUBLIC EDUCATION****SCHOOL PERSEVERANCE****SCHOOL SERVICE CENTERS**

Academic and vocational guidance

CARREFOUR JEUNESSE EMPLOI DE L'OUTAOUAIS

350 de la Gappe Boulevard, Gatineau, Outaouais, QC, J8T 7T9

819 561-7712 Fax: 819 561-1455

Website: cjeo.qc.ca/english

Email: info@cjeo.qc.ca

Services: Accompaniment of young adults on their path to employment, back to school or to start a business. * Job search. * Development of employability. * Academic and professional orientation. * Educational success. * Entrepreneurship. * Immigrant services. * Financial education. * Artistic and cultural projects. * Employer services.

Eligibility: young people 16 to 35 years old

Coverage area: Gatineau

Hours: Monday, Wednesday and Thursday 8h30 to 17h00, Tuesday 8h30 to 20h00, Friday 8h30 to 12h00

Financing: federal, provincial, donations

Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI DE LA VALLÉE-DE-LA-GATINEAU

217 Principale Street, Maniwaki, Outaouais, QC, J9E 2A3

819 441-1165 Fax: 819 441-1195

Website: www.cjevg.qc.ca

Email: info@cjevg.qc.ca

Services: Accompaniment of young adults on their path to employment, back to school or to start a business. * Job search. * Development of employability. * Academic and professional orientation. * Entrepreneurship. * Immigrant services. * Financial education. * Employer services.

Eligibility: youth 16 to 35 years old seeking employment

Coverage area: MRC La Vallée-de-la-Gatineau

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

Fees: none

Financing: provincial, municipal, donations

Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI PAPINEAU

112 Maclaren East Street, Gatineau, Outaouais, QC, J8L 1K1

819 986-5248 Fax: 819 986-9686

Website: cjepapineau.qc.ca

Email: cjepapineau@cjepapineau.qc.ca

Services: Personalized labor market integration service to increase autonomy and sense of belonging to the community. Employment * Multiservice room: computers, fax, documentation. * Personalized accompaniment. * Individualized job search assistance based on client needs and dynamic job search methods: help with writing CVs, cover letters and preparing for job interviews. * Individual educational and vocational guidance, including validation of career choices with a goal of returning to school or entering the job market. * Personal and social autonomy: help in finding housing, filling out forms, coping with financial difficulties, family or interpersonal conflicts for young people aged 16 to 35 who are experiencing difficulties in one or more areas of their lives. * School retention support for young people aged 14 to 19 who have dropped out or are at risk of dropping out. * Place aux jeunes Papineau: a program for 18- to 35-year-olds to encourage migration, settlement and mentoring of young graduates in the MRC Papineau. Entrepreneurship * Personalized support in the early stages of business start-up. * Volunteering and entrepreneurship for young people.

Eligibility: people 14 years old and over

Coverage area: MRC Papineau, Val-Des-Monts, Notre-Dame-De-La-Salette, L'Ange-Gardien, Lac-Simon, Gatineau: Templeton, Rivière-Blanche, Buckingham, Masson-Angers sectors

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

Fees: none

Financing: provincial, municipal
Legal status: non-profit organization

CENTRE D'ÉDUCATION AUX ADULTES L'ESCALE

85 de Barry Street, Gatineau, Outaouais, QC, J8T 3N5

819 243-2151 Fax: 819 243-0624

Website: cead.cssd.gouv.qc.ca

Email: escale@cssd.gouv.qc.ca

Services: Educational institution offering training programs for adults. * Secondary school diploma (DES), CEGEP prerequisite or vocational training prerequisite. * Equivalency testing. * Guidance, orthopedagogy, pedagogical counseling, psychoeducation and special education services. * Programs: learning French, literacy, rapid employment training, etc.

Eligibility: people 16 years old and over

Coverage area: MRC les Collines-de-l'Outaouais

Fees: variable

Financing: provincial

Legal status: provincial government agency

CENTRE D'ÉDUCATION AUX ADULTES LA CITÉ

50 des Servantes Street, Gatineau, Outaouais, QC, J8M 1C2

1 800 958-9966 ext. 6100 Fax: 819 281-5511

Website: la-cite.csscv.gouv.qc.ca

Email: eco070@csscv.gouv.qc.ca

Services: Educational institution offering training programs for adults. * Secondary school diploma (DES), cegep prerequisites, or vocational training prerequisites. * Equivalency testing. * Guidance, orthopedagogy, pedagogical counselling, psychoeducation, and special education services.

Eligibility: people 16 years old and over

Coverage area: Gatineau

Financing: provincial

Legal status: provincial government agency

CENTRE D'ÉDUCATION DES ADULTES NOUVEL-HORIZON

100 de la Baie Street, Gatineau, Outaouais, QC, J8T 3H7

819 561-9395 Fax: 819 561-2511

Website: cead.cssd.gouv.qc.ca

Email: horizon@cssd.gouv.qc.ca

Services: Educational institution offering training programs for adults. * Secondary school diploma (DES), CEGEP prerequisite or vocational training prerequisite. * Equivalency testing. * Guidance, orthopedagogy, pedagogical counseling, psychoeducation and special education services. * Programs: learning French, literacy, rapid employment training, etc.

Eligibility: people 16 years old and over

Coverage area: MRC les Collines-de-l'Outaouais

Fees: variable

Financing: provincial

Legal status: provincial government agency

CENTRE DE SERVICES SCOLAIRE AU COEUR-DES-VALLÉES

582 Maclaren Street, Gatineau, Outaouais, QC, J8L 2W2

1 800 958-9966 Fax: 819 986-9283

Website: www.cscv.gouv.qc.ca

Email: info@csscv.gouv.qc.ca

Services: Educational services to meet the needs of young people, adults, businesses, and organizations on its territory. * Find a school or centre: www.csscv.gouv.qc.ca/ecoles-centres * School calendar: www.csscv.gouv.qc.ca/calendrier-scolaire * SARCA: support in realizing a professional or training project. * Organization of preschool, primary, secondary, and general education. * School transportation. * Toolbox for parents. * Passe-Partout program: easing the transition from home to daycare. * Complaints management.

Eligibility: SARCA: people 16 years old and over

Coverage area: MRC Papineau and MRC les Collines-de-l'Outaouais

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

Fees: SARCA: free

Financing: provincial

Legal status: provincial government agency

CENTRE DE SERVICES SCOLAIRE DES DRAVEURS

200 Maloney Boulevard East, Gatineau, Outaouais, QC, J8P 1K3

819 663-9221 Fax: 819 663-6176

Website: www.cssd.gouv.qc.ca

Email: reception@cssd.gouv.qc.ca

Services: Educational services to meet the training needs of young people, adults, and local businesses and organizations. * Find a school or centre:

www.applications.cssd.gouv.qc.ca/GEOBUS/Pages/Anonyme/parents/page.fr.aspx * School calendar:

www.cssd.gouv.qc.ca/parents-eleves/calendriers-scolaires * SARCA: support in realizing a professional or training project. * Organization of preschool, primary, secondary, and general education. * School transportation. * Toolbox for parents. * Passe-Partout program: easing the transition from home to daycare. * Complaints management.

Eligibility: SARCA: people 16 years old and over

Coverage area: Bowman, Cantley, Chelsea, Denholm, Gatineau, L'Ange-Gardien, La Pêche, Val-Des-Monts

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

Fees: SARCA: free

Financing: provincial

Legal status: provincial government agency

CENTRE DE SERVICES SCOLAIRE DES HAUTS-BOIS-DE-L'OUTAOUAIS

331 du Couvent Street, Maniwaki, Outaouais, QC, J9E 1H5

1 888 831-9606 Fax: 819 449-2636

Website: www.csshbo.gouv.qc.ca

Email: communications@csshbo.gouv.qc.ca

Services: Educational services to meet the training needs of young people, adults, and local businesses and organizations. * Find a school or centre:

www.webhbo.appgrics.ca/Geobus/Pages/Anonyme/Parents/Page.fr.aspx * School calendar:

www.csshbo.gouv.qc.ca/fr/parents-eleves-et-communaute/parents/outils-parents/calendriers-scolaires *

SARCA: support in realizing a professional or training project. * Organization of preschool, primary, secondary, and general education. * School transportation. * Toolbox for parents. * Text alerts: text notification of important information.. * Complaints management.

Eligibility: SARCA: people 16 years old and over

Coverage area: MRC du Pontiac and MRC la-Vallée-de-la-Gatineau

Fees: SARCA: free

Financing: provincial

Legal status: provincial government agency

CENTRE DE SERVICES SCOLAIRE DES PORTAGES-DE-L'OUTAOUAIS

225 Saint-Rédempteur Street, Gatineau, Outaouais, QC, J8X 2T3

819 771-4548

Website: www.csspo.gouv.qc.ca/

Email: reception@csspo.gouv.qc.ca

Services: Educational services to meet the training needs of young people, adults, and local businesses and organizations. * Find a school or centre: www.csspo.gouv.qc.ca/etablissements * School calendar: www.csspo.gouv.qc.ca/services-aux-eleves/calendriers-scolaires * SARCA: support in realizing a professional or training project. * Organization of preschool, primary, secondary, and general education. * School transportation. * Toolbox for parents. * mParent: notification system of important information. * Complaints management.

Eligibility: SARCA: people 16 years old and over

Coverage area: MRC les Collines-de-l'Outaouais

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

Fees: SARCA: free

Financing: provincial

Legal status: non-profit organization

OPTION FEMMES

365 Gréber Boulevard, Suite 203, Gatineau, Outaouais, QC, J8T 5R3

819 246-1725 Fax: 819 246-3884

Website: www.optionfemmes.ca

Email: info@optionfemmes.ca

Services: Personalized employment assistance for women. * Support and accompaniment. * Skills assessment: 4 weeks in duration, job search assistance, return to school, etc. * Employment preparation program: 11 weeks in duration, job search assistance, return to school, exploration of traditionally male professions. * Computer rooms with internet.

Eligibility: women 18 years and over

Coverage area: Outaouais

Hours: Monday to Friday 8h30 to 16h30, every other Wednesday 8h30 to 20h30

Financing: provincial, grants

Legal status: non-profit organization

RÉSEAU OUTAOUAIS ISP

109 Wright Street, Suite 200, Gatineau, Outaouais, QC, J8X 2G7

819 770-7129 Fax: 819 771-1769

Website: www.reseauoutaouais.qc.ca

Email: info@roisp.org

Services: Assistance for social and professional integration. * Employment assistance: psychosocial evaluation and socio-professional accompaniment including needs assessment and referrals. * Social assistance and support program Action: group integration activities in personal development and job search. * Community activities: insertion internship in a community organization, between 15 and 20 hours per week.

Eligibility: unemployed people with a problem of physical or mental health, under-qualification, under-employment or socio-economic integration

Coverage area: Gatineau, Hull sector

Hours: Monday to Friday 9h00 to 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

RÉSEAU OUTAOUAIS ISP - POINT DE SERVICE SECTEUR BUCKINGHAM

132 Maclaren Street East, Gatineau, Outaouais, QC, J8L 1K1

819 986-7771 Fax: 819 771-1769

Website: www.reseauoutaouais.qc.ca

Email: info@roisp.org

Services: Assistance for social and professional integration. * Employment assistance: psychosocial evaluation and socio-professional accompaniment including needs assessment and referrals. * Social assistance and support program Action: group integration activities in personal development and job search. * Community activities: insertion internship in a community organization, between 15 and 20 hours per week. * Job search centre: community access to internet and computers and documentation centre.

Eligibility: unemployed people living with a of physical or mental health, under-qualification, under-employment or socio-economic integration problem

Coverage area: Gatineau, Buckingham sector

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

RÉSEAU OUTAOUAIS ISP - POINT DE SERVICE SECTEUR GATINEAU

109 Wright Street, Suite 200, Gatineau, Outaouais, QC, J8X 2G7

819 770-7129 Fax: 819 771-1769

Website: www.reseauoutaouais.qc.ca

Email: info@roisp.org

Services: Assistance for social and professional integration. * Employment assistance: psychosocial evaluation and socio-professional accompaniment including needs assessment and referral. * Social assistance and support program ACTION: group integration activities in personal development and job search. * Community activities: insertion internship in a community organization, between 15 and 20 hours per week. * Job search centre: community access to Internet, computers and documentation centre.

Eligibility: unemployed people living with a physical or mental health issues, under-qualification, under-employment or socio-economic integration problem

Coverage area: Gatineau

Hours: Monday to Friday 8h00 to 16h00

Fees: none

Financing: provincial

Legal status: None or unknown

SERVICE CANADA CENTRE - GATINEAU-EST

455 de l'Hôpital Boulevard, Gatineau, Outaouais, QC, J8T 7X7

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

Website: www.canada.ca

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

Eligibility: general public

Coverage area: Gatineau

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

SERVICE CANADA CENTRE - GATINEAU-HULL

210 Champlain Street, Gatineau, Outaouais, QC, J8X 3R5

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

Website: www.canada.ca

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

Eligibility: general public

Coverage area: Gatineau

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

SERVICE CANADA CENTRE - MANIWAKI

100 Principale Street South, Suite 220, Maniwaki, Outaouais, QC, J9E 3L4

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

Website: www.canada.ca

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

Eligibility: general public

Coverage area: Maniwaki

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

Computer workshops

ACADÉMIE DES RETRAITÉS DE L'OUTAOUAIS

331 Cité-des-Jeunes Boulevard, Gatineau, Outaouais, QC, J8Y 6T3

819 776-5052

Website: <https://academiedesretraites.ca/>

Email: adjointe@academiedesretraites.caa

Services: Education centre for retirees. * Lectures on general culture, health, personal development, politics, sex education, history, economics. * Language courses: Spanish beginner, intermediate and advanced level, Italian. * Computer courses: introduction to Apple computers, tablets, telephones. * Exercise classes: Yoga, weight training, Qi gong, cardio, self-defense. * Art and crafts classes. * AROBAS theatre company. * Coeur Tournesol choir. * ARO'Band music group. * Social clubs: walking club, billiards club, Velosanté bicycle club, le Pixelliste photography club, book club, travelers club, golf club, ARO'mitié club for people who are alone. * Volunteer opportunities.

Eligibility: retired people

Coverage area: Outaouais

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

Fees: variable

Financing: grants

Legal status: non-profit organization

ANTRE-HULLOISES (L')

16 Bériault Street, Gatineau, Outaouais, QC, J8X 1A3

819 778-0997 Fax: 819 777-6311

Website: www.antrehullose.org

Email: antre.hullose@bellnet.ca

Services: Women's centre. * Reception, information and reference. * Help relationship. * Self-help group. * Telephone warmline. * Documentation centre. * Accompaniment in addiction and drug addiction, in partnership with the Association de la prévention de la toxicomanie et de l'alcoolisme chez les femmes en Outaouais. * Awareness and training workshops. * Prévenir, c'est agir Program: awareness and prevention of conjugal violence. * Les Cybercitoyennes: workshops for the development of pro-social, self-critical and safe behaviours in the use of technology. * Activities and thematic days. * Citizen involvement and action committees.

Eligibility: women, Cybercitoyennes: teenagers 12 to 17 years old

Coverage area: Outaouais

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

Fees: none

Financing: provincial

Legal status: non-profit organization

CENTRE ACTION GÉNÉRATIONS DES AÎNÉS DE LA VALLÉE-DE-LA-LIÈVRE

390 de Buckingham Avenue, Gatineau, Outaouais, QC, J8L 2G7

819 281-4343 Fax: 819 281-4344

Website: cavagl.ca

Services: Seniors' service centre. * Bouf'mobile: meals on wheels service, hot and frozen meals. * Information centre. * Friendly visits. * Friendly phone calls. * Support for seniors victims of abuse (SAVA): support and accompaniment of seniors victims of abuse, prevention of abuse and mistreatment, consultation. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Individual support for caregivers, on site or by telephone. * Support group for caregivers. * Coffee meetings. * Collective kitchens: groups for men, women, mixed group for culinary discoveries and mixed English-speaking group. * Assistance with government forms and income tax returns. * Conferences and information workshops. * Computer courses. * Recreational activity clubs: walking, scrabble, bridge and darts. * Transportation to medical and paramedical appointments. * Tax clinic.

Eligibility: seniors 50 years old and over, caregivers

Coverage area: Bowman, Masson-Angers and Buckingham sectors of Gatineau, L'ange-Gardien, Lochaber-Partie-Ouest, Mayo, Mulgrave-Et-Derry, Notre-Dame-De-La-Salette, Papineauville, Thurso, Val-Des-Bois, Poltimore sector of Val-Des-Monts, Bouf'mobile: hot meals for the Buckingham sector and within a radius of 10 km, frozen meals for the rest of the territory served, ITMAV: MRC Papineau, Masson-Angers and Buckingham sectors of Gatineau, L'Ange-Gardien, Notre-Dame-de-la-Salette

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

Fees: variable

Financing: provincial, Centraide Outaouais, donations, self-financing

Legal status: non-profit organization

ENTRE DEUX ROUES

124 Sainte-Marie Street, Gatineau, Outaouais, QC, J8Y 2B1

819 770-2233

Website: www.entredeuxroues.org

Email: entredeuxroues@videotron.ca

Services: Organization that works for the social integration of people with severe reduced mobility or multiple physical limitations, for their quality of life and autonomy improvement and for the support of their family. * Vivre chez soi: home living skills. * Autonomy, self help skills and empowerment program. * Water therapeutic bath, relaxation and sports activities adapted to different syndromes: yoga, aquafitness, boccia, etc. * Literacy and communication. * Internet café: electronics and social networks training. * Videoconferencing sessions and individual follow-ups program. * Group activities: community garden, board games, arts and crafts, occasional outings. * Collective and community meals.

Eligibility: people over 16 years old who live with a physical disability that is not related to aging, to an intellectual disability, to a behavioral problem or to other notable problem and who need physical care in their daily life

Coverage area: Outaouais

Hours: Monday, Tuesday, Thursday 8h30 to 17h00, Wednesday and Friday 8h30 to 20h00

Fees: community meals: shared fees

Financing: provincial, municipal, donations, Centraide Outaouais, fundraising campaigns

Legal status: non-profit organization

LATEKOE

85B du Portage Promenade, Gatineau, Outaouais, QC, J8X 2K2

819 685-2424

Website: cipp-fpic.com/en/home-2

Email: info@cipp-fpic.com

Services: Promotion of social and technological innovation by and with Indigenous people. * Educational workshops on various themes: Indigenous protocols and governance, Indigenous people in cities, bullying and indigenous people, Indigenous education etc. * FabLab ONAKI: collaborative digital fabrication workshop with access to knowledge and machinery. * ONAKI circles: Indigenous activities in primary and secondary schools.

Eligibility: general public

Coverage area: Outaouais

Hours: Monday to Friday 8h30 to 16h30, summer period 8h00 to 16h00

Fees: variable

Financing: donations, grants

Legal status: non-profit organization

OPTION FEMMES

365 Gréber Boulevard, Suite 203, Gatineau, Outaouais, QC, J8T 5R3

819 246-1725 Fax: 819 246-3884

Website: www.optionfemmes.ca

Email: info@optionfemmes.ca

Services: Personalized employment assistance for women. * Support and accompaniment. * Skills assessment: 4 weeks in duration, job search assistance, return to school, etc. * Employment preparation program: 11 weeks in duration, job search assistance, return to school, exploration of traditionally male professions. * Computer rooms with internet.

Eligibility: women 18 years and over

Coverage area: Outaouais

Hours: Monday to Friday 8h30 to 16h30, every other Wednesday 8h30 to 20h30

Financing: provincial, grants

Legal status: non-profit organization

TREMLIN DES LECTEURS (LE)

160 Maloney Boulevard East, Unit 12, Gatineau, Outaouais, QC, J8P 1C1

819 643-0745

Website: www.tremlindeslecteurs.org

Email: tremlindeslecteurs@hotmail.com

Services: Basic education in French, mathematics and computer utilization for adults over 16 years old, in order to facilitate their return to studies or on the job market. * Classes offered: French, mathematics, computer, literacy.

Eligibility: adults over 16 years old, immigrants

Coverage area: Gatineau

Hours: administration: Monday to Thursday 9h00 to 16h00

Fees: administrative registration fee: \$20, French and maths: free, computing: fees apply

Financing: municipal, provincial

Legal status: non-profit organization

VENT DANS LES LETTRES (LE)

797 Jacques-Cartier Street, Gatineau, Outaouais, QC, J8T 2W1

819 561-5473

Website: www.ventdansleslettres.ca

Email: ventdansleslettres@videotron.ca

Services: Popular education in literacy with workshops in reading, writing and arithmetic. * Basic arithmetic workshops. * French workshops. * Literacy-cooking workshops. * Coffee-meetings: housing and healthcare rights, information on health and nutrition. * Cultural and recreational outings.

Eligibility: adults

Coverage area: Gatineau

Hours: Monday to Thursday 8h00 to 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

Difficulties and learning disabilities

CENTRE D'ÉDUCATION AUX ADULTES LA CITÉ

50 des Servantes Street, Gatineau, Outaouais, QC, J8M 1C2

1 800 958-9966 ext. 6100 Fax: 819 281-5511

Website: la-cite.csscv.gouv.qc.ca

Email: eco070@csscv.gouv.qc.ca

Services: Educational institution offering training programs for adults. * Secondary school diploma (DES), cegep prerequisites, or vocational training prerequisites. * Equivalency testing. * Guidance, orthopedagogy, pedagogical counselling, psychoeducation, and special education services.

Eligibility: people 16 years old and over

Coverage area: Gatineau

Financing: provincial

Legal status: provincial government agency

CENTRE D'ÉDUCATION DE BASE DANS L'OUTAOUAIS

255 Saint-Rédempteur Street, Gatineau, Outaouais, QC, J8X 2T4

819 771-6556 Fax: 819 777-1061

Website: www.cebo.ca

Email: lecebo@hotmail.com

Services: Centre for alphabetisation and adult basic education. * Individual and personalized tutoring in alphabetization and basic education. * Access to pedagogical counselors and an orthopedagogue. * Cultural and recreational activities for the students: sugar shack, théâtre de l'île, etc. * Classes also offered at the Maison de l'Amitié de Hull.

Eligibility: adults

Coverage area: Gatineau

Hours: September to April, Monday to Wednesday 18h00 to 21h00

Fees: none

Financing: provincial

Legal status: non-profit organization

MAISON DE LA FAMILLE DE GATINEAU

101 Gatineau Avenue, Gatineau, Outaouais, QC, J8T 4J4

819 568-6830 Fax: 819 568-2520

Website: www.maisonfg.org

Email: info@maisonfg.org

Services: Education and prevention services and activities for families. * Information and referrals. * Drop-in daycare with parent-children activities. * Accompaniment and readaptation for children with developmental conditions, as well as their close ones. * Kindergarten preparation program. * Workshops and activities: www.app.amilia.com/store/en/maisondelafamiliedegatineau/shop/programs * Evening conferences on various themes related to family. * Sharing store: sale of school supplies at a low cost. * Family bazaar: purchase and sale of maternity items and items for children 0 to 12 years old. * Book-sharing box. * Christmas party and Christmas baskets. * Opération habit de neige: distribution of winter clothing.

Eligibility: families, drop-in daycare: children 5 years old and under. their parents, preparation for kindergarten: children who will enter kindergarten the following year, accompaniment and readaptation program: children 2 to 5 years old with a diagnosis of an intellectual disability or of an autism spectrum disorder, sharing store: families on a low income

Coverage area: Gatineau, Cantley, Chelsea, Val-des-Monts, Denholm, L'Ange-Gardien, La Pêche, Pontiac, Ottawa

Hours: Monday to Friday in the morning, workshops and conferences: consult the program on the website, drop-in daycare: Tuesday or Friday morning for a 3 hour period and Saturday for a 5 hour period, as well as during the programmed activities

Fees: free, sharing store: 25% of the regular price

Financing: provincial, municipal

Legal status: non-profit organization

Homework assistance and tutoring

ADOJEUNE - MAISON DES JEUNES CENTRE COMMUNAUTAIRE GÉRARD-PEZZANI

22 d'Auvergne Street, Gatineau, Outaouais, QC, J8T 6J8

819 568-4499

Website: adojeune.org

Email: administration@adojeune.org

Services: Animated meeting place for youth. * Billiards, hockey, ping-pong, baby-foot, game consoles, computers, cafeteria, etc. * Outdoors and sports activities. * Homework assistance

Eligibility: youth 12 to 17 years old

Coverage area: Gatineau

Fees: annual membership: \$2

Financing: donations, membership fees

Legal status: non-profit organization

ADOJEUNE - MAISON DES JEUNES SANSCARTIER

42 Sanscartier Street, Gatineau, Outaouais, QC, J8P 4N5

819 643-1735

Website: adojeune.org

Email: administration@adojeune.org

Services: Animated meeting place for youth. * Billiards, hockey, ping-pong, baby-foot, game consoles, computers, cafeteria, etc. * Outdoors and sports activities. * Homework assistance.

Eligibility: youth 12 to 17 years old

Coverage area: Gatineau

Fees: annual membership: \$2

Financing: donations, membership fees

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE ENTRE-NOUS

175 Front Street, Gatineau, Outaouais, QC, J9H 5S9

819 684-2236

Website: centrecommunautaireentrenous.org/en

Email: ccenaccueil@gmail.com

Services: Community centre. Food * Collective kitchen. * Nurturing forest: fruit tree planting. Childhood and youth * Drop-in daycare for 0 to 5 years old. * Homework assistance. * Drop-in breastfeeding program. * Toy library: loan of games and toys. * Pandas playgroup (0 to 5 years old): parent-child workshops. * Petit cuisiniers: cooking classes for 6 to 12 years old. * Activities for 12 to 17 years old, in partnership with Avenue des jeunes. * Entre nous filles: discussion group for Grade 5 and 6 girls. * Day camp and spring break camp. Material assistance * Opération habit de neige: distribution of winter clothing. * Shared-store for school supplies. * Recovery of used clothing. Education * French courses. * Spanish courses. Social events * Café populaire, a space for socializing. * Social and recreational activities: sewing and knitting classes, karate classes, line dancing, board game group, danse cardio classes, physical activities for seniors. * Community parties.

Eligibility: people in vulnerable situations, children, teenagers, families, seniors

Coverage area: Gatineau: MacLeod neighbourhood and surrounding areas (primarily from the following neighbourhoods: MacLeod, Vieux-Aylmer, Des Cedres, La Seigneurie)

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

Financing: provincial, municipal, Centraide Outaouais, donations

Legal status: non-profit organization

CENTRE D'ANIMATION FAMILIALE DE L'OUTAOUAIS

1312 Saint-Louis Street, Gatineau, Outaouais, QC, J8T 2M7

819 561-5196

Website: cafoutaouais.ca

Email: info@cafoutaouais.ca

Services: Neighbourhood house. Food * Collective kitchens. * Community garden. * Christmas baskets for members. * Food assistance for people participating in activities. Material assistance * Clothing assistance. * Opération habit de neige: distribution of winter clothing. * Back to School program: school supplies sharing store. * Bonhommes à Lunettes: glasses at affordable prices. Support * Homework assistance. * Drop-in daycare. * Reception, accompaniment and referral. * Individual meeting, listening and intervention. Activities * Developmental stimulation activities for children. * Workshop Au Petit Jardin: preparation for kindergarten. * Parent-child activities. * Daycare offered to participants during activities. * Jeux d'été: summer day camp. * Activities during pedagogical Fridays. * Coffee-meeting. * Crochet and knitting club. * Various events.

Eligibility: general public, adults, children, developmental stimulation activities: children 0 to 5 years old

Coverage area: Pointe-Gatineau district of Gatineau (Ruisseau, Saint-Rosaire, Jacques-Cartier and Lafèche neighborhoods of Gatineau)

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

Fees: variable

Financing: federal, provincial, municipal, Centraide Outaouais, grants, donations

Legal status: non-profit organization

ENFANTS DE L'ESPOIR DE HULL (LES)

107 Dollard-Des Ormeaux Street, Gatineau, Outaouais, QC, J8X 3M2

343 204-3774 Fax: 819 778-7400

Website: www.enfantsdelespoirhull.org

Email: info@enfantsdelespoirhull.org

Services: Centre providing adapted help for families. * Toddlers: preparation for starting kindergarten and school, summer program with sports, artistic and cooking activities. * Children from 6 to 12 years old: after-school activities, school support, weekend activities at the swimming pool and of cross-country skiing, drama classes and free theater shows, March camp, summer camp. * Adults: collective kitchens, 0-5 parent-children workshops, art and sewing classes, creative workshops, self-esteem classes, parenting classes, food assistance, coffee-meetings. * Families: family meals and excursions, family and community events, sharing store, sports and cultural activities. * Opération habits de neige: new winter clothing for children 0 to 12 years old for \$20. * Christmas baskets.

Eligibility: children 0 to 12 years old and their parents, families in need

Coverage area: Hull Island (Sacré-Coeur, Vieux-Hull Est and Vieux-Hull Ouest neighbourhoods of Gatineau)

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

Fees: none

Financing: Centraide Outaouais, federal, provincial, municipal, foundations

Legal status: non-profit organization

GROUPE COMMUNAUTAIRE DESCHÊNES

55 Vanier Road, Gatineau, Outaouais, QC, J9H 1X5

819 684-7999 Fax: 819 557-0771

Website: groupechesenes.myfreesites.net

Email: gcd_intervenante@hotmail.com

Services: Meeting place and support for families. * Petits-Mousses: social activities for children and parents. * Drop-in daycare for young children. * Homework club. * Petits Cooks. * Collective kitchen. * Day camp: summer and spring break. * Neighbourhood parties. * Physical activities: zumba and tai chi. * Sharing store: low-cost school supplies. * Recovery of small used items: toys, books, clothing, kitchenware, etc. * Christmas baskets. * Snow suit. * Bonhomme à lunette service point: low-cost glasses.

Eligibility: families, adults, new arrivals, petits-mousses and drop-in daycare: children 0 to 5 years old, homework club, petits Cooks and summer day camp: children 6 to 12 years old

Coverage area: Gatineau: Aylmer district

Hours: Monday to Friday 9h00 to 17h00, Bonhomme à lunette: no appointment necessary, Wednesday 11h30 to 14h00

Financing: municipal, provincial, Centraide Outaouais

Legal status: non-profit organization

MAISON COMMUNAUTAIRE DANIEL-JOHNSON

22 Arthur-Buies Street, Gatineau, Outaouais, QC, J8Z 1P5

819 772-6625

Email: mcdj@bellnet.ca

Services: Community centre. * Access to a computer, Internet, and fax. * Social and recreational activities: for teenagers, families, parents-children. * Social café. * Homework club. * Collective kitchen. * Community breakfast. * Knitting and crochet circle. * Introduction to cross-country for youth 9 to 12 years old. * Operation Snowsuit Outaouais: winter clothing for children. * Cooking workshops minis-chefs 8 to 12 years old. * Back to school program: store-sharing school supplies. * Women's circle. * Halloween and Christmas celebrations. * Neighbourhood party.

Eligibility: citizens of the Daniel-Johnson neighbourhood in the Hull sector of Gatineau

Coverage area: Daniel-Johnson neighbourhood in the Hull sector of Gatineau

Hours: Tuesday to Thursday 9h00 to 12h00 and 13h00 to 16h30

Financing: donations

Legal status: non-profit organization

MAISON DE L'AMITIÉ DE HULL

58 Hanson Street, Gatineau, Outaouais, QC, J8Y 3M5

819 772-6622 Fax: 819 772-2014

Email: maisonamitiehull@videotron.ca

Services: Community centre. * Neighbourhood intervention, accompaniment, citizen participation. * Individual and collective intervention, youth intervention. * Homework club. * Literacy. * Support in looking for employment, help writing a résumé. * Community garden. * Collective kitchen. * Community lunches. * Marché Mobile de Gatineau. * Respite for families with the organization Équipe soutien-famille. * Teenager program: March camp, summer camp, ski. * Educational activities. * Knitting workshops. * Swimming pool trips and community soccer. * Coffee Mondays. * Back-to-school sharing store. * Opération habit de neige: distribution of low-cost winter clothing. * Neighbourhood parties: summer, Halloween, Christmas.

Eligibility: people and families on a low income

Capacity: variable depending on the activity

Coverage area: Jean-Dallaire and surrounding areas in the Hull sector of Gatineau

Hours: reception: Monday to Friday 8h00 to 15h30, activities and intervention: evenings and weekends

Fees: variables

Financing: municipal, provincial, Centraide Outaouais

Legal status: non-profit organization

MAISON DES JEUNES ANTRADOS

10 Bériault Street, Gatineau, Outaouais, QC, J8X 1A3

819 778-0634

Website: www.avenuedesjeunes.com

Email: infomdj@avenuedesjeunes.com

Services: Animated meeting place for youth. * Individual and family support. * Workshop discussions: bullying, sexual safety, etc. * Homework help. * Various activities: painting, cooking, educational games, music initiation, sports, etc. * Outings: movies, trips and museum visits. * Participation and involvement in community events.

Eligibility: youth aged 13 to 17 living in the Outaouais region, youth experiencing personal or family problems

Coverage area: Outaouais

Fees: none

Financing: municipal, provincial, federal, Centraide Outaouais

Legal status: non-profit organization

MAISON DES JEUNES DU PARC DE L'ÎLE

94 Mance Street, Gatineau, Outaouais, QC, J8X 4A3

819 778-0634

Website: www.avenuedesjeunes.com

Email: infomdj@avenuedesjeunes.com

Services: Animated meeting place for youth. * Individual and family support. * Workshop discussions: bullying, sexual safety, etc. * Homework help. * Various activities: painting, cooking, educational games, music initiation, sports, etc. * Outings: movies, trips and museum visits. * Participation and involvement in community events.

Eligibility: youth aged 13 to 17 living in the Outaouais region, youth experiencing personal or family problems

Coverage area: Outaouais

Fees: none

Financing: municipal, provincial, federal, Centraide Outaouais

Legal status: non-profit organization

MAISON DES JEUNES LES DESCHÊNÉS

26 Arthur-Whelan Street, Gatineau, Outaouais, QC, J9H 2A5

819 778-0634

Website: www.avenuedesjeunes.com

Email: infomdj@avenuedesjeunes.com

Services: Animated meeting place for youth. * Individual and family support. * Workshop discussions: bullying, sexual safety, etc. * Homework help. * Various activities: painting, cooking, educational games, music initiation, sports, etc. * Outings: movies, trips and museum visits. * Participation and involvement in community events.

Eligibility: youth aged 13 to 17 living in the Outaouais region, youth experiencing personal or family problems

Coverage area: Outaouais

Fees: none

Financing: municipal, provincial, federal, Centraide Outaouais

Legal status: non-profit organization

SOLIDARITÉ GATINEAU-OUEST

1096 Saint-Louis Street, Gatineau, Outaouais, QC, J8T 2R7

819 246-2029 Fax: 819 246-9819

Website: solidaritegatineauouest.ca

Email: s.g.o@videotron.ca

Services: Activities and support centre for individuals and families. Food services * Family parties and meals. * Collective kitchens. * Community gardens. * Christmas baskets. Youth and family * Drop-in daycare. * Day camp. * Jeux d'enfants: child development activities with parents. * Parenting skills workshops: Y'app, Gestion des émotions et du stress, Communication non violence parent-enfant. * Homework help and accompaniment. * Low-cost school supplies. Support services to individuals * Reception, accompaniment and helping relation. * Registration assistance for the Volunteer Centre's tax clinic. * Discussion group workshops. * Training in personal development. * Assistance with filling out forms. * French course. * Sewing course. * Thrift store. * Opération habit de neige: sale of children's snowsuits at low cost. * Internet access. * Volunteering.

Eligibility: people and families on a low income or in a vulnerable situation

Coverage area: Outaouais

Hours: Monday to Friday 9h00 to 16h00

Fees: Opération habit de neige: \$15 to \$20

Financing: provincial, municipal, Centraide Outaouais, donations

Legal status: non-profit organization

Language courses

ACADÉMIE DES RETRAITÉS DE L'OUTAOUAIS

331 Cité-des-Jeunes Boulevard, Gatineau, Outaouais, QC, J8Y 6T3

819 776-5052

Website: <https://academiedesretraites.ca/>

Email: adjointe@academiedesretraites.caa

Services: Education centre for retirees. * Lectures on general culture, health, personal development, politics, sex education, history, economics. * Language courses: Spanish beginner, intermediate and advanced level, Italian. * Computer courses: introduction to Apple computers, tablets, telephones. * Exercise classes: Yoga, weight training, Qi gong, cardio, self-defense. * Art and crafts classes. * AROBAS theatre company. * Coeur Tournesol choir. * ARO'Band music group. * Social clubs: walking club, billiards club, Velosanté bicycle club, le Pixelliste photography club, book club, travelers club, golf club, ARO'mitié club for people who are alone. * Volunteer opportunities.

Eligibility: retired people

Coverage area: Outaouais

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

Fees: variable

Financing: grants

Legal status: non-profit organization

ACCOMPAGNEMENT DES FEMMES IMMIGRANTES DE L'OUTAOUAIS

109 Wright Street, Unit 9, Gatineau, Outaouais, QC, J8X 2G7

819 776-6764

Website: afio.ca

Email: info@afio.ca

Services: Accompaniment of immigrant women in a process of cultural, economic and social integration in Outaouais. * Information sessions on the first steps of settlement: important documents to obtain, opening a bank account, looking for housing, childcare services and school registration, the Québec school system, financial aid and income tax returns, services offered by community organizations, diploma equivalencies, employability services, etc. * French classes for women and their families. * Administering oaths for documents. * Individual psychosocial support for immigrant women and women who are victims of violence. * Accompaniment in administrative procedures. * Valorization of immigrant women who are entrepreneurs and promotion of their products. * Babel: group for seniors to break isolation through group activities, physical activity, basic English courses, etc. * Espace parent: group discussion workshops for parents on the education system in Québec, the DPJ, children integration, etc. * Workshops on democratic and Quebecois values. * Subsidized daycare in Hull and Cantley. * New winter clothes at low cost. * Ready for back to school: distribution of school supplies at low cost. * Coffee-meetings.

Eligibility: immigrant women and their families, immigrant individuals, French classes: immigrant women and men 17 years old and over and born outside Canada, Babel: women 55 years old and over, winter clothes: migrant families on a low income

Coverage area: Outaouais

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, summer: Friday 8h30 to 13h00, specific hours for certain activities

Fees: none

Financing: municipal, provincial, Centraide Outaouais

Legal status: non-profit organization

ASSOCIATION DE L'OUÏE DE L'OUTAOUAIS

15 du Sommet Street, Gatineau, Outaouais, QC, J8Z 3M2

819 777-6767

Website: www.adoo.ca

Email: adoo@adoo.ca

Services: Defending the interests of people living with deafness. * Referral to health and work assistance services. * Literacy workshops. * Quebec Sign Language courses. * Recreational and social activities: art, cooking, coffee meetings, cultural outings. * Internet café. * Advocacy of rights of people living with deafness. * Awareness of public and parapublic organizations, various trainings.

Eligibility: people living with deafness, such as people who have become deaf, parents of children with hearing loss, and people who are hard of hearing or have tinnitus

Coverage area: Outaouais

Hours: Monday to Friday 9h00 to 16h00

Fees: annual membership: \$10 per person or \$20 per family

Financing: membership fees

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE ENTRE-NOUS

175 Front Street, Gatineau, Outaouais, QC, J9H 5S9

819 684-2236

Website: centrecommunautaireentrenous.org/en

Email: ccenaccueil@gmail.com

Services: Community centre. Food * Collective kitchen. * Nurturing forest: fruit tree planting. Childhood and youth * Drop-in daycare for 0 to 5 years old. * Homework assistance. * Drop-in breastfeeding program. * Toy library: loan of games and toys. * Pandas playgroup (0 to 5 years old): parent-child workshops. * Petit cuisiniers: cooking classes for 6 to 12 years old. * Activities for 12 to 17 years old, in partnership with Avenue des jeunes. * Entre nous filles: discussion group for Grade 5 and 6 girls. * Day camp and spring break camp. Material assistance * Opération habit de neige: distribution of winter clothing. * Shared-store for school supplies. * Recovery of used clothing. Education * French courses. * Spanish courses. Social events * Café populaire, a space for socializing. * Social and recreational activities: sewing and knitting classes, karate classes, line dancing, board game group, danse cardio classes, physical activities for seniors. * Community parties.

Eligibility: people in vulnerable situations, children, teenagers, families, seniors

Coverage area: Gatineau: MacLeod neighbourhood and surrounding areas (primarily from the following neighbourhoods: MacLeod, Vieux-Aylmer, Des Cedres, La Seigneurie)

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

Financing: provincial, municipal, Centraide Outaouais, donations

Legal status: non-profit organization

CENTRE D'ÉDUCATION AUX ADULTES L'ESCALE

85 de Barry Street, Gatineau, Outaouais, QC, J8T 3N5

819 243-2151 Fax: 819 243-0624

Website: cead.cssd.gouv.qc.ca

Email: escale@cssd.gouv.qc.ca

Services: Educational institution offering training programs for adults. * Secondary school diploma (DES), CEGEP prerequisite or vocational training prerequisite. * Equivalency testing. * Guidance, orthopedagogy, pedagogical counseling, psychoeducation and special education services. * Programs: learning French, literacy, rapid employment training, etc.

Eligibility: people 16 years old and over

Coverage area: MRC les Collines-de-l'Outaouais

Fees: variable

Financing: provincial

Legal status: provincial government agency

CENTRE D'ÉDUCATION DES ADULTES NOUVEL-HORIZON

100 de la Baie Street, Gatineau, Outaouais, QC, J8T 3H7

819 561-9395 Fax: 819 561-2511

Website: cead.cssd.gouv.qc.ca

Email: horizon@cssd.gouv.qc.ca

Services: Educational institution offering training programs for adults. * Secondary school diploma (DES), CEGEP prerequisite or vocational training prerequisite. * Equivalency testing. * Guidance, orthopedagogy, pedagogical counseling, psychoeducation and special education services. * Programs: learning French, literacy, rapid employment training, etc.

Eligibility: people 16 years old and over

Coverage area: MRC les Collines-de-l'Outaouais

Fees: variable

Financing: provincial

Legal status: provincial government agency

MAISON D'ACCUEIL MUTCHMORE

142 Mutchmore Street, Gatineau, Outaouais, QC, J8Y 3T7

819 770-0788

Website: accueilmutchmore.ca

Email: info@accueilmutchmore.ca

Services: Community centre. * Collective kitchen. * Touchatou: stimulation workshop of fine motor skills. * Francization workshop. * Projet Multigénérationnel: various intergenerational activities. * Âllo-ADOS: sports and social activities for teenagers. * Sports activities: karate classes, fitness, yoga, zumba, skiing, swimming pool outings. * Opération habit de neige: distribution of winter clothing. * School supplies. * Tax clinic.

Eligibility: people and families on a low income, newcomers, seniors, neighbourhood residents, Opération habit de neige: families on a low income with children 2 to 13 years old

Coverage area: Mutchmore and Jean Proulx neighbourhoods of Gatineau

Hours: Monday to Friday 8h30 to 15h30, reception: 9h00 to 15h00

Fees: none, Opération habit de neige: \$20 per piece of clothing

Financing: Centraide Outaouais, municipal, provincial

Legal status: non-profit organization

Literacy

ASSOCIATION DE L'OUÏE DE L'OUTAOUAIS

15 du Sommet Street, Gatineau, Outaouais, QC, J8Z 3M2

819 777-6767

Website: www.adoo.ca

Email: adoo@adoo.ca

Services: Defending the interests of people living with deafness. * Referral to health and work assistance services. * Literacy workshops. * Quebec Sign Language courses. * Recreational and social activities: art, cooking, coffee meetings, cultural outings. * Internet café. * Advocacy of rights of people living with deafness. * Awareness of public and parapublic organizations, various trainings.

Eligibility: people living with deafness, such as people who have become deaf, parents of children with hearing loss, and people who are hard of hearing or have tinnitus

Coverage area: Outaouais

Hours: Monday to Friday 9h00 to 16h00

Fees: annual membership: \$10 per person or \$20 per family

Financing: membership fees

Legal status: non-profit organization

CENTRE ALPHA PAPINEAU

390 Buckingham Avenue, Gatineau, Outaouais, QC, J8L 2G7

819 986-7506

Website: centrealphapapineau.org

Email: direction@centrealphapapineau.org

Services: Literacy and popular education. Literacy training for people aged 16 and over * Basic training in French and math. * Elementary school education. Volet Jeunes 12 years and over * Remedial schooling. * Homework help and support. * Samedi en folie cooking and arts* SOS Paperasse: public writer service. * Bonhomme à lunettes service point.

Eligibility: families, adults, youth, general population

Coverage area: Vallée-de-la-Lièvre

Hours: Monday to Thursday 8h00 to 16h00

Fees: none

Financing: provincial, municipal, donations

Legal status: non-profit organization

CENTRE D'ACTIVITÉS PRÉSCOLAIRES ET FAMILIALES

122 Berri Street, Gatineau, Outaouais, QC, J8Y 4H8

819 776-0114

Website: centreprescolaire.ca

Email: capf@bellnet.ca

Services: Educational services to promote the global development of preschool age children. * Daycare. *

Educational programs: development of self-esteem and sociability, dance and psychomotricity activities, initiation to reading and writing, initiation to English, preparation for kindergarten. * Classes: visual arts, drama, music, yoga and relaxation techniques, physical activities, zumba. * Summer day camp.

Eligibility: daycare: children 6 months to 5 years old, programs: children 2 to 5 years old depending on the program, classes: children 3 to 5 years old depending on the class, summer day camp: children 4 to 6 years old

Capacity: 16 kids per class

Coverage area: Outaouais

Hours: Monday to Friday 7h30 to 17h30

Fees: mandatory membership card: \$60 per year or \$20 per term, daycare: \$4.50 per hour and maximum \$37 per day, classes and programs: between 15 and \$18 per class for the entire term, day camp: \$40 for the term

Financing: self-financing

Legal status: non-profit organization

CENTRE D'ÉDUCATION AUX ADULTES L'ESCALE

85 de Barry Street, Gatineau, Outaouais, QC, J8T 3N5

819 243-2151 Fax: 819 243-0624

Website: cead.cssd.gouv.qc.ca

Email: escale@cssd.gouv.qc.ca

Services: Educational institution offering training programs for adults. * Secondary school diploma (DES), CEGEP prerequisite or vocational training prerequisite. * Equivalency testing. * Guidance, orthopedagogy, pedagogical counseling, psychoeducation and special education services. * Programs: learning French, literacy, rapid employment training, etc.

Eligibility: people 16 years old and over

Coverage area: MRC les Collines-de-l'Outaouais

Fees: variable

Financing: provincial

Legal status: provincial government agency

CENTRE D'ÉDUCATION DE BASE DANS L'OUTAOUAIS

255 Saint-Rédempteur Street, Gatineau, Outaouais, QC, J8X 2T4

819 771-6556 Fax: 819 777-1061

Website: www.cebo.ca

Email: lecebo@hotmail.com

Services: Centre for alphabetisation and adult basic education. * Individual and personalized tutoring in alphabetization and basic education. * Access to pedagogical counselors and an orthopedagogue. * Cultural and recreational activities for the students: sugar shack, théâtre de l'île, etc. * Classes also offered at the Maison de l'Amitié de Hull.

Eligibility: adults

Coverage area: Gatineau

Hours: September to April, Monday to Wednesday 18h00 to 21h00

Fees: none

Financing: provincial

Legal status: non-profit organization

CENTRE D'ÉDUCATION DES ADULTES NOUVEL-HORIZON

100 de la Baie Street, Gatineau, Outaouais, QC, J8T 3H7

819 561-9395 Fax: 819 561-2511

Website: cead.cssd.gouv.qc.ca

Email: horizon@cssd.gouv.qc.ca

Services: Educational institution offering training programs for adults. * Secondary school diploma (DES), CEGEP prerequisite or vocational training prerequisite. * Equivalency testing. * Guidance, orthopedagogy, pedagogical counseling, psychoeducation and special education services. * Programs: learning French, literacy, rapid employment training, etc.

Eligibility: people 16 years old and over

Coverage area: MRC les Collines-de-l'Outaouais

Fees: variable

Financing: provincial

Legal status: provincial government agency

ENTRE DEUX ROUES

124 Sainte-Marie Street, Gatineau, Outaouais, QC, J8Y 2B1

819 770-2233

Website: www.entredeuxroues.org

Email: entredeuxroues@videotron.ca

Services: Organization that works for the social integration of people with severe reduced mobility or multiple physical limitations, for their quality of life and autonomy improvement and for the support of their family. * Vivre chez soi: home living skills. * Autonomy, self help skills and empowerment program. * Water therapeutic bath, relaxation and sports activities adapted to different syndromes: yoga, aquafitness, boccia, etc. * Literacy and communication. * Internet café: electronics and social networks training. * Videoconferencing sessions and individual follow-ups program. * Group activities: community garden, board games, arts and crafts, occasional outings. * Collective and community meals.

Eligibility: people over 16 years old who live with a physical disability that is not related to aging, to an intellectual disability, to a behavioral problem or to other notable problem and who need physical care in their daily life

Coverage area: Outaouais

Hours: Monday, Tuesday, Thursday 8h30 to 17h00, Wednesday and Friday 8h30 to 20h00

Fees: community meals: shared fees

Financing: provincial, municipal, donations, Centraide Outaouais, fundraising campaigns

Legal status: non-profit organization

GRENIER D'APPRENTISSAGE JACQUES L. CHARBONNEAU

477 Bélanger Street, Gatineau, Outaouais, QC, J8L 2M3

819 281-6470 Fax: 819 281-6470

Email: legrenierdapprentissage@videotron.ca

Services: Day centre. * Workshops for socio-affective, language, cognitive, motor and autonomy development. * Literacy, mathematics. * Cultural outings. * Family activities. * Educational and recreational workshops: multicultural cuisine, anatomy, history, geography.

Eligibility: people 18 years and older with an intellectual disability

Capacity: 16 people

Coverage area: Gatineau

Hours: Monday to Friday 8h00 to 15h00

Fees: membership card: \$10 per year

Financing: provincial, grants, membership fees

Legal status: non-profit organization

MAISON AMITIÉ DE LA HAUTE-GATINEAU

108, du Christ-Roi Street, Maniwaki, Outaouais, QC, J9E 1C3

819 449-6777 Fax: 819 449-7484

Website: www.rocsmo.ca/membres/maison-amitie-de-la-haute-gatineau

Email: maisonamitie@videotron.ca

Services: Organization that aims to break isolation and facilitate social reintegration of people with temporary or persistent mental health issues. * Temporary and long-term housing (address: 108, du Christ-Roi Street, J9E 1C3). * Day centre. * Psychosocial support. * Internal support program: accompaniment for medical appointments, follow-up, budgeting support, etc. * Literacy. * Sports, creative and socio-recreational group activities. * Conferences and information workshops.

Eligibility: adults with temporary or persistent mental health issues

Coverage area: MRC La Vallée-de-la-Gatineau

Hours: Day Centre: Tuesday, Wednesday, Thursday 8h30 to 15h30

Fees: long-term housing: \$530 per month with an annual increase on April 1

Financing: provincial, donations

Legal status: non-profit organization

MAISON DE L'AMITIÉ DE HULL

58 Hanson Street, Gatineau, Outaouais, QC, J8Y 3M5

819 772-6622 Fax: 819 772-2014

Email: maisonamitiehull@videotron.ca

Services: Community centre. * Neighbourhood intervention, accompaniment, citizen participation. * Individual and collective intervention, youth intervention. * Homework club. * Literacy. * Support in looking for employment, help writing a résumé. * Community garden. * Collective kitchen. * Community lunches. * Marché Mobile de Gatineau. * Respite for families with the organization Équipe soutien-famille. * Teenager program: March camp, summer camp, ski. * Educational activities. * Knitting workshops. * Swimming pool trips and community soccer. * Coffee Mondays. * Back-to-school sharing store. * Opération habit de neige: distribution of low-cost winter clothing. * Neighbourhood parties: summer, Halloween, Christmas.

Eligibility: people and families on a low income

Capacity: variable depending on the activity

Coverage area: Jean-Dallaire and surrounding areas in the Hull sector of Gatineau

Hours: reception: Monday to Friday 8h00 to 15h30, activities and intervention: evenings and weekends

Fees: variables

Financing: municipal, provincial, Centraide Outaouais

Legal status: non-profit organization

MAISON DE LA FAMILLE - CENTRE DE PÉDIATRIE SOCIALE LA VALLÉE-DE-LA-GATINEAU

251 Cartier Street, Maniwaki, Outaouais, QC, J9E 1R4

819 441-0282 Fax: 819 441-0283

Website: mdf-cps-vg.com

Email: maisondelafamillevg@gmail.com

Services: Family services. * Drop-in daycare. * Breastfeeding services: mentoring, breastfeeding group. * Perinatal grief support group. * Twinning for families with children between 0 and 5 years old. * Parent-child workshops: reading and writing, cooking, crafts, yoga, baby carrying, exercises, etc.. * Thematic workshops on family life: discipline, self-esteem, relationship between siblings, etc. * Baby puree preparation group, collective kitchen. * Sewing and craft workshop. * Cardiopulmonary resuscitation for babies and children classes. * Social cafes, community meals. * Social pediatry. * Birth accompaniment. * Playground. * Car seat checks. * Back-to-school sharing store.

Eligibility: families with a child 0 to 17 years old

Coverage area: MRC La Vallée-de-la-Gatineau

Hours: Monday to Thursday 9h00 to 16h00

Fees: variable

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

Legal status: non-profit organization

RÉSEAU BIBLIO DE L'OUTAOUAIS

2295 Saint-Louis Street, Gatineau, Outaouais, QC, J8T 5L8

819 561-6008 Fax: 819 561-6767

Website: www.reseaubibliooutaouais.qc.ca/fr

Email: biblio@crsbpo.qc.ca

Services: Regional network of municipal public libraries. * Loans of physical and digital documents. * Online educational, cultural and leisure resources. * Activities, learning and introductory reading kits. * Book clubs for adults and children. * Story time.

Eligibility: general public

Coverage area: Outaouais, excluding Gatineau

Hours: administration: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, library opening times: see website

Fees: subscription for residents of Network member municipalities (excluding Gatineau): free

Financing: municipal

Legal status: municipal agency

SOLIDARITÉ GATINEAU-OUEST

1096 Saint-Louis Street, Gatineau, Outaouais, QC, J8T 2R7

819 246-2029 Fax: 819 246-9819

Website: solidaritegatineauouest.ca

Email: s.g.o@videotron.ca

Services: Activities and support centre for individuals and families. Food services * Family parties and meals. * Collective kitchens. * Community gardens. * Christmas baskets. Youth and family * Drop-in daycare. * Day camp. * Jeux d'enfants: child development activities with parents. * Parenting skills workshops: Y'app, Gestion des émotions et du stress, Communication non violence parent-enfant. * Homework help and accompaniment. * Low-cost school supplies. Support services to individuals * Reception, accompaniment and helping relation. * Registration assistance for the Volunteer Centre's tax clinic. * Discussion group workshops. * Training in personal development. * Assistance with filling out forms. * French course. * Sewing course. * Thrift store. * Opération habit de neige: sale of children's snowsuits at low cost. * Internet access. * Volunteering.

Eligibility: people and families on a low income or in a vulnerable situation

Coverage area: Outaouais

Hours: Monday to Friday 9h00 to 16h00

Fees: Opération habit de neige: \$15 to \$20

Financing: provincial, municipal, Centraide Outaouais, donations

Legal status: non-profit organization

TREMLIN DES LECTEURS (LE)

160 Maloney Boulevard East, Unit 12, Gatineau, Outaouais, QC, J8P 1C1

819 643-0745

Website: www.tremlindeslecteurs.org

Email: tremlindeslecteurs@hotmail.com

Services: Basic education in French, mathematics and computer utilization for adults over 16 years old, in order to facilitate their return to studies or on the job market. * Classes offered: French, mathematics, computer, literacy.

Eligibility: adults over 16 years old, immigrants

Coverage area: Gatineau

Hours: administration: Monday to Thursday 9h00 to 16h00

Fees: administrative registration fee: \$20, French and maths: free, computing: fees apply

Financing: municipal, provincial

Legal status: non-profit organization

VENT DANS LES LETTRES (LE)

797 Jacques-Cartier Street, Gatineau, Outaouais, QC, J8T 2W1

819 561-5473

Website: www.ventdansleslettres.ca

Email: ventdansleslettres@videotron.ca

Services: Popular education in literacy with workshops in reading, writing and arithmetic. * Basic arithmetic workshops. * French workshops. * Literacy-cooking workshops. * Coffee-meetings: housing and healthcare rights, information on health and nutrition. * Cultural and recreational outings.

Eligibility: adults

Coverage area: Gatineau

Hours: Monday to Thursday 8h00 to 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

Public education**ASSEMBLÉE DES GROUPES DE FEMMES D'INTERVENTIONS RÉGIONALES EN OUTAOUAIS**

109 Wright Street, Suite 201, Gatineau, Outaouais, QC, J8X 2G7

819 770-0351

Website: www.agir-outaouais.ca

Email: communication@agir-outaouais.ca

Services: Organization for consultation and defense of women's rights. * Concertation, training and mobilization. * Research, analysis and sensitization.

Eligibility: women

Coverage area: Outaouais

Financing: federal, provincial, membership fees

Legal status: non-profit organization

ASSOCIATION POUR LA DÉFENSE DES DROITS SOCIAUX DE GATINEAU

18 Charlevoix Street, Gatineau, Outaouais, QC, J8X 1P1

819 770-3839

Website: addsgatineau.wordpress.com/about

Email: lutteraddsgatineau@gmail.com

Services: Education and social rights defense group. * Home. * Telephone information. * Training and information workshops: social rights, social assistance, fight against poverty, mobilization.

Eligibility: social assistance recipients, employment insurance recipients, people on a low income

Coverage area: Gatineau

Fees: none

Financing: grants

Legal status: non-profit organization

CENTRE ACTU-ELLE

501 des Pins Street, Gatineau, Outaouais, QC, J8L 2L2

819 986-9713

Website: www.centreactuelle.ca

Email: info@actuelle.ca

Services: * Listening and individual support service. * Social and educational activities: various workshops. * Conferences. * Collective kitchen. * Drop-in daycare. * High school academic training service.

Eligibility: women

Coverage area: Gatineau city: Buckingham sector, Masson-Anger sector and MRC Papineau

Hours: Monday to Thursday 8h30 to 16h00, Buckingham sector drop-in daycare: Monday to Friday 9h00 to 3h00, MRC Papineau sector drop-in daycare: Monday to Thursday 9h00 to 3h00

Fees: annual registration: \$5, drop-in daycare: \$5 for one child, \$8 for 2 children, \$2 per additional child, collective kitchen: \$5, most activities: free

Financing: provincial, federal, Centraide Outaouais, donations

Legal status: non-profit organization

CENTRE ALPHA PAPINEAU

390 Buckingham Avenue, Gatineau, Outaouais, QC, J8L 2G7

819 986-7506

Website: centrealphapapineau.org

Email: direction@centrealphapapineau.org

Services: Literacy and popular education. Literacy training for people aged 16 and over * Basic training in French and math. * Elementary school education. Volet Jeunes 12 years and over * Remedial schooling. * Homework help and support. * Samedi en folie cooking and arts* SOS Paperasse: public writer service. * Bonhomme à lunettes service point.

Eligibility: families, adults, youth, general population

Coverage area: Vallée-de-la-Lièvre

Hours: Monday to Thursday 8h00 to 16h00

Fees: none

Financing: provincial, municipal, donations

Legal status: non-profit organization

CENTRE D'ÉDUCATION AUX ADULTES L'ESCALE

85 de Barry Street, Gatineau, Outaouais, QC, J8T 3N5

819 243-2151 Fax: 819 243-0624

Website: cead.cssd.gouv.qc.ca

Email: escale@cssd.gouv.qc.ca

Services: Educational institution offering training programs for adults. * Secondary school diploma (DES), CEGEP prerequisite or vocational training prerequisite. * Equivalency testing. * Guidance, orthopedagogy, pedagogical counseling, psychoeducation and special education services. * Programs: learning French, literacy, rapid employment training, etc.

Eligibility: people 16 years old and over

Coverage area: MRC les Collines-de-l'Outaouais

Fees: variable

Financing: provincial

Legal status: provincial government agency

CENTRE D'ÉDUCATION AUX ADULTES LA CITÉ

50 des Servantes Street, Gatineau, Outaouais, QC, J8M 1C2

1 800 958-9966 ext. 6100 Fax: 819 281-5511

Website: la-cite.csscv.gouv.qc.ca

Email: eco070@csscv.gouv.qc.ca

Services: Educational institution offering training programs for adults. * Secondary school diploma (DES), cegep prerequisites, or vocational training prerequisites. * Equivalency testing. * Guidance, orthopedagogy, pedagogical counselling, psychoeducation, and special education services.

Eligibility: people 16 years old and over

Coverage area: Gatineau

Financing: provincial

Legal status: provincial government agency

CENTRE D'ÉDUCATION DE BASE DANS L'OUTAOUAIS

255 Saint-Rédempteur Street, Gatineau, Outaouais, QC, J8X 2T4

819 771-6556 Fax: 819 777-1061

Website: www.cebo.ca

Email: lecebo@hotmail.com

Services: Centre for alphabetisation and adult basic education. * Individual and personalized tutoring in alphabetization and basic education. * Access to pedagogical counselors and an orthopedagogue. * Cultural and recreational activities for the students: sugar shack, théâtre de l'île, etc. * Classes also offered at the Maison de l'Amitié de Hull.

Eligibility: adults

Coverage area: Gatineau

Hours: September to April, Monday to Wednesday 18h00 to 21h00

Fees: none

Financing: provincial

Legal status: non-profit organization

CENTRE D'ÉDUCATION DES ADULTES L'ARRIMAGE

450 Leguerrier Street, Gatineau, Outaouais, QC, J9H 7J1

819 771-2503 poste 2

Website: ceapo.csspo.gouv.qc.ca

Email: scr.arrimage.ceapo@csspo.gouv.qc.ca

Services: Educational institution offering training programs for adults. * Completion of a high school diploma (DES), cegep prerequisites, or vocational training prerequisites.

Eligibility: people 16 years old and over

Coverage area: Outaouais

Fees: variable

Financing: provincial

Legal status: provincial government agency

CENTRE D'ÉDUCATION DES ADULTES LA GÉNÉRATION

35 Davies Street, Gatineau, Outaouais, QC, J8Y 4S8

819 771-2503 ext. 1

Website: ceapo.csspo.gouv.qc.ca

Email: scr.generation.ceapo@csspo.gouv.qc.ca

Services: Établissement d'enseignement offrant des programmes de formation de base aux adultes et des cours de francisation

Eligibility: people 16 years old and over

Coverage area: Outaouais

Fees: variable

Financing: provincial

Legal status: provincial government agency

CENTRE D'ÉDUCATION DES ADULTES LUCIEN-BRAULT

101 Saint-Jean-Bosco Street, Gatineau, Outaouais, QC, J8Y 3G5

819 771-2503 ext. 4

Website: ceapo.csspo.gouv.qc.ca

Email: scr.lucien-brault.ceapo@csspo.gouv.qc.ca

Services: Educational institution offering training programs for adults. * Completion of a high school diploma (DES), cegep prerequisites, or vocational training prerequisites.

Eligibility: people 16 years old and over

Coverage area: Outaouais

Fees: variable

Financing: provincial

Legal status: provincial government agency

CENTRE D'ÉDUCATION DES ADULTES NOUVEL-HORIZON

100 de la Baie Street, Gatineau, Outaouais, QC, J8T 3H7

819 561-9395 Fax: 819 561-2511

Website: cead.cssd.gouv.qc.ca

Email: horizon@cssd.gouv.qc.ca

Services: Educational institution offering training programs for adults. * Secondary school diploma (DES), CEGEP prerequisite or vocational training prerequisite. * Equivalency testing. * Guidance, orthopedagogy, pedagogical counseling, psychoeducation and special education services. * Programs: learning French, literacy, rapid employment training, etc.

Eligibility: people 16 years old and over

Coverage area: MRC les Collines-de-l'Outaouais

Fees: variable

Financing: provincial

Legal status: provincial government agency

CENTRE D'ÉDUCATION DES ADULTES SAINT-EUGÈNE

67 Rivière-Gatineau Road, Déléage, Outaouais, QC, J9E 3A5

819 449-6644

Website: www.csshbo.gouv.qc.ca/fr/parents-eleves-et-communaute/parents/trouvez-votre-ecole/centres-de-formation/deleage-centre-st-eugene

Email: communications@csshbo.gouv.qc.ca

Services: Educational institution offering training programs for adults. * Completion of a high school diploma (DES), cegep prerequisites, or vocational training prerequisites.

Eligibility: people 16 years old and over

Coverage area: MRC la Vallée-de-la-Gatineau

Fees: variable

Financing: provincial

Legal status: provincial government agency

CENTRE D'ÉDUCATION DES ADULTES SAINT-JOSEPH

67 Saint-Joseph Street, Gracefield, Outaouais, QC, J0X 1W0

819 449-6644

Website: www.csshbo.gouv.qc.ca/fr/parents-eleves-et-communaute/parents/trouvez-votre-ecole/centres-de-formation/gracefield-centre-st-joseph

Email: communications@csshbo.gouv.qc.ca

Services: Educational institution offering training programs for adults. * Completion of a high school diploma (DES), cegep prerequisites, or vocational training prerequisites.

Eligibility: people 16 years old and over

Coverage area: MRC la Vallée-de-la-Gatineau

Fees: variable

Financing: provincial

Legal status: provincial government agency

CENTRE D'ENTRAIDE LA DESTINÉE (LE)

177, chemin de la Savane, Gatineau, Outaouais, QC, J8T 1R2

819 561-7474

Website: ladesstinee.org

Email: ladesstinee@videotron.ca

Services: Centre for women. * Handicraft. * Group workshops. * Coffee-meeting. * Resource café. * Leisure and outings: movies, board games, etc. * Awareness. * Christmas dinner for members.

Eligibility: women

Coverage area: Gatineau

Hours: Monday to Friday 8h30 à 12h00, 13h00 à 17h30

Financing: self-financing

Legal status: non-profit organization

COMMISSION SCOLAIRE DES HAUTS-BOIS-DE-L'OUTAOUAIS, CENTRE D'ÉDUCATION DES ADULTES NOTRE-DAME-DU-DÉSERT

335 du Couvent Street, Maniwaki, Outaouais, QC, J9E 1H5

819 449-6644

Website: www.csshbo.gouv.qc.ca/fr/parents-eleves-et-communaute/parents/trouvez-votre-ecole/centres-de-formation/maniwaki-centre-notre-dame-du-desert

Email: communications@csshbo.gouv.qc.ca

Services: Educational institution offering training programs for adults. * Completion of a high school diploma (DES), cegep prerequisites, or vocational training prerequisites.

Eligibility: people 16 years old and over

Coverage area: MRC la Vallée-de-la-Gatineau

Hours: teaching period: Monday to Friday 8h40 to 12h10 and 13h10 to 15h25

Fees: variable

Financing: provincial

Legal status: provincial government agency

CONNEXIONS RESOURCE CENTER

67 du Couvent Street, Gatineau, Outaouais, QC, J9H 6A2

819 557-0615

Website: centreconnexions.org

Email: info@centreconnexions.org

Services: Resource centre for the English-speaking population. * Information and referral to health and social services, community organizations, legal information, employability, etc. * Programs, activities, conferences and workshops for all age groups. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Playgroup hosted at Cégep Heritage College. * Online resource directories: seniors and caregivers, youth, women, men, families, people in vulnerable situations and families with a member living with a disability. * Discussion and support groups: parents, youth, caregivers, men. * Online documentation: articles and videos. * Online anger management support group for men.

Eligibility: English-speaking people, seniors, caregivers, families, youth

Coverage area: Outaouais, ITMAV outreach work: Aylmer area of the city of Gatineau

Hours: Monday to Friday 8h00 to 16h00

Fees: none

Financing: federal, provincial

Legal status: non-profit organization

ESPACE OUTAOUAIS

10 Noël Street, Suite 107, Gatineau, Outaouais, QC, J8Z 3G5

819 771-1546 Fax: 819 771-7491

Website: espacesansviolence.org/outaouais

Email: info@espaceoutaouais.org

Services: Prevention of all forms of violence against children. * ESPACE program: workshops for children and adults to address all forms of violence, recognize manipulation techniques, develop protective strategies, increase the self-confidence of children. * Adapted workshops for children with special needs. * Phone line and referrals. * Concertation with other actors on prevention of violence against children.

Eligibility: children, adults, schools, ESPACE program: children 3 to 12 years old and the adults in their environment, adapted workshops: children with special needs

Capacity: unlimited

Coverage area: Outaouais

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

Fees: none

Financing: provincial, Centraide Outaouais

Legal status: non-profit organization

FAMILLES D'ABORD

38 Principale Street, Gracefield, Outaouais, QC, J0X 1W0

819 463-4500

Website: famillesdabord.com

Email: famillesdabord2015@gmail.com

Services: * Comptoir familial de Gracefield thrift store. * Game workshops for parent and children from 0 to 5 years old. * Support groups. * Respite. * Support for single women. * Awareness raising.

Eligibility: families

Capacity: 30 places

Coverage area: La Vallée-de-la-Gatineau, Collines-de-l'Outaouais

Hours: Monday to Thursday 8h00 to 16h00

Fees: none

Financing: self-financing, grants

Legal status: non-profit organization

GROUPE ENTRE-FEMMES DE L'OUTAOUAIS

115 Sacré-Coeur Boulevard, Suite 208, Gatineau, Outaouais, QC, J8X 1C5

819 776-3694

Website: www.entre-femmes.ca

Email: info@entre-femmes.ca

Services: Organizes activities to bring women out of isolation. * Welcoming, information and referrals. *

Courses, workshops and training: self-knowledge, crafts, autonomy, etc. * Coffee meetings and discussions. *

Collective kitchen. * Christmas meal. * Animal therapy. * Outings: museum, strawberry picking, lunches, etc. *

Conferences.

Eligibility: women 14 years old and over

Coverage area: Gatineau and surrounding area

Hours: September to June, Monday to Friday 9h00 to 16h00, activities: variable with possible evenings and weekends

Fees: free, certain activities and Christmas party: variable

Financing: provincial

Legal status: non-profit organization

LATEKOE

85B du Portage Promenade, Gatineau, Outaouais, QC, J8X 2K2

819 685-2424

Website: cipp-fpic.com/en/home-2

Email: info@cipp-fpic.com

Services: Promotion of social and technological innovation by and with Indigenous people. * Educational workshops on various themes: Indigenous protocols and governance, Indigenous people in cities, bullying and indigenous people, Indigenous education etc. * FabLab ONAKI: collaborative digital fabrication workshop with access to knowledge and machinery. * ONAKI circles: Indigenous activities in primary and secondary schools.

Eligibility: general public

Coverage area: Outaouais

Hours: Monday to Friday 8h30 to 16h30, summer period 8h00 to 16h00

Fees: variable

Financing: donations, grants

Legal status: non-profit organization

NATIVE ALLIANCE OF QUEBEC

21 Brodeur Street, Gatineau, Outaouais, QC, J8Y 2P6

819 770-7763 Fax: 819 770-6070

Website: aaqnaq.com/en

Email: siteweb@aaqnaq.com

Services: Promotion and representation of the interests of Indigenous, Métis and Inuit people living off-reserve in the province of Québec. * Social and community intervention service: referrals to resources appropriate to the situation. * Genealogical analysis service. * Information and administration of government programs and services for Aboriginal people living off-reserve. * Bursary programs for aboriginal students. * Aboriginal paralegal services: legal information, accompaniment, etc. * Partnership with Habitation Métis du Nord: help in finding subsidized housing. * Partnership with the Société de crédit commerciaux autochone (SOCCA): support and financial assistance for economic projects. * Raising awareness among Quebecers and Canadians about the realities of Aboriginal people living off-reserve, their history, achievements and contributions to Canadian society. * Cultural activities: powwows, June 21st Aboriginal Day event, etc. * Negotiation of agreements with the various levels of government and any municipal or local authorities aimed at improving the political, economic, social and cultural conditions of Aboriginal people living off-reserve. * Working with national and regional Aboriginal organizations to facilitate the exercise of the rights of Aboriginal people living off-reserve.

Eligibility: Indigenous people with or without a status, Métis, Inuit living off-reserve in the province of Québec, cultural activities: general public

Coverage area: Province of Québec

Hours: Monday to Thursday 8h30 to 17h00

Fees: membership: \$49 (includes the first year's contribution), yearly contributions: \$25 per year, \$15 for people 65 years old and older, genealogical analysis service: \$175

Financing: contributions, provincial, federal

Legal status: non-profit organization

REGROUPEMENT DES ASSOCIATIONS DE PERSONNES HANDICAPÉES DE L'OUTAOUAIS

115 Sacré-Coeur Boulevard, Suite 210, Gatineau, Outaouais, QC, J8X 1C5

819 770-0535

Website: www.rapho.org

Email: direction@rapho.org

Services: Advocacy and promotion of the interests of people living with a physical or intellectual disability or autism and their caregivers. * Welcome and referrals. * Awareness-raising events. * Inter-organizational round tables. * Raising awareness of the realities of people with disabilities among government bodies. * Online directory of resources.

Eligibility: people living with a disability (physical, intellectual, autism), caregivers, organizations working with people living with a disability

Coverage area: Outaouais

Hours: Monday to Friday 10h00 to 18h00

Fees: none

Financing: provincial

Legal status: non-profit organization

TABLE DE CONCERTATION SUR LA FAIM ET LE DÉVELOPPEMENT SOCIAL DE L'OUTAOUAIS

180 du Mont-Bleu Boulevard, Gatineau, Outaouais, QC, J8Z 3J5

819 771-8391 ext. 337

Website: tcfdsso.org

Services: Grouping of individuals, community organizations and institutions that share knowledge and develop activities to advance food security. * Discussion days on food insecurity. * Working committees organized by members. * Meetings, workshops, conferences or symposia on hunger and poverty. * Raising awareness of hunger and poverty issues.

Eligibility: community organizations, institutions concerned with food safety

Coverage area: Outaouais

Hours: Monday to Friday 9h00 to 17h00, activities: variable

Fees: annual membership: \$12 for individuals, \$30 for organizations, \$72 for institutions, activities: variable with prices for member

Financing: membership fees, dons, municipal, provincial

Legal status: non-profit organization

TREMLIN DES LECTEURS (LE)

160 Maloney Boulevard East, Unit 12, Gatineau, Outaouais, QC, J8P 1C1

819 643-0745

Website: www.treplindeslecteurs.org

Email: treplindeslecteurs@hotmail.com

Services: Basic education in French, mathematics and computer utilization for adults over 16 years old, in order to facilitate their return to studies or on the job market. * Classes offered: French, mathematics, computer, literacy.

Eligibility: adults over 16 years old, immigrants

Coverage area: Gatineau

Hours: administration: Monday to Thursday 9h00 to 16h00

Fees: administrative registration fee: \$20, French and maths: free, computing: fees apply

Financing: municipal, provincial

Legal status: non-profit organization

VENT DANS LES LETTRES (LE)

797 Jacques-Cartier Street, Gatineau, Outaouais, QC, J8T 2W1

819 561-5473

Website: www.ventdansleslettres.ca

Email: ventdansleslettres@videotron.ca

Services: Popular education in literacy with workshops in reading, writing and arithmetic. * Basic arithmetic workshops. * French workshops. * Literacy-cooking workshops. * Coffee-meetings: housing and healthcare rights, information on health and nutrition. * Cultural and recreational outings.

Eligibility: adults

Coverage area: Gatineau

Hours: Monday to Thursday 8h00 to 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

School perseverance

AVENUE DES JEUNES

10 Bériault Street, Gatineau, Outaouais, QC, J8X 1A3

819 778-0634

Website: avenuedesjeunes.com

Email: administration@avenuedesjeunes.com

Services: Accompanying youth on their journey to improve their quality of life. * Individual and family support. * Workshops on Awareness, prevention and social adaptation. * Employment and training programs for youth. * Collaborative activities creating a stimulating environment. * Meeting places and activities: Maison des jeunes Antrados, Maison du parc de l'Île, Maison les Deschênes. * Lodging: Auberge du cour Héberge-Ados. * Post-housing follow-up.

Eligibility: youth aged 13 to 17 living in the Outaouais region, youth who are experiencing personal or family problems and are in need of accommodation

Coverage area: Outaouais

Fees: none

Financing: municipal, provincial, federal, Centraide Outaouais

Legal status: non-profit organization

MAISON DES JEUNES ANTRADOS

10 Bériault Street, Gatineau, Outaouais, QC, J8X 1A3

819 778-0634

Website: www.avenuedesjeunes.com

Email: infomdj@avenuedesjeunes.com

Services: Animated meeting place for youth. * Individual and family support. * Workshop discussions: bullying, sexual safety, etc. * Homework help. * Various activities: painting, cooking, educational games, music initiation, sports, etc. * Outings: movies, trips and museum visits. * Participation and involvement in community events.

Eligibility: youth aged 13 to 17 living in the Outaouais region, youth experiencing personal or family problems

Coverage area: Outaouais

Fees: none

Financing: municipal, provincial, federal, Centraide Outaouais

Legal status: non-profit organization

MAISON DES JEUNES DU PARC DE L'ÎLE

94 Mance Street, Gatineau, Outaouais, QC, J8X 4A3

819 778-0634

Website: www.avenuedesjeunes.com

Email: infomdj@avenuedesjeunes.com

Services: Animated meeting place for youth. * Individual and family support. * Workshop discussions: bullying, sexual safety, etc. * Homework help. * Various activities: painting, cooking, educational games, music initiation, sports, etc. * Outings: movies, trips and museum visits. * Participation and involvement in community events.

Eligibility: youth aged 13 to 17 living in the Outaouais region, youth experiencing personal or family problems

Coverage area: Outaouais

Fees: none

Financing: municipal, provincial, federal, Centraide Outaouais

Legal status: non-profit organization

MAISON DES JEUNES LES DESCHÊNÉS

26 Arthur-Whelan Street, Gatineau, Outaouais, QC, J9H 2A5

819 778-0634

Website: www.avenuedesjeunes.com

Email: infomdj@avenuedesjeunes.com

Services: Animated meeting place for youth. * Individual and family support. * Workshop discussions: bullying, sexual safety, etc. * Homework help. * Various activities: painting, cooking, educational games, music initiation, sports, etc. * Outings: movies, trips and museum visits. * Participation and involvement in community events.

Eligibility: youth aged 13 to 17 living in the Outaouais region, youth experiencing personal or family problems

Coverage area: Outaouais

Fees: none

Financing: municipal, provincial, federal, Centraide Outaouais

Legal status: non-profit organization

VALLÉE JEUNESSE OUTAOUAIS

111 de Carillon Street, Gatineau, Outaouais, QC, J8X 2P8

819 778-8550 Fax: 819 778-0754

Website: www.valleejeunesse.ca

Email: administration@valleejeunesse.ca

Services: Prevention of academic and social abandonment. * Écho program: intensive specialized family intervention services for families living through multiple problematic situations. * Catamaran program: alternative socializing activities for youth living through multiple problematic situations. * Camp Exploration: alternative day camp for youth who cannot attend regular day camps because of multiple problematic situations. * Belvédère: transitory housing for youth dealing with homelessness. * Coup de Pouce Jeunesse program: prevention of missing and dropping out of school for teenagers and their families. * Project 14-17 years old: social reinsertion environment for students who can no longer attend the regular programs at school for behavioural or addiction reasons. * Project 16-24 years old: program for youth who wish to stay or go back to school but are faced with difficulties that make this challenging.

Eligibility: Écho project: youth 7 to 17 years old living through at least two problematic situations, Catamaran project: youth 7 to 17 years old who are followed by a social worker and living through at least two problematic situations, Camp Exploration: youth 7 to 17 years old living through multiple problems, Belvédère: youth 16 to 21 years old dealing with or at risk of homelessness, Coup de Pouce Jeunesse: youth 13 to 16 years old at risk of dropping out and their families, project 14-17 and 16-24: students in the Centre des services scolaire des Portages de l'Outaouais (CSSPO)

Coverage area: Gatineau and MRC les Collines-de-l'Outaouais

Financing: municipal, provincial, federal

Legal status: non-profit organization

School service centers

CENTRE DE SERVICES SCOLAIRE AU COEUR-DES-VALLÉES

582 Maclaren Street, Gatineau, Outaouais, QC, J8L 2W2

1 800 958-9966 Fax: 819 986-9283

Website: www.cscv.gouv.qc.ca

Email: info@cscv.gouv.qc.ca

Services: Educational services to meet the needs of young people, adults, businesses, and organizations on its territory. * Find a school or centre: www.cscv.gouv.qc.ca/ecoles-centres * School calendar: www.cscv.gouv.qc.ca/calendrier-scolaire * SARCA: support in realizing a professional or training project. * Organization of preschool, primary, secondary, and general education. * School transportation. * Toolbox for parents. * Passe-Partout program: easing the transition from home to daycare. * Complaints management.

Eligibility: SARCA: people 16 years old and over

Coverage area: MRC Papineau and MRC les Collines-de-l'Outaouais

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

Fees: SARCA: free

Financing: provincial

Legal status: provincial government agency

CENTRE DE SERVICES SCOLAIRE DES DRAVEURS

200 Maloney Boulevard East, Gatineau, Outaouais, QC, J8P 1K3

819 663-9221 Fax: 819 663-6176

Website: www.cssd.gouv.qc.ca

Email: reception@cssd.gouv.qc.ca

Services: Educational services to meet the training needs of young people, adults, and local businesses and organizations. * Find a school or centre:

www.applications.cssd.gouv.qc.ca/GEOBUS/Pages/Anonyme/parents/page.fr.aspx * School calendar:

www.cssd.gouv.qc.ca/parents-eleves/calendriers-scolaires * SARCA: support in realizing a professional or training project. * Organization of preschool, primary, secondary, and general education. * School transportation. * Toolbox for parents. * Passe-Partout program: easing the transition from home to daycare. * Complaints management.

Eligibility: SARCA: people 16 years old and over

Coverage area: Bowman, Cantley, Chelsea, Denholm, Gatineau, L'Ange-Gardien, La Pêche, Val-Des-Monts

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

Fees: SARCA: free

Financing: provincial

Legal status: provincial government agency

CENTRE DE SERVICES SCOLAIRE DES HAUTS-BOIS-DE-L'OUTAOUAIS

331 du Couvent Street, Maniwaki, Outaouais, QC, J9E 1H5

1 888 831-9606 Fax: 819 449-2636

Website: www.csshbo.gouv.qc.ca

Email: communications@csshbo.gouv.qc.ca

Services: Educational services to meet the training needs of young people, adults, and local businesses and organizations. * Find a school or centre:

www.webhbo.appgrics.ca/Geobus/Pages/Anonyme/Parents/Page.fr.aspx * School calendar:

www.csshbo.gouv.qc.ca/fr/parents-eleves-et-communaute/parents/outils-parents/calendriers-scolaires *

SARCA: support in realizing a professional or training project. * Organization of preschool, primary, secondary, and general education. * School transportation. * Toolbox for parents. * Text alerts: text notification of important information.. * Complaints management.

Eligibility: SARCA: people 16 years old and over

Coverage area: MRC du Pontiac and MRC la-Vallée-de-la-Gatineau

Fees: SARCA: free

Financing: provincial

Legal status: provincial government agency

CENTRE DE SERVICES SCOLAIRE DES PORTAGES-DE-L'OUTAOUAIS

225 Saint-Rédempteur Street, Gatineau, Outaouais, QC, J8X 2T3

819 771-4548

Website: www.csspo.gouv.qc.ca/

Email: reception@csspo.gouv.qc.ca

Services: Educational services to meet the training needs of young people, adults, and local businesses and organizations. * Find a school or centre: www.csspo.gouv.qc.ca/etablisements * School calendar:

www.csspo.gouv.qc.ca/services-aux-eleves/calendriers-scolaires * SARCA: support in realizing a professional or training project. * Organization of preschool, primary, secondary, and general education. * School transportation. * Toolbox for parents. * mParent: notification system of important information. * Complaints management.

Eligibility: SARCA: people 16 years old and over

Coverage area: MRC les Collines-de-l'Outaouais

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

Fees: SARCA: free

Financing: provincial

Legal status: non-profit organization

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

Advocacy for workers and unemployed

ASSOCIATION POUR LA DÉFENSE DES DROITS SOCIAUX DE GATINEAU

18 Charlevoix Street, Gatineau, Outaouais, QC, J8X 1P1

819 770-3839

Website: addsgatineau.wordpress.com/about

Email: lutteraddsgatineau@gmail.com

Services: Education and social rights defense group. * Home. * Telephone information. * Training and information workshops: social rights, social assistance, fight against poverty, mobilization.

Eligibility: social assistance recipients, employment insurance recipients, people on a low income

Coverage area: Gatineau

Fees: none

Financing: grants

Legal status: non-profit organization

BUREAU D'AIDE JURIDIQUE - GATINEAU - SECTEUR AYLMEYER

204 Aylmer Road, Suite B-403, Gatineau, Outaouais, QC, J9H 1A1

819 684-0333 Fax: 819 684-5075

Website: www.aidejuridiqueoutaouais.ca

Email: bureauaylmer@ccjo.qc.ca

Services: Legal aid office in civil and family law.

Eligibility: people or non-profit organizations residing in Québec or forced to remain in Québec, financially eligible, and whose legal services are covered by the Law

Coverage area: Outaouais

Hours: Monday to Friday 8h30 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

BUREAU D'AIDE JURIDIQUE - GATINEAU - SECTEUR GATINEAU

365 Greber Boulevard, Suite 202, Gatineau, Outaouais, QC, J8T 5R3

819 568-0990 Fax: 819 568-4727

Website: www.aidejuridiqueoutaouais.ca

Email: bureaugatineau@ccjo.qc.ca

Services: Legal aid office in civil and family law.

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

Coverage area: Outaouais

Hours: Monday to Friday 8h30 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

BUREAU D'AIDE JURIDIQUE - GATINEAU - SECTEUR HULL

768 St-Joseph Boulevard, Suite 210, Gatineau, Outaouais, QC, J8Y 4B8

819 772-3011 Fax: 819 772-3764

Website: www.aidejuridiqueoutaouais.ca

Email: bureaucivil-famille@ccjo.qc.ca

Services: Legal aid office in civil law, family law and youth protection law.

Eligibility: people or non-profit organizations residing in Québec or forced to remain in Québec, financially eligible, and whose legal services are covered by the Law

Coverage area: Outaouais

Hours: Monday to Friday 8h30 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

CENTRE COMMUNAUTAIRE JURIDIQUE DE L'OUTAOUAIS - BUREAU ADMINISTRATIF

510 Maloney Boulevard East, Suite 201, Gatineau, Outaouais, QC, J8P 1E7

819 669-2382 Fax: 819 669-9309

Website: www.aidejuridiqueoutaouais.ca

Email: bureauadministration@ccjo.qc.ca

Services: Legal aid services lawyers who practice family law, criminal and penal law, youth protection law, immigration law, civil law, administrative law (social aid, SAAQ, CSST), child support, health rights, housing law, bankrupt and prison law. * Representation by a lawyer before a court of first instance or a court of appeal, as plaintiff or defendant. * Assistance from a lawyer in certain cases expressly provided in the Legal Aid Act. * Legal consultation with a lawyer. * Telephone consultation with a lawyer, available 24/7, for people who have been arrested or are being held in custody. * Legal information regarding the rights and obligations of legal aid recipients. * Some services may be rendered by a notary. * Complaints reception.

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

Coverage area: Outaouais

Hours: Monday to Friday 8h30 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

CENTRE D'ACTION BÉNÉVOLE DE GATINEAU (LE)

42 Gatineau Avenue, Gatineau, Outaouais, QC, J8T 4J3

819 568-0747

Website: www.cabgatineau.com

Email: directiongenerale@videotron.ca

Services: Volunteer centre. Seniors * Meals on wheels. * Carrefour d'information pour Aînés: information and assistance with administrative procedures, offered on site, by phone or at home. * SécuriCAB: personalized and automated calls, reminders for taking medication. * Assistance with forms. * Télé bonjour: reassurance on the phone. * Friendly visits. * Accompaniment and transportation. * Tax clinic. Volunteering and community support * Volunteer recruitment, training, orientation and support. * Promotion of volunteerism. * Consultation and collaboration with the actors of the community.

Eligibility: general public, seniors, volunteers

Coverage area: Gatineau sector of Gatineau

Hours: Monday to Friday 8h30 to 12h00 and 12h30 to 15h30

Fees: variable

Financing: grants, donations

Legal status: non-profit organization

COMMISSION DES NORMES, DE L'ÉQUITÉ, DE LA SANTÉ ET DE LA SÉCURITÉ DU TRAVAIL - LANAUDIÈRE - POINT DE SERVICE DE JOLIETTE

1075 Firestone Boulevard, 5th floor, Gatineau, Outaouais, QC, J9E 6X6

1 844 838-0808 Fax: 1 855 722-8081?

Website: www.cnesst.gouv.qc.ca/en

Services: Prevention and safety * 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. Pay equity * Front-line telephone service to answer general questions on the application of the Loi sur l'équité salariale. * Specialized assistance to understand more complex or technical aspects of the law. * Pay equity audit program: investigations to ensure that companies are complying with their pay equity obligations. * Development of tools and training courses accessible free of charge in all regions of Québec. * Research activities. Labour standards * Information on labour standards and obligations under the law and regulations. * Registration of complaints. * Mediation for employees or employers concerned by a complaint of psychological harassment, wrongful dismissal or prohibited practice.

Eligibility: employers, workers

Coverage area: Lanaudière

Hours: by appointment only

Financing: membership fees, self-financing

Legal status: provincial government agency

COMMISSION DES NORMES, DE L'ÉQUITÉ, DE LA SANTÉ ET DE LA SÉCURITÉ DU TRAVAIL - OUTAOUAIS

15 Gamelin Street, Gatineau, Outaouais, QC, J8X 3Y3

1 844 838-0808 Fax: 1 855 722-8081?

Website: www.cnesst.gouv.qc.ca

Services: Prevention and safety * 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. Pay equity * Front-line telephone service to answer general questions on the application of the Loi sur l'équité salariale. * Specialized assistance to understand more complex or technical aspects of the law. * Pay equity audit program: investigations to ensure that companies are complying with their pay equity obligations. * Development of tools and training courses accessible free of charge in all regions of Québec. * Research activities. Labour standards * Information on labour standards and obligations under the law and regulations. * Registration of complaints. * Mediation for employees or employers concerned by a complaint of psychological harassment, wrongful dismissal or prohibited practice.

Eligibility: employers, workers

Coverage area: Outaouais

Hours: on appointment

Financing: provincial

Legal status: provincial government agency

Budget management and consumption

ASSOCIATION COOPÉRATIVE D'ÉCONOMIE FAMILIALE DE L'OUTAOUAIS

109 Wright Street, Suite 102, Gatineau, Outaouais, QC, J8X 2G7

819 770-4911 ext. 201 Fax: 819 771-1769

Website: acefo.org

Email: info@acefo.org

Services: * Budget consultation. * Information on debt consolidation and negotiation with creditors. * Budget classes. * Conferences and workshops on various consumer-related topics. * Advocacy. * Desjardins Mutual Aid Fund. * Assistance with Hydro-Québec payment agreements. * Interest-free loans: loan from the Hull self-help group for the purchase of essential durable goods.

Eligibility: general public, interest-free loans: people on a low income and no access to conventional credit

Coverage area: Outaouais

Hours: Monday to Friday 9h00 to 17h30

Fees: variable

Financing: provincial, Centraide Outaouais

Legal status: cooperative

CANADA EDUCATION SAVINGS PROGRAM

Confidential Address

Website: www.canada.ca/en/revenue-agency/services/tax/individuals/topics/registered-education-savings-plans-resps/canada-education-savings-programs-cesp.html

Services: Two education savings incentives deposited into a Registered Education Savings Plan (RESP). * The Canada Education Savings Grant (CESG). * The Canada Learning Bond (CLB).

Coverage area: Canada

Hours: Monday to Friday 8h30 to 16h00

Financing: federal

Legal status: federal government agency

CARREFOUR JEUNESSE EMPLOI DE L'OUTAOUAIS

350 de la Gappe Boulevard, Gatineau, Outaouais, QC, J8T 7T9

819 561-7712 Fax: 819 561-1455

Website: cjeo.qc.ca/english

Email: info@cjeo.qc.ca

Services: Accompaniment of young adults on their path to employment, back to school or to start a business. * Job search. * Development of employability. * Academic and professional orientation. * Educational success. * Entrepreneurship. * Immigrant services. * Financial education. * Artistic and cultural projects. * Employer services.

Eligibility: young people 16 to 35 years old

Coverage area: Gatineau

Hours: Monday, Wednesday and Thursday 8h30 to 17h00, Tuesday 8h30 to 20h00, Friday 8h30 to 12h00

Financing: federal, provincial, donations

Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI DE LA VALLÉE-DE-LA-GATINEAU

217 Principale Street, Maniwaki, Outaouais, QC, J9E 2A3

819 441-1165 Fax: 819 441-1195

Website: www.cjevg.qc.ca

Email: info@cjevg.qc.ca

Services: Accompaniment of young adults on their path to employment, back to school or to start a business. * Job search. * Development of employability. * Academic and professional orientation. * Entrepreneurship. * Immigrant services. * Financial education. * Employer services.

Eligibility: youth 16 to 35 years old seeking employment

Coverage area: MRC La Vallée-de-la-Gatineau

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

Fees: none

Financing: provincial, municipal, donations

Legal status: non-profit organization

LOISIR SPORT OUTAOUAIS

390 de Buckingham Avenue, Gatineau, Outaouais, QC, J8L 2G7

819 663-2575

Website: www.urlso.qc.ca

Email: info@urlso.qc.ca

Services: Stimulates regional development in leisure, sport and outdoor activities. * Training: welcoming and leisure activities for people with a disability, planning and development of a program of activities, finding partners, understanding grant applications, etc. * Secondaire en spectacle: development of youth through the practice of cultural leisure activities in the school environment. * Jeux du Québec: development of competitive sports. * Mes Premiers Jeux: introducing youth to the pleasures of competitive sports and putting them in contact with sports clubs in their region. * Expertises: outdoor activities, recreation for people with a disability, municipal, school and community recreation, day camps, volunteer work, etc. * Financial assistance programs: projects promoting physical activities, projects for people with a disability, projects related to volunteering in leisure, sport and outdoor activities, etc.

Eligibility: general public

Coverage area: Outaouais

Hours: Monday to Friday 9h00 to 16h00

Fees: annual membership: free for citizens, variable for organizations

Financing: contributions, provincial, self-financing

Legal status: non-profit organization

MAISON OXYGÈNE OUTAOUAIS

Confidential Address

819 205-1451 Fax: 819 205-4458

Website: www.dtuc.org/maison-oxygene-outaouais

Email: liaison.info@donnetoiunechance.org

Services: Help for fathers in difficulty and their children. * Temporary housing for fathers and their children. * Community and psychosocial support. * Accompaniment in the process. * Reinforcement of parenting skills. * Food assistance. * Father-child activities. * Support for positive co-parenting.

Eligibility: fathers experiencing personal, marital or family difficulties, their children

Capacity: housing: 4 rooms, 17 beds

Coverage area: Outaouais

Financing: membership fees, donations, grants

Legal status: non-profit organization

NATIVE ALLIANCE OF QUEBEC

21 Brodeur Street, Gatineau, Outaouais, QC, J8Y 2P6

819 770-7763 Fax: 819 770-6070

Website: aaqnaq.com/en

Email: siteweb@aaqnaq.com

Services: Promotion and representation of the interests of Indigenous, Métis and Inuit people living off-reserve in the province of Québec. * Social and community intervention service: referrals to resources appropriate to the situation. * Genealogical analysis service. * Information and administration of government programs and services for Aboriginal people living off-reserve. * Bursary programs for aboriginal students. * Aboriginal paralegal services: legal information, accompaniment, etc. * Partnership with Habitation Métis du Nord: help in finding subsidized housing. * Partnership with the Société de crédit commerciaux autochone (SOCCA): support and financial assistance for economic projects. * Raising awareness among Quebecers and Canadians about the realities of Aboriginal people living off-reserve, their history, achievements and contributions to Canadian society. * Cultural activities: powwows, June 21st Aboriginal Day event, etc. * Negotiation of agreements with the various levels of government and any municipal or local authorities aimed at improving the political, economic, social and cultural conditions of Aboriginal people living off-reserve. * Working with national and regional Aboriginal organizations to facilitate the exercise of the rights of Aboriginal people living off-reserve.

Eligibility: Indigenous people with or without a status, Métis, Inuit living off-reserve in the province of Québec, cultural activities: general public

Coverage area: Province of Québec

Hours: Monday to Thursday 8h30 to 17h00

Fees: membership: \$49 (includes the first year's contribution), yearly contributions: \$25 per year, \$15 for people 65 years old and older, genealogical analysis service: \$175

Financing: contributions, provincial, federal

Legal status: non-profit organization

NATIVE WOMEN'S ASSOCIATION OF CANADA

120 du Portage Promenade, Gatineau, Outaouais, QC, J8X 2K1

1 800 461-4043 Fax: 613 722-7687

Website: www.nwac.ca

Email: reception@nwac.ca

Services: * NWAC National Apprenticeship Program: connecting businesses with Indigenous women, Two Spirit, and gender-diverse people seeking apprenticeships in the skilled trade.* Indigenous Skills and Employment Training (ISET): programme offering courses, childcare, first jobs and other resources. #BeTheDrum: entrepreneurship promotion program to strengthen business, management and entrepreneurship skills.* Culturally Safe and Trauma-Informed Knowledge Hub: information and resources about sexual and reproductive health. * Online resources and training. * Prizes and scholarships. * Defending the rights of indigenous women and girls.

Eligibility: Indigenous women, girls, Two Spirit and gender diverse people

Coverage area: Canada

Financing: federal, donations, fundraising campaigns

Legal status: non-profit organization

SERVICE CANADA CENTRE - GATINEAU-EST

455 de l'Hôpital Boulevard, Gatineau, Outaouais, QC, J8T 7X7

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

Website: www.canada.ca

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

Eligibility: general public

Coverage area: Gatineau

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

SERVICE CANADA CENTRE - GATINEAU-HULL

210 Champlain Street, Gatineau, Outaouais, QC, J8X 3R5

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

Website: www.canada.ca

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

Eligibility: general public

Coverage area: Gatineau

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

SERVICE CANADA CENTRE - MANIWAKI

100 Principale Street South, Suite 220, Maniwaki, Outaouais, QC, J9E 3L4

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

Website: www.canada.ca

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

Eligibility: general public

Coverage area: Maniwaki

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

SOCIÉTÉ CANADIENNE DE LA SCLÉROSE EN PLAQUES - DIVISION DU QUÉBEC - SECTION OUTAOUAIS

10 Noël Street, Suite 112, Gatineau, Outaouais, QC, J8Z 3G5

1 819 778-1450 Fax: 1 819 778-7058

Website: mscanada.ca/ms-canada-outaouais

Email: info.outaouais@scleroseenplaques.ca

Services: * Information, documentation and referral. * Psychological support. * Self-help group. * Day activity centre. * Home and hospital visits. * Civic support service: help with filling out forms, accompaniment to go vote, budget management. * Recreational and social activities. * Equipment loan. * Promotion and defence of rights. * Conferences.

Eligibility: people with multiple sclerosis, their relatives

Coverage area: Outaouais

Hours: Monday to Friday 8h00 to 15h00

Financing: donations, fundraising campaigns

Legal status: non-profit organization

SOCIÉTÉ DE TRANSPORT DE L'OUTAOUAIS

111 Jean-Proulx Street, Gatineau, Outaouais, QC, J8Z 1T4

819 770-3242

Website: www.sto.ca/en

Services: Public transit service. * Plan a trip, timetables and interactive map. * Reload your card online. * Locate your nearest sales outlet. * Network status notification system. * Transit application: cellular application for tracking buses in real time. * Lost object recovery.

Eligibility: general public

Coverage area: Outaouais

Hours: office: Monday to Friday 8h30 to 17h30, Saturday 10h30 to 17h00, customer relations: Monday to Friday 7h00 to 20h30, Saturday 8h00 to 20h00, Sunday 9h30 to 20h00, lost and found: Monday to Friday 8h30 to 20h00, Saturday 10h30 to 19h30, Sunday 9h30 to 19h30

Fees: variable

Financing: provincial, self-financing

Legal status: parapublic organization

SOUPE POPULAIRE DE HULL

297 des Allumettières Boulevard, Gatineau, Outaouais, QC, J8Y 4B7

819 778-0173 Fax: 819-778-7408

Website: www.soupepopulairedehull.org

Email: administration@soupepopulairedehull.org

Services: Support and tools for people in precarious situations. * Welcoming, listening, accompaniment and counselling. * Lunch and dinner meals. * Assistance for budget management. * Legal assistance. * Social and community integration activities: group outings, coffee meetings, leisure activities, etc. * Volunteering and intership. * Distribution of naloxone kit.

Eligibility: people in a situation of financial, social or personal precariousness

Coverage area: Gatineau, Hull sector

Hours: Monday to Friday 10h30 to 16h30, lunch: Monday to Friday 11h30 to 13h30, dinner: Monday to Friday 16h45 to 18h15, legal aid: once a week, without appointment, dental clinic: once a week

Fees: voluntary contribution for meals: \$1

Financing: Centraide Outaouais

Legal status: non-profit organization

Business development

ACCOMPAGNEMENT DES FEMMES IMMIGRANTES DE L'OUTAOUAIS

109 Wright Street, Unit 9, Gatineau, Outaouais, QC, J8X 2G7

819 776-6764

Website: afio.ca

Email: info@afio.ca

Services: Accompaniment of immigrant women in a process of cultural, economic and social integration in Outaouais. * Information sessions on the first steps of settlement: important documents to obtain, opening a bank account, looking for housing, childcare services and school registration, the Québec school system, financial aid and income tax returns, services offered by community organizations, diploma equivalencies, employability services, etc. * French classes for women and their families. * Administering oaths for documents. * Individual psychosocial support for immigrant women and women who are victims of violence. *

Accompaniment in administrative procedures. * Valorization of immigrant women who are entrepreneurs and promotion of their products. * Babel: group for seniors to break isolation through group activities, physical activity, basic English courses, etc. * Espace parent: group discussion workshops for parents on the education system in Québec, the DPJ, children integration, etc. * Workshops on democratic and Quebecois values. * Subsidized daycare in Hull and Cantley. * New winter clothes at low cost. * Ready for back to school: distribution of school supplies at low cost. * Coffee-meetings.

Eligibility: immigrant women and their families, immigrant individuals, French classes: immigrant women and men 17 years old and over and born outside Canada, Babel: women 55 years old and over, winter clothes: migrant families on a low income

Coverage area: Outaouais

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, summer: Friday 8h30 to 13h00, specific hours for certain activities

Fees: none

Financing: municipal, provincial, Centraide Outaouais

Legal status: non-profit organization

CARREFOUR JEUNESSE EMPLOI DE L'OUTAOUAIS

350 de la Gappe Boulevard, Gatineau, Outaouais, QC, J8T 7T9

819 561-7712 Fax: 819 561-1455

Website: cjeo.qc.ca/english

Email: info@cjeo.qc.ca

Services: Accompaniment of young adults on their path to employment, back to school or to start a business. * Job search. * Development of employability. * Academic and professional orientation. * Educational success. * Entrepreneurship. * Immigrant services. * Financial education. * Artistic and cultural projects. * Employer services.

Eligibility: young people 16 to 35 years old

Coverage area: Gatineau

Hours: Monday, Wednesday and Thursday 8h30 to 17h00, Tuesday 8h30 to 20h00, Friday 8h30 to 12h00

Financing: federal, provincial, donations

Legal status: non-profit organization

CENTRE INTÉGRÉ DE SANTÉ ET DES SERVICES SOCIAUX DE L'OUTAOUAIS

80 Gatineau Avenue, Gatineau, Outaouais, QC, J8T 4J3

819 966-6000

Website: cisss-outaouais.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: Outaouais

Financing: provincial

Legal status: provincial government agency

INVESTISSEMENT ET DÉVELOPPEMENT GATINEAU

25, rue Laurier, 7e étage, Gatineau, Outaouais, QC, J8X 4C8

819 595-8002

Website: www.idgatineau.ca

Email: idgatuneau@gatineau.ca

Services: Support and guidance for businesses to promote economic development and diversification in the city of Gatineau. * Accompaniment: referrals, advice, guidance, and help in finding financing.

Eligibility: people wishing to start a business, people who already own a business, or people wishing to set up in Gatineau

Coverage area: Gatineau

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

Fees: none

Financing: provincial, municipal

Legal status: non-profit organization

NATIVE WOMEN'S ASSOCIATION OF CANADA

120 du Portage Promenade, Gatineau, Outaouais, QC, J8X 2K1

1 800 461-4043 Fax: 613 722-7687

Website: www.nwac.ca

Email: reception@nwac.ca

Services: * NWAC National Apprenticeship Program: connecting businesses with Indigenous women, Two Spirit, and gender-diverse people seeking apprenticeships in the skilled trade.* Indigenous Skills and Employment Training (ISET): programme offering courses, childcare, first jobs and other resources.

#BeTheDrum: entrepreneurship promotion program to strengthen business, management and entrepreneurship skills.* Culturally Safe and Trauma-Informed Knowledge Hub: information and resources about sexual and reproductive health. * Online resources and training. * Prizes and scholarships. * Defending the rights of indigenous women and girls.

Eligibility: Indigenous women, girls, Two Spirit and gender diverse people

Coverage area: Canada

Financing: federal, donations, fundraising campaigns

Legal status: non-profit organization

OPTION FEMMES

365 Gréber Boulevard, Suite 203, Gatineau, Outaouais, QC, J8T 5R3

819 246-1725 Fax: 819 246-3884

Website: www.optionfemmes.ca

Email: info@optionfemmes.ca

Services: Personalized employment assistance for women. * Support and accompaniment. * Skills assessment: 4 weeks in duration, job search assistance, return to school, etc. * Employment preparation program: 11 weeks in duration, job search assistance, return to school, exploration of traditionally male professions. * Computer rooms with internet.

Eligibility: women 18 years and over

Coverage area: Outaouais

Hours: Monday to Friday 8h30 to 16h30, every other Wednesday 8h30 to 20h30

Financing: provincial, grants

Legal status: non-profit organization

SERVICE CANADA CENTRE - GATINEAU-EST

455 de l'Hôpital Boulevard, Gatineau, Outaouais, QC, J8T 7X7

1 800 622-6232 TTY: 1 800 926-9105**Website:** www.canada.ca

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

Eligibility: general public**Coverage area:** Gatineau**Hours:** Monday to Friday 8h30 to 16h00**Fees:** parking: free**Financing:** federal**Legal status:** federal government agency**SERVICE CANADA CENTRE - GATINEAU-HULL**

210 Champlain Street, Gatineau, Outaouais, QC, J8X 3R5

1 800 622-6232 TTY: 1 800 926-9105**Website:** www.canada.ca

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

Eligibility: general public**Coverage area:** Gatineau**Hours:** Monday to Friday 8h30 to 16h00**Fees:** parking: free**Financing:** federal**Legal status:** federal government agency

SERVICE CANADA CENTRE - MANIWAKI

100 Principale Street South, Suite 220, Maniwaki, Outaouais, QC, J9E 3L4

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

Website: www.canada.ca

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

Eligibility: general public

Coverage area: Maniwaki

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

Employment support and training**CARREFOUR CULTUREL ESTACADE**

580 Maclaren Street East, Gatineau, Outaouais, QC, J8L 2W1

819 800-0700

Website: www.carrefourculturelestacade.ca

Email: reception@ccestacade.com

Services: Development of culture and cultural recreation. * Family shows. * Shows for the general public. * School outings in a cultural environment. * Community and cultural events.

Eligibility: general public

Coverage area: Gatineau

Hours: administration: Monday to Thursday 10h00 to 15h00, activities: variable

Fees: variable

Financing: self-financing, fundraising campaign, municipal, donations

Legal status: non-profit organization

CARREFOUR JEUNESSE EMPLOI DE L'OUTAOUAIS

350 de la Gappe Boulevard, Gatineau, Outaouais, QC, J8T 7T9

819 561-7712 Fax: 819 561-1455

Website: cjeo.qc.ca/english

Email: info@cjeo.qc.ca

Services: Accompaniment of young adults on their path to employment, back to school or to start a business. * Job search. * Development of employability. * Academic and professional orientation. * Educational success. * Entrepreneurship. * Immigrant services. * Financial education. * Artistic and cultural projects. * Employer services.

Eligibility: young people 16 to 35 years old

Coverage area: Gatineau

Hours: Monday, Wednesday and Thursday 8h30 to 17h00, Tuesday 8h30 to 20h00, Friday 8h30 to 12h00

Financing: federal, provincial, donations

Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI DE LA VALLÉE-DE-LA-GATINEAU

217 Principale Street, Maniwaki, Outaouais, QC, J9E 2A3

819 441-1165 Fax: 819 441-1195

Website: www.cjevg.qc.ca

Email: info@cjevg.qc.ca

Services: Accompaniment of young adults on their path to employment, back to school or to start a business. * Job search. * Development of employability. * Academic and professional orientation. * Entrepreneurship. * Immigrant services. * Financial education. * Employer services.

Eligibility: youth 16 to 35 years old seeking employment

Coverage area: MRC La Vallée-de-la-Gatineau

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

Fees: none

Financing: provincial, municipal, donations

Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI PAPINEAU

112 Maclaren East Street, Gatineau, Outaouais, QC, J8L 1K1

819 986-5248 Fax: 819 986-9686

Website: cjepapineau.qc.ca

Email: cjepapineau@cjepapineau.qc.ca

Services: Personalized labor market integration service to increase autonomy and sense of belonging to the community. Employment * Multiservice room: computers, fax, documentation. * Personalized accompaniment. * Individualized job search assistance based on client needs and dynamic job search methods: help with writing CVs, cover letters and preparing for job interviews. * Individual educational and vocational guidance, including validation of career choices with a goal of returning to school or entering the job market. * Personal and social autonomy: help in finding housing, filling out forms, coping with financial difficulties, family or interpersonal conflicts for young people aged 16 to 35 who are experiencing difficulties in one or more areas of their lives. * School retention support for young people aged 14 to 19 who have dropped out or are at risk of dropping out. * Place aux jeunes Papineau: a program for 18- to 35-year-olds to encourage migration, settlement and mentoring of young graduates in the MRC Papineau. Entrepreneurship * Personalized support in the early stages of business start-up. * Volunteering and entrepreneurship for young people.

Eligibility: people 14 years old and over

Coverage area: MRC Papineau, Val-Des-Monts, Notre-Dame-De-La-Salette, L'Ange-Gardien, Lac-Simon, Gatineau: Templeton, Rivière-Blanche, Buckingham, Masson-Angers sectors

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

Fees: none

Financing: provincial, municipal

Legal status: non-profit organization

CENTRE ALIMENTAIRE AYLMEYER

67 Couvent Street, Gatineau, Outaouais, QC, J9H 6A2

819 684-0163 Fax: 819 684-4714

Website: www.centrealimentaireaylmer.org

Email: caadmin@centrealimentaireaylmer.org

Services: Food assistance and mutual aid for disadvantaged individuals and families. * Food assistance. * Social and professional reintegration. * Helping relationship. * Homelessness prevention: accompaniment in finding and maintaining housing, referrals. * Collective kitchens. * Cooking workshop. * Bien au chaud program: collection and distribution of winter clothing for children. * Online video library: informative thematic videos. * Magasin-partage scolaire: distribution of school supplies. * Magasin partage de Noël: distribution of Christmas baskets for members. * Opération habit de neige: distribution of winter clothing.

Eligibility: people and families on a low income

Coverage area: Aylmer sector of Gatineau

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

Fees: variable

Financing: Centraide Outaouais, federal, provincial, foundations, donations

Legal status: non-profit organization

ESPACE DEP SYLVESTRE

230 Montcalm Street, Gatineau, Outaouais, QC, J8Y 3C1

819 771-3723

Website: depanneursylvestre.org

Email: depanneursylvestre@hotmail.com

Services: * Meeting place open to all. * Coffee and food, dinner. * Collective kitchen. * Animation and preventive intervention. * Internet access. * Social, cultural, recreational and intergenerational activities and events. * Community mental health support. * Volunteering and volunteer centre. * Community development. * Adapted work, professional reintegration and rehabilitation, support for employability and training. * Support and integration.

Eligibility: people on a low income, people experiencing social isolation

Coverage area: Outaouais

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

Fees: voluntary contribution

Financing: provincial, self-financing

Legal status: cooperative

ESPOIR ROSALIE DE GATINEAU

763 Saint-Louis Street, Gatineau, Outaouais, QC, J8T 2S9

819 243-7663 Fax: 819 243-7648

Website: www.espoirrosalie.org

Email: info@espoirrosalie.org

Services: Services for single mothers and their children. Women's Services * Individual follow-up: listening, accompaniment, support in the process, home visits, etc. * Parenting Skills Workshops. * Personal growth workshops, * Recreational activities. * Psychoeducational workshops on various topics. * Collective kitchen. * Food assistance. * Free mini thrift store. * Christmas sponsorships. * Snowsuit Program, in collaboration with Centraide. Children's Services * Daycare and drop-in, meals and snacks provided. * Individual follow-up. * Gross motor skills workshops for children from 0 to 5 years old. * Psychoeducational workshops for children from 6 to 12 years old. * Summer camp for children from 6 to 12 years old Family Services. * Workshops and mother-child activities. * Family Respite: stay in a cottage with the family.

Eligibility: single mothers, their children

Coverage area: Gatineau

Hours: Monday to Wednesday 8h30 to 15h30, Thursday 8h30 to 15h30 and 17h00 to 20h00, Saturday 8h30 to 15h30

Fees: none

Financing: provincial, Centraide Outaouais, foundations, donations

Legal status: non-profit organization

MAISON DE L'AMITIÉ DE HULL

58 Hanson Street, Gatineau, Outaouais, QC, J8Y 3M5

819 772-6622 Fax: 819 772-2014

Email: maisonamitiehull@videotron.ca

Services: Community centre. * Neighbourhood intervention, accompaniment, citizen participation. * Individual and collective intervention, youth intervention. * Homework club. * Literacy. * Support in looking for employment, help writing a résumé. * Community garden. * Collective kitchen. * Community lunches. * Marché Mobile de Gatineau. * Respite for families with the organization Équipe soutien-famille. * Teenager program: March camp, summer camp, ski. * Educational activities. * Knitting workshops. * Swimming pool trips and community soccer. * Coffee Mondays. * Back-to-school sharing store. * Opération habit de neige: distribution of low-cost winter clothing. * Neighbourhood parties: summer, Halloween, Christmas.

Eligibility: people and families on a low income

Capacity: variable depending on the activity

Coverage area: Jean-Dallaire and surrounding areas in the Hull sector of Gatineau

Hours: reception: Monday to Friday 8h00 to 15h30, activities and intervention: evenings and weekends

Fees: variables

Financing: municipal, provincial, Centraide Outaouais

Legal status: non-profit organization

OPTION FEMMES

365 Gréber Boulevard, Suite 203, Gatineau, Outaouais, QC, J8T 5R3

819 246-1725 Fax: 819 246-3884

Website: www.optionfemmes.ca

Email: info@optionfemmes.ca

Services: Personalized employment assistance for women. * Support and accompaniment. * Skills assessment: 4 weeks in duration, job search assistance, return to school, etc. * Employment preparation program: 11 weeks in duration, job search assistance, return to school, exploration of traditionally male professions. * Computer rooms with internet.

Eligibility: women 18 years and over

Coverage area: Outaouais

Hours: Monday to Friday 8h30 to 16h30, every other Wednesday 8h30 to 20h30

Financing: provincial, grants

Legal status: non-profit organization

RELANCE (LA)

270 des Allumettières Boulevard, Gatineau, Outaouais, QC, J8X 1N3

819 770-6444 Fax: 819 770-5328

Website: larelance.ca/en

Email: info@larelance.ca

Services: Employment assistance centre. Employment integration program * Paid 20-week internship in one of the companies of La Relance's companies: Hebdo Ménage, Service technologique La Relance. * Psychosocial accompaniment. * Support for skills development. * Workshops and special activities to the job search. * Training technique. * Individualized 24-month follow-up at the end of the program. Job finding club * Group training of 3 weeks. * Writing a CV, cover letter and a business card. * Interview simulation. * Job search and communication strategy. Job finding strategy * Individual or group training sessions lasting 4 days. * Job search strategies and tools update. * Interview simulation, CV and cover letter writing. * Accompaniment by a counselor for 4 weeks after the program. Specialized labour service * Individual consultations. * Job search assistance. * Professional integration and follow-up. Evolution service * Individual intervention or group workshops for men lasting 6 months to 1 year. * Personalized accompaniment in job search and integration. * Development of skills, self-knowledge activities. * Follow-up for job retention. Services to companies * Support in staff recruitment. * Personalized accompaniment. * Advice and training. Services offered by integration companies * Full commercial and industrial cleaning services. * Recovery and refurbishment of computers and IT equipment from public institutions and the private sector. * Free or low-cost distribution of computer equipment to schools, non-profit organizations, childcare centres and indigenous communities.

Eligibility: employment integration program: people 16 years and over with difficulties finding or keeping a job and who are not attending school full time, job finding club: people 16 years and over, job finding strategy: people 16 years and over who are job-ready and already have job search skills, specialized labour service: people 16 years and over with one or more disabilities with supporting written medical evidence, evolution service: men 35 years and over with difficulties in finding, integrating and maintaining employment, technical work experience program: graduates 16 to 30 years old with a college diploma or having completed at least one semester of a post-secondary program, preferably in a computer-related field, business services: companies looking for workers, computer hardware recovery: public institutions, businesses, computer hardware distribution: schools, non-profit organizations, indigenous communities

Coverage area: Outaouais

Hours: Monday to Friday 8h30 to 16h30

Fees: variable

Financing: federal, provincial, self-financing

Legal status: non-profit organization

RÉSEAU OUTAOUAIS ISP

109 Wright Street, Suite 200, Gatineau, Outaouais, QC, J8X 2G7

819 770-7129 Fax: 819 771-1769

Website: www.reseauoutaouais.qc.ca

Email: info@roisp.org

Services: Assistance for social and professional integration. * Employment assistance: psychosocial evaluation and socio-professional accompaniment including needs assessment and referrals. * Social assistance and support program Action: group integration activities in personal development and job search. * Community activities: insertion internship in a community organization, between 15 and 20 hours per week.

Eligibility: unemployed people with a problem of physical or mental health, under-qualification, under-employment or socio-economic integration

Coverage area: Gatineau, Hull sector

Hours: Monday to Friday 9h00 to 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

RÉSEAU OUTAOUAIS ISP - POINT DE SERVICE SECTEUR BUCKINGHAM

132 Maclaren Street East, Gatineau, Outaouais, QC, J8L 1K1

819 986-7771 Fax: 819 771-1769

Website: www.reseauoutaouais.qc.ca

Email: info@roisp.org

Services: Assistance for social and professional integration. * Employment assistance: psychosocial evaluation and socio-professional accompaniment including needs assessment and referrals. * Social assistance and support program Action: group integration activities in personal development and job search. * Community activities: insertion internship in a community organization, between 15 and 20 hours per week. * Job search centre: community access to internet and computers and documentation centre.

Eligibility: unemployed people living with a of physical or mental health, under-qualification, under-employment or socio-economic integration problem

Coverage area: Gatineau, Buckingham sector

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

RÉSEAU OUTAOUAIS ISP - POINT DE SERVICE SECTEUR GATINEAU

109 Wright Street, Suite 200, Gatineau, Outaouais, QC, J8X 2G7

819 770-7129 Fax: 819 771-1769

Website: www.reseauoutaouais.qc.ca

Email: info@roisp.org

Services: Assistance for social and professional integration. * Employment assistance: psychosocial evaluation and socio-professional accompaniment including needs assessment and referral. * Social assistance and support program ACTION: group integration activities in personal development and job search. * Community activities: insertion internship in a community organization, between 15 and 20 hours per week. * Job search centre: community access to Internet, computers and documentation centre.

Eligibility: unemployed people living with a physical or mental health issues, under-qualification, under-employment or socio-economic integration problem

Coverage area: Gatineau

Hours: Monday to Friday 8h00 to 16h00

Fees: none

Financing: provincial

Legal status: None or unknown

SOUPIÈRE DE L'AMITIÉ DE GATINEAU (LA)

149 Maloney Boulevard West, Gatineau, Outaouais, QC, J8P 3V6

819 663-6777

Website: lasoupieredelamitie.com

Email: accueil@soupiere.org

Services: * Welcoming, support, listening and accompaniment. * Warm meals. * Food assistance. * Employment reintegration on site. * Naloxone kit distribution. * Distribution and delivery of fentanyl test strips.

Eligibility: people and families on a low income, people socially isolated

Coverage area: Gatineau

Hours: Monday to Friday 9h30 to 16h00, dinners: 11h30 to 12h45

Fees: variable

Financing: provincial, federal, donations

Legal status: non-profit organization

Employment support for immigrants**CARREFOUR JEUNESSE EMPLOI DE L'OUTAOUAIS**

350 de la Gappe Boulevard, Gatineau, Outaouais, QC, J8T 7T9

819 561-7712 Fax: 819 561-1455

Website: cjeo.qc.ca/english

Email: info@cjeo.qc.ca

Services: Accompaniment of young adults on their path to employment, back to school or to start a business. * Job search. * Development of employability. * Academic and professional orientation. * Educational success. * Entrepreneurship. * Immigrant services. * Financial education. * Artistic and cultural projects. * Employer services.

Eligibility: young people 16 to 35 years old

Coverage area: Gatineau

Hours: Monday, Wednesday and Thursday 8h30 to 17h00, Tuesday 8h30 to 20h00, Friday 8h30 to 12h00

Financing: federal, provincial, donations

Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI DE LA VALLÉE-DE-LA-GATINEAU

217 Principale Street, Maniwaki, Outaouais, QC, J9E 2A3

819 441-1165 Fax: 819 441-1195

Website: www.cjevq.qc.ca

Email: info@cjevq.qc.ca

Services: Accompaniment of young adults on their path to employment, back to school or to start a business. * Job search. * Development of employability. * Academic and professional orientation. * Entrepreneurship. * Immigrant services. * Financial education. * Employer services.

Eligibility: youth 16 to 35 years old seeking employment

Coverage area: MRC La Vallée-de-la-Gatineau

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

Fees: none

Financing: provincial, municipal, donations

Legal status: non-profit organization

SERVICE CANADA CENTRE - GATINEAU-EST

455 de l'Hôpital Boulevard, Gatineau, Outaouais, QC, J8T 7X7

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

Website: www.canada.ca

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

Eligibility: general public

Coverage area: Gatineau

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

SERVICE CANADA CENTRE - GATINEAU-HULL

210 Champlain Street, Gatineau, Outaouais, QC, J8X 3R5

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

Website: www.canada.ca

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

Eligibility: general public

Coverage area: Gatineau

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

SERVICE CANADA CENTRE - MANIWAKI

100 Principale Street South, Suite 220, Maniwaki, Outaouais, QC, J9E 3L4

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

Website: www.canada.ca

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

Eligibility: general public

Coverage area: Maniwaki

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

SERVICE INTÉGRATION TRAVAIL OUTAOUAIS

920 Saint-Joseph Boulevard, Suite 107, Gatineau, Outaouais, QC, J8Z 1S9

819 776-2260

Website: sito.qc.ca

Email: info@sito.qc.ca

Services: Employment assistance for immigrant people. * Personalized assistance job search. * Rapid job placement program including 4 weeks of training and 5 weeks of internship. * Pre-employment training program including 6 weeks of training and 5 weeks of internship. * Sito-jeunes: pre-employment training program for young people including 8 weeks of training and 12 weeks of paid internship. * Regionalization of immigration in the Outaouais: program that promotes the movement of job seekers from Montreal to the Outaouais.

Eligibility: immigrant people, sito-jeunes: immigrant people 18 to 30 years old, regionalization of immigration in the Outaouais: immigrant people and their families wishing to work and settle in the Outaouais region

Coverage area: Outaouais

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

Employment support for seniors

CENTRE D'ACTION BÉNÉVOLE ACCÈS

67 Principale Street, Gatineau, Outaouais, QC, J9H 3L4

819 684-2242 Fax: 819 682-2641

Website: cabaccès.ca

Email: info@cabaccès.ca

Services: * Day activities for seniors: preventive, formative, recreational and socialization activities. * Visits and calls for seniors. * Action Program: employability program. * Accompaniment and transportation to medical appointments. * Accompaniment to the grocery store. * Tax clinic.

Eligibility: seniors, people in loss of autonomy, people on a low income, caregivers

Coverage area: Aylmer sector of Gatineau

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

Fees: membership: \$25 per year, services: variable

Financing: provincial, Centraide Outaouais, membership fees, self-financing

Legal status: non-profit organization

Employment support for women

ASSOCIATION DES FAMILLES MONOPARENTALES ET RECOMPOSÉES DE L'OUTAOUAIS

85 Saint-Joseph Boulevard, Gatineau, Outaouais, QC, J8Y 3W6

819 771-3269 Fax: 819 771-3260

Website: www.afmro.ca

Email: afmro@videotron.ca

Services: Services relating to family break-up and reorganization. * Access supervision, supervised visits and custody exchanges. * Consultation and helping relationship. * Information and referral. * Pre-employability program. * Documentation centre. * Co-parenting workshops. * Educational activities and experience sharing.

Eligibility: single-parent and stepfamilies, helping relationship: families with an income of less than \$50,000 per year, pre-employability program: single-parent women or women living in stepfamilies on a low income

Coverage area: Outaouais

Hours: Monday to Friday 8h30 to 16h00

Fees: helping relationship: 5 to \$25 per hour, depending on income

Financing: provincial, grants

Legal status: non-profit organization

OPTION FEMMES

365 Gréber Boulevard, Suite 203, Gatineau, Outaouais, QC, J8T 5R3

819 246-1725 Fax: 819 246-3884

Website: www.optionfemmes.ca

Email: info@optionfemmes.ca

Services: Personalized employment assistance for women. * Support and accompaniment. * Skills assessment: 4 weeks in duration, job search assistance, return to school, etc. * Employment preparation program: 11 weeks in duration, job search assistance, return to school, exploration of traditionally male professions. * Computer rooms with internet.

Eligibility: women 18 years and over

Coverage area: Outaouais

Hours: Monday to Friday 8h30 to 16h30, every other Wednesday 8h30 to 20h30

Financing: provincial, grants

Legal status: non-profit organization

Employment support for youth**AVENUE DES JEUNES**

10 Bériault Street, Gatineau, Outaouais, QC, J8X 1A3

819 778-0634

Website: avenuedesjeunes.com

Email: administration@avenuedesjeunes.com

Services: Accompanying youth on their journey to improve their quality of life. * Individual and family support. * Workshops on Awareness, prevention and social adaptation. * Employment and training programs for youth. * Collaborative activities creating a stimulating environment. * Meeting places and activities: Maison des jeunes Antrados, Maison du parc de l'Île, Maison les Deschênés. * Lodging: Auberge du cour Héberge-Ados. * Post-housing follow-up.

Eligibility: youth aged 13 to 17 living in the Outaouais region, youth who are experiencing personal or family problems and are in need of accommodation

Coverage area: Outaouais

Fees: none

Financing: municipal, provincial, federal, Centreaide Outaouais

Legal status: non-profit organization

CARREFOUR JEUNESSE EMPLOI DE L'OUTAOUAIS

350 de la Gappe Boulevard, Gatineau, Outaouais, QC, J8T 7T9

819 561-7712 Fax: 819 561-1455

Website: cjeo.qc.ca/english

Email: info@cjeo.qc.ca

Services: Accompaniment of young adults on their path to employment, back to school or to start a business. * Job search. * Development of employability. * Academic and professional orientation. * Educational success. * Entrepreneurship. * Immigrant services. * Financial education. * Artistic and cultural projects. * Employer services.

Eligibility: young people 16 to 35 years old

Coverage area: Gatineau

Hours: Monday, Wednesday and Thursday 8h30 to 17h00, Tuesday 8h30 to 20h00, Friday 8h30 to 12h00

Financing: federal, provincial, donations

Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI DE LA VALLÉE-DE-LA-GATINEAU

217 Principale Street, Maniwaki, Outaouais, QC, J9E 2A3

819 441-1165 Fax: 819 441-1195

Website: www.cjevq.qc.ca

Email: info@cjevq.qc.ca

Services: Accompaniment of young adults on their path to employment, back to school or to start a business. * Job search. * Development of employability. * Academic and professional orientation. * Entrepreneurship. * Immigrant services. * Financial education. * Employer services.

Eligibility: youth 16 to 35 years old seeking employment

Coverage area: MRC La Vallée-de-la-Gatineau

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

Fees: none

Financing: provincial, municipal, donations

Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI PAPINEAU

112 Maclaren East Street, Gatineau, Outaouais, QC, J8L 1K1

819 986-5248 Fax: 819 986-9686

Website: cjepapineau.qc.ca

Email: cjepapineau@cjepapineau.qc.ca

Services: Personalized labor market integration service to increase autonomy and sense of belonging to the community. Employment * Multiservice room: computers, fax, documentation. * Personalized accompaniment. * Individualized job search assistance based on client needs and dynamic job search methods: help with writing CVs, cover letters and preparing for job interviews. * Individual educational and vocational guidance, including validation of career choices with a goal of returning to school or entering the job market. * Personal and social autonomy: help in finding housing, filling out forms, coping with financial difficulties, family or interpersonal conflicts for young people aged 16 to 35 who are experiencing difficulties in one or more areas of their lives. * School retention support for young people aged 14 to 19 who have dropped out or are at risk of dropping out. * Place aux jeunes Papineau: a program for 18- to 35-year-olds to encourage migration, settlement and mentoring of young graduates in the MRC Papineau. Entrepreneurship * Personalized support in the early stages of business start-up. * Volunteering and entrepreneurship for young people.

Eligibility: people 14 years old and over

Coverage area: MRC Papineau, Val-Des-Monts, Notre-Dame-De-La-Salette, L'Ange-Gardien, Lac-Simon, Gatineau: Templeton, Rivière-Blanche, Buckingham, Masson-Angers sectors

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

Fees: none

Financing: provincial, municipal

Legal status: non-profit organization

RELANCE (LA)

270 des Allumettières Boulevard, Gatineau, Outaouais, QC, J8X 1N3

819 770-6444 Fax: 819 770-5328

Website: larelance.ca/en

Email: info@larelance.ca

Services: Employment assistance centre. Employment integration program * Paid 20-week internship in one of the companies of La Relance's companies: Hebdo Ménage, Service technologique La Relance. * Psychosocial accompaniment. * Support for skills development. * Workshops and special activities to the job search. * Training technique. * Individualized 24-month follow-up at the end of the program. Job finding club * Group training of 3 weeks. * Writing a CV, cover letter and a business card. * Interview simulation. * Job search and communication strategy. Job finding strategy * Individual or group training sessions lasting 4 days. * Job search strategies and tools update. * Interview simulation, CV and cover letter writing. * Accompaniment by a counselor for 4 weeks after the program. Specialized labour service * Individual consultations. * Job search assistance. * Professional integration and follow-up. Evolution service * Individual intervention or group workshops for men lasting 6 months to 1 year. * Personalized accompaniment in job search and integration. * Development of skills, self-knowledge activities. * Follow-up for job retention. Services to companies * Support in staff recruitment. * Personalized accompaniment. * Advice and training. Services offered by integration companies * Full commercial and industrial cleaning services. * Recovery and refurbishment of computers and IT equipment from public institutions and the private sector. * Free or low-cost distribution of computer equipment to schools, non-profit organizations, childcare centres and indigenous communities.

Eligibility: employment integration program: people 16 years and over with difficulties finding or keeping a job and who are not attending school full time, job finding club: people 16 years and over, job finding strategy: people 16 years and over who are job-ready and already have job search skills, specialized labour service: people 16 years and over with one or more disabilities with supporting written medical evidence, evolution service: men 35 years and over with difficulties in finding, integrating and maintaining employment, technical work experience program: graduates 16 to 30 years old with a college diploma or having completed at least one semester of a post-secondary program, preferably in a computer-related field, business services: companies looking for workers, computer hardware recovery: public institutions, businesses, computer hardware distribution: schools, non-profit organizations, indigenous communities

Coverage area: Outaouais

Hours: Monday to Friday 8h30 to 16h30

Fees: variable

Financing: federal, provincial, self-financing

Legal status: non-profit organization

Tax clinics

ASSOCIATION DE SOLIDARITÉ ET D'ENTRAIDE COMMUNAUTAIRE DE LA VALLÉE-DE-LA-GATINEAU - CLINIQUE D'IMPÔTS

248 Cartier Street, Suite 152 and 153, Maniwaki, Outaouais, QC, J9E 3P5

819 449-6779

Email: info@asecvg.ca

Services: Collective defense of the social, economic and civic rights of people in vulnerable situations in the Vallée-de-la-Gatineau.* Tax clinic.

Coverage area: MRC La Vallée-de-la-Gatineau

Fees: none

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE ACCÈS - TAX CLINIC

67 Principale Street, Gatineau, Outaouais, QC, J9H 3L4

819 684-2242 Fax: 819 682-2641

Website: cabaccès.ca

Email: impots@cabaccès.ca

Services: * Year-round tax clinic.

Eligibility: people with a maximum income of \$35,000, couples with a maximum income of \$45,000 living in Aylmer

Coverage area: Aylmer sector of Gatineau

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

Fees: none

Financing: provincial, Centraide Outaouais, membership fees, self-financing

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE DE GATINEAU (LE) - TAX CLINIC

42 Gatineau Avenue, Gatineau, Outaouais, QC, J8T 4J3

819 568-0747 ext. 105

Website: www.cabgatineau.com

Email: info@cabgatineau.com

Services: * Tax clinic by appointment.

Eligibility: single persons with a gross income of less than \$35,000, single persons with dependent children with a gross income of \$40,000, couples with a gross income of less than \$45,000, additional \$2,500 per dependent child

Coverage area: Gatineau sector of Gatineau

Hours: 2024 clinic: February 20th to April 30th, by appointment

Fees: \$20 per person per year

Financing: grants, donations, self-financing

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE DE HULL - TAX CLINIC

12 Brodeur Street, Gatineau, Outaouais, QC, J8Y 2P4

819 778-2900 option 4

Website: cabhull.org/services/service-daide-aux-impots

Email: impot@benevoles-outaouais.org

Services: Year-round tax clinic. * Intensive service in March and April.

Eligibility: people with a simple financial situation, single with a maximum gross income of \$35,000, couple with a maximum gross income of \$45,000, additional \$2,000 per dependant

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 15h30

Fees: \$15 per person per year

Financing: municipal, provincial, federal

Legal status: non-profit organization

Vocational rehabilitation and disability-related employment

ASSOCIATION DES FAMILLES MONOPARENTALES ET RECOMPOSÉES DE L'OUTAOUAIS

85 Saint-Joseph Boulevard, Gatineau, Outaouais, QC, J8Y 3W6

819 771-3269 Fax: 819 771-3260

Website: www.afmro.ca

Email: afmro@videotron.ca

Services: Services relating to family break-up and reorganization. * Access supervision, supervised visits and custody exchanges. * Consultation and helping relationship. * Information and referral. * Pre-employability program. * Documentation centre. * Co-parenting workshops. * Educational activities and experience sharing.

Eligibility: single-parent and stepfamilies, helping relationship: families with an income of less than \$50,000 per year, pre-employability program: single-parent women or women living in stepfamilies on a low income

Coverage area: Outaouais

Hours: Monday to Friday 8h30 to 16h00

Fees: helping relationship: 5 to \$25 per hour, depending on income

Financing: provincial, grants

Legal status: non-profit organization

ASSOCIATION DES NEUROTRAUMATISÉS - RÉGION DE L'OUTAOUAIS

115 Sacré-Coeur Boulevard, Suite 1, Gatineau, Outaouais, QC, J8X 1C5

819 770-8804 Fax: 819 770-5863

Website: www.ano.ca

Email: ano@ano.ca

Services: Assists people who have suffered a traumatic brain injury (TBI) or stroke and their families. * Social integration program. * Support program. * Residential integration program. * Socio-professional integration program.

Eligibility: people 18 years and over who have suffered a traumatic brain injury (TBI) or stroke, their families

Coverage area: Outaouais

Hours: Monday to Friday 9h00 to 16h00

Financing: provincial

Legal status: non-profit organization

BOULEV'ART DE LA VALLÉE (LE)

132 MacLaren Street, Gatineau, Outaouais, QC, J8L 1K1

819 281-0680 ext. 226 Fax: 819 281-2170

Website: www.boulev-art.ca

Email: directeur@boulev-art.ca

Services: Services for people living with mental health problems * Housing: supervised apartments. * Work experience program: pre-employability experience in an adapted work environment. * Mutual aid group. * Support. * Recreational and social activities. Daytime environment * Collective kitchen. * Tai chi classes. * Public computers. * Social cafes. * Recreational and social activities. * Community dinners. * Collective garden.

Eligibility: people experiencing mental health problems

Coverage area: MRC La Vallée-de-la-Gatineau

Hours: Monday, Tuesday, Thursday and Friday 8h30 to 15h30, Wednesday 10h30 to 15h30

Fees: none

Financing: provincial

Legal status: non-profit organization

CENTRE ALIMENTAIRE AYLMEER

67 Couvent Street, Gatineau, Outaouais, QC, J9H 6A2

819 684-0163 Fax: 819 684-4714

Website: www.centrealimentaireaylmer.org

Email: caaadmin@centrealimentaireaylmer.org

Services: Food assistance and mutual aid for disadvantaged individuals and families. * Food assistance. * Social and professional reintegration. * Helping relationship. * Homelessness prevention: accompaniment in finding and maintaining housing, referrals. * Collective kitchens. * Cooking workshop. * Bien au chaud program: collection and distribution of winter clothing for children. * Online video library: informative thematic videos. * Magasin-partage scolaire: distribution of school supplies. * Magasin partage de Noël: distribution of Christmas baskets for members. * Opération habit de neige: distribution of winter clothing.

Eligibility: people and families on a low income

Coverage area: Aylmer sector of Gatineau

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

Fees: variable

Financing: Centraide Outaouais, federal, provincial, foundations, donations

Legal status: non-profit organization

CENTRE DE TRAVAIL LARO

179 Deveault Street, Gatineau, Outaouais, QC, J8Z 1S7

819 770-6434

Website: centredetravaillaro.com/en

Email: info@ctalaro.com

Services: Adapted work centre. * Adapted job opportunities. * Labour services: postal preparation, packaging, binding, carpentry, delivery and reception. * Labour rental. * Sale of lottery tickets.

Eligibility: people living with a physical or a mental disability

Capacity: 100 employees

Coverage area: Outaouais

Hours: Monday to Friday 8h00 to 16h30

Financing: provincial, self-financing

Legal status: non-profit organization

CENTRE INTER-SECTION

1232 Saint-René Boulevard West, Gatineau, Outaouais, QC, J8T 6H3

819 568-4555

Website: www.inter-section.ca

Email: info@inter-section.ca

Services: Centre for recovery and support in mental health for rehabilitation and social reintegration. * Psychosocial support and accompaniment. * Mourning after suicide: support group and individual follow-up. * Recovery activities and support group. * Employability development program. * Socioprofessional support. * Community housing. * Leisure and training activities. * Conferences.

Eligibility: people living with a mental health problem, people bereaved by suicide

Capacity: variable

Coverage area: Outaouais

Hours: Monday to Friday 9h00 to 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

CENTRE JEAN BOSCO DE MANIWAKI

204 Laurier Street, Maniwaki, Outaouais, QC, J9E 2K9

819 449-4057 Fax: 819 449-1900

Email: daniel.corbeil@centrejeanbosco.ca

Services: Adapted work centre. * Work experience opportunities: le Carro thrift store, document shredding service and recovery of non-hazardous residual materials. * Le Carro thrift store. * Social and professional integration and reintegration.

Eligibility: people living with an intellectual disability, an autism spectrum disorder or a physical disability

Coverage area: MRC La Vallée-de-la-Gatineau

Hours: Monday to Friday 8h00 to 16h00

Fees: none, thrift store: variable

Financing: Centraide Outaouais, provincial

Legal status: non-profit organization

COOPÉRATIVE DE SOLIDARITÉ DE L'UNICITÉ

895 Dollard Street, Gatineau, Outaouais, QC, J8L 3T4

819 986-3018

Website: www.serresbiodeloutaouais.com

Email: lesserresdeloutaouais@hotmail.ca

Services: Organic vegetable production cooperative aimed at integrating people with intellectual disabilities into the workplace. * Organic greenhouse vegetable store. * Hiring program for people with intellectual disabilities.

Eligibility: people living with an intellectual disability, general public

Coverage area: Outaouais

Hours: Monday to Friday 8h00 to 15h00

Financing: provincial

Legal status: non-profit organization

ENVOL, SERVICE DE RETOUR AU TRAVAIL (L')

92 Saint-Raymond Boulevard, Suite 302, Gatineau, Outaouais, QC, J8Y 1S7

819 770-1622

Website: www.envolsrt.org

Email: admin@envolsrt.org

Services: Organization aiming to promote access, integration and job retention for adults living with a mental health problem. * Reception and assessment: needs assessments, vocational guidance. * Job search, integration and retention: assistance with job search and integration, curriculum vitae, interview preparation, employer awareness. * Academic integration and retention: search for financial aid measures, assistance with registration and admission, assistance plan and support in organizing studies. * Group services.

Eligibility: adults living with a mental health problem

Coverage area: Outaouais

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

Fees: none

Financing: provincial

Legal status: non-profit organization

ESPACE DEP SYLVESTRE

230 Montcalm Street, Gatineau, Outaouais, QC, J8Y 3C1

819 771-3723

Website: depanneursylvestre.org

Email: depanneursylvestre@hotmail.com

Services: * Meeting place open to all. * Coffee and food, dinner. * Collective kitchen. * Animation and preventive intervention. * Internet access. * Social, cultural, recreational and intergenerational activities and events. * Community mental health support. * Volunteering and volunteer centre. * Community development. * Adapted work, professional reintegration and rehabilitation, support for employability and training. * Support and integration.

Eligibility: people on a low income, people experiencing social isolation

Coverage area: Outaouais

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

Fees: voluntary contribution

Financing: provincial, self-financing

Legal status: cooperative

LES APPRENTIS - CENTRE D'APPRENTISSAGE POUR LA DÉFICIENCE INTELLECTUELLE

410 Boulevard Maloney West, Gatineau, Outaouais, QC, J8P 6W2

819 663-0062 Fax: 819 663-3781

Website: lesapprentis.ca

Email: info@lesapprentis.ca

Services: Development of professional skills for people living with an intellectual disability. * Workshops on crafts. * Insertion, filing or packaging services offered to organizations.

Eligibility: adults with an intellectual disability, organizations

Capacity: 70

Coverage area: Gatineau

Hours: Monday to Thursday 8h00 to 15h00, Friday 8h00 to 12h00

Fees: none

Financing: Centraide Outaouais, self-financing, provincial, municipal

Legal status: non-profit organization

RE-SOURCE INTÉGRATION

312 Saint-Louis Street, Gatineau, Outaouais, QC, J8P 8B3

819 663-9908 Fax: 819 663-2319

Website: www.resourceintegration.ca

Email: rh@resourceintegration.ca

Services: Adapted work centres for people with disabilities. * Jobs and services in the fields of assembly, packaging, labelling and recycling. * La Source des Aubaines: jobs at the Liquidation Centre of the region. * Public and organizations awareness of the integration of people with disabilities in the workplace.

Eligibility: people living with an intellectual disability, physical limitation or mental health disorder, organizations, companies

Coverage area: Outaouais

Hours: Monday to Friday 8h00 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

RELANCE (LA)

270 des Allumettières Boulevard, Gatineau, Outaouais, QC, J8X 1N3

819 770-6444 Fax: 819 770-5328

Website: larelance.ca/en

Email: info@larelance.ca

Services: Employment assistance centre. Employment integration program * Paid 20-week internship in one of the companies of La Relance's companies: Hebdo Ménage, Service technologique La Relance. * Psychosocial accompaniment. * Support for skills development. * Workshops and special activities to the job search. * Training technique. * Individualized 24-month follow-up at the end of the program. Job finding club * Group training of 3 weeks. * Writing a CV, cover letter and a business card. * Interview simulation. * Job search and communication strategy. Job finding strategy * Individual or group training sessions lasting 4 days. * Job search strategies and tools update. * Interview simulation, CV and cover letter writing. * Accompaniment by a counselor for 4 weeks after the program. Specialized labour service * Individual consultations. * Job search assistance. * Professional integration and follow-up. Evolution service * Individual intervention or group workshops for men lasting 6 months to 1 year. * Personalized accompaniment in job search and integration. * Development of skills, self-knowledge activities. * Follow-up for job retention. Services to companies * Support in staff recruitment. * Personalized accompaniment. * Advice and training. Services offered by integration companies * Full commercial and industrial cleaning services. * Recovery and refurbishment of computers and IT equipment from public institutions and the private sector. * Free or low-cost distribution of computer equipment to schools, non-profit organizations, childcare centres and indigenous communities.

Eligibility: employment integration program: people 16 years and over with difficulties finding or keeping a job and who are not attending school full time, job finding club: people 16 years and over, job finding strategy: people 16 years and over who are job-ready and already have job search skills, specialized labour service: people 16 years and over with one or more disabilities with supporting written medical evidence, evolution service: men 35 years and over with difficulties in finding, integrating and maintaining employment, technical work experience program: graduates 16 to 30 years old with a college diploma or having completed at least one semester of a post-secondary program, preferably in a computer-related field, business services: companies looking for workers, computer hardware recovery: public institutions, businesses, computer hardware distribution: schools, non-profit organizations, indigenous communities

Coverage area: Outaouais

Hours: Monday to Friday 8h30 to 16h30

Fees: variable

Financing: federal, provincial, self-financing

Legal status: non-profit organization

RÉSEAU OUTAOUAIS ISP

109 Wright Street, Suite 200, Gatineau, Outaouais, QC, J8X 2G7

819 770-7129 Fax: 819 771-1769

Website: www.reseauoutaouais.qc.ca

Email: info@roisp.org

Services: Assistance for social and professional integration. * Employment assistance: psychosocial evaluation and socio-professional accompaniment including needs assessment and referrals. * Social assistance and support program Action: group integration activities in personal development and job search. * Community activities: insertion intership in a community organization, between 15 and 20 hours per week.

Eligibility: unemployed people with a problem of physical or mental health, under-qualification, under-employment or socio-economic integration

Coverage area: Gatineau, Hull sector

Hours: Monday to Friday 9h00 to 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

RÉSEAU OUTAOUAIS ISP - POINT DE SERVICE SECTEUR BUCKINGHAM

132 Maclaren Street East, Gatineau, Outaouais, QC, J8L 1K1

819 986-7771 Fax: 819 771-1769

Website: www.reseauoutaouais.qc.ca

Email: info@roisp.org

Services: Assistance for social and professional integration. * Employment assistance: psychosocial evaluation and socio-professional accompaniment including needs assessment and referrals. * Social assistance and support program Action: group integration activities in personal development and job search. * Community activities: insertion internship in a community organization, between 15 and 20 hours per week. * Job search centre: community access to internet and computers and documentation centre.

Eligibility: unemployed people living with a of physical or mental health, under-qualification, under-employment or socio-economic integration problem

Coverage area: Gatineau, Buckingham sector

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

RÉSEAU OUTAOUAIS ISP - POINT DE SERVICE SECTEUR GATINEAU

109 Wright Street, Suite 200, Gatineau, Outaouais, QC, J8X 2G7

819 770-7129 Fax: 819 771-1769

Website: www.reseauoutaouais.qc.ca

Email: info@roisp.org

Services: Assistance for social and professional integration. * Employment assistance: psychosocial evaluation and socio-professional accompaniment including needs assessment and referral. * Social assistance and support program ACTION: group integration activities in personal development and job search. * Community activities: insertion internship in a community organization, between 15 and 20 hours per week. * Job search centre: community access to Internet, computers and documentation centre.

Eligibility: unemployed people living with a physical or mental health issues, under-qualification, under-employment or socio-economic integration problem

Coverage area: Gatineau

Hours: Monday to Friday 8h00 to 16h00

Fees: none

Financing: provincial

Legal status: None or unknown

SERVICE CANADA CENTRE - GATINEAU-EST

455 de l'Hôpital Boulevard, Gatineau, Outaouais, QC, J8T 7X7

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

Website: www.canada.ca

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

Eligibility: general public

Coverage area: Gatineau

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

SERVICE CANADA CENTRE - GATINEAU-HULL

210 Champlain Street, Gatineau, Outaouais, QC, J8X 3R5

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

Website: www.canada.ca

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

Eligibility: general public

Coverage area: Gatineau

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

SERVICE CANADA CENTRE - MANIWAKI

100 Principale Street South, Suite 220, Maniwaki, Outaouais, QC, J9E 3L4

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

Website: www.canada.ca

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

Eligibility: general public

Coverage area: Maniwaki

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

SERVICE INTÉGRATION TRAVAIL OUTAOUAIS

920 Saint-Joseph Boulevard, Suite 107, Gatineau, Outaouais, QC, J8Z 1S9

819 776-2260

Website: sito.qc.ca

Email: info@sito.qc.ca

Services: Employment assistance for immigrant people. * Personalized assistance job search. * Rapid job placement program including 4 weeks of training and 5 weeks of internship. * Pre-employment training program including 6 weeks of training and 5 weeks of internship. * Sito-jeunes: pre-employment training program for young people including 8 weeks of training and 12 weeks of paid internship. * Regionalization of immigration in the Outaouais: program that promotes the movement of job seekers from Montreal to the Outaouais.

Eligibility: immigrant people, sito-jeunes: immigrant people 18 to 30 years old, regionalization of immigration in the Outaouais: immigrant people and their families wishing to work and settle in the Outaouais region

Coverage area: Outaouais

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

SOUPIÈRE DE L'AMITIÉ DE GATINEAU (LA)

149 Maloney Boulevard West, Gatineau, Outaouais, QC, J8P 3V6

819 663-6777

Website: lasoupieredelamitie.com

Email: accueil@soupiere.org

Services: * Welcoming, support, listening and accompaniment. * Warm meals. * Food assistance. * Employment reintegration on site. * Naloxone kit distribution. * Distribution and delivery of fentanyl test strips.

Eligibility: people and families on a low income, people socially isolated

Coverage area: Gatineau

Hours: Monday to Friday 9h30 to 16h00, dinners: 11h30 to 12h45

Fees: variable

Financing: provincial, federal, donations

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

LOW COST OR FREE MEALS

PREPARED MEALS AND MEALS-ON-WHEELS

Christmas basket

ACTION-QUARTIERS

2 Fortier Street, Gatineau, Outaouais, QC, J8Y 4P5

819 777-7815

Email: direction@actionquartiers.ca

Services: Neighbourhood centre. * Reception. * Thematic workshops for children: drawing, cooking, crafts. * Distribution of snowsuits for children. * Activities for teenagers: animated discussion group, social evenings. * Yoga classes. * Social café. * Neighbourhood parties. * Family activities: outings to the park, soccer, kick ball, etc. * Distribution of school supplies. * Christmas baskets.

Eligibility: children, adolescents, adults

Coverage area: Saint-Jean-Bosco and Wrightville neighbourhoods of Gatineau

Hours: Monday, Wednesday, Thursday and Friday 9h00 to 16h00, Tuesday 13h00 to 16h00

Financing: grants, municipal

Legal status: non-profit organization

BANQUE ALIMENTAIRE SERVICES ENTRAIDE

66 Eddy Street, Gatineau, Outaouais, QC, J8X 2W2

819 770-5261 Fax: 819 772 8348

Website: www.basegatineau.ca

Email: info@basegatineau.ca

Services: * Food bank using a grocery store model. * Delivery service and at-home intervention for people with reduced mobility. * Christmas baskets. * Referral to other community organizations and services.

Eligibility: people on a low income, families on a low income

Coverage area: Gatineau, Hull sector

Hours: Monday, Tuesday and Friday 10h00 to 15h00, Wednesday 16h00 to 19h30, Thursday 10h00 to 17h30

Fees: voluntary donation: \$1

Financing: Centraide Outaouais

Legal status: non-profit organization

CENTRE ALIMENTAIRE AYLNER

67 Couvent Street, Gatineau, Outaouais, QC, J9H 6A2

819 684-0163 Fax: 819 684-4714

Website: www.centrealimentaireaylmer.org

Email: caaadmin@centrealimentaireaylmer.org

Services: Food assistance and mutual aid for disadvantaged individuals and families. * Food assistance. * Social and professional reintegration. * Helping relationship. * Homelessness prevention: accompaniment in finding and maintaining housing, referrals. * Collective kitchens. * Cooking workshop. * Bien au chaud program: collection and distribution of winter clothing for children. * Online video library: informative thematic videos. * Magasin-partage scolaire: distribution of school supplies. * Magasin partage de Noël: distribution of Christmas baskets for members. * Opération habit de neige: distribution of winter clothing.

Eligibility: people and families on a low income

Coverage area: Aylmer sector of Gatineau

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

Fees: variable

Financing: Centraide Outaouais, federal, provincial, foundations, donations

Legal status: non-profit organization

CENTRE EN SÉCURITÉ ALIMENTAIRE DE GATINEAU

305 Notre-Dame Street, Gatineau, Outaouais, QC, J8P 1K9

873 376-2724

Website: dgcsag.wixsite.com/csag

Email: coordo.csag@outlook.com

Services: * Food assistance. * Psychosocial intervention and support. * Various workshops. * Collective kitchen. * Food delivery service. * Christmas baskets. * Internships. * Referrals to other organizations and community services.

Eligibility: low income families and people

Coverage area: Gatineau

Hours: Monday 13h00 to 16h00, Wednesday 13h00 to 18h00, Friday 13h00 to 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

COMITÉ PARTAGE SAINT-PIERRE-CHANEL

17 Des Groseilliers Street, Gatineau, Outaouais, QC, J8Z 1M4

819 776-3030

Email: comitepartage.spc@gmail.com

Services: * Monthly delivery of food aid. * Delivery of Christmas baskets. * Collection and donation of household items and clothing: kitchen utensils, small appliances, household items, bedding, winter clothing, children's clothing, adult clothing, etc. * Starter kit for infants.

Eligibility: individuals and families with low incomes

Coverage area: Paroisse Saint-Pierre-Chanel

Hours: lundi au vendredi 9h00 à 17h00, by appointment

Fees: none

Financing: donations, self-financing, fundraising campaigns

Legal status: non-profit organization

DÉPANNEUR ALIMENTAIRE LA SOURCE

799 Jacques-Cartier Street, Gatineau, Outaouais, QC, J8T 2W1

819 246-8058

Email: lasource@videotron.ca

Services: * Emergency food service. * Delivery service for people with reduced mobility. * Christmas baskets. * Vouchers for clothing and furniture. * Referrals to other community organizations and resources.

Eligibility: low-income individuals and families

Coverage area: Gatineau

Hours: by appointment: Tuesday and Wednesday 10h00 to 12h30, walk-in: Wednesday 17h00 to 18h30

Fees: none

Financing: grants, donations

Legal status: non-profit organization

ENFANTS DE L'ESPOIR DE HULL (LES)

107 Dollard-Des Ormeaux Street, Gatineau, Outaouais, QC, J8X 3M2

343 204-3774 Fax: 819 778-7400

Website: www.enfantsdelespoirhull.org

Email: info@enfantsdelespoirhull.org

Services: Centre providing adapted help for families. * Toddlers: preparation for starting kindergarten and school, summer program with sports, artistic and cooking activities. * Children from 6 to 12 years old: after-school activities, school support, weekend activities at the swimming pool and of cross-country skiing, drama classes and free theater shows, March camp, summer camp. * Adults: collective kitchens, 0-5 parent-children workshops, art and sewing classes, creative workshops, self-esteem classes, parenting classes, food assistance, coffee-meetings. * Families: family meals and excursions, family and community events, sharing store, sports and cultural activities. * Opération habits de neige: new winter clothing for children 0 to 12 years old for \$20. * Christmas baskets.

Eligibility: children 0 to 12 years old and their parents, families in need

Coverage area: Hull Island (Sacré-Coeur, Vieux-Hull Est and Vieux-Hull Ouest neighbourhoods of Gatineau)

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

Fees: none

Financing: Centraide Outaouais, federal, provincial, municipal, foundations

Legal status: non-profit organization

FAMILLE SECOURS - STE-ROSE DE LIMA

861 Saint-René East Boulevard , Suite E5, Gatineau, Outaouais, QC, J8P 1V1

819 663-2538

Email: famillesecours.sterose@gmail.com

Services: * Food assistance. * Monthly food baskets. * Christmas baskets.

Eligibility: individuals on a low incomes, families on a low incomes

Coverage area: Sainte-Rose-de-Lima

Hours: food assistance: Tuesday 13h00 to 15h00, holiday season: closed from December 18, 2024 to January 6, 2025

Fees: none

Financing: donations, self-financing

Legal status: non-profit organization

GROUPE COMMUNAUTAIRE DESCHÊNES

55 Vanier Road, Gatineau, Outaouais, QC, J9H 1X5

819 684-7999 Fax: 819 557-0771

Website: groupedeschenes.myfreesites.net

Email: gcd_intervenante@hotmail.com

Services: Meeting place and support for families. * Petits-Mousses: social activities for children and parents. * Drop-in daycare for young children. * Homework club. * Petits Cooks. * Collective kitchen. * Day camp: summer and spring break. * Neighbourhood parties. * Physical activities: zumba and tai chi. * Sharing store: low-cost school supplies. * Recovery of small used items: toys, books, clothing, kitchenware, etc. * Christmas baskets. * Snow suit. * Bonhomme à lunette service point: low-cost glasses.

Eligibility: families, adults, new arrivals, petits-mousses and drop-in daycare: children 0 to 5 years old, homework club, petits Cooks and summer day camp: children 6 to 12 years old

Coverage area: Gatineau: Aylmer district

Hours: Monday to Friday 9h00 to 17h00, Bonhomme à lunette: no appointment necessary, Wednesday 11h30 to 14h00

Financing: municipal, provincial, Centraide Outaouais

Legal status: non-profit organization

L'ESSENTIEL - COMPTOIR ALIMENTAIRE

1 Principale Street, Blue Sea, Outaouais, QC, J0X 1C0

819 463-3653

Services: * Food bank. * Food Assistance. * Food aid delivery. * Christmas baskets delivery.

Eligibility: individuals and families with low incomes

Coverage area: Blue Sea

Hours: food assistance: 3rd Thursday of each month 9h00 to 12h00

Fees: food bank: \$4, food assistance: free

Financing: donations, self-financing

Legal status: non-profit organization

MAISON DE LA FAMILLE DE GATINEAU

101 Gatineau Avenue, Gatineau, Outaouais, QC, J8T 4J4

819 568-6830 Fax: 819 568-2520

Website: www.maisonfg.org

Email: info@maisonfg.org

Services: Education and prevention services and activities for families. * Information and referrals. * Drop-in daycare with parent-children activities. * Accompaniment and readaptation for children with developmental conditions, as well as their close ones. * Kindergarten preparation program. * Workshops and activities: www.app.amilia.com/store/en/maisondelafamilledegatineau/shop/programs * Evening conferences on various themes related to family. * Sharing store: sale of school supplies at a low cost. * Family bazaar: purchase and sale of maternity items and items for children 0 to 12 years old. * Book-sharing box. * Christmas party and Christmas baskets. * Opération habit de neige: distribution of winter clothing.

Eligibility: families, drop-in daycare: children 5 years old and under. their parents, preparation for kindergarten: children who will enter kindergarten the following year, accompaniment and readaptation program: children 2 to 5 years old with a diagnosis of an intellectual disability or of an autism spectrum disorder, sharing store: families on a low income

Coverage area: Gatineau, Cantley, Chelsea, Val-des-Monts, Denholm, L'Ange-Gardien, La Pêche, Pontiac, Ottawa

Hours: Monday to Friday in the morning, workshops and conferences: consult the program on the website, drop-in daycare: Tuesday or Friday morning for a 3 hour period and Saturday for a 5 hour period, as well as during the programmed activities

Fees: free, sharing store: 25% of the regular price

Financing: provincial, municipal

Legal status: non-profit organization

MAISON DE LA FAMILLE VALLÉE-DE-LA-LIÈVRE

321 Buckingham Avenue, Gatineau, Outaouais, QC, J8L 2G4

819 281-4359

Website: mdf-valleedelalievre.ca

Email: info@mdf-valleedelalievre.ca

Services: Family services. * Drop-in daycare for children 5 years old and under. * Stimulation activities for children 0 to 5 years old. * Games for children aged 6 to 12 years old on Saturdays. * Respite care. * Nobody's Perfect and Parents en couleur programs: parenting skills workshops. * Clothing assistance. * Matching gifts. * Annual golf tournament. * Warm Kids Program: low-cost snowsuits. * Sensory room. * Back to School: school supplies sharing store. * Christmas baskets.

Eligibility: families

Coverage area: Vallée-de-la-Lièvre urban village of Gatineau

Hours: Monday to Friday 9h00 to 16h00

Fees: variable

Financing: provincial, federal, grants

Legal status: non-profit organization

PAIN QUOTIDIEN (LE)

128 Christ-Roi Street, Maniwaki, Outaouais, QC, J9E 2C9

819 306-0562

Email: marjopiche1@hotmail.com

Services: * Distribution of grocery baskets.

Eligibility: people on a low income

Capacity: 25 people per day

Coverage area: Maniwaki

Hours: 3 Tuesdays and 3 Wednesdays during the month from 9h30 to 10h45

Fees: \$4

Financing: municipal, donations

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - COMPTOIR FAMILIAL ST-VINCENT-DE-PAUL, POINTE-GATINEAU

1291 Saint-Louis Street, Gatineau, Outaouais, QC, J8T 2M4

819 561-1553

Email: comptoirssvpgat@videotron.ca

Services: * Food assistance. * Thrift store: clothing, books and toys. * Used items recovery on site. * Christmas baskets or shopping vouchers.

Eligibility: people on a low income

Coverage area: Gatineau

Hours: Monday to Saturday 9h00 to 16h00

Financing: self-financing

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - CONFÉRENCE SAINT-PAUL

117 Front Street, Gatineau, Outaouais, QC, J9H 5S9

819 685-1343

Website: ssvp.ca

Email: ssvp2006@hotmail.com

Services: * Donations of food, vouchers for grocery stores, clothes, household appliances, bedding and furniture, delivered home by a volunteer. * Christmas baskets.

Eligibility: people on a low income

Coverage area: Aylmer

Hours: voicemail: 24 hours / 7 days

Fees: none

Financing: donations, fundraising campaigns

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - SAINT MARK THE EVANGELIST CONFERENCE

160 Principale Street, Gatineau, Outaouais, QC, J9H 3M8

819 685-1343

Website: ssvp.ca

Email: national@ssvp.ca

Services: * Donation of food, vouchers for local grocery stores, clothing, school lunches and supplies, appliances, bedding and furniture. * Donations are delivered at home by volunteers. * Paniers de Noël. * Christmas meal.

Eligibility: english community of Aylmer

Coverage area: Aylmer sector of Gatineau

Hours: helpline: 24 hours / 7 days, your call will be returned the next day

Fees: none

Financing: donations

Legal status: non-profit organization

Collective kitchens and cooking workshops

BANQUE ALIMENTAIRE DE LA LIÈVRE

129 Joseph Street, Gatineau, Outaouais, QC, J8L 1G1

819 281-3231

Website: balievre.ca/en

Email: info@balievre.ca

Services: * Food assistance. * Community garden. * Collective kitchen. * Community fridge. * Gleaning. * Food transformation. * Delivery. * Christmas baskets.

Eligibility: vulnerable individuals, vulnerable families

Coverage area: L'Ange-Gardien, Mayo, Mulgrave-et-Derry, Lochaber-Partie-Ouest, Gatineau: secteur Buckingham, Masson-Angers

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

Fees: none

Financing: PSOC, Centraide Outaouais

Legal status: non-profit organization

BOULEV'ART DE LA VALLÉE (LE)

132 MacLaren Street, Gatineau, Outaouais, QC, J8L 1K1

819 281-0680 ext. 226 Fax: 819 281-2170

Website: www.boulev-art.ca

Email: directeur@boulev-art.ca

Services: Services for people living with mental health problems * Housing: supervised apartments. * Work experience program: pre-employability experience in an adapted work environment. * Mutual aid group. * Support. * Recreational and social activities. Daytime environment * Collective kitchen. * Tai chi classes. * Public computers. * Social cafes. * Recreational and social activities. * Community dinners. * Collective garden.

Eligibility: people experiencing mental health problems

Coverage area: MRC La Vallée-de-la-Gatineau

Hours: Monday, Tuesday, Thursday and Friday 8h30 to 15h30, Wednesday 10h30 to 15h30

Fees: none

Financing: provincial

Legal status: non-profit organization

CENTRE ACTION GÉNÉRATIONS DES AÎNÉS DE LA VALLÉE-DE-LA-LIÈVRE

390 de Buckingham Avenue, Gatineau, Outaouais, QC, J8L 2G7

819 281-4343 Fax: 819 281-4344

Website: cavagl.ca

Services: Seniors' service centre. * Bouf'mobile: meals on wheels service, hot and frozen meals. * Information centre. * Friendly visits. * Friendly phone calls. * Support for seniors victims of abuse (SAVA): support and accompaniment of seniors victims of abuse, prevention of abuse and mistreatment, consultation. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Individual support for caregivers, on site or by telephone. * Support group for caregivers. * Coffee meetings. * Collective kitchens: groups for men, women, mixed group for culinary discoveries and mixed English-speaking group. * Assistance with government forms and income tax returns. * Conferences and information workshops. * Computer courses. * Recreational activity clubs: walking, scrabble, bridge and darts. * Transportation to medical and paramedical appointments. * Tax clinic.

Eligibility: seniors 50 years old and over, caregivers

Coverage area: Bowman, Masson-Angers and Buckingham sectors of Gatineau, L'ange-Gardien, Lochaber-Partie-Ouest, Mayo, Mulgrave-Et-Derry, Notre-Dame-De-La-Salette, Papineauville, Thurso, Val-Des-Bois, Poltimore sector of Val-Des-Monts, Bouf'mobile: hot meals for the Buckingham sector and within a radius of 10 km, frozen meals for the rest of the territory served, ITMAV: MRC Papineau, Masson-Angers and Buckingham sectors of Gatineau, L'Ange-Gardien, Notre-Dame-de-la-Salette

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

Fees: variable

Financing: provincial, Centraide Outaouais, donations, self-financing

Legal status: non-profit organization

CENTRE ACTU-ELLE

501 des Pins Street, Gatineau, Outaouais, QC, J8L 2L2

819 986-9713

Website: www.centreactuelle.ca

Email: info@actuelle.ca

Services: * Listening and individual support service. * Social and educational activities: various workshops. * Conferences. * Collective kitchen. * Drop-in daycare. * High school academic training service.

Eligibility: women

Coverage area: Gatineau city: Buckingham sector, Masson-Anger sector and MRC Papineau

Hours: Monday to Thursday 8h30 to 16h00, Buckingham sector drop-in daycare: Monday to Friday 9h00 to 3h00, MRC Papineau sector drop-in daycare: Monday to Thursday 9h00 to 3h00

Fees: annual registration: \$5, drop-in daycare: \$5 for one child, \$8 for 2 children, \$2 per additional child, collective kitchen: \$5, most activities: free

Financing: provincial, federal, Centraide Outaouais, donations

Legal status: non-profit organization

CENTRE ALIMENTAIRE AYLMEER

67 Couvent Street, Gatineau, Outaouais, QC, J9H 6A2

819 684-0163 Fax: 819 684-4714

Website: www.centrealimentaireaylmer.org

Email: caaadmin@centrealimentaireaylmer.org

Services: Food assistance and mutual aid for disadvantaged individuals and families. * Food assistance. * Social and professional reintegration. * Helping relationship. * Homelessness prevention: accompaniment in finding and maintaining housing, referrals. * Collective kitchens. * Cooking workshop. * Bien au chaud program: collection and distribution of winter clothing for children. * Online video library: informative thematic videos. * Magasin-partage scolaire: distribution of school supplies. * Magasin partage de Noël: distribution of Christmas baskets for members. * Opération habit de neige: distribution of winter clothing.

Eligibility: people and families on a low income

Coverage area: Aylmer sector of Gatineau

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

Fees: variable

Financing: Centraide Outaouais, federal, provincial, foundations, donations

Legal status: non-profit organization

CENTRE D'ANIMATION FAMILIALE DE L'OUTAOUAIS

1312 Saint-Louis Street, Gatineau, Outaouais, QC, J8T 2M7

819 561-5196

Website: cafoutaouais.ca

Email: info@cafoutaouais.ca

Services: Neighbourhood house. Food * Collective kitchens. * Community garden. * Christmas baskets for members. * Food assistance for people participating in activities. Material assistance * Clothing assistance. * Opération habit de neige: distribution of winter clothing. * Back to School program: school supplies sharing store. * Bonhommes à Lunettes: glasses at affordable prices. Support * Homework assistance. * Drop-in daycare. * Reception, accompaniment and referral. * Individual meeting, listening and intervention. Activities * Developmental stimulation activities for children. * Workshop Au Petit Jardin: preparation for kindergarten. * Parent-child activities. * Daycare offered to participants during activities. * Jeux d'été: summer day camp. * Activities during pedagogical Fridays. * Coffee-meeting. * Crochet and knitting club. * Various events.

Eligibility: general public, adults, children, developmental stimulation activities: children 0 to 5 years old

Coverage area: Pointe-Gatineau district of Gatineau (Ruisseau, Saint-Rosaire, Jacques-Cartier and Laflèche neighborhoods of Gatineau)

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

Fees: variable

Financing: federal, provincial, municipal, Centraide Outaouais, grants, donations

Legal status: non-profit organization

CENTRE EN SÉCURITÉ ALIMENTAIRE DE GATINEAU

305 Notre-Dame Street, Gatineau, Outaouais, QC, J8P 1K9

873 376-2724

Website: dgcsag.wixsite.com/csag

Email: coordo.csag@outlook.com

Services: * Food assistance. * Psychosocial intervention and support. * Various workshops. * Collective kitchen. * Food delivery service. * Christmas baskets. * Internships. * Referrals to other organizations and community services.

Eligibility: low income families and people

Coverage area: Gatineau

Hours: Monday 13h00 to 16h00, Wednesday 13h00 to 18h00, Friday 13h00 to 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

COMITÉ DE VIE DE QUARTIER DU VIEUX-GATINEAU

89 Jean-René-Monette Street, Gatineau, Outaouais, QC, J8P 5B8

819 893-4300

Website: cvqvg.ca

Email: info@cvqvg.ca

Services: Round table for improving neighborhood life, living conditions and community life. * Mobilization of the people and partnership with neighborhood organizations: community centre, community fair. * Committees: Vie communautaire et participation citoyenne, Concertation en itinérance du Vieux-Gatineau, Sécurité alimentaire, Exploration en logement and Familles de l'est. * Anti-waste fridge located outside the building. * Collective kitchens. * Free bicycle rental. * Bougeons ensemble: free courses promoting healthy lifestyle habits (zumba, yoga, nutrition workshops, meditation, anxiety management, etc.). * Activities in the park: cinema, art workshop, various games, etc. * Neighborhood party on Notre-Dame Street. * Place Noël: winter neighborhood party. * Neighborhood party on Gouin, Sabourin and Saint-René Street.

Eligibility: community organizations, families, general public

Coverage area: Old Gatineau, bounded to the south by the Ottawa River, to the north by Boulevard Saint-René Ouest, to the west by Montée Paiement and to the east by Lac Beauchamp

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00, anti-waste fridge: 24 hours / 7 days

Financing: municipal

Legal status: non-profit organization

ENFANTS DE L'ESPOIR DE HULL (LES)

107 Dollard-Des Ormeaux Street, Gatineau, Outaouais, QC, J8X 3M2

343 204-3774 Fax: 819 778-7400

Website: www.enfantsdelespoirhull.org

Email: info@enfantsdelespoirhull.org

Services: Centre providing adapted help for families. * Toddlers: preparation for starting kindergarten and school, summer program with sports, artistic and cooking activities. * Children from 6 to 12 years old: after-school activities, school support, weekend activities at the swimming pool and of cross-country skiing, drama classes and free theater shows, March camp, summer camp. * Adults: collective kitchens, 0-5 parent-children workshops, art and sewing classes, creative workshops, self-esteem classes, parenting classes, food assistance, coffee-meetings. * Families: family meals and excursions, family and community events, sharing store, sports and cultural activities. * Opération habits de neige: new winter clothing for children 0 to 12 years old for \$20. * Christmas baskets.

Eligibility: children 0 to 12 years old and their parents, families in need

Coverage area: Hull Island (Sacré-Coeur, Vieux-Hull Est and Vieux-Hull Ouest neighbourhoods of Gatineau)

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

Fees: none

Financing: Centraide Outaouais, federal, provincial, municipal, foundations

Legal status: non-profit organization

ESPACE DEP SYLVESTRE

230 Montcalm Street, Gatineau, Outaouais, QC, J8Y 3C1

819 771-3723

Website: depanneursylvestre.org

Email: depanneursylvestre@hotmail.com

Services: * Meeting place open to all. * Coffee and food, dinner. * Collective kitchen. * Animation and preventive intervention. * Internet access. * Social, cultural, recreational and intergenerational activities and events. * Community mental health support. * Volunteering and volunteer centre. * Community development. * Adapted work, professional reintegration and rehabilitation, support for employability and training. * Support and integration.

Eligibility: people on a low income, people experiencing social isolation

Coverage area: Outaouais

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

Fees: voluntary contribution

Financing: provincial, self-financing

Legal status: cooperative

ESPOIR ROSALIE DE GATINEAU

763 Saint-Louis Street, Gatineau, Outaouais, QC, J8T 2S9

819 243-7663 Fax: 819 243-7648

Website: www.espoirrosalie.org

Email: info@espoirrosalie.org

Services: Services for single mothers and their children. Women's Services * Individual follow-up: listening, accompaniment, support in the process, home visits, etc. * Parenting Skills Workshops. * Personal growth workshops, * Recreational activities. * Psychoeducational workshops on various topics. * Collective kitchen. * Food assistance. * Free mini thrift store. * Christmas sponsorships. * Snowsuit Program, in collaboration with Centraide. Children's Services * Daycare and drop-in, meals and snacks provided. * Individual follow-up. * Gross motor skills workshops for children from 0 to 5 years old. * Psychoeducational workshops for children from 6 to 12 years old. * Summer camp for children from 6 to 12 years old Family Services. * Workshops and mother-child activities. * Family Respite: stay in a cottage with the family.

Eligibility: single mothers, their children

Coverage area: Gatineau

Hours: Monday to Wednesday 8h30 to 15h30, Thursday 8h30 to 15h30 and 17h00 to 20h00, Saturday 8h30 to 15h30

Fees: none

Financing: provincial, Centraide Outaouais, foundations, donations

Legal status: non-profit organization

GROUPE COMMUNAUTAIRE DESCHÊNES

55 Vanier Road, Gatineau, Outaouais, QC, J9H 1X5

819 684-7999 Fax: 819 557-0771

Website: groupedeschenes.myfreesites.net

Email: gcd_intervenante@hotmail.com

Services: Meeting place and support for families. * Petits-Mousses: social activities for children and parents. * Drop-in daycare for young children. * Homework club. * Petits Cooks. * Collective kitchen. * Day camp: summer and spring break. * Neighbourhood parties. * Physical activities: zumba and tai chi. * Sharing store: low-cost school supplies. * Recovery of small used items: toys, books, clothing, kitchenware, etc. * Christmas baskets. * Snow suit. * Bonhomme à lunette service point: low-cost glasses.

Eligibility: families, adults, new arrivals, petits-mousses and drop-in daycare: children 0 to 5 years old, homework club, petits Cooks and summer day camp: children 6 to 12 years old

Coverage area: Gatineau: Aylmer district

Hours: Monday to Friday 9h00 to 17h00, Bonhomme à lunette: no appointment necessary, Wednesday 11h30 to 14h00

Financing: municipal, provincial, Centraide Outaouais

Legal status: non-profit organization

MAISON ALCIDE-CLÉMENT

132 Saint-Jacques Street, Gatineau, Outaouais, QC, J8X 2Z4

819 776-1306

Email: maisonalcideclement@videotron.ca

Services: Community and family living environment. * Stimulation activities for children aged 0 to 5. * Day camp. * Back-to-School sharing store. * Collective kitchens. * Relevailles: in-home postnatal support for babies aged 0 to 12 months. * Coffee meetings.

Eligibility: people 0 to 17, parents, families

Coverage area: Gatineau

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

Fees: annual membership: \$15

Financing: provincial

Legal status: non-profit organization

MAISON COMMUNAUTAIRE DANIEL-JOHNSON

22 Arthur-Buies Street, Gatineau, Outaouais, QC, J8Z 1P5

819 772-6625

Email: mcdj@bellnet.ca

Services: Community centre. * Access to a computer, Internet, and fax. * Social and recreational activities: for teenagers, families, parents-children. * Social café. * Homework club. * Collective kitchen. * Community breakfast. * Knitting and crochet circle. * Introduction to cross-country for youth 9 to 12 years old. * Operation Snowsuit Outaouais: winter clothing for children. * Cooking workshops minis-chefs 8 to 12 years old. * Back to school program: store-sharing school supplies. * Women's circle. * Halloween and Christmas celebrations. * Neighbourhood party.

Eligibility: citizens of the Daniel-Johnson neighbourhood in the Hull sector of Gatineau

Coverage area: Daniel-Johnson neighbourhood in the Hull sector of Gatineau

Hours: Tuesday to Thursday 9h00 to 12h00 and 13h00 to 16h30

Financing: donations

Legal status: non-profit organization

MAISON D'ACCUEIL MUTCHMORE

142 Mutchmore Street, Gatineau, Outaouais, QC, J8Y 3T7

819 770-0788

Website: accueilmutchmore.ca

Email: info@accueilmutchmore.ca

Services: Community centre. * Collective kitchen. * Touchatou: stimulation workshop of fine motor skills. * Francization workshop. * Projet Multigénérationnel: various intergenerational activities. * Âllo-ADOS: sports and social activities for teenagers. * Sports activities: karate classes, fitness, yoga, zumba, skiing, swimming pool outings. * Opération habit de neige: distribution of winter clothing. * School supplies. * Tax clinic.

Eligibility: people and families on a low income, newcomers, seniors, neighbourhood residents, Opération habit de neige: families on a low income with children 2 to 13 years old

Coverage area: Mutchmore and Jean Proulx neighbourhoods of Gatineau

Hours: Monday to Friday 8h30 to 15h30, reception: 9h00 to 15h00

Fees: none, Opération habit de neige: \$20 per piece of clothing

Financing: Centraide Outaouais, municipal, provincial

Legal status: non-profit organization

MAISON DE L'AMITIÉ DE HULL

58 Hanson Street, Gatineau, Outaouais, QC, J8Y 3M5

819 772-6622 Fax: 819 772-2014

Email: maisonamitiehull@videotron.ca

Services: Community centre. * Neighbourhood intervention, accompaniment, citizen participation. * Individual and collective intervention, youth intervention. * Homework club. * Literacy. * Support in looking for employment, help writing a résumé. * Community garden. * Collective kitchen. * Community lunches. * Marché Mobile de Gatineau. * Respite for families with the organization Équipe soutien-famille. * Teenager program: March camp, summer camp, ski. * Educational activities. * Knitting workshops. * Swimming pool trips and community soccer. * Coffee Mondays. * Back-to-school sharing store. * Opération habit de neige: distribution of low-cost winter clothing. * Neighbourhood parties: summer, Halloween, Christmas.

Eligibility: people and families on a low income

Capacity: variable depending on the activity

Coverage area: Jean-Dallaire and surrounding areas in the Hull sector of Gatineau

Hours: reception: Monday to Friday 8h00 to 15h30, activities and intervention: evenings and weekends

Fees: variables

Financing: municipal, provincial, Centraide Outaouais

Legal status: non-profit organization

MAISON DE LA FAMILLE - CENTRE DE PÉDIATRIE SOCIALE LA VALLÉE-DE-LA-GATINEAU

251 Cartier Street, Maniwaki, Outaouais, QC, J9E 1R4

819 441-0282 Fax: 819 441-0283

Website: mdf-cps-vg.com

Email: maisondelafamillevg@gmail.com

Services: Family services. * Drop-in daycare. * Breastfeeding services: mentoring, breastfeeding group. * Perinatal grief support group. * Twinning for families with children between 0 and 5 years old. * Parent-child workshops: reading and writing, cooking, crafts, yoga, baby carrying, exercises, etc.. * Thematic workshops on family life: discipline, self-esteem, relationship between siblings, etc. * Baby puree preparation group, collective kitchen. * Sewing and craft workshop. * Cardiopulmonary resuscitation for babies and children classes. * Social cafes, community meals. * Social pediatry. * Birth accompaniment. * Playground. * Car seat checks. * Back-to-school sharing store.

Eligibility: families with a child 0 to 17 years old

Coverage area: MRC La Vallée-de-la-Gatineau

Hours: Monday to Thursday 9h00 to 16h00

Fees: variable

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

Legal status: non-profit organization

SOLIDARITÉ GATINEAU-OUEST

1096 Saint-Louis Street, Gatineau, Outaouais, QC, J8T 2R7

819 246-2029 Fax: 819 246-9819

Website: solidaritegatineauouest.ca

Email: s.g.o@videotron.ca

Services: Activities and support centre for individuals and families. Food services * Family parties and meals. * Collective kitchens. * Community gardens. * Christmas baskets. Youth and family * Drop-in daycare. * Day camp. * Jeux d'enfants: child development activities with parents. * Parenting skills workshops: Y'app, Gestion des émotions et du stress, Communication non violence parent-enfant. * Homework help and accompaniment. * Low-cost school supplies. Support services to individuals * Reception, accompaniment and helping relation. * Registration assistance for the Volunteer Centre's tax clinic. * Discussion group workshops. * Training in personal development. * Assistance with filling out forms. * French course. * Sewing course. * Thrift store. * Opération habit de neige: sale of children's snowsuits at low cost. * Internet access. * Volunteering.

Eligibility: people and families on a low income or in a vulnerable situation

Coverage area: Outaouais

Hours: Monday to Friday 9h00 to 16h00

Fees: Opération habit de neige: \$15 to \$20

Financing: provincial, municipal, Centraide Outaouais, donations

Legal status: non-profit organization

Community gardens and markets

AMICALE DES PERSONNES HANDICAPÉES PHYSIQUES DE L'OUTAOUAIS (L')

405 Notre-Dame Street, Gatineau, Outaouais, QC, J8P 1L7

819 663-2999

Website: amicale.ca

Email: info@amicale.ca

Services: * Free dinners for members. * Social and recreational activities: painting classes, pottery classes, film screenings, bingo, etc. * Rental, sale and exchange of used adapted equipment: chairs, bath seats, crutches, etc. * Adapted community garden.

Eligibility: people living with a physical disability

Coverage area: Outaouais

Hours: Monday to Friday 9h00 to 15h00, lunches for members: Monday, Wednesday and Friday

Fees: membership card: \$10 per year

Financing: membership fees, provincial, grants

Legal status: non-profit organization

BANQUE ALIMENTAIRE DE LA LIÈVRE

129 Joseph Street, Gatineau, Outaouais, QC, J8L 1G1

819 281-3231

Website: balievre.ca/en

Email: info@balievre.ca

Services: * Food assistance. * Community garden. * Collective kitchen. * Community fridge. * Gleaning. * Food transformation. * Delivery. * Christmas baskets.

Eligibility: vulnerable individuals, vulnerable families

Coverage area: L'Ange-Gardien, Mayo, Mulgrave-et-Derry, Lochaber-Partie-Ouest, Gatineau: secteur Buckingham, Masson-Angers

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

Fees: none

Financing: PSOC, Centraide Outaouais

Legal status: non-profit organization

BOULEV'ART DE LA VALLÉE (LE)

132 MacLaren Street, Gatineau, Outaouais, QC, J8L 1K1

819 281-0680 ext. 226 Fax: 819 281-2170

Website: www.boulev-art.ca

Email: directeur@boulev-art.ca

Services: Services for people living with mental health problems * Housing: supervised apartments. * Work experience program: pre-employability experience in an adapted work environment. * Mutual aid group. * Support. * Recreational and social activities. Daytime environment * Collective kitchen. * Tai chi classes. * Public computers. * Social cafes. * Recreational and social activities. * Community dinners. * Collective garden.

Eligibility: people experiencing mental health problems

Coverage area: MRC La Vallée-de-la-Gatineau

Hours: Monday, Tuesday, Thursday and Friday 8h30 to 15h30, Wednesday 10h30 to 15h30

Fees: none

Financing: provincial

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE ENTRE-NOUS

175 Front Street, Gatineau, Outaouais, QC, J9H 5S9

819 684-2236

Website: centrecommunautaireentrenous.org/en

Email: [ccenaccueil@gmail.com](mailto:cenaccueil@gmail.com)

Services: Community centre. Food * Collective kitchen. * Nurturing forest: fruit tree planting. Childhood and youth * Drop-in daycare for 0 to 5 years old. * Homework assistance. * Drop-in breastfeeding program. * Toy library: loan of games and toys. * Pandas playgroup (0 to 5 years old): parent-child workshops. * Petit cuisiniers: cooking classes for 6 to 12 years old. * Activities for 12 to 17 years old, in partnership with Avenue des jeunes. * Entre nous filles: discussion group for Grade 5 and 6 girls. * Day camp and spring break camp. Material assistance * Opération habit de neige: distribution of winter clothing. * Shared-store for school supplies. * Recovery of used clothing. Education * French courses. * Spanish courses. Social events * Café populaire, a space for socializing. * Social and recreational activities: sewing and knitting classes, karate classes, line dancing, board game group, danse cardio classes, physical activities for seniors. * Community parties.

Eligibility: people in vulnerable situations, children, teenagers, families, seniors

Coverage area: Gatineau: MacLeod neighbourhood and surrounding areas (primarily from the following neighbourhoods: MacLeod, Vieux-Aylmer, Des Cedres, La Seigneurie)

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

Financing: provincial, municipal, Centraide Outaouais, donations

Legal status: non-profit organization

CENTRE D'ANIMATION FAMILIALE DE L'OUTAOUAIS

1312 Saint-Louis Street, Gatineau, Outaouais, QC, J8T 2M7

819 561-5196

Website: cafoutaouais.ca

Email: info@cafoutaouais.ca

Services: Neighbourhood house. Food * Collective kitchens. * Community garden. * Christmas baskets for members. * Food assistance for people participating in activities. Material assistance * Clothing assistance. * Opération habit de neige: distribution of winter clothing. * Back to School program: school supplies sharing store. * Bonhommes à Lunettes: glasses at affordable prices. Support * Homework assistance. * Drop-in daycare. * Reception, accompaniment and referral. * Individual meeting, listening and intervention. Activities * Developmental stimulation activities for children. * Workshop Au Petit Jardin: preparation for kindergarten. * Parent-child activities. * Daycare offered to participants during activities. * Jeux d'été: summer day camp. * Activities during pedagogical Fridays. * Coffee-meeting. * Crochet and knitting club. * Various events.

Eligibility: general public, adults, children, developmental stimulation activities: children 0 to 5 years old

Coverage area: Pointe-Gatineau district of Gatineau (Ruisseau, Saint-Rosaire, Jacques-Cartier and Lafèche neighborhoods of Gatineau)

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

Fees: variable

Financing: federal, provincial, municipal, Centraide Outaouais, grants, donations

Legal status: non-profit organization

ENTRE DEUX ROUES

124 Sainte-Marie Street, Gatineau, Outaouais, QC, J8Y 2B1

819 770-2233

Website: www.entredeuxroues.org

Email: entredeuxroues@videotron.ca

Services: Organization that works for the social integration of people with severe reduced mobility or multiple physical limitations, for their quality of life and autonomy improvement and for the support of their family. * Vivre chez soi: home living skills. * Autonomy, self help skills and empowerment program. * Water therapeutic bath, relaxation and sports activities adapted to different syndromes: yoga, aquafitness, boccia, etc. * Literacy and communication. * Internet café: electronics and social networks training. * Videoconferencing sessions and individual follow-ups program. * Group activities: community garden, board games, arts and crafts, occasional outings. * Collective and community meals.

Eligibility: people over 16 years old who live with a physical disability that is not related to aging, to an intellectual disability, to a behavioral problem or to other notable problem and who need physical care in their daily life

Coverage area: Outaouais

Hours: Monday, Tuesday, Thursday 8h30 to 17h00, Wednesday and Friday 8h30 to 20h00

Fees: community meals: shared fees

Financing: provincial, municipal, donations, Centraide Outaouais, fundraising campaigns

Legal status: non-profit organization

MAISON DE L'AMITIÉ DE HULL

58 Hanson Street, Gatineau, Outaouais, QC, J8Y 3M5

819 772-6622 Fax: 819 772-2014

Email: maisonamitiehull@videotron.ca

Services: Community centre. * Neighbourhood intervention, accompaniment, citizen participation. * Individual and collective intervention, youth intervention. * Homework club. * Literacy. * Support in looking for employment, help writing a résumé. * Community garden. * Collective kitchen. * Community lunches. * Marché Mobile de Gatineau. * Respite for families with the organization Équipe soutien-famille. * Teenager program: March camp, summer camp, ski. * Educational activities. * Knitting workshops. * Swimming pool trips and community soccer. * Coffee Mondays. * Back-to-school sharing store. * Opération habit de neige: distribution of low-cost winter clothing. * Neighbourhood parties: summer, Halloween, Christmas.

Eligibility: people and families on a low income

Capacity: variable depending on the activity

Coverage area: Jean-Dallaire and surrounding areas in the Hull sector of Gatineau

Hours: reception: Monday to Friday 8h00 to 15h30, activities and intervention: evenings and weekends

Fees: variables

Financing: municipal, provincial, Centraide Outaouais

Legal status: non-profit organization

SOLIDARITÉ GATINEAU-OUEST

1096 Saint-Louis Street, Gatineau, Outaouais, QC, J8T 2R7

819 246-2029 Fax: 819 246-9819

Website: solidaritegatineauouest.ca

Email: s.g.o@videotron.ca

Services: Activities and support centre for individuals and families. Food services * Family parties and meals. * Collective kitchens. * Community gardens. * Christmas baskets. Youth and family * Drop-in daycare. * Day camp. * Jeux d'enfants: child development activities with parents. * Parenting skills workshops: Y'app, Gestion des émotions et du stress, Communication non violence parent-enfant. * Homework help and accompaniment. * Low-cost school supplies. Support services to individuals * Reception, accompaniment and helping relation. * Registration assistance for the Volunteer Centre's tax clinic. * Discussion group workshops. * Training in personal development. * Assistance with filling out forms. * French course. * Sewing course. * Thrift store. * Opération habit de neige: sale of children's snowsuits at low cost. * Internet access. * Volunteering.

Eligibility: people and families on a low income or in a vulnerable situation

Coverage area: Outaouais

Hours: Monday to Friday 9h00 to 16h00

Fees: Opération habit de neige: \$15 to \$20

Financing: provincial, municipal, Centraide Outaouais, donations

Legal status: non-profit organization

Food Assistance

BANQUE ALIMENTAIRE DE LA LIÈVRE

129 Joseph Street, Gatineau, Outaouais, QC, J8L 1G1

819 281-3231

Website: balievre.ca/en

Email: info@balievre.ca

Services: * Food assistance. * Community garden. * Collective kitchen. * Community fridge. * Gleaning. * Food transformation. * Delivery. * Christmas baskets.

Eligibility: vulnerable individuals, vulnerable families

Coverage area: L'Ange-Gardien, Mayo, Mulgrave-et-Derry, Lochaber-Partie-Ouest, Gatineau: secteur Buckingham, Masson-Angers

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

Fees: none

Financing: PSOC, Centraide Outaouais

Legal status: non-profit organization

BANQUE ALIMENTAIRE SERVICES ENTRAIDE

66 Eddy Street, Gatineau, Outaouais, QC, J8X 2W2

819 770-5261 Fax: 819 772 8348

Website: www.basegatineau.ca

Email: info@basegatineau.ca

Services: * Food bank using a grocery store model. * Delivery service and at-home intervention for people with reduced mobility. * Christmas baskets. * Referral to other community organizations and services.

Eligibility: people on a low income, families on a low income

Coverage area: Gatineau, Hull sector

Hours: Monday, Tuesday and Friday 10h00 to 15h00, Wednesday 16h00 to 19h30, Thursday 10h00 to 17h30

Fees: voluntary donation: \$1

Financing: Centraide Outaouais

Legal status: non-profit organization

CENTRE ALIMENTAIRE AYLMEYER

67 Couvent Street, Gatineau, Outaouais, QC, J9H 6A2

819 684-0163 Fax: 819 684-4714

Website: www.centrealimentaireaylmer.org

Email: caadmin@centrealimentaireaylmer.org

Services: Food assistance and mutual aid for disadvantaged individuals and families. * Food assistance. * Social and professional reintegration. * Helping relationship. * Homelessness prevention: accompaniment in finding and maintaining housing, referrals. * Collective kitchens. * Cooking workshop. * Bien au chaud program: collection and distribution of winter clothing for children. * Online video library: informative thematic videos. * Magasin-partage scolaire: distribution of school supplies. * Magasin partage de Noël: distribution of Christmas baskets for members. * Opération habit de neige: distribution of winter clothing.

Eligibility: people and families on a low income

Coverage area: Aylmer sector of Gatineau

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

Fees: variable

Financing: Centraide Outaouais, federal, provincial, foundations, donations

Legal status: non-profit organization

CENTRE EN SÉCURITÉ ALIMENTAIRE DE GATINEAU

305 Notre-Dame Street, Gatineau, Outaouais, QC, J8P 1K9

873 376-2724

Website: dgcsag.wixsite.com/csag

Email: coordo.csag@outlook.com

Services: * Food assistance. * Psychosocial intervention and support. * Various workshops. * Collective kitchen. * Food delivery service. * Christmas baskets. * Internships. * Referrals to other organizations and community services.

Eligibility: low income families and people

Coverage area: Gatineau

Hours: Monday 13h00 to 16h00, Wednesday 13h00 to 18h00, Friday 13h00 to 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

CENTRE ESPOIR DE GATINEAU

791 Maloney Boulevard East, Gatineau, Outaouais, QC, J8P 1G5

819 663-3238

Website: www.centreespoir.ca

Email: info@centreespoir.ca

Services: * Food bank. * Emergency food assistance.

Eligibility: families on a low income

Coverage area: Notre-Dame neighbourhood of Gatineau

Hours: Tuesday to Thursday 9h30 to 12h00

Fees: variable

Financing: donations

Legal status: non-profit organization

COMITÉ DE VIE DE QUARTIER DU VIEUX-GATINEAU

89 Jean-René-Monette Street, Gatineau, Outaouais, QC, J8P 5B8

819 893-4300

Website: cvqvg.ca

Email: info@cvqvg.ca

Services: Round table for improving neighborhood life, living conditions and community life. * Mobilization of the people and partnership with neighborhood organizations: community centre, community fair. * Committees: Vie communautaire et participation citoyenne, Concertation en itinérance du Vieux-Gatineau, Sécurité alimentaire, Exploration en logement and Familles de l'est. * Anti-waste fridge located outside the building. * Collective kitchens. * Free bicycle rental. * Bougeons ensemble: free courses promoting healthy lifestyle habits (zumba, yoga, nutrition workshops, meditation, anxiety management, etc.). * Activities in the park: cinema, art workshop, various games, etc. * Neighborhood party on Notre-Dame Street. * Place Noël: winter neighborhood party. * Neighborhood party on Gouin, Sabourin and Saint-René Street.

Eligibility: community organizations, families, general public

Coverage area: Old Gatineau, bounded to the south by the Ottawa River, to the north by Boulevard Saint-René Ouest, to the west by Montée Paiement and to the east by Lac Beauchamp

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00, anti-waste fridge: 24 hours / 7 days

Financing: municipal

Legal status: non-profit organization

COMITÉ PARTAGE SAINT-PIERRE-CHANEL

17 Des Groseilliers Street, Gatineau, Outaouais, QC, J8Z 1M4

819 776-3030

Email: comitepartage.spc@gmail.com

Services: * Monthly delivery of food aid. * Delivery of Christmas baskets. * Collection and donation of household items and clothing: kitchen utensils, small appliances, household items, bedding, winter clothing, children's clothing, adult clothing, etc. * Starter kit for infants.

Eligibility: individuals and families with low incomes

Coverage area: Paroisse Saint-Pierre-Chanel

Hours: lundi au vendredi 9h00 à 17h00, by appointment

Fees: none

Financing: donations, self-financing, fundraising campaigns

Legal status: non-profit organization

COOPÉRATIVE DE SOLIDARITÉ DE L'UNICITÉ

895 Dollard Street, Gatineau, Outaouais, QC, J8L 3T4

819 986-3018

Website: www.serresbiodeloutaouais.com

Email: lesserresdeloutaouais@hotmail.ca

Services: Organic vegetable production cooperative aimed at integrating people with intellectual disabilities into the workplace. * Organic greenhouse vegetable store. * Hiring program for people with intellectual disabilities.

Eligibility: people living with an intellectual disability, general public

Coverage area: Outaouais

Hours: Monday to Friday 8h00 to 15h00

Financing: provincial

Legal status: non-profit organization

DÉPANNEUR ALIMENTAIRE LA SOURCE

799 Jacques-Cartier Street, Gatineau, Outaouais, QC, J8T 2W1

819 246-8058

Email: lasource@videotron.ca

Services: * Emergency food service. * Delivery service for people with reduced mobility. * Christmas baskets. * Vouchers for clothing and furniture. * Referrals to other community organizations and resources.

Eligibility: low-income individuals and families

Coverage area: Gatineau

Hours: by appointment: Tuesday and Wednesday 10h00 to 12h30, walk-in: Wednesday 17h00 to 18h30

Fees: none

Financing: grants, donations

Legal status: non-profit organization

ENFANTS DE L'ESPOIR DE HULL (LES)

107 Dollard-Des Ormeaux Street, Gatineau, Outaouais, QC, J8X 3M2

343 204-3774 Fax: 819 778-7400

Website: www.enfantsdelespoirhull.org

Email: info@enfantsdelespoirhull.org

Services: Centre providing adapted help for families. * Toddlers: preparation for starting kindergarten and school, summer program with sports, artistic and cooking activities. * Children from 6 to 12 years old: after-school activities, school support, weekend activities at the swimming pool and of cross-country skiing, drama classes and free theater shows, March camp, summer camp. * Adults: collective kitchens, 0-5 parent-children workshops, art and sewing classes, creative workshops, self-esteem classes, parenting classes, food assistance, coffee-meetings. * Families: family meals and excursions, family and community events, sharing store, sports and cultural activities. * Opération habits de neige: new winter clothing for children 0 to 12 years old for \$20. * Christmas baskets.

Eligibility: children 0 to 12 years old and their parents, families in need

Coverage area: Hull Island (Sacré-Coeur, Vieux-Hull Est and Vieux-Hull Ouest neighbourhoods of Gatineau)

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

Fees: none

Financing: Centraide Outaouais, federal, provincial, municipal, foundations

Legal status: non-profit organization

ENTRAIDE DE LA VALLÉE (L')

446 de la Montagne Street, Maniwaki, Outaouais, QC, J9E 1K6

819 441-3596

Email: entraidevallee@videotron.ca

Services: * Food supply centers. * Meals on wheels. * Outreach on healthy nutrition, mutual aid, and food autonomy. * Recovery of grocery store surplus and transformation for redistribution.

Eligibility: people in need

Coverage area: Blue Sea, Gracefield, Maniwaki

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

Fees: none

Financing: Centraide Outaouais, provincial, donations

Legal status: non-profit organization

ESPOIR ROSALIE DE GATINEAU

763 Saint-Louis Street, Gatineau, Outaouais, QC, J8T 2S9

819 243-7663 Fax: 819 243-7648

Website: www.espoirrosalie.org

Email: info@espoirrosalie.org

Services: Services for single mothers and their children. Women's Services * Individual follow-up: listening, accompaniment, support in the process, home visits, etc. * Parenting Skills Workshops. * Personal growth workshops, * Recreational activities. * Psychoeducational workshops on various topics. * Collective kitchen. * Food assistance. * Free mini thrift store. * Christmas sponsorships. * Snowsuit Program, in collaboration with Centraide. Children's Services * Daycare and drop-in, meals and snacks provided. * Individual follow-up. * Gross motor skills workshops for children from 0 to 5 years old. * Psychoeducational workshops for children from 6 to 12 years old. * Summer camp for children from 6 to 12 years old Family Services. * Workshops and mother-child activities. * Family Respite: stay in a cottage with the family.

Eligibility: single mothers, their children

Coverage area: Gatineau

Hours: Monday to Wednesday 8h30 to 15h30, Thursday 8h30 to 15h30 and 17h00 to 20h00, Saturday 8h30 to 15h30

Fees: none

Financing: provincial, Centraide Outaouais, foundations, donations

Legal status: non-profit organization

FAMILLE SECOURS - STE-ROSE DE LIMA

861 Saint-René East Boulevard, Suite E5, Gatineau, Outaouais, QC, J8P 1V1

819 663-2538

Email: famillesecours.sterose@gmail.com

Services: * Food assistance. * Monthly food baskets. * Christmas baskets.

Eligibility: individuals on a low incomes, families on a low incomes

Coverage area: Sainte-Rose-de-Lima

Hours: food assistance: Tuesday 13h00 to 15h00, holiday season: closed from December 18, 2024 to January 6, 2025

Fees: none

Financing: donations, self-financing

Legal status: non-profit organization

L'ESSENTIEL - COMPTOIR ALIMENTAIRE

1 Principale Street, Blue Sea, Outaouais, QC, J0X 1C0

819 463-3653

Services: * Food bank. * Food Assistance. * Food aid delivery. * Christmas baskets delivery.

Eligibility: individuals and families with low incomes

Coverage area: Blue Sea

Hours: food assistance: 3rd Thursday of each month 9h00 to 12h00

Fees: food bank: \$4, food assistance: free

Financing: donations, self-financing

Legal status: non-profit organization

MAISON DE L'AMITIÉ DE HULL

58 Hanson Street, Gatineau, Outaouais, QC, J8Y 3M5

819 772-6622 Fax: 819 772-2014

Email: maisonamitiehull@videotron.ca

Services: Community centre. * Neighbourhood intervention, accompaniment, citizen participation. * Individual and collective intervention, youth intervention. * Homework club. * Literacy. * Support in looking for employment, help writing a résumé. * Community garden. * Collective kitchen. * Community lunches. * Marché Mobile de Gatineau. * Respite for families with the organization Équipe soutien-famille. * Teenager program: March camp, summer camp, ski. * Educational activities. * Knitting workshops. * Swimming pool trips and community soccer. * Coffee Mondays. * Back-to-school sharing store. * Opération habit de neige: distribution of low-cost winter clothing. * Neighbourhood parties: summer, Halloween, Christmas.

Eligibility: people and families on a low income

Capacity: variable depending on the activity

Coverage area: Jean-Dallaire and surrounding areas in the Hull sector of Gatineau

Hours: reception: Monday to Friday 8h00 to 15h30, activities and intervention: evenings and weekends

Fees: variables

Financing: municipal, provincial, Centraide Outaouais

Legal status: non-profit organization

MAISON OXYGÈNE OUTAOUAIS

Confidential Address

819 205-1451 Fax: 819 205-4458

Website: www.dtuc.org/maison-oxygene-outaouais

Email: liaison.info@donnetoiunechance.org

Services: Help for fathers in difficulty and their children. * Temporary housing for fathers and their children. * Community and psychosocial support. * Accompaniment in the process. * Reinforcement of parenting skills. * Food assistance. * Father-child activities. * Support for positive co-parenting.

Eligibility: fathers experiencing personal, marital or family difficulties, their children

Capacity: housing: 4 rooms, 17 beds

Coverage area: Outaouais

Financing: membership fees, donations, grants

Legal status: non-profit organization

PAIN QUOTIDIEN (LE)

128 Christ-Roi Street, Maniwaki, Outaouais, QC, J9E 2C9

819 306-0562

Email: marjopiche1@hotmail.com

Services: * Distribution of grocery baskets.

Eligibility: people on a low income

Capacity: 25 people per day

Coverage area: Maniwaki

Hours: 3 Tuesdays and 3 Wednesdays during the month from 9h30 to 10h45

Fees: \$4

Financing: municipal, donations

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - COMPTOIR FAMILIAL ST-VINCENT-DE-PAUL, POINTE-GATINEAU

1291 Saint-Louis Street, Gatineau, Outaouais, QC, J8T 2M4

819 561-1553

Email: comptoirssvpgat@videotron.ca

Services: * Food assistance. * Thrift store: clothing, books and toys. * Used items recovery on site. * Christmas baskets or shopping vouchers.

Eligibility: people on a low income

Coverage area: Gatineau

Hours: Monday to Saturday 9h00 to 16h00

Financing: self-financing

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - CONFÉRENCE SAINT-PAUL

117 Front Street, Gatineau, Outaouais, QC, J9H 5S9

819 685-1343

Website: ssvp.ca

Email: ssvp2006@hotmail.com

Services: * Donations of food, vouchers for grocery stores, clothes, household appliances, bedding and furniture, delivered home by a volunteer. * Christmas baskets.

Eligibility: people on a low income

Coverage area: Aylmer

Hours: voicemail: 24 hours / 7 days

Fees: none

Financing: donations, fundraising campaigns

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - SAINT MARK THE EVANGELIST CONFERENCE

160 Principale Street, Gatineau, Outaouais, QC, J9H 3M8

819 685-1343

Website: ssvp.ca

Email: national@ssvp.ca

Services: * Donation of food, vouchers for local grocery stores, clothing, school lunches and supplies, appliances, bedding and furniture. * Donations are delivered at home by volunteers. * Paniers de Noël. * Christmas meal.

Eligibility: english community of Aylmer

Coverage area: Aylmer sector of Gatineau

Hours: helpline: 24 hours / 7 days, your call will be returned the next day

Fees: none

Financing: donations

Legal status: non-profit organization

SOUPIÈRE DE L'AMITIÉ DE GATINEAU (LA)

149 Maloney Boulevard West, Gatineau, Outaouais, QC, J8P 3V6

819 663-6777

Website: lasoupieredelamitie.com

Email: accueil@soupiere.org

Services: * Welcoming, support, listening and accompaniment. * Warm meals. * Food assistance. * Employment reintegration on site. * Naloxone kit distribution. * Distribution and delivery of fentanyl test strips.

Eligibility: people and families on a low income, people socially isolated

Coverage area: Gatineau

Hours: Monday to Friday 9h30 to 16h00, dinners: 11h30 to 12h45

Fees: variable

Financing: provincial, federal, donations

Legal status: non-profit organization

Food aid for pregnant women and children

COOPÉRATIVE DE SOLIDARITÉ DE L'UNICITÉ

895 Dollard Street, Gatineau, Outaouais, QC, J8L 3T4

819 986-3018

Website: www.serresbiodeloutaouais.com

Email: lesserresdeloutaouais@hotmail.ca

Services: Organic vegetable production cooperative aimed at integrating people with intellectual disabilities into the workplace. * Organic greenhouse vegetable store. * Hiring program for people with intellectual disabilities.

Eligibility: people living with an intellectual disability, general public

Coverage area: Outaouais

Hours: Monday to Friday 8h00 to 15h00

Financing: provincial

Legal status: non-profit organization

MAISON DE LA FAMILLE - CENTRE DE PÉDIATRIE SOCIALE LA VALLÉE-DE-LA-GATINEAU

251 Cartier Street, Maniwaki, Outaouais, QC, J9E 1R4

819 441-0282 Fax: 819 441-0283

Website: mdf-cps-vg.com

Email: maisondefamillevg@gmail.com

Services: Family services. * Drop-in daycare. * Breastfeeding services: mentoring, breastfeeding group. * Perinatal grief support group. * Twinning for families with children between 0 and 5 years old. * Parent-child workshops: reading and writing, cooking, crafts, yoga, baby carrying, exercises, etc.. * Thematic workshops on family life: discipline, self-esteem, relationship between siblings, etc. * Baby puree preparation group, collective kitchen. * Sewing and craft workshop. * Cardiopulmonary resuscitation for babies and children classes. * Social cafes, community meals. * Social pediatry. * Birth accompaniment. * Playground. * Car seat checks. * Back-to-school sharing store.

Eligibility: families with a child 0 to 17 years old

Coverage area: MRC La Vallée-de-la-Gatineau

Hours: Monday to Thursday 9h00 to 16h00

Fees: variable

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

Legal status: non-profit organization

Food assistance coordination

CENTRE D'ANIMATION FAMILIALE DE L'OUTAOUAIS

1312 Saint-Louis Street, Gatineau, Outaouais, QC, J8T 2M7

819 561-5196

Website: cafoutaouais.ca

Email: info@cafoutaouais.ca

Services: Neighbourhood house. Food * Collective kitchens. * Community garden. * Christmas baskets for members. * Food assistance for people participating in activities. Material assistance * Clothing assistance. * Opération habit de neige: distribution of winter clothing. * Back to School program: school supplies sharing store. * Bonhommes à Lunettes: glasses at affordable prices. Support * Homework assistance. * Drop-in daycare. * Reception, accompaniment and referral. * Individual meeting, listening and intervention. Activities * Developmental stimulation activities for children. * Workshop Au Petit Jardin: preparation for kindergarten. * Parent-child activities. * Daycare offered to participants during activities. * Jeux d'été: summer day camp. * Activities during pedagogical Fridays. * Coffee-meeting. * Crochet and knitting club. * Various events.

Eligibility: general public, adults, children, developmental stimulation activities: children 0 to 5 years old

Coverage area: Pointe-Gatineau district of Gatineau (Ruisseau, Saint-Rosaire, Jacques-Cartier and Laflèche neighborhoods of Gatineau)

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

Fees: variable

Financing: federal, provincial, municipal, Centraide Outaouais, grants, donations

Legal status: non-profit organization

COMITÉ DE VIE DE QUARTIER DU VIEUX-GATINEAU

89 Jean-René-Monette Street, Gatineau, Outaouais, QC, J8P 5B8

819 893-4300

Website: cvqvg.ca

Email: info@cvqvg.ca

Services: Round table for improving neighborhood life, living conditions and community life. * Mobilization of the people and partnership with neighborhood organizations: community centre, community fair. * Committees: Vie communautaire et participation citoyenne, Concertation en itinérance du Vieux-Gatineau, Sécurité alimentaire, Exploration en logement and Familles de l'est. * Anti-waste fridge located outside the building. * Collective kitchens. * Free bicycle rental. * Bougeons ensemble: free courses promoting healthy lifestyle habits (zumba, yoga, nutrition workshops, meditation, anxiety management, etc.). * Activities in the park: cinema, art workshop, various games, etc. * Neighborhood party on Notre-Dame Street. * Place Noël: winter neighborhood party. * Neighborhood party on Gouin, Sabourin and Saint-René Street.

Eligibility: community organizations, families, general public

Coverage area: Old Gatineau, bounded to the south by the Ottawa River, to the north by Boulevard Saint-René Ouest, to the west by Montée Paiement and to the east by Lac Beauchamp

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00, anti-waste fridge: 24 hours / 7 days

Financing: municipal

Legal status: non-profit organization

ENTRAIDE DE LA VALLÉE (L')

446 de la Montagne Street, Maniwaki, Outaouais, QC, J9E 1K6

819 441-3596

Email: entraidevallee@videotron.ca

Services: * Food supply centers. * Meals on wheels. * Outreach on healthy nutrition, mutual aid, and food autonomy. * Recovery of grocery store surplus and transformation for redistribution.

Eligibility: people in need

Coverage area: Blue Sea, Gracefield, Maniwaki

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

Fees: none

Financing: Centraide Outaouais, provincial, donations

Legal status: non-profit organization

MOISSON OUTAOUAIS

37 Bombardier Street, Gatineau, Outaouais, QC, J8R 0G4

819 669-2000

Website: www.moissonoutaouais.com/en

Email: info@moissonoutaouais.com

Services: * Retrieval of food products and other essential products. * Sorting and redistribution to organizations working in food aid.

Eligibility: community organizations providing food support to people in need

Coverage area: Outaouais

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

Fees: none

Financing: provincial, donations

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - COMPTOIR FAMILIAL ST-VINCENT-DE-PAUL, POINTE-GATINEAU

1291 Saint-Louis Street, Gatineau, Outaouais, QC, J8T 2M4

819 561-1553

Email: comptoirssvpgat@videotron.ca

Services: * Food assistance. * Thrift store: clothing, books and toys. * Used items recovery on site. * Christmas baskets or shopping vouchers.

Eligibility: people on a low income

Coverage area: Gatineau

Hours: Monday to Saturday 9h00 to 16h00

Financing: self-financing

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - SAINT MARK THE EVANGELIST CONFERENCE

160 Principale Street, Gatineau, Outaouais, QC, J9H 3M8

819 685-1343

Website: ssvp.ca

Email: national@ssvp.ca

Services: * Donation of food, vouchers for local grocery stores, clothing, school lunches and supplies, appliances, bedding and furniture. * Donations are delivered at home by volunteers. * Paniers de Noël. * Christmas meal.

Eligibility: english community of Aylmer

Coverage area: Aylmer sector of Gatineau

Hours: helpline: 24 hours / 7 days, your call will be returned the next day

Fees: none

Financing: donations

Legal status: non-profit organization

TABLE DE CONCERTATION SUR LA FAIM ET LE DÉVELOPPEMENT SOCIAL DE L'OUTAOUAIS

180 du Mont-Bleu Boulevard, Gatineau, Outaouais, QC, J8Z 3J5

819 771-8391 ext. 337

Website: tcfds.org

Services: Grouping of individuals, community organizations and institutions that share knowledge and develop activities to advance food security. * Discussion days on food insecurity. * Working committees organized by members. * Meetings, workshops, conferences or symposia on hunger and poverty. * Raising awareness of hunger and poverty issues.

Eligibility: community organizations, institutions concerned with food safety

Coverage area: Outaouais

Hours: Monday to Friday 9h00 to 17h00, activities: variable

Fees: annual membership: \$12 for individuals, \$30 for organizations, \$72 for institutions, activities: variable with prices for member

Financing: membership fees, dons, municipal, provincial

Legal status: non-profit organization

Low cost or free meals

ABORIGINAL COMMUNITY OF MANIWAKI

270 Notre-Dame Street, Maniwaki, Outaouais, QC, J9E 2J8

819 441-2444 Fax: 819 441-0755

Website: autochtones-maniwaki.com

Email: admin@autochtones-maniwaki.com

Services: Representation, community support, and defense of the interests of the Maniwaki Métis. * Camp Métis Abitibi and Coureur des bois: cottages, activities, training in orientation, tool sharpening, shelter building, bannock baking, forest hikes. * Mealtime gatherings. * Legal fight for the recognition of the community's ancestral rights by the Superior Court of Québec.

Eligibility: Métis, Camp Métis Abitibi: Métis who are identified or in the process of identification

Coverage area: Maniwaki

Hours: variable

Fees: members 60 years old and under: \$60 per two years and \$50 administration fee for membership (one time only), members over 60 years old: \$20 per two years, Camp Métis Abitibi: variable

Financing: self-financing, membership fees

Legal status: non-profit organization

AMICALE DES PERSONNES HANDICAPÉES PHYSIQUES DE L'OUTAOUAIS (L')

405 Notre-Dame Street, Gatineau, Outaouais, QC, J8P 1L7

819 663-2999

Website: amicale.ca

Email: info@amicale.ca

Services: * Free dinners for members. * Social and recreational activities: painting classes, pottery classes, film screenings, bingo, etc. * Rental, sale and exchange of used adapted equipment: chairs, bath seats, crutches, etc. * Adapted community garden.

Eligibility: people living with a physical disability

Coverage area: Outaouais

Hours: Monday to Friday 9h00 to 15h00, lunches for members: Monday, Wednesday and Friday

Fees: membership card: \$10 per year

Financing: membership fees, provincial, grants

Legal status: non-profit organization

ASSOCIATION DU QUARTIER DE TOURAINE

12 de Picardie Street, Gatineau, Outaouais, QC, J8T 1N9

819 576-6273

Website: assqtouraine.ca

Email: ass.quartier.touraine@gmail.com

Services: * Recreational and social activities. * Physical activities to promote physical health. * Reading club. * Community dinners.

Eligibility: general public

Coverage area: Gatineau

Hours: variable

Fees: annual membership: free, activities: variable

Financing: self-financing, membership fees, donations

Legal status: non-profit organization

BOULEV'ART DE LA VALLÉE (LE)

132 MacLaren Street, Gatineau, Outaouais, QC, J8L 1K1

819 281-0680 ext. 226 Fax: 819 281-2170

Website: www.boulev-art.ca

Email: directeur@boulev-art.ca

Services: Services for people living with mental health problems * Housing: supervised apartments. * Work experience program: pre-employability experience in an adapted work environment. * Mutual aid group. * Support. * Recreational and social activities. Daytime environment * Collective kitchen. * Tai chi classes. * Public computers. * Social cafes. * Recreational and social activities. * Community dinners. * Collective garden.

Eligibility: people experiencing mental health problems

Coverage area: MRC La Vallée-de-la-Gatineau

Hours: Monday, Tuesday, Thursday and Friday 8h30 to 15h30, Wednesday 10h30 to 15h30

Fees: none

Financing: provincial

Legal status: non-profit organization

CENTRE D'ENTRAIDE AUX AÎNÉS

331 de la Cité-des-Jeunes Boulevard, Suite 101, Gatineau, Outaouais, QC, J8Y 6T3

819 771-6609

Website: www.entraideauxaines.ca

Email: direction@entraideauxaines.ca

Services: * Pairing program: friendly visits and calls. * Activity days and community lunches. * Caregivers support program: training, information sessions, support groups and individual support. * Accompaniment and transportation to medical appointments and special needs by volunteers. * Grocery shopping day: accompaniment and transportation to grocery shopping by volunteers.

Eligibility: seniors 65 years old and over with a slight loss of autonomy, caregivers of seniors

Coverage area: Gatineau: Hull area

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, day of activities: Tuesday and Thursday 9h30 to 14h00

Fees: annual membership card: \$20 for one person, \$35 for two persons living at the same address, day of activities: \$5, community lunch: \$5

Financing: provincial, Centraide Outaouais

Legal status: non-profit organization

CLUB AMITIÉ GATINEAU

17 de Beausoleil Street, Gatineau, Outaouais, QC, J8T 7H4

819 776-6799

Website: clubamitiegatineau.jimdo.com

Email: clubamitiegatineau@gmail.com

Services: * Supper. * Social gatherings. * Dance parties. * Breakfasts or brunches. * Movie nights. * Sports activities.

Eligibility: people 50 years old and over living alone

Coverage area: Outaouais: Gatineau

Hours: supper: 17h00 to 19h00

Fees: membership for the period of October 1st to September 30th: \$40, membership for members present at the annual general meeting: \$35, membership after April 1st: \$20

Financing: contributions

Legal status: non-profit organization

ENFANTS DE L'ESPOIR DE HULL (LES)

107 Dollard-Des Ormeaux Street, Gatineau, Outaouais, QC, J8X 3M2

343 204-3774 Fax: 819 778-7400

Website: www.enfantsdelespoirhull.org

Email: info@enfantsdelespoirhull.org

Services: Centre providing adapted help for families. * Toddlers: preparation for starting kindergarten and school, summer program with sports, artistic and cooking activities. * Children from 6 to 12 years old: after-school activities, school support, weekend activities at the swimming pool and of cross-country skiing, drama classes and free theater shows, March camp, summer camp. * Adults: collective kitchens, 0-5 parent-children workshops, art and sewing classes, creative workshops, self-esteem classes, parenting classes, food assistance, coffee-meetings. * Families: family meals and excursions, family and community events, sharing store, sports and cultural activities. * Opération habits de neige: new winter clothing for children 0 to 12 years old for \$20. * Christmas baskets.

Eligibility: children 0 to 12 years old and their parents, families in need

Coverage area: Hull Island (Sacré-Coeur, Vieux-Hull Est and Vieux-Hull Ouest neighbourhoods of Gatineau)

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

Fees: none

Financing: Centraide Outaouais, federal, provincial, municipal, foundations

Legal status: non-profit organization

ENTRE DEUX ROUES

124 Sainte-Marie Street, Gatineau, Outaouais, QC, J8Y 2B1

819 770-2233

Website: www.entredeuxroues.org

Email: entredeuxroues@videotron.ca

Services: Organization that works for the social integration of people with severe reduced mobility or multiple physical limitations, for their quality of life and autonomy improvement and for the support of their family. * Vivre chez soi: home living skills. * Autonomy, self help skills and empowerment program. * Water therapeutic bath, relaxation and sports activities adapted to different syndromes: yoga, aquafitness, boccia, etc. * Literacy and communication. * Internet café: electronics and social networks training. * Videoconferencing sessions and individual follow-ups program. * Group activities: community garden, board games, arts and crafts, occasional outings. * Collective and community meals.

Eligibility: people over 16 years old who live with a physical disability that is not related to aging, to an intellectual disability, to a behavioral problem or to other notable problem and who need physical care in their daily life

Coverage area: Outaouais

Hours: Monday, Tuesday, Thursday 8h30 to 17h00, Wednesday and Friday 8h30 to 20h00

Fees: community meals: shared fees

Financing: provincial, municipal, donations, Centraide Outaouais, fundraising campaigns

Legal status: non-profit organization

ESCALE SAINT-ROSAIRE (L')

5 Saint-Arthur Street, Gatineau, Outaouais, QC, J8T 3C2

819 561-7754

Services: Social club for seniors. * Recreational activities: card games, pocket baseball, dance classes, etc. * Summer activities: mini-putt, walking, petanque. * Active living: bi-weekly exercise group. * Monthly community lunches.

Eligibility: people 50 years old and over

Coverage area: Outaouais

Hours: active living: Tuesday and Thursday 9h15 to 10h15, community lunches: September to April, last Tuesday of the month

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

Financing: self-financing, donations, municipal

Legal status: non-profit organization

ESPACE DEP SYLVESTRE

230 Montcalm Street, Gatineau, Outaouais, QC, J8Y 3C1

819 771-3723

Website: depanneursylvestre.org

Email: depanneursylvestre@hotmail.com

Services: * Meeting place open to all. * Coffee and food, dinner. * Collective kitchen. * Animation and preventive intervention. * Internet access. * Social, cultural, recreational and intergenerational activities and events. * Community mental health support. * Volunteering and volunteer centre. * Community development. * Adapted work, professional reintegration and rehabilitation, support for employability and training. * Support and integration.

Eligibility: people on a low income, people experiencing social isolation

Coverage area: Outaouais

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

Fees: voluntary contribution

Financing: provincial, self-financing

Legal status: cooperative

GROUPE ENTRE-FEMMES DE L'OUTAOUAIS

115 Sacré-Coeur Boulevard, Suite 208, Gatineau, Outaouais, QC, J8X 1C5

819 776-3694

Website: www.entre-femmes.ca

Email: info@entre-femmes.ca

Services: Organizes activities to bring women out of isolation. * Welcoming, information and referrals. * Courses, workshops and training: self-knowledge, crafts, autonomy, etc. * Coffee meetings and discussions. * Collective kitchen. * Christmas meal. * Animal therapy. * Outings: museum, strawberry picking, lunches, etc. * Conferences.

Eligibility: women 14 years old and over

Coverage area: Gatineau and surrounding area

Hours: September to June, Monday to Friday 9h00 to 16h00, activities: variable with possible evenings and weekends

Fees: free, certain activities and Christmas party: variable

Financing: provincial

Legal status: non-profit organization

MAISON COMMUNAUTAIRE DANIEL-JOHNSON

22 Arthur-Buies Street, Gatineau, Outaouais, QC, J8Z 1P5

819 772-6625

Email: mcdj@bellnet.ca

Services: Community centre. * Access to a computer, Internet, and fax. * Social and recreational activities: for teenagers, families, parents-children. * Social café. * Homework club. * Collective kitchen. * Community breakfast. * Knitting and crochet circle. * Introduction to cross-country for youth 9 to 12 years old. * Operation Snowsuit Outaouais: winter clothing for children. * Cooking workshops minis-chefs 8 to 12 years old. * Back to school program: store-sharing school supplies. * Women's circle. * Halloween and Christmas celebrations. * Neighbourhood party.

Eligibility: citizens of the Daniel-Johnson neighbourhood in the Hull sector of Gatineau

Coverage area: Daniel-Johnson neighbourhood in the Hull sector of Gatineau

Hours: Tuesday to Thursday 9h00 to 12h00 and 13h00 to 16h30

Financing: donations

Legal status: non-profit organization

MAISON DE L'AMITIÉ DE HULL

58 Hanson Street, Gatineau, Outaouais, QC, J8Y 3M5

819 772-6622 Fax: 819 772-2014

Email: maisonamitiehull@videotron.ca

Services: Community centre. * Neighbourhood intervention, accompaniment, citizen participation. * Individual and collective intervention, youth intervention. * Homework club. * Literacy. * Support in looking for employment, help writing a résumé. * Community garden. * Collective kitchen. * Community lunches. * Marché Mobile de Gatineau. * Respite for families with the organization Équipe soutien-famille. * Teenager program: March camp, summer camp, ski. * Educational activities. * Knitting workshops. * Swimming pool trips and community soccer. * Coffee Mondays. * Back-to-school sharing store. * Opération habit de neige: distribution of low-cost winter clothing. * Neighbourhood parties: summer, Halloween, Christmas.

Eligibility: people and families on a low income

Capacity: variable depending on the activity

Coverage area: Jean-Dallaire and surrounding areas in the Hull sector of Gatineau

Hours: reception: Monday to Friday 8h00 to 15h30, activities and intervention: evenings and weekends

Fees: variables

Financing: municipal, provincial, Centraide Outaouais

Legal status: non-profit organization

MAISON DE LA FAMILLE - CENTRE DE PÉDIATRIE SOCIALE LA VALLÉE-DE-LA-GATINEAU

251 Cartier Street, Maniwaki, Outaouais, QC, J9E 1R4

819 441-0282 Fax: 819 441-0283

Website: mdf-cps-vg.com

Email: maisondefamillevg@gmail.com

Services: Family services. * Drop-in daycare. * Breastfeeding services: mentoring, breastfeeding group. * Perinatal grief support group. * Twinning for families with children between 0 and 5 years old. * Parent-child workshops: reading and writing, cooking, crafts, yoga, baby carrying, exercises, etc.. * Thematic workshops on family life: discipline, self-esteem, relationship between siblings, etc. * Baby puree preparation group, collective kitchen. * Sewing and craft workshop. * Cardiopulmonary resuscitation for babies and children classes. * Social cafes, community meals. * Social pediatry. * Birth accompaniment. * Playground. * Car seat checks. * Back-to-school sharing store.

Eligibility: families with a child 0 to 17 years old

Coverage area: MRC La Vallée-de-la-Gatineau

Hours: Monday to Thursday 9h00 to 16h00

Fees: variable

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

Legal status: non-profit organization

POP TA SOUPE

751 Saint-Joseph Boulevard, Gatineau, Outaouais, QC, J8Y 4B7

819 770-3789

Website: www.soupepopulairedehull.org

Email: poptasoupe@gmail.com

Services: * Luncheons at low cost.

Eligibility: people in a situation of financial, social or personal precariousness

Coverage area: Gatineau, Hull sector

Hours: Monday to Friday 9h30 to 15h30

Fees: luncheons: \$1

Financing: Centraide Outaouais

Legal status: non-profit organization

SOUPE POPULAIRE DE HULL

297 des Allumettières Boulevard, Gatineau, Outaouais, QC, J8Y 4B7

819 778-0173 Fax: 819-778-7408

Website: www.soupepopulairedehull.org

Email: administration@soupepopulairedehull.org

Services: Support and tools for people in precarious situations. * Welcoming, listening, accompaniment and counselling. * Lunch and dinner meals. * Assistance for budget management. * Legal assistance. * Social and community integration activities: group outings, coffee meetings, leisure activities, etc. * Volunteering and intership. * Distribution of naloxone kit.

Eligibility: people in a situation of financial, social or personal precariousness

Coverage area: Gatineau, Hull sector

Hours: Monday to Friday 10h30 to 16h30, lunch: Monday to Friday 11h30 to 13h30, dinner: Monday to Friday 16h45 to 18h15, legal aid: once a week, without appointment, dental clinic: once a week

Fees: voluntary contribution for meals: \$1

Financing: Centraide Outaouais

Legal status: non-profit organization

SOUPIÈRE DE L'AMITIÉ DE GATINEAU (LA)

149 Maloney Boulevard West, Gatineau, Outaouais, QC, J8P 3V6

819 663-6777

Website: lasoupiere delamitie.com

Email: accueil@soupiere.org

Services: * Welcoming, support, listening and accompaniment. * Warm meals. * Food assistance. * Employment reintegration on site. * Naloxone kit distribution. * Distribution and delivery of fentanyl test strips.
Eligibility: people and families on a low income, people socially isolated
Coverage area: Gatineau
Hours: Monday to Friday 9h30 to 16h00, dinners: 11h30 to 12h45
Fees: variable
Financing: provincial, federal, donations
Legal status: non-profit organization

Prepared meals and Meals-on-wheels

AYLMER MEALS ON WHEELS

Confidential Address

819 664-2529 Fax: 819 455-9452

Email: AylmerMOW@bell.net

Services: * Low-cost home-cooked meals home delivery.
Eligibility: seniors, ill people, people with limited mobility, people unable to meet their food needs
Capacity: 3 meals per week
Coverage area: Aylmer sector of Gatineau
Hours: Monday, Wednesday, Friday 7h00 to 10h30
Fees: \$8 per meal
Financing: provincial, municipal, donations
Legal status: non-profit organization

BANQUE ALIMENTAIRE DE LA LIÈVRE

129 Joseph Street, Gatineau, Outaouais, QC, J8L 1G1

819 281-3231

Website: balievre.ca/en

Email: info@balievre.ca

Services: * Food assistance. * Community garden. * Collective kitchen. * Community fridge. * Gleaning. * Food transformation. * Delivery. * Christmas baskets.
Eligibility: vulnerable individuals, vulnerable families
Coverage area: L'Ange-Gardien, Mayo, Mulgrave-et-Derry, Lochaber-Partie-Ouest, Gatineau: secteur Buckingham, Masson-Angers
Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00
Fees: none
Financing: PSOC, Centraide Outaouais
Legal status: non-profit organization

CAMPUS 3

196 Notre-Dame Street, Gatineau, Outaouais, QC, J8P 0E6

819 663-3305

Website: campus3.ca

Email: info@campus3.ca

Services: Centre for seniors. Home care * Takeaway meals. * Day workshop for the preservation of autonomy and the respite of relatives. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * PADI program: day centre for seniors living with an intellectual disability. Housing * Housing Faubourg Jean-Marie-Vianney. * HébergeVac Centre: respite care. Leisure and community action * Intergenerational reading program. * Carpentry workshop, sale of handicrafts. * University of the Third Age. * Sports and creative activities and courses. * Room rental. * Catering service. * Volunteer opportunities.
Eligibility: people 50 years and older, housing: people 55 years and older on a low income, PADI: seniors living with an intellectual disability
Capacity: 130 units

Coverage area: Gatineau

Hours: Monday to Friday 8h00 to 16h00

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

Financing: Centraide Outaouais, municipal, provincial, grants

Legal status: non-profit organization

CENTRE ACTION GÉNÉRATIONS DES AÎNÉS DE LA VALLÉE-DE-LA-LIÈVRE

390 de Buckingham Avenue, Gatineau, Outaouais, QC, J8L 2G7

819 281-4343 Fax: 819 281-4344

Website: cavagl.ca

Services: Seniors' service centre. * Bouf'mobile: meals on wheels service, hot and frozen meals. * Information centre. * Friendly visits. * Friendly phone calls. * Support for seniors victims of abuse (SAVA): support and accompaniment of seniors victims of abuse, prevention of abuse and mistreatment, consultation. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Individual support for caregivers, on site or by telephone. * Support group for caregivers. * Coffee meetings. * Collective kitchens: groups for men, women, mixed group for culinary discoveries and mixed English-speaking group. * Assistance with government forms and income tax returns. * Conferences and information workshops. * Computer courses. * Recreational activity clubs: walking, scrabble, bridge and darts. * Transportation to medical and paramedical appointments. * Tax clinic.

Eligibility: seniors 50 years old and over, caregivers

Coverage area: Bowman, Masson-Angers and Buckingham sectors of Gatineau, L'ange-Gardien, Lochaber-Partie-Ouest, Mayo, Mulgrave-Et-Derry, Notre-Dame-De-La-Salette, Papineauville, Thurso, Val-Des-Bois, Poltimore sector of Val-Des-Monts, Bouf'mobile: hot meals for the Buckingham sector and within a radius of 10 km, frozen meals for the rest of the territory served, ITMAV: MRC Papineau, Masson-Angers and Buckingham sectors of Gatineau, L'Ange-Gardien, Notre-Dame-de-la-Salette

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

Fees: variable

Financing: provincial, Centraide Outaouais, donations, self-financing

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE DE GATINEAU (LE)

42 Gatineau Avenue, Gatineau, Outaouais, QC, J8T 4J3

819 568-0747

Website: www.cabgatineau.com

Email: directiongenerale@videotron.ca

Services: Volunteer centre. Seniors * Meals on wheels. * Carrefour d'information pour Aînés: information and assistance with administrative procedures, offered on site, by phone or at home. * SécuriCAB: personalized and automated calls, reminders for taking medication. * Assistance with forms. * Télé bonjour: reassurance on the phone. * Friendly visits. * Accompaniment and transportation. * Tax clinic. Volunteering and community support * Volunteer recruitment, training, orientation and support. * Promotion of volunteerism. * Consultation and collaboration with the actors of the community.

Eligibility: general public, seniors, volunteers

Coverage area: Gatineau sector of Gatineau

Hours: Monday to Friday 8h30 to 12h00 and 12h30 to 15h30

Fees: variable

Financing: grants, donations

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE DE HULL

12 Brodeur Street, Gatineau, Outaouais, QC, J8Y 2P4

819 778-2900

Website: cabhull.org

Email: direction@benevoles-outaouais.org

Services: * Meals on wheels. * Accompaniment-transportation for medical appointments and essential services. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV): information, referrals to appropriate services and accompaniment. * Assistance with forms. * Tax clinic. * Volunteers recruitment.

Eligibility: individuals and families on a low income, seniors, people with a loss of autonomy, people wishing to volunteer, community organizations

Coverage area: Hull sector of Gatineau

Hours: Monday to Friday 8h30 to 15h30

Fees: meals on wheels: \$7.25

Financing: provincial, donations

Legal status: non-profit organization

ENTRAIDE DE LA VALLÉE (L')

446 de la Montagne Street, Maniwaki, Outaouais, QC, J9E 1K6

819 441-3596

Email: entraidevallee@videotron.ca

Services: * Food supply centers. * Meals on wheels. * Outreach on healthy nutrition, mutual aid, and food autonomy. * Recovery of grocery store surplus and transformation for redistribution.

Eligibility: people in need

Coverage area: Blue Sea, Gracefield, Maniwaki

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

Fees: none

Financing: Centraide Outaouais, provincial, donations

Legal status: non-profit organization

Government services

FEDERAL SERVICES

INCOME STATEMENTS

MUNICIPAL SERVICES

OFFICIAL DOCUMENTS

PROVINCIAL SERVICES

Federal services

CANADIAN HERITAGE

15 Eddy Street, Gatineau, Outaouais, QC, K1A 0M5

1 866 811-0055 TTY: 1 888 997-3123

Website: www.canada.ca/en/canadian-heritage.html

Email: info@pch.gc.ca

Services: Assumes governmental responsibilities relative to Canadian heritage preservation and the promotion of cultural life. * Technical and financial assistance to the cultural sector (support to festivals, performing arts, museums) and minority groups (ethnocultural, anglophones and native women).

Coverage area: Canada

Hours: Monday to Friday 7h30 to 18h30

Financing: federal

Legal status: federal government agency

CANADIAN INTELLECTUAL PROPERTY OFFICE

50 Victoria Street, Suite C-229, Gatineau, Outaouais, QC, K1A 0C9

1 866 997-1936 Fax: 819 953-2476 TTY: 1 866 694-8389

Website: www.ic.gc.ca/eic/site/cipointernet-internetopic.nsf/eng/home

Email: ic.contact-contact.ic@ised-isde.gc.ca

Services: Special Operating Agency part of the Innovation, Science and Economic Development Canada ministry. * Administration and processing of intellectual property: trademarks, patents, copyright, industrial designs and integrated circuit topographies.

Coverage area: Canada

Hours: Monday to Friday 8h30 to 16h30

Financing: federal

Legal status: federal government agency

CANADIAN TRANSPORTATION AGENCY

Confidential Address

1 888 222-2592 Fax: 819 997-6727 TTY: 1 800 669-5575

Website: otc-cta.gc.ca/eng

Email: info@otc-cta.gc.ca

Services: Quasi-judicial court ruling on air, sea and train transportation. * Issuing of air carrier licenses and certificates of aptitude for air, sea and rail carriers. * Rules complaints on transportation pricing and services. * Ensures the availability of transportation services for people with disabilities.

Eligibility: travelers, shippers of the air, sea and rail transportation industry

Coverage area: Canada

Financing: federal

Legal status: federal government agency

CROWN-INDIGENOUS RELATIONS AND NORTHERN AFFAIRS CANADA

10 Wellington Street, Gatineau, Outaouais, QC, K1A 0H4

1 800 567-9604 Fax: 1 866 817-3977 TTY: 1 866 553-0554

Website: canada.ca/en/crown-indigenous-relations-northern-affairs.html

Email: aadnc.infopubs.aandc@canada.ca

Services: Exercise of governmental responsibilities related to the relationships with First Nations, Inuits and Métis and to the Nordic communities development. * Modernization of Government of Canada structures to enable Indigenous peoples to build capacity and support their vision of self-determination. * Leads the Government of Canada's work in the North.

Eligibility: First Nations, Inuits, Metis, North residents

Coverage area: Canada

Hours: Monday to Friday 9h00 to 18h00

Financing: federal

Legal status: federal government agency

ELECTIONS CANADA

30 Victoria Street, Gatineau, Outaouais, QC, J8X 4H7

1 800 463-6868 Fax: 613 954-8584 **TTY:** 1 800 361-8935

Website: www.elections.ca

Email: info@elections.ca

Services: Organizes elections, ensures their validity and the respect of applicable laws.

Coverage area: Canada

Hours: Monday to Friday 9h00 to 17h00

Financing: federal

Legal status: federal government agency

GATINEAU PASSPORT CANADA OFFICE

210 Champlain Street, Gatineau, Outaouais, QC, J8X 3R5

1 800 567-6868 TTY: 1 866 255-7655

Website: www.canada.ca/en/immigration-refugees-citizenship/services/canadian-passports.html

Email: IRCC.COMMMediaRelations-RelationsmediasCOMM.IRCC@cic.gc.ca

Services: Issuance of Canadian passports and other travel documents. * Find a point of service: www.ircc.canada.ca/english/passport/map/map.asp * Renew a passport. * Apply for a new adult or child passport. * Lost, stolen, inaccessible, damaged or found passports. * Urgent pick-up: obtain a passport before the end of the next working day.

Eligibility: general public

Coverage area: Canada

Hours: Monday to Friday 8h30 to 16h00

Fees: variable, according to the type of passport

Financing: federal

Legal status: federal government agency

INDIGENOUS SERVICES CANADA

10 Wellington Street, Gatineau, Outaouais, QC, K1A 0H4

1 800 567-9604 TTY: 1 866 553-0554

Website: www.canada.ca/en/indigenous-services-canada.html

Email: infopubs@sac-isc.gc.ca

Services: Exercise of governmental responsibilities related to the relationships with First Nations, Inuits and Métis. * Support to the development and prosperity of communities. * Support to services offered on reserves. * Administration of the Indian Act.

Eligibility: First Nations, Inuits, Metis, North residents

Coverage area: Canada

Hours: Monday to Friday 9h00 to 18h00

Financing: federal

Legal status: federal government agency

SERVICE CANADA CENTRE - GATINEAU-EST

455 de l'Hôpital Boulevard, Gatineau, Outaouais, QC, J8T 7X7

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

Website: www.canada.ca

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

Eligibility: general public

Coverage area: Gatineau

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

SERVICE CANADA CENTRE - GATINEAU-HULL

210 Champlain Street, Gatineau, Outaouais, QC, J8X 3R5

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

Website: www.canada.ca

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

Eligibility: general public

Coverage area: Gatineau

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

SERVICE CANADA CENTRE - MANIWAKI

100 Principale Street South, Suite 220, Maniwaki, Outaouais, QC, J9E 3L4

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

Website: www.canada.ca

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

Eligibility: general public
Coverage area: Maniwaki
Hours: Monday to Friday 8h30 to 16h00
Fees: parking: free
Financing: federal
Legal status: federal government agency

Income statements

AUMOND - MUNICIPALITÉ

664 Principale Street, Aumond, Outaouais, QC, J0W 1W0

819 449-4006 Fax: 819 449-7448

Website: aumond.ca/index_en.php

Email: info@aumond.ca

Services: Municipal service management. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.aumond.ca/index.php/citoyens/dechets-et-recyclage * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Automated emergency call system. * Recreation services: activities, day camp, etc. * Municipal library. * Rental of halls.

Eligibility: general public

Coverage area: Aumond

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

Financing: municipal

Legal status: municipal agency

BLUE SEA - MUNICIPALITY

10 Principale Street, Blue Sea, Outaouais, QC, J0X 1C0

819 463-2261

Website: www.blueseas.ca/index.php/en

Email: info@blueseas.ca

Services: Municipal service management. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.blueseas.ca/index.php/services/dechets-et-recyclage * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Recreation services: activities, day camp, etc. * Municipal library. * Rental of halls.

Eligibility: general public

Coverage area: Blue Sea

Hours: Monday to Friday 8h00 to 16h00

Financing: municipal

Legal status: municipal agency

BOIS-FRANC - MUNICIPALITÉ

466 Route 105, Bois-Franc, Outaouais, QC, J9E 3A9

819 449-2252 Fax: 819 449-4407

Website: www.bois-franc.ca

Email: info@bois-franc.ca

Services: Municipal service management. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.bois-franc.ca/index.php/page-4/dechets-et-recyclage * Ecocentre. * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Recreation services: activities, day camp, etc. * Municipal libraries. * Rental of halls.

Eligibility: general public

Coverage area: Bois-Franc

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

Financing: municipal

Legal status: municipal agency

BOUCHETTE - MUNICIPALITÉ

36 Principale Street, Bouchette, Outaouais, QC, J0X 1E0

819 465-2555 Fax: 819-465-2318

Website: www.bouchette.ca

Email: info@bouchette.ca

Services: Municipal service management. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.bouchette.ca/index.php/fr/services/dechets-et-recyclage * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Recreation services: activities, day camp, etc. * Municipal library. * Rental of halls.

Eligibility: general public

Coverage area: Bouchette

Hours: Monday to Friday 10h00 to 12h00 and 13h00 to 16h00

Financing: municipal

Legal status: municipal agency

CAYAMANT - MUNICIPALITY

6 Lachapelle Road, Cayamant, Outaouais, QC, J0X 1Y0

819 463-3587

Website: www.cayamant.ca

Email: info@cayamant.ca

Services: Municipal services management. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.cayamant.ca/index.php/citoyens/information-importante * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Recreation services: activities, day camp, etc. * Rental of halls.

Eligibility: general public

Coverage area: Cayamant

Financing: municipal

Legal status: municipal agency

DÉLÉAGE - MUNICIPALITY

175 Route 107, Maniwaki, Outaouais, QC, J9E 3A8

819 449-1979

Website: www.deleage.ca

Email: reception@deleage.ca

Services: Management of municipal services. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.deleage.ca/index.php/citoyens/cueillette-des-ordures-et-du-recyclage * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Recreation services: activities, day camp, etc. * Municipal library. * Rental of halls.

Eligibility: general public

Coverage area: Déléage

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

Financing: municipal

Legal status: municipal agency

DENHOLM - MUNICIPALITÉ

419 du Poisson Blanc Road, Denholm, Outaouais, QC, J8N 9C8

819 457-2992 Fax: 819 457-9862

Website: denholm.ca/index.php/en

Email: info@denholm.ca

Services: Management of municipal services. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.denholm.ca/fr/services-aux-citoyens/collectes-des-matieres-residuelles * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Recreation services: activities, day camp, etc. * Municipal libraries. * Rental of halls.

Eligibility: general public

Coverage area: Denholm

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

Financing: municipal

Legal status: municipal agency

EGAN-SUD - MUNICIPALITÉ

95 Road 105, Bois-Franc, Outaouais, QC, J9E 3A9

819 449-1702 Fax: 819 449-7423

Website: www.egan-sud.ca

Email: info@egan-sud.ca

Services: Management of municipal services. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.egan-sud.ca/index.php/services/dechets-compostage-et-recyclage * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Recreation services: activities, day camp, etc. * Welcoming immigrants. * Municipal library. * Rental of halls.

Eligibility: general public

Coverage area: Egan-Sud

Financing: municipal

Legal status: municipal agency

GATINEAU - CENTRE DE SERVICES D'AYLMER

181 Principale Street, Gatineau, Outaouais, QC, J9H 6A6

819 595-2002 Fax: 819 685-5049

Website: www.gatineau.ca

Email: info@gatineau.ca

Services: Liaison between municipal departments, the population, partners, organizations and elected officials. * Payment of municipal taxes. * Payment of tickets. * Payment of City bills. * Registration for cultural and recreational activities. * Reservation of public facilities: gymnasium, swimming pools, meeting rooms, etc. * Permits and information on current urban planning regulations. * Commissioner of Oaths.

Eligibility: general public

Coverage area: Gatineau

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

Fees: swearing in: \$5 per document plus tax

Financing: municipal

Legal status: municipal agency

GATINEAU - CENTRE DE SERVICES DE BUCKINGHAM

515 Charles Street, Gatineau, Outaouais, QC, J8L 2K4

819 595-2002 Fax: 819 986-4234

Website: www.gatineau.ca

Email: info@gatineau.ca

Services: Liaison between municipal departments, the population, partners, organizations and elected officials.

* Payment of municipal taxes. * Payment of tickets. * Payment of City bills. * Registration for cultural and recreational activities. * Reservation of public facilities: gymnasium, swimming pools, meeting rooms, etc. * Permits and information on current urban planning regulations. * Commissioner of Oaths.

Eligibility: general public

Coverage area: Gatineau

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

Fees: swearing in: \$5 per document plus tax

Financing: municipal

Legal status: municipal agency

GATINEAU - CENTRE DE SERVICES DE GATINEAU

144 de l'Hôpital Boulevard, Gatineau, Outaouais, QC, J8T 7S9

819 595-2002 Fax: 819 243-2338

Website: www.gatineau.ca

Email: info@gatineau.ca

Services: Liaison between municipal departments, the population, partners, organizations and elected officials.

* Payment of municipal taxes. * Payment of tickets. * Payment of City bills. * Registration for cultural and recreational activities. * Reservation of public facilities: gymnasium, swimming pools, meeting rooms, etc. * Permits and information on current urban planning regulations. * Commissioner of Oaths.

Eligibility: general public

Coverage area: Gatineau

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

Fees: swearing in: \$5 per document plus tax

Financing: municipal

Legal status: municipal agency

GATINEAU - CENTRE DE SERVICES DE HULL

775 de la Carrière Boulevard, Gatineau, Outaouais, QC, J9H 3M2

819 595-2002 Fax: 819 595-8190

Website: www.gatineau.ca

Email: info@gatineau.ca

Services: Liaison between municipal departments, the population, partners, organizations and elected officials.

* Payment of municipal taxes. * Payment of tickets. * Payment of City bills. * Registration for cultural and recreational activities. * Reservation of public facilities: gymnasium, swimming pools, meeting rooms, etc. * Permits and information on current urban planning regulations. * Parking permits for residents and operators.

Eligibility: general public

Coverage area: Gatineau

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

Fees: commissioner of oaths: \$5 per document plus tax

Financing: municipal

Legal status: municipal agency

GATINEAU - CENTRE DE SERVICES DE MASSON-ANGERS

57 de Montréal Road East, Gatineau, Outaouais, QC, J8M 1K3

819 595-2002 Fax: 819 986-4234

Website: www.gatineau.ca

Email: info@gatineau.ca

Services: Liaison between municipal departments, the population, partners, organizations and elected officials.
 * Payment of municipal taxes. * Payment of tickets. * Payment of City bills. * Registration for cultural and recreational activities. * Reservation of public facilities: gymnasium, swimming pools, meeting rooms, etc. * Permits and information on current urban planning regulations. * Commissioner of Oaths.

Eligibility: general public

Coverage area: Gatineau

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

Fees: swearing in: \$5 per document plus tax

Financing: municipal

Legal status: municipal agency

GRACEFIELD - MUNICIPALITY

351 Route 105, Gracefield, Outaouais, QC, J0X 1W0

819 463-3458 Fax: 819 463-4236

Website: www.gracefield.ca

Email: info@gracefield.ca

Services: Management of municipal services. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.gracefield.ca/index.php/citoyens/ordures-et-recyclage * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Recreation services: activities, day camp, etc. * Municipal library. * Rental of halls.

Eligibility: general public

Coverage area: Gracefield

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

Financing: municipal

Legal status: municipal agency

GRAND-REMOUS - MUNICIPALITÉ

1508 Trans-Canada Highway, Grand-Remous, Outaouais, QC, J0W 1E0

819 438-2877 Fax: 819 438-2364

Website: www.grandremous.ca

Email: info@grandremous.ca

Services: Municipal services management. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.grandremous.ca/citoyens/calendrier-des-collectes * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Welcome and integration services for new arrivals. * Recreation services: activities, day camp, etc. * Municipal library. * Rental of halls.

Eligibility: general public

Coverage area: Grand-Remous

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

Financing: municipal

Legal status: municipal agency

KAZABAZUA - MUNICIPALITY

30 Begley Road, Kazabazua, Outaouais, QC, J0X 1X0

819 467-2852 Fax: 819 467-3872

Website: www.kazabazua.ca

Email: infos@kazabazua.ca

Services: Management of municipal services. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.kazabazua.ca/index.php/fr/servicesauxcitoyens/dechets-recyclage-et-compostage * Ecocentre. * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Automated emergency call system. * Recreation services: activities, day camp, etc. * Municipal library. * Rental of halls.

Eligibility: general public

Coverage area: Kazabazua

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

Financing: municipal

Legal status: municipal agency

LAC-SAINTE-MARIE - MUNICIPALITY

106 Lac-Sainte-Marie Road, Lac-Sainte-Marie, Outaouais, QC, J0X 1Z0

819 467-5437 Fax: 819-467-3691

Website: www.lac-sainte-marie.com

Email: municipalite@lac-sainte-marie.com

Services: Municipal services management. * Practical information: water analysis, change of address, septic systems, etc. * Calendar for waste management: www.lac-sainte-marie.com/index.php/services-aux-citoyens/dechets-recyclage-encombrants-et-compostage#dechets * Ecocentres. * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Recreation services: activities, day camp, etc. * Municipal library. * Rental of halls.

Eligibility: general public

Coverage area: Lac-Sainte-Marie

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

Financing: municipal

Legal status: municipal agency

LOW - MUNICIPALITY

4A d'Amour Road, Low, Outaouais, QC, J0X 2C0

819 422-3528 Fax: 819 422-3796

Website: www.lowquebec.ca/index_en.php

Email: reception@lowquebec.ca

Services: Management of municipal services. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.lowquebec.ca/fr/services/services-aux-citoyens/collectes-des-matieres-residuelles * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Automated emergency call system. * Recreation services: activities, day camp, etc. * Municipal libraries. * Rental of halls.

Eligibility: general public

Coverage area: Low

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

Financing: municipal

Legal status: municipal agency

MANIWAKI - MUNICIPALITY

186 Principale Street South, Maniwaki, Outaouais, QC, J9E 1Z9

819 449-2800 Fax: 819 449-7078

Website: www.ville.maniwaki.qc.ca

Email: maniwaki@ville.maniwaki.qc.ca

Services: Management of municipal services. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.ville.maniwaki.qc.ca/index.php/liensrapides/calendriercueillettes/residentiel-dechets-et-compostage * Ecocentre. * Community garden. * Reception and integration services for new arrivals. * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Recreation services: activities, day camp, etc. * Municipal libraries. * Rental of halls.

Eligibility: general public

Coverage area: Maniwaki

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

Financing: municipal

Legal status: municipal agency

MESSINES - MUNICIPALITY

70 Principale Street, Messines, Outaouais, QC, J0X 2J0

819 465-2323 Fax: 819 465-2943

Website: www.messines.ca

Email: info@messines.ca

Services: Management of municipal services. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.messines.ca/fr/services/hygiene-du-milieu/gestion-des-matieres-residuelles * Ecocentre. * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Recreation services: activities, day camp, etc. * Municipal libraries. * Rental of halls.

Eligibility: general public

Coverage area: Messines

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

Financing: municipal

Legal status: municipal agency

MONTCERF-LYTTON - MUNICIPALITY

18 Principale Street North, Montcerf-Lytton, Outaouais, QC, J0W 1N0

819 449-4578 Fax: 819 449-7310

Website: www.montcerf-lytton.com

Email: infos@montcerf-lytton.com

Services: Municipal services management. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.montcerf-lytton.com/fr/calendrier/calendrier-des-collectes * Ecocentre. * Fridge anti-waste. * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Recreation services: activities, day camp, etc. * Municipal libraries. * Rental of halls.

Eligibility: general public

Coverage area: Montcerf-Lytton

Hours: Monday and Tuesday 8h00 to 12h00 and 13h00 to 16h00, Wednesday 8h00 to 12h00 and 13h00 to 18h00, Thursday 8h00 to 12h00 and 13h00 to 16h00, Friday 8h00 to 13h00

Financing: municipal

Legal status: municipal agency

MULGRAVE-ET-DERRY - MUNICIPALITY

560, avenue de Buckingham, Gatineau, Outaouais, QC, J8L 2H1

819 986-9519 Fax: 819 986-9954

Website: www.mulgrave-derry.ca

Email: dg@mulgrave-derry.ca

Services: Municipal services management. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.mulgrave-derry.ca/services/?id=6#contn * Ecocentre. * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Automated emergency call system. * Recreation services: activities, day camp, etc. * Municipal library. * Rental of halls.

Eligibility: general public

Coverage area: Mulgrave-Et-Derry

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00, library: Wednesday 14h00 to 17h00, Saturday 9h00 to 12h00

Financing: municipal

Legal status: municipal agency

REVENU QUÉBEC - GATINEAU

170 de l'Hôtel-de-Ville Street, 6th floor, Gatineau, Outaouais, QC, J8X 4C2

1 800 267-6299 TTY: 1 800 361-3795

Website: www.revenuquebec.ca/en

Services: * Administration of Québec's tax system through the collection of income tax and consumption taxes. * Administration of programs and services related to income: tax credits, housing benefit, work bonus, maintenance allowances, provisional administration of unclaimed property, 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

SAINTE-THÉRÈSE-DE-LA-GATINEAU - MUNICIPALITY

27, chemin Principal, Sainte-Thérèse-De-La-Gatineau, Outaouais, QC, J0X 2X0

819 449-4134 Fax: 819 449-2194

Website: www.sainte-therese-de-la-gatineau.ca

Email: info@sainte-therese-de-la-gatineau.ca

Services: Municipal services management. * Practical information: pets, change of address, septic systems, etc. * Calendar of recycling and garbage collection and information on waste management: www.sainte-therese-de-la-gatineau.ca/fr/services-aux-citoyens/matieres-residuelles * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Recreation services: sports center, activities, day camp. * Municipal libraries. * Rental of halls.

Eligibility: general public

Coverage area: Sainte-Thérèse-De-La-Gatineau

Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, Friday 8h00 to 12h00

Financing: municipal

Legal status: municipal agency

Municipal services

AUMOND - MUNICIPALITÉ

664 Principale Street, Aumond, Outaouais, QC, J0W 1W0

819 449-4006 Fax: 819 449-7448

Website: aumond.ca/index_en.php

Email: info@aumond.ca

Services: Municipal service management. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.aumond.ca/index.php/citoyens/dechets-et-recyclage * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Automated emergency call system. * Recreation services: activities, day camp, etc. * Municipal library. * Rental of halls.

Eligibility: general public

Coverage area: Aumond

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

Financing: municipal

Legal status: municipal agency

BLUE SEA - MUNICIPALITY

10 Principale Street, Blue Sea, Outaouais, QC, J0X 1C0

819 463-2261

Website: www.blueseas.ca/index.php/en

Email: info@blueseas.ca

Services: Municipal service management. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.blueseas.ca/index.php/services/dechets-et-recyclage * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Recreation services: activities, day camp, etc. * Municipal library. * Rental of halls.

Eligibility: general public

Coverage area: Blue Sea

Hours: Monday to Friday 8h00 to 16h00

Financing: municipal

Legal status: municipal agency

BOIS-FRANC - MUNICIPALITÉ

466 Route 105, Bois-Franc, Outaouais, QC, J9E 3A9

819 449-2252 Fax: 819 449-4407

Website: www.bois-franc.ca

Email: info@bois-franc.ca

Services: Municipal service management. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.bois-franc.ca/index.php/page-4/dechets-et-recyclage * Ecocentre. * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Recreation services: activities, day camp, etc. * Municipal libraries. * Rental of halls.

Eligibility: general public

Coverage area: Bois-Franc

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

Financing: municipal

Legal status: municipal agency

BOUCHETTE - MUNICIPALITÉ

36 Principale Street, Bouchette, Outaouais, QC, J0X 1E0

819 465-2555 Fax: 819-465-2318

Website: www.bouchette.ca

Email: info@bouchette.ca

Services: Municipal service management. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.bouchette.ca/index.php/fr/services/dechets-et-recyclage * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Recreation services: activities, day camp, etc. * Municipal library. * Rental of halls.

Eligibility: general public

Coverage area: Bouchette

Hours: Monday to Friday 10h00 to 12h00 and 13h00 to 16h00

Financing: municipal

Legal status: municipal agency

CAYAMANT - MUNICIPALITY

6 Lachapelle Road, Cayamant, Outaouais, QC, J0X 1Y0

819 463-3587

Website: www.cayamant.ca

Email: info@cayamant.ca

Services: Municipal services management. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.cayamant.ca/index.php/citoyens/information-importante * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Recreation services: activities, day camp, etc. * Rental of halls.

Eligibility: general public

Coverage area: Cayamant

Financing: municipal

Legal status: municipal agency

DÉLÉAGE - MUNICIPALITY

175 Route 107, Maniwaki, Outaouais, QC, J9E 3A8

819 449-1979

Website: www.deleage.ca

Email: reception@deleage.ca

Services: Management of municipal services. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.deleage.ca/index.php/citoyens/cueillette-des-ordures-et-du-recyclage * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Recreation services: activities, day camp, etc. * Municipal library. * Rental of halls.

Eligibility: general public

Coverage area: Délégé

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

Financing: municipal

Legal status: municipal agency

DENHOLM - MUNICIPALITÉ

419 du Poisson Blanc Road, Denholm, Outaouais, QC, J8N 9C8

819 457-2992 Fax: 819 457-9862

Website: denholm.ca/index.php/en

Email: info@denholm.ca

Services: Management of municipal services. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.denholm.ca/fr/services-aux-citoyens/collectes-des-matieres-residuelles * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Recreation services: activities, day camp, etc. * Municipal libraries. * Rental of halls.

Eligibility: general public

Coverage area: Denholm

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

Financing: municipal

Legal status: municipal agency

ÉCOCENTRE NORD (L')

161 du Parc Industriel Street, Maniwaki, Outaouais, QC, J9E 3P3

819 463-3241 ext. 270

Services: Reuse and recycling site. * Price list: www.mrcvg.qc.ca/index.php/ecocentre

Eligibility: general public

Coverage area: MRC de La Vallée-de-la-Gatineau

Hours: Monday to Friday 7h00 to 16h00, Saturday 10h00 to 16h00

Financing: municipal

Legal status: municipal agency

ÉCOCENTRE SUD (L')

11 Brundtland Road, Kazabazua, Outaouais, QC, J0X 1X0

819 463-3241 ext. 259

Services: Reuse and recycling site. * Price list: www.mrcvg.qc.ca/index.php/ecocentre

Eligibility: general public

Coverage area: MRC de La Vallée-de-la-Gatineau

Hours: Monday to Friday 7h00 to 16h00, Saturday 10h00 to 16h00

Financing: municipal

Legal status: municipal agency

EGAN-SUD - MUNICIPALITÉ

95 Road 105, Bois-Franc, Outaouais, QC, J9E 3A9

819 449-1702 Fax: 819 449-7423

Website: www.egan-sud.ca

Email: info@egan-sud.ca

Services: Management of municipal services. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.egan-sud.ca/index.php/services/dechets-compostage-et-recyclage * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Recreation services: activities, day camp, etc. * Welcoming immigrants. * Municipal library. * Rental of halls.

Eligibility: general public

Coverage area: Egan-Sud

Financing: municipal

Legal status: municipal agency

ELECTIONS CANADA

30 Victoria Street, Gatineau, Outaouais, QC, J8X 4H7

1 800 463-6868 Fax: 613 954-8584 **TTY:** 1 800 361-8935

Website: www.elections.ca

Email: info@elections.ca

Services: Organizes elections, ensures their validity and the respect of applicable laws.

Coverage area: Canada

Hours: Monday to Friday 9h00 to 17h00

Financing: federal

Legal status: federal government agency

GATINEAU - CENTRE DE SERVICES D'AYLMER

181 Principale Street, Gatineau, Outaouais, QC, J9H 6A6

819 595-2002 Fax: 819 685-5049

Website: www.gatineau.ca

Email: info@gatineau.ca

Services: Liaison between municipal departments, the population, partners, organizations and elected officials.

* Payment of municipal taxes. * Payment of tickets. * Payment of City bills. * Registration for cultural and recreational activities. * Reservation of public facilities: gymnasium, swimming pools, meeting rooms, etc. * Permits and information on current urban planning regulations. * Commissioner of Oaths.

Eligibility: general public

Coverage area: Gatineau

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

Fees: swearing in: \$5 per document plus tax

Financing: municipal

Legal status: municipal agency

GATINEAU - CENTRE DE SERVICES DE BUCKINGHAM

515 Charles Street, Gatineau, Outaouais, QC, J8L 2K4

819 595-2002 Fax: 819 986-4234

Website: www.gatineau.ca

Email: info@gatineau.ca

Services: Liaison between municipal departments, the population, partners, organizations and elected officials.

* Payment of municipal taxes. * Payment of tickets. * Payment of City bills. * Registration for cultural and recreational activities. * Reservation of public facilities: gymnasium, swimming pools, meeting rooms, etc. * Permits and information on current urban planning regulations. * Commissioner of Oaths.

Eligibility: general public

Coverage area: Gatineau

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

Fees: swearing in: \$5 per document plus tax

Financing: municipal

Legal status: municipal agency

GATINEAU - CENTRE DE SERVICES DE GATINEAU

144 de l'Hôpital Boulevard, Gatineau, Outaouais, QC, J8T 7S9

819 595-2002 Fax: 819 243-2338

Website: www.gatineau.ca

Email: info@gatineau.ca

Services: Liaison between municipal departments, the population, partners, organizations and elected officials.
 * Payment of municipal taxes. * Payment of tickets. * Payment of City bills. * Registration for cultural and recreational activities. * Reservation of public facilities: gymnasium, swimming pools, meeting rooms, etc. * Permits and information on current urban planning regulations. * Commissioner of Oaths.

Eligibility: general public

Coverage area: Gatineau

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

Fees: swearing in: \$5 per document plus tax

Financing: municipal

Legal status: municipal agency

GATINEAU - CENTRE DE SERVICES DE HULL

775 de la Carrière Boulevard, Gatineau, Outaouais, QC, J9H 3M2

819 595-2002 Fax: 819 595-8190

Website: www.gatineau.ca

Email: info@gatineau.ca

Services: Liaison between municipal departments, the population, partners, organizations and elected officials.
 * Payment of municipal taxes. * Payment of tickets. * Payment of City bills. * Registration for cultural and recreational activities. * Reservation of public facilities: gymnasium, swimming pools, meeting rooms, etc. * Permits and information on current urban planning regulations. * Parking permits for residents and operators.

Eligibility: general public

Coverage area: Gatineau

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

Fees: commissioner of oaths: \$5 per document plus tax

Financing: municipal

Legal status: municipal agency

GATINEAU - CENTRE DE SERVICES DE MASSON-ANGERS

57 de Montréal Road East, Gatineau, Outaouais, QC, J8M 1K3

819 595-2002 Fax: 819 986-4234

Website: www.gatineau.ca

Email: info@gatineau.ca

Services: Liaison between municipal departments, the population, partners, organizations and elected officials.
 * Payment of municipal taxes. * Payment of tickets. * Payment of City bills. * Registration for cultural and recreational activities. * Reservation of public facilities: gymnasium, swimming pools, meeting rooms, etc. * Permits and information on current urban planning regulations. * Commissioner of Oaths.

Eligibility: general public

Coverage area: Gatineau

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

Fees: swearing in: \$5 per document plus tax

Financing: municipal

Legal status: municipal agency

GATINEAU - CITY

25 Laurier Street, Gatineau, Outaouais, QC, J8X 4C8

1 866 299-2002

Website: www.gatineau.ca

Email: info@gatineau.ca

Services: Management of municipal services. * Practical information: pets, change of address, etc. * Calendar of artistic events, sporting activities, etc.: www.calendrier.gatineau.cloud/calendrier/parcourir.aspx?langue=fr-ca&categories=2 * Interactive city map: www.gatineau.ca/portail/default.aspx?p=trouver_un_lieu&pref=haut-de-page * Waste collection calendar: www.gatineau.ca/portail/default.aspx?p=guichet_municipal/ordures_recyclage_compostage_encombrants&ref=pastilles * Permanent ecocentres, mobile ecocentres and transshipment centres. * Service centers: payment of municipal taxes, permits, etc. * Fire department. * Home Adaptation Program (HAP). * Automated emergency notification system. * Recreation and culture: activities, day camp, etc. * Swimming program, aquafitness, etc. * Public library. * Hall rentals.

Eligibility: general public

Coverage area: Gatineau

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

Financing: municipal

Legal status: municipal agency

GRACEFIELD - MUNICIPALITY

351 Route 105, Gracefield, Outaouais, QC, J0X 1W0

819 463-3458 Fax: 819 463-4236

Website: www.gracefield.ca

Email: info@gracefield.ca

Services: Management of municipal services. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.gracefield.ca/index.php/citoyens/ordures-et-recyclage * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Recreation services: activities, day camp, etc. * Municipal library. * Rental of halls.

Eligibility: general public

Coverage area: Gracefield

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

Financing: municipal

Legal status: municipal agency

GRAND-REMOUS - MUNICIPALITÉ

1508 Trans-Canada Highway, Grand-Remous, Outaouais, QC, J0W 1E0

819 438-2877 Fax: 819 438-2364

Website: www.grandremous.ca

Email: info@grandremous.ca

Services: Municipal services management. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.grandremous.ca/citoyens/calendrier-des-collectes * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Welcome and integration services for new arrivals. * Recreation services: activities, day camp, etc. * Municipal library. * Rental of halls.

Eligibility: general public

Coverage area: Grand-Remous

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

Financing: municipal

Legal status: municipal agency

KAZABAZUA - MUNICIPALITY

30 Begley Road, Kazabazua, Outaouais, QC, J0X 1X0

819 467-2852 Fax: 819 467-3872

Website: www.kazabazua.ca

Email: infos@kazabazua.ca

Services: Management of municipal services. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.kazabazua.ca/index.php/fr/servicesauxcitoyens/dechets-recyclage-et-compostage * Ecocentre. * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Automated emergency call system. * Recreation services: activities, day camp, etc. * Municipal library. * Rental of halls.

Eligibility: general public

Coverage area: Kazabazua

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

Financing: municipal

Legal status: municipal agency

LAC-SAINTE-MARIE - MUNICIPALITY

106 Lac-Sainte-Marie Road, Lac-Sainte-Marie, Outaouais, QC, J0X 1Z0

819 467-5437 Fax: 819-467-3691

Website: www.lac-sainte-marie.com

Email: municipalite@lac-sainte-marie.com

Services: Municipal services management. * Practical information: water analysis, change of address, septic systems, etc. * Calendar for waste management: www.lac-sainte-marie.com/index.php/services-aux-citoyens/dechets-recyclage-encombrants-et-compostage#dechets * Ecocentres. * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Recreation services: activities, day camp, etc. * Municipal library. * Rental of halls.

Eligibility: general public

Coverage area: Lac-Sainte-Marie

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

Financing: municipal

Legal status: municipal agency

LOW - MUNICIPALITY

4A d'Amour Road, Low, Outaouais, QC, J0X 2C0

819 422-3528 Fax: 819 422-3796

Website: www.lowquebec.ca/index_en.php

Email: reception@lowquebec.ca

Services: Management of municipal services. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.lowquebec.ca/fr/services/services-aux-citoyens/collectes-des-matieres-residuelles * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Automated emergency call system. * Recreation services: activities, day camp, etc. * Municipal libraries. * Rental of halls.

Eligibility: general public

Coverage area: Low

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

Financing: municipal

Legal status: municipal agency

LUCIEN-LALONDE LIBRARY

225 Berri Street, Gatineau, Outaouais, QC, J8Y 4K1

819 595-7460

Website: www.ville.gatineau.qc.ca/page.asp?p=quoi_faire/bibliotheque

Services: General services * Lending of books, videocassettes, CDs and CD-ROMs. * Children's activities: readiness to read (0-5 years), story time, teen bag (high school students), video game tournament, etc. * Activities for adults. * Conferences, art exhibitions, etc. Amenities and office services * Wireless Internet access and computers. * Loan of laptops and tablets for on-site use. * Photocopying, printing, faxing and scanning. * Workrooms, meeting rooms (2 to 4 people) and multi-purpose rooms (up to 40 people). * Return boxes. * Small electronics depot.

Eligibility: general public

Coverage area: QC - Outaouais County - Gatineau;

Hours: Monday to Thursday 10h00 to 20h00, Friday 10h00 to 18h00, Saturday and Sunday 10h00 to 17h00

Fees: subscription: free, photocopies and printing (black and white): \$0.25/page, color printing: \$1/page

Financing: municipal

Legal status: municipal agency

MAISON-DU-CITOYEN LIBRARY

25 Laurier Street, Gatineau, Outaouais, QC, J8X 4C8

819 595-7460

Website: www.ville.gatineau.qc.ca/page.asp?p=quoi_faire/bibliotheque

Services: General services * Lending of books, videocassettes, CDs and CD-ROMs. * Children's activities: readiness to read (0-5 years), story time, teen bag (high school students), video game tournament, etc. * Activities for adults. * Conferences, art exhibitions, etc. * Battery depots. Amenities and office services * Wireless Internet access and computers. * Loan of laptops and tablets for on-site use. * Photocopying, printing, faxing and scanning. * Workrooms, meeting rooms (2 to 4 people) and multi-purpose rooms (up to 40 people). * Return boxes. * Small electronics depot.

Eligibility: general public

Coverage area: Gatineau

Hours: Monday to Thursday 10h00 to 20h00, Friday 10h00 to 18h00, Saturday 11h00 to 17h00

Fees: subscription: free, photocopies and printing (black and white): \$0.25/page, color printing: \$1/page

Financing: municipal

Legal status: municipal agency

MANIWAKI - MUNICIPALITY

186 Principale Street South, Maniwaki, Outaouais, QC, J9E 1Z9

819 449-2800 Fax: 819 449-7078

Website: www.ville.maniwaki.qc.ca

Email: maniwaki@ville.maniwaki.qc.ca

Services: Management of municipal services. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.ville.maniwaki.qc.ca/index.php/liensrapides/calendriercueillettes/residentiel-dechets-et-compostage * Ecocentre. * Community garden. * Reception and integration services for new arrivals. * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Recreation services: activities, day camp, etc. * Municipal libraries. * Rental of halls.

Eligibility: general public

Coverage area: Maniwaki

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

Financing: municipal

Legal status: municipal agency

MESSINES - MUNICIPALITY

70 Principale Street, Messines, Outaouais, QC, J0X 2J0

819 465-2323 Fax: 819 465-2943

Website: www.messines.ca

Email: info@messines.ca

Services: Management of municipal services. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.messines.ca/fr/services/hygiene-du-milieu/gestion-des-matieres-residuelles * Ecocentre. * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Recreation services: activities, day camp, etc. * Municipal libraries. * Rental of halls.

Eligibility: general public

Coverage area: Messines

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

Financing: municipal

Legal status: municipal agency

MONTCEF-LYTTON - MUNICIPALITY

18 Principale Street North, Montcerf-Lytton, Outaouais, QC, J0W 1N0

819 449-4578 Fax: 819 449-7310

Website: www.montcerf-lytton.com

Email: infos@montcerf-lytton.com

Services: Municipal services management. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.montcerf-lytton.com/fr/calendrier/calendrier-des-collectes * Ecocentre. * Fridge anti-waste. * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Recreation services: activities, day camp, etc. * Municipal libraries. * Rental of halls.

Eligibility: general public

Coverage area: Montcerf-Lytton

Hours: Monday and Tuesday 8h00 to 12h00 and 13h00 to 16h00, Wednesday 8h00 to 12h00 and 13h00 to 18h00, Thursday 8h00 to 12h00 and 13h00 to 16h00, Friday 8h00 to 13h00

Financing: municipal

Legal status: municipal agency

MULGRAVE-ET-DERRY - MUNICIPALITY

560, avenue de Buckingham, Gatineau, Outaouais, QC, J8L 2H1

819 986-9519 Fax: 819 986-9954

Website: www.mulgrave-derry.ca

Email: dg@mulgrave-derry.ca

Services: Municipal services management. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.mulgrave-derry.ca/services/?id=6#contn * Ecocentre. * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Automated emergency call system. * Recreation services: activities, day camp, etc. * Municipal library. * Rental of halls.

Eligibility: general public

Coverage area: Mulgrave-Et-Derry

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00, library: Wednesday 14h00 to 17h00, Saturday 9h00 to 12h00

Financing: municipal

Legal status: municipal agency

SAINTE-THÉRÈSE-DE-LA-GATINEAU - MUNICIPALITY

27, chemin Principal, Sainte-Thérèse-De-La-Gatineau, Outaouais, QC, J0X 2X0

819 449-4134 Fax: 819 449-2194

Website: www.sainte-therese-de-la-gatineau.ca

Email: info@sainte-therese-de-la-gatineau.ca

Services: Municipal services management. * Practical information: pets, change of address, septic systems, etc. * Calendar of recycling and garbage collection and information on waste management: www.sainte-therese-de-la-gatineau.ca/fr/services-aux-citoyens/matieres-residuelles * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Recreation services: sports center, activities, day camp. * Municipal libraries. * Rental of halls.

Eligibility: general public

Coverage area: Sainte-Thérèse-De-La-Gatineau

Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, Friday 8h00 to 12h00

Financing: municipal

Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE GATINEAU

590 Gréber Boulevard, Gatineau, Outaouais, QC, J8T 8B8

819 246-0222

Website: www.gatineau.ca/portail/default.aspx?p=guichet_municipal/police

Services: Enforce compliance with applicable laws and regulations. * Respond to citizens' security needs. * Protect citizens' lives and property. * Maintain peace and public safety. * Crime prevention and control. * Specialized teams and units: Crisis Intervention Unit (UNIC), Citizens on Patrol, etc. * My bike is important to me: registration of identification information for the recovery of lost or stolen bikes. * Criminal record checks for employment or volunteer purposes.

Eligibility: general public

Coverage area: Gatineau

Hours: 24, 7, meet a police officer: Monday to Friday 7h00 and 2200

Financing: municipale

Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE GATINEAU - SECTEUR BUCKINGHAM

830 Georges Street, Gatineau, Outaouais, QC, J8L 2E5

819 246-0222

Website: www.gatineau.ca/portail/default.aspx?p=trouver_un_lieu/details&id=1991584847&ref=police

Services: Enforce compliance with applicable laws and regulations. * Respond to citizens' security needs. * Protect citizens' lives and property. * Maintain peace and public safety. * Crime prevention and control. * Specialized teams and units: Crisis Intervention Unit (UNIC), Citizens on Patrol, etc. * My bike is important to me: registration of identification information for the recovery of lost or stolen bikes. * Criminal record checks for employment or volunteer purposes.

Eligibility: general public

Coverage area: Gatineau

Hours: 24, 7, meet a police officer: Monday to Friday 8h30 and 16h00

Financing: municipale

Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE GATINEAU - SECTEUR D'AYLMER

625 d'Aylmer Road, Gatineau, Outaouais, QC, J9H 1A9

819 246-0222

Website: www.gatineau.ca/portail/default.aspx?p=trouver_un_lieu/details&id=1267772486&ref=police

Services: Enforce compliance with applicable laws and regulations. * Respond to citizens' security needs. * Protect citizens' lives and property. * Maintain peace and public safety. * Crime prevention and control. * Specialized teams and units: Crisis Intervention Unit (UNIC), Citizens on Patrol, etc. * My bike is important to me: registration of identification information for the recovery of lost or stolen bikes. * Criminal record checks for employment or volunteer purposes.

Eligibility: general public

Coverage area: Gatineau

Hours: 24, 7, meet a police officer: Monday to Friday 8h30 and 16h30

Financing: municipale

Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE GATINEAU - SECTEUR DE HULL

777 de la Carrière Boulevard, Gatineau, Outaouais, QC, J8Y 6V1

819 246-0222

Website: www.gatineau.ca/portail/default.aspx?p=trouver_un_lieu/details&id=387515769&ref=police

Services: Enforce compliance with applicable laws and regulations. * Respond to citizens' security needs. * Protect citizens' lives and property. * Maintain peace and public safety. * Crime prevention and control. * Specialized teams and units: Crisis Intervention Unit (UNIC), Citizens on Patrol, etc. * My bike is important to me: registration of identification information for the recovery of lost or stolen bikes. * Criminal record checks for employment or volunteer purposes.

Eligibility: general public

Coverage area: Gatineau

Hours: 24, 7, meet a police officer: Monday to Friday 7h00 and 2200

Financing: municipale

Legal status: commercial enterprise

SÛRETÉ DU QUÉBEC - POSTE MRC DE LA VALLÉE-DE-LA-GATINEAU

161 Desjardins Boulevard, Maniwaki, Outaouais, QC, J9E 2C9

819 449-4333 Fax: 819 449-0039

Website: www.sq.gouv.qc.ca/en/the-surete-du-quebec

Services: * Patrol. * Response to assistance requests. * Monitoring and control of road traffic. * Enforce laws and regulations. * Crime prevention. * Community relations activities.

Coverage area: MRC La Vallée-de-la-Gatineau

Hours: administration: Monday to Friday 8h30 to 16h30, emergency: 24 hours / 7 days

Financing: provincial

Legal status: provincial government agency

Official documents

BLUE SEA - MUNICIPALITY

10 Principale Street, Blue Sea, Outaouais, QC, J0X 1C0

819 463-2261

Website: www.blueseas.ca/index.php/en

Email: info@blueseas.ca

Services: Municipal service management. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.blueseas.ca/index.php/services/dechets-et-recyclage * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Recreation services: activities, day camp, etc. * Municipal library. * Rental of halls.

Eligibility: general public

Coverage area: Blue Sea

Hours: Monday to Friday 8h00 to 16h00

Financing: municipal

Legal status: municipal agency

DIRECTION DE LA PROTECTION DE LA JEUNESSE - OUTAOUAIS

105 Sacré-Cour Boulevard, Gatineau, Outaouais, QC, J8T 4J3

819 771-6631 Fax: 819 771-4162

Website: <https://cisss-outaouais.gouv.qc.ca/obtenir-un-service/obtenir-des-services-pour-les-jeunes-et-leur-famille/faire-un-signalement-a-la-direction-de-la-protection-de-la-jeunesse-dpj/>

Services: Management of youth centres. * Reception and assessment of reports of acts of neglect, violence or abuse according to the Loi sur la protection de la jeunesse. * Adaptation, rehabilitation and social integration in boarding or group homes. * Outreach and crisis intervention, educational support for families. * Psychosocial services for young offenders when necessary (under the Youth Criminal Justice Act). * Adoption, biological background research and expertise related to custody.

Eligibility: youth in difficulty 0 to 18 years old, young offenders, parents, guardians, social workers

Coverage area: Outaouais

Financing: provincial

Legal status: provincial government agency

GATINEAU - CENTRE DE SERVICES D'AYLMER

181 Principale Street, Gatineau, Outaouais, QC, J9H 6A6

819 595-2002 Fax: 819 685-5049

Website: www.gatineau.ca

Email: info@gatineau.ca

Services: Liaison between municipal departments, the population, partners, organizations and elected officials.

* Payment of municipal taxes. * Payment of tickets. * Payment of City bills. * Registration for cultural and recreational activities. * Reservation of public facilities: gymnasium, swimming pools, meeting rooms, etc. * Permits and information on current urban planning regulations. * Commissioner of Oaths.

Eligibility: general public

Coverage area: Gatineau

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

Fees: swearing in: \$5 per document plus tax

Financing: municipal

Legal status: municipal agency

GATINEAU - CENTRE DE SERVICES DE BUCKINGHAM

515 Charles Street, Gatineau, Outaouais, QC, J8L 2K4

819 595-2002 Fax: 819 986-4234

Website: www.gatineau.ca

Email: info@gatineau.ca

Services: Liaison between municipal departments, the population, partners, organizations and elected officials.

* Payment of municipal taxes. * Payment of tickets. * Payment of City bills. * Registration for cultural and recreational activities. * Reservation of public facilities: gymnasium, swimming pools, meeting rooms, etc. * Permits and information on current urban planning regulations. * Commissioner of Oaths.

Eligibility: general public

Coverage area: Gatineau

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

Fees: swearing in: \$5 per document plus tax

Financing: municipal

Legal status: municipal agency

GATINEAU - CENTRE DE SERVICES DE GATINEAU

144 de l'Hôpital Boulevard, Gatineau, Outaouais, QC, J8T 7S9

819 595-2002 Fax: 819 243-2338

Website: www.gatineau.ca

Email: info@gatineau.ca

Services: Liaison between municipal departments, the population, partners, organizations and elected officials.

* Payment of municipal taxes. * Payment of tickets. * Payment of City bills. * Registration for cultural and recreational activities. * Reservation of public facilities: gymnasium, swimming pools, meeting rooms, etc. * Permits and information on current urban planning regulations. * Commissioner of Oaths.

Eligibility: general public

Coverage area: Gatineau

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

Fees: swearing in: \$5 per document plus tax

Financing: municipal

Legal status: municipal agency

GATINEAU - CENTRE DE SERVICES DE MASSON-ANGERS

57 de Montréal Road East, Gatineau, Outaouais, QC, J8M 1K3

819 595-2002 Fax: 819 986-4234

Website: www.gatineau.ca

Email: info@gatineau.ca

Services: Liaison between municipal departments, the population, partners, organizations and elected officials.

* Payment of municipal taxes. * Payment of tickets. * Payment of City bills. * Registration for cultural and recreational activities. * Reservation of public facilities: gymnasium, swimming pools, meeting rooms, etc. * Permits and information on current urban planning regulations. * Commissioner of Oaths.

Eligibility: general public

Coverage area: Gatineau

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

Fees: swearing in: \$5 per document plus tax

Financing: municipal

Legal status: municipal agency

GATINEAU COURTHOUSE

17 Laurier Street, Gatineau, Outaouais, QC, J8X 4C1

819 776-8110 Fax: 819 772-3347

Website: www.justice.gouv.qc.ca/nous-joindre/trouver-un-palais-de-justice/palais-de-justice-de-gatineau

Services: Administration of judicial services of Gatineau. Couple and family * Curatorship and guardianship. * Marriage and civil union. * Family mediation. * Separation and divorce. Courts * Civil division. * Criminal and penal chamber. * Director of criminal and penal prosecutions. * Probation. Youth * Youth Division. Your money and property * Fines. * Voluntary deposit. * Bankruptcy. * Will. Your disputes * Small claims (claims under \$15,000). * Steps to follow to file a small claims claim: www.quebec.ca/en/justice-and-civil-status/small-claims/filing-claim/process-help-applicant * Small claims mediation (mandatory for claims of \$5,000 or less). * Arbitration. Services * Quebec Court. * Superior Court. * Juries. * Publicity of rights. * Financial services. * Real estate sales.

Eligibility: general public

Coverage area: Gatineau judicial district

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

Financing: provincial

Legal status: provincial government agency

GATINEAU PASSPORT CANADA OFFICE

210 Champlain Street, Gatineau, Outaouais, QC, J8X 3R5

1 800 567-6868 TTY: 1 866 255-7655

Website: www.canada.ca/en/immigration-refugees-citizenship/services/canadian-passports.html

Email: IRCC.COMMMediaRelations-RelationsmediasCOMM.IRCC@cic.gc.ca

Services: Issuance of Canadian passports and other travel documents. * Find a point of service: www.ircc.canada.ca/english/passport/map/map.asp * Renew a passport. * Apply for a new adult or child passport. * Lost, stolen, inaccessible, damaged or found passports. * Urgent pick-up: obtain a passport before the end of the next working day.

Eligibility: general public

Coverage area: Canada

Hours: Monday to Friday 8h30 to 16h00

Fees: variable, according to the type of passport

Financing: federal

Legal status: federal government agency

MONTCEF-LYTTON - MUNICIPALITY

18 Principale Street North, Montcerf-Lytton, Outaouais, QC, J0W 1N0

819 449-4578 Fax: 819 449-7310

Website: www.montcerf-lytton.com

Email: infos@montcerf-lytton.com

Services: Municipal services management. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.montcerf-lytton.com/fr/calendrier/calendrier-des-collectes * Ecocentre. * Fridge anti-waste. * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Recreation services: activities, day camp, etc. * Municipal libraries. * Rental of halls.

Eligibility: general public

Coverage area: Montcerf-Lytton

Hours: Monday and Tuesday 8h00 to 12h00 and 13h00 to 16h00, Wednesday 8h00 to 12h00 and 13h00 to 18h00, Thursday 8h00 to 12h00 and 13h00 to 16h00, Friday 8h00 to 13h00

Financing: municipal

Legal status: municipal agency

SERVICE CANADA CENTRE - GATINEAU-EST

455 de l'Hôpital Boulevard, Gatineau, Outaouais, QC, J8T 7X7

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

Website: www.canada.ca

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

Eligibility: general public

Coverage area: Gatineau

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

SERVICE CANADA CENTRE - GATINEAU-HULL

210 Champlain Street, Gatineau, Outaouais, QC, J8X 3R5

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

Website: www.canada.ca

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

Eligibility: general public

Coverage area: Gatineau

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

SERVICE CANADA CENTRE - MANIWAKI

100 Principale Street South, Suite 220, Maniwaki, Outaouais, QC, J9E 3L4

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

Website: www.canada.ca

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

Eligibility: general public

Coverage area: Maniwaki

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

SERVICE DE POLICE DE LA VILLE DE GATINEAU

590 Gréber Boulevard, Gatineau, Outaouais, QC, J8T 8B8

819 246-0222

Website: www.gatineau.ca/portail/default.aspx?p=guichet_municipal/police

Services: Enforce compliance with applicable laws and regulations. * Respond to citizens' security needs. * Protect citizens' lives and property. * Maintain peace and public safety. * Crime prevention and control. * Specialized teams and units: Crisis Intervention Unit (UNIC), Citizens on Patrol, etc. * My bike is important to me: registration of identification information for the recovery of lost or stolen bikes. * Criminal record checks for employment or volunteer purposes.

Eligibility: general public

Coverage area: Gatineau

Hours: 24, 7, meet a police officer: Monday to Friday 7h00 and 2200

Financing: municipale

Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE GATINEAU - SECTEUR BUCKINGHAM

830 Georges Street, Gatineau, Outaouais, QC, J8L 2E5

819 246-0222

Website: www.gatineau.ca/portail/default.aspx?p=trouver_un_lieu/details&id=1991584847&ref=police

Services: Enforce compliance with applicable laws and regulations. * Respond to citizens' security needs. * Protect citizens' lives and property. * Maintain peace and public safety. * Crime prevention and control. * Specialized teams and units: Crisis Intervention Unit (UNIC), Citizens on Patrol, etc. * My bike is important to me: registration of identification information for the recovery of lost or stolen bikes. * Criminal record checks for employment or volunteer purposes.

Eligibility: general public

Coverage area: Gatineau

Hours: 24, 7, meet a police officer: Monday to Friday 8h30 and 16h00

Financing: municipale

Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE GATINEAU - SECTEUR D'AYLMER

625 d'Aylmer Road, Gatineau, Outaouais, QC, J9H 1A9

819 246-0222

Website: www.gatineau.ca/portail/default.aspx?p=trouver_un_lieu/details&id=1267772486&ref=police

Services: Enforce compliance with applicable laws and regulations. * Respond to citizens' security needs. * Protect citizens' lives and property. * Maintain peace and public safety. * Crime prevention and control. * Specialized teams and units: Crisis Intervention Unit (UNIC), Citizens on Patrol, etc. * My bike is important to me: registration of identification information for the recovery of lost or stolen bikes. * Criminal record checks for employment or volunteer purposes.

Eligibility: general public

Coverage area: Gatineau

Hours: 24, 7, meet a police officer: Monday to Friday 8h30 and 16h30

Financing: municipale

Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE GATINEAU - SECTEUR DE HULL

777 de la Carrière Boulevard, Gatineau, Outaouais, QC, J8Y 6V1

819 246-0222

Website: www.gatineau.ca/portail/default.aspx?p=trouver_un_lieu/details&id=387515769&ref=police

Services: Enforce compliance with applicable laws and regulations. * Respond to citizens' security needs. * Protect citizens' lives and property. * Maintain peace and public safety. * Crime prevention and control. * Specialized teams and units: Crisis Intervention Unit (UNIC), Citizens on Patrol, etc. * My bike is important to me: registration of identification information for the recovery of lost or stolen bikes. * Criminal record checks for employment or volunteer purposes.

Eligibility: general public

Coverage area: Gatineau

Hours: 24, 7, meet a police officer: Monday to Friday 7h00 and 2200

Financing: municipale

Legal status: commercial enterprise

SÛRETÉ DU QUÉBEC - POSTE MRC DE LA VALLÉE-DE-LA-GATINEAU

161 Desjardins Boulevard, Maniwaki, Outaouais, QC, J9E 2C9

819 449-4333 Fax: 819 449-0039

Website: www.sq.gouv.qc.ca/en/the-surete-du-quebec

Services: * Patrol. * Response to assistance requests. * Monitoring and control of road traffic. * Enforce laws and regulations. * Crime prevention. * Community relations activities.

Coverage area: MRC La Vallée-de-la-Gatineau

Hours: administration: Monday to Friday 8h30 to 16h30, emergency: 24 hours / 7 days

Financing: provincial

Legal status: provincial government agency

TRANS OUTAOUAIS

Confidential Address

343 202-5006

Website: www.transoutaouais.com

Email: info@transoutaouais.com

Services: * Support and referrals. * Resources list. * Support group for parents of trans children, trans and non-binary youth and adults. * Swearing-in service for name and gender change procedures.

Eligibility: people from the gender diversity community, their relatives, allies

Coverage area: Outaouais

Fees: none

Financing: donations, fundraising, grants

Legal status: non-profit organization

Provincial services

BUREAU D'AIDE JURIDIQUE - GATINEAU - SECTEUR AYLNER

204 Aylmer Road, Suite B-403, Gatineau, Outaouais, QC, J9H 1A1

819 684-0333 Fax: 819 684-5075

Website: www.aidejuridiqueoutaouais.ca

Email: bureauaylmer@ccjo.qc.ca

Services: Legal aid office in civil and family law.

Eligibility: people or non-profit organizations residing in Québec or forced to remain in Québec, financially eligible, and whose legal services are covered by the Law

Coverage area: Outaouais

Hours: Monday to Friday 8h30 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

BUREAU D'AIDE JURIDIQUE - GATINEAU - SECTEUR GATINEAU

365 Greber Boulevard, Suite 202, Gatineau, Outaouais, QC, J8T 5R3

819 568-0990 Fax: 819 568-4727

Website: www.aidejuridiqueoutaouais.ca

Email: bureaugatineau@ccjo.qc.ca

Services: Legal aid office in civil and family law.

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

Coverage area: Outaouais

Hours: Monday to Friday 8h30 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

BUREAU D'AIDE JURIDIQUE - GATINEAU - SECTEUR HULL

768 St-Joseph Boulevard, Suite 210, Gatineau, Outaouais, QC, J8Y 4B8

819 772-3011 Fax: 819 772-3764

Website: www.aidejuridiqueoutaouais.ca

Email: bureaucivil-famille@ccjo.qc.ca

Services: Legal aid office in civil law, family law and youth protection law.

Eligibility: people or non-profit organizations residing in Québec or forced to remain in Québec, financially eligible, and whose legal services are covered by the Law

Coverage area: Outaouais

Hours: Monday to Friday 8h30 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

CENTRE COMMUNAUTAIRE JURIDIQUE DE L'OUTAOUAIS - BUREAU ADMINISTRATIF

510 Maloney Boulevard East, Suite 201, Gatineau, Outaouais, QC, J8P 1E7

819 669-2382 Fax: 819 669-9309

Website: www.aidejuridiqueoutaouais.ca

Email: bureauadministration@ccjo.qc.ca

Services: Legal aid services lawyers who practice family law, criminal and penal law, youth protection law, immigration law, civil law, administrative law (social aid, SAAQ, CSST), child support, health rights, housing law, bankrupt and prison law. * Representation by a lawyer before a court of first instance or a court of appeal, as plaintiff or defendant. * Assistance from a lawyer in certain cases expressly provided in the Legal Aid Act. * Legal consultation with a lawyer. * Telephone consultation with a lawyer, available 24/7, for people who have been arrested or are being held in custody. * Legal information regarding the rights and obligations of legal aid recipients. * Some services may be rendered by a notary. * Complaints reception.

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

Coverage area: Outaouais

Hours: Monday to Friday 8h30 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

COMMISSION DES NORMES, DE L'ÉQUITÉ, DE LA SANTÉ ET DE LA SÉCURITÉ DU TRAVAIL - LANAUDIÈRE - POINT DE SERVICE DE JOLIETTE

1075 Firestone Boulevard, 5th floor, Gatineau, Outaouais, QC, J9E 6X6

1 844 838-0808 Fax: 1 855 722-8081?

Website: www.cnesst.gouv.qc.ca/en

Services: Prevention and safety * 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. Pay equity * Front-line telephone service to answer general questions on the application of the Loi sur l'équité salariale. * Specialized assistance to understand more complex or technical aspects of the law. * Pay equity audit program: investigations to ensure that companies are complying with their pay equity obligations. * Development of tools and training courses accessible free of charge in all regions of Québec. * Research activities. Labour standards * Information on labour standards and obligations under the law and regulations. * Registration of complaints. * Mediation for employees or employers concerned by a complaint of psychological harassment, wrongful dismissal or prohibited practice.

Eligibility: employers, workers

Coverage area: Lanaudière

Hours: by appointment only

Financing: membership fees, self-financing

Legal status: provincial government agency

COMMISSION DES NORMES, DE L'ÉQUITÉ, DE LA SANTÉ ET DE LA SÉCURITÉ DU TRAVAIL - OUTAOUAIS

15 Gamelin Street, Gatineau, Outaouais, QC, J8X 3Y3

1 844 838-0808 Fax: 1 855 722-8081?

Website: www.cnesst.gouv.qc.ca

Services: Prevention and safety * 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. Pay equity * Front-line telephone service to answer general questions on the application of the Loi sur l'équité salariale. * Specialized assistance to understand more complex or technical aspects of the law. * Pay equity audit program: investigations to ensure that companies are complying with their pay equity obligations. * Development of tools and training courses accessible free of charge in all regions of Québec. * Research activities. Labour standards * Information on labour standards and obligations under the law and regulations. * Registration of complaints. * Mediation for employees or employers concerned by a complaint of psychological harassment, wrongful dismissal or prohibited practice.

Eligibility: employers, workers

Coverage area: Outaouais

Hours: on appointment

Financing: provincial

Legal status: provincial government agency

CURATEUR PUBLIC - BUREAU DE GATINEAU

16 Impasse de la Gare-Talon, Suite 3.200, Gatineau, Outaouais, QC, J8T 7S8

1 877 221-7043

Website: www.quebec.ca/en/government/departments-and-agencies/curateur-public

Services: Ensures that incapacitated people are protected, their autonomy safeguarded and their rights respected, while supporting their families and loved ones in their duties. * Infolettre Bien protéger ensemble: receive information on the protection of people in vulnerable situations. * Recognizes assistants to adults, in particular by analyzing applications and maintaining a public register of recognized assistants. * Monitors the management of assets by guardians. * Informs represented and assisted persons of the rules that apply to them. * Informs assistants, guardians, temporary representatives and mandataries of their obligations. * Raise public awareness of the issues related to incapacity and inform people of the means available to protect incapacitated persons. * Accompany people experiencing difficulties. * Acts as guardian, guardianship council or temporary representative by court order if the person is isolated, has no family or those close to him or her are unable to assume this role. * Receives complaints and reports.

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: Outaouais

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

Financing: provincial

Legal status: provincial government agency

ELECTIONS CANADA

30 Victoria Street, Gatineau, Outaouais, QC, J8X 4H7

1 800 463-6868 Fax: 613 954-8584 **TTY:** 1 800 361-8935

Website: www.elections.ca

Email: info@elections.ca

Services: Organizes elections, ensures their validity and the respect of applicable laws.

Coverage area: Canada

Hours: Monday to Friday 9h00 to 17h00

Financing: federal

Legal status: federal government agency

REVENU QUÉBEC - GATINEAU

170 de l'Hôtel-de-Ville Street, 6th floor, Gatineau, Outaouais, QC, J8X 4C2

1 800 267-6299 TTY: 1 800 361-3795

Website: www.revenuquebec.ca/en

Services: * Administration of Québec's tax system through the collection of income tax and consumption taxes.

* Administration of programs and services related to income: tax credits, housing benefit, work bonus, maintenance allowances, provisional administration of unclaimed property, 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

SÛRETÉ DU QUÉBEC - POSTE MRC DE LA VALLÉE-DE-LA-GATINEAU

161 Desjardins Boulevard, Maniwaki, Outaouais, QC, J9E 2C9

819 449-4333 Fax: 819 449-0039

Website: www.sq.gouv.qc.ca/en/the-surete-du-quebec

Services: * Patrol. * Response to assistance requests. * Monitoring and control of road traffic. * Enforce laws and regulations. * Crime prevention. * Community relations activities.

Coverage area: MRC La Vallée-de-la-Gatineau

Hours: administration: Monday to Friday 8h30 to 16h30, emergency: 24 hours / 7 days

Financing: provincial

Legal status: provincial government agency

TRIBUNAL ADMINISTRATIF DU LOGEMENT - GATINEAU

170 de l'Hôtel-de-Ville Street, Suite 4.100, Gatineau, Outaouais, QC, J8X 4C2

1 800 683-2245 Fax: 1 877 907-8077

Website: www.tal.gouv.qc.ca/en

Services: Specialized court regarding residential lease matters. * Information on rights and obligations related to leases. * Conciliation between landlords and tenants. * Protection of tenants' rights. * Assistance filling out court application forms. * Online calculation tool for rent fixation: www.tal.gouv.qc.ca/fr/calcul-pour-la-fixation-de-loyer/outil-de-calcul * Online tool to access legal information about the rental lease: justicebot.ca * Online tool to add proof of notification of the request and the list of documents: extranet.tal.gouv.qc.ca/internet/asp/transmissionDoc/transmetDoc.asp

Eligibility: tenants, landlords

Coverage area: Gatineau

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

Fees: variable

Financing: provincial

Legal status: provincial government agency

Health

DENTAL CARE

EYE CARE

FAMILY PLANNING

HOME CARE

PALLIATIVE CARE

PATIENT SUPPORT ASSOCIATIONS

PUBLIC HEALTH

Dental care

CÉGEP DE L'OUTAOUAIS - DENTAL HYGIENE CLINIC

333 de la Cité-des-Jeunes Boulevard, Gatineau, Outaouais, QC, J8Y 6M4

819 770-4012 ext. 6015

Website: cegepoutaouais.qc.ca/grand-public/clinique-hygiene-dentaire-dentisterie-generale

Email: clinique.hd@cegepoutaouais.qc.ca

Services: Care provided by dental hygiene students under the supervision of dental hygiene teachers. * Dental hygiene care: oral screening, dental x-rays, personalized care plan and hygiene instructions, scaling and gum care (periodontal debridement), tooth polishing, topical fluoride applications, pit and fissure sealing, etc.

Eligibility: people 5 years and over

Coverage area: Outaouais

Hours: September to December: Monday, Tuesday, Thursday and Friday 8h00 to 16h00, February to May: Tuesday and Friday 8h00 to 16h30

Fees: child (5 to 13 years old): \$25, CEGEP student: \$25, 18 years old and over: \$45, pit and fissure sealing: \$10 per tooth (\$100 maximum)

Financing: municipal, self-financing

Legal status: parapublic organization

Eye care

CENTRE ALPHA PAPINEAU

390 Buckingham Avenue, Gatineau, Outaouais, QC, J8L 2G7

819 986-7506

Website: centrealphapapineau.org

Email: direction@centrealphapapineau.org

Services: Literacy and popular education. Literacy training for people aged 16 and over * Basic training in French and math. * Elementary school education. Volet Jeunes 12 years and over * Remedial schooling. * Homework help and support. * Samedi en folie cooking and arts* SOS Paperasse: public writer service. * Bonhomme à lunettes service point.

Eligibility: families, adults, youth, general population

Coverage area: Vallée-de-la-Lièvre

Hours: Monday to Thursday 8h00 to 16h00

Fees: none

Financing: provincial, municipal, donations

Legal status: non-profit organization

CENTRE D'ANIMATION FAMILIALE DE L'OUTAOUAIS

1312 Saint-Louis Street, Gatineau, Outaouais, QC, J8T 2M7

819 561-5196

Website: cafoutaouais.ca

Email: info@cafoutaouais.ca

Services: Neighbourhood house. Food * Collective kitchens. * Community garden. * Christmas baskets for members. * Food assistance for people participating in activities. Material assistance * Clothing assistance. * Opération habit de neige: distribution of winter clothing. * Back to School program: school supplies sharing store. * Bonhommes à Lunettes: glasses at affordable prices. Support * Homework assistance. * Drop-in daycare. * Reception, accompaniment and referral. * Individual meeting, listening and intervention. Activities * Developmental stimulation activities for children. * Workshop Au Petit Jardin: preparation for kindergarten. * Parent-child activities. * Daycare offered to participants during activities. * Jeux d'été: summer day camp. * Activities during pedagogical Fridays. * Coffee-meeting. * Crochet and knitting club. * Various events.

Eligibility: general public, adults, children, developmental stimulation activities: children 0 to 5 years old

Coverage area: Pointe-Gatineau district of Gatineau (Ruisseau, Saint-Rosaire, Jacques-Cartier and Laflèche neighborhoods of Gatineau)

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

Fees: variable

Financing: federal, provincial, municipal, Centraide Outaouais, grants, donations

Legal status: non-profit organization

GROUPE COMMUNAUTAIRE DESCHÊNES

55 Vanier Road, Gatineau, Outaouais, QC, J9H 1X5

819 684-7999 Fax: 819 557-0771

Website: groupedeschenes.myfreesites.net

Email: gcd_intervenante@hotmail.com

Services: Meeting place and support for families. * Petits-Mousses: social activities for children and parents. * Drop-in daycare for young children. * Homework club. * Petits Cooks. * Collective kitchen. * Day camp: summer and spring break. * Neighbourhood parties. * Physical activities: zumba and tai chi. * Sharing store: low-cost school supplies. * Recovery of small used items: toys, books, clothing, kitchenware, etc. * Christmas baskets. * Snow suit. * Bonhomme à lunette service point: low-cost glasses.

Eligibility: families, adults, new arrivals, petits-mousses and drop-in daycare: children 0 to 5 years old, homework club, petits Cooks and summer day camp: children 6 to 12 years old

Coverage area: Gatineau: Aylmer district

Hours: Monday to Friday 9h00 to 17h00, Bonhomme à lunette: no appointment necessary, Wednesday 11h30 to 14h00

Financing: municipal, provincial, Centraide Outaouais

Legal status: non-profit organization

Family planning

CLINIQUE DES FEMMES DE L'OUTAOUAIS (LA)

228 Saint-Joseph Boulevard, Suite 201, Gatineau, Outaouais, QC, J8Y 3X4

819 778-2055

Website: www.cliniquedesfemmes.com/en

Email: infaccueil@cliniquedesfemmes.com

Services: Reproductive health information and services. * Termination of pregnancy. * Information on contraception. * Contraception service for people without a family doctor. * Medical and social intervention in cases of sexual assault. * Menopause and peri-menopause consultations. * Pap tests for people without a family doctor. * IUD insertion. * Nexplanon contraceptive implant insertion. * Emergency contraception service.

Eligibility: women, trans people, non-binary people

Coverage area: Outaouais

Hours: Monday to Thursday 8h00 to 16h00, Friday 8h00 to 15h00

Fees: variable, 100% covered by the RAMQ

Financing: donations

Legal status: non-profit organization

CLSC DE GRACEFIELD

12 Principale Street, Suite A, Gracefield, Outaouais, QC, J0X 1W0

819 463-2604

Website: https://sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=1559&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=7&ch_rayon=0&ch_code=

Services: Frontline services for routine health and social services. * Authentication of health insurance card. * Cane, wheelchair and walker rental. * Dressing changes and follow-up. * Same-day or next-day medical consultations. * Regular contraception and emergency oral contraception. * Prenatal classes. * Screening. * Distribution of new injection equipment to drug users (free service). * Blood sampling. * Collection of used syringes and needles.

Coverage area: Outaouais

Hours: 8h00 à 12h00, 13h00 à 16h00

Financing: provincial

Legal status: parapublic organization

Home care

CENTRE MULTISERVICES DE SANTÉ ET DE SERVICES SOCIAUX DE GATINEAU

777 de La Gappe Boulevard, Gatineau, Outaouais, QC, J8T 8R2

819 966-6550

Website: cisss-outaouais.gouv.qc.ca/clsc/gatineau

Services: Frontline services for routine health and social services. * Injection equipment and bin to collect used syringes, needles, and lancets. * Vaccination for babies and children. * Routine health services. * Chronic diseases and nutrition. * Smoking cessation assistance. * Sexual health services for 12 to 24 years old. * Falls prevention program. * Pregnancy follow-up and breastfeeding advice. * Mental health services. * Support for people with addiction problems. * Home support. * Support for caregivers. * Community organization support.

Coverage area: Outaouais

Hours: Monday to Friday 8h00 to 21h00

Financing: provincial

Legal status: provincial government agency

Palliative care

ALBATROS GATINEAU - LA LIÈVRE

115 Sacré-Coeur Boulevard, Suite 103, Gatineau, Outaouais, QC, J8X 1C5

873 455-9632

Email: AlbatrosGatineauLL@gmail.com

Services: Volunteer support for people in palliative care or at the end of life.* Accompaniment at home, in residences, CHSLDs and hospitals. <https://forms.gle/BAA4GgTtbwAiiSrC7>* Support and respite for caregivers. * Active listening without judgement. * Volunteer training in palliative care.

<https://forms.gle/xu4Lcqojn6FRdwPx9>

Eligibility: people suffering from serious illnesses in palliative care or at the end of life, seniors, and their loved ones, training: caregivers, general population

Coverage area: MRC Les Collines-de-l'Outaouais, MRC Vallée-de-la-Gatineau, MRC Papineau

Hours: Monday to Sunday 9h00 to 21h00

Fees: accompaniment: free, training: variable

Financing: donations

Legal status: non-profit organization

ALBATROS VALLÉE-DE-LA-GATINEAU (MANIWAKI)

15 Principale Street North, Montcerf-Lytton, Outaouais, QC, J0W 1N0

819 449-4540

Website: www.albatrosvgl.ca

Email: isabelleoconnor777@gmail.com

Services: Volunteer accompaniment of people with severe or terminal illnesses. * Accompaniment, telephone helpline and support. * Training for caregivers: grief, family dynamics and terminal phase.

Eligibility: people with a severe or terminal illness, their relatives

Coverage area: MRC La Vallée-de-la-Gatineau

Hours: 9h00 to 21h00, 7 days

Fees: none

Financing: donations

Legal status: non-profit organization

HAVRE (LE)

171 Nicolet Street, Gatineau, Outaouais, QC, J8Y 2J5

819 770-3900 ext. 232

Website: www.mmfs.org/en

Email: direction@mmfs.org

Services: Day activities centre. * Support and comfort. * Psychosocial and spiritual accompaniment at home. * Coffee meeting. * Support group. * Art therapy. * Massage therapy and foot care.

Eligibility: people with a prognosis of less than 2 years of end of life, their caregivers, patients and caregivers of the Maison Mathieu Froment-Savoie

Coverage area: Outaouais

Hours: Monday to Friday 8h00 to 16h00

Fees: none

Financing: donations, grant

Legal status: non-profit organization

MAISON MATHIEU FROMENT-SAVOIE

170 Sherbrooke Street, Gatineau, Outaouais, QC, J8Y 2L6

819 770-3900 Fax: 819 770-6503

Website: www.mmfs.org

Email: direction@mmfs.org

Services: Palliative care centre. * End-of-life housing. * Medical care. * Psychosocial and spiritual accompaniment on site and at home. * Le Havcentre re: day activity and resourcing centre. * Occasional fundraising activities: wine and cheese, lottery, golf tournament.

Eligibility: people at the end of life with a prognosis of less than three months, their relatives

Capacity: housing: 16 rooms

Coverage area: Outaouais

Hours: 24 hours / 7 days

Fees: none

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

Legal status: non-profit organization

PETITS FRÈRES (LES) - GATINEAU

180 Mont-Bleu Boulevard, Suite 215, Gatineau, Outaouais, QC, J8Z 3J5

819 307-1557

Website: petitsfreres.ca/a-propos-de-nous/equipes-regionales/gatineau

Email: gatineau@petitsfreres.ca

Services: Organization seeking to deal with the isolation of people of advanced age until their end of life. * Accompaniment and pairing with volunteers.

Eligibility: seniors over 75 years without a present family or significant social contact

Coverage area: Gatineau

Fees: none

Financing: fundraising campaigns, self-financing, donations

Legal status: non-profit organization

Patient support associations**ALBATROS GATINEAU - LA LIÈVRE**

115 Sacré-Coeur Boulevard, Suite 103, Gatineau, Outaouais, QC, J8X 1C5

873 455-9632

Email: AlbatrosGatineauLL@gmail.com

Services: Volunteer support for people in palliative care or at the end of life.* Accompaniment at home, in residences, CHSLDs and hospitals. <https://forms.gle/BAA4GgTtbwAiiSrC7>* Support and respite for caregivers.
* Active listening without judgement. * Volunteer training in palliative care.
<https://forms.gle/xu4Lcqojn6FRdwPx9>

Eligibility: people suffering from serious illnesses in palliative care or at the end of life, seniors, and their loved ones, training: caregivers, general population

Coverage area: MRC Les Collines-de-l'Outaouais, MRC Vallée-de-la-Gatineau, MRC Papineau

Hours: Monday to Sunday 9h00 to 21h00

Fees: accompaniment: free, training: variable

Financing: donations

Legal status: non-profit organization

ALZHEIMER SOCIETY OUTAOUAIS

440 Maloney West Boulevard, Gatineau, Outaouais, QC, J8P 6W2

819 777-4232 Fax: 819 893-1397

Website: alzheimeroutaouais.com

Email: info@alzheimeroutaouais.com

Services: Accompaniment of people affected by Alzheimer's disease. * Support, information, referral and advice. * Phone counselling. * Individual and family counselling in person. * Day and respite centres: social and stimulation activities. * Accompaniment and respite at home. * Training workshops. * Support groups. * Brain stimulation workshops. * Information and awareness workshops. * Conferences. * Professional training program. * Reference platform for health care workers: <http://referenceaidancequebec.ca>

Eligibility: people living with Alzheimer's disease or any other major neurodegenerative disorder, their family, caregivers, health professionals or any other professionals related to the people affected by the disease

Coverage area: Outaouais

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

Fees: variable

Financing: fédéral, provincial, dons

Legal status: non-profit organization

AMICALE DES PERSONNES HANDICAPÉES PHYSIQUES DE L'OUTAOUAIS (L')

405 Notre-Dame Street, Gatineau, Outaouais, QC, J8P 1L7

819 663-2999

Website: amicale.ca

Email: info@amicale.ca

Services: * Free dinners for members. * Social and recreational activities: painting classes, pottery classes, film screenings, bingo, etc. * Rental, sale and exchange of used adapted equipment: chairs, bath seats, crutches, etc. * Adapted community garden.

Eligibility: people living with a physical disability

Coverage area: Outaouais

Hours: Monday to Friday 9h00 to 15h00, lunches for members: Monday, Wednesday and Friday

Fees: membership card: \$10 per year

Financing: membership fees, provincial, grants

Legal status: non-profit organization

BUREAU RÉGIONAL D'ACTION SIDA DE L'OUTAOUAIS

109 Wright Street, Suite 003, Gatineau, Outaouais, QC, J8X 2G7

819 776-2727 Fax: 819 776-2001

Website: lebras.qc.ca

Email: info@lebras.qc.ca

Services: * Street work. * Defending and promoting the rights of people with blood-borne infections. * Prevention and awareness: infections transmitted by blood and Hepatitis C. * HIV, Aids, STD: prevention and social and recreational programmes. * Emotional and social support to people in the streets and those confined at home. * Food, housing and financial help. * Naloxone kit distribution. * Intervention during raves/parties. * Distribution and delivery of fentanyl test strips. * Substance analysis tools.

Eligibility: people living with HIV (PLHIV) and their loved ones, people living with hepatitis C (PLHCV) and their loved ones, people who use PAS, people who use drugs by injection or inhalation, people in care and at risk, sex workers, youth and young people in difficulty (e.g. street youth), MSM/WSW, trans people, party environments, people who are or have been incarcerated, First Nations people, people from regions where HIV infection is endemic

Coverage area: Outaouais

Hours: Monday to Friday 9h00 to 17h00

Fees: free

Legal status: non-profit organization

CLSC DE GRACEFIELD

12 Principale Street, Suite A, Gracefield, Outaouais, QC, J0X 1W0

819 463-2604

Website: https://sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=1559&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=7&ch_rayon=0&ch_code=

Services: Frontline services for routine health and social services. * Authentication of health insurance card. * Cane, wheelchair and walker rental. * Dressing changes and follow-up. * Same-day or next-day medical consultations. * Regular contraception and emergency oral contraception. * Prenatal classes. * Screening. * Distribution of new injection equipment to drug users (free service). * Blood sampling. * Collection of used syringes and needles.

Coverage area: Outaouais

Hours: 8h00 à 12h00, 13h00 à 16h00

Financing: provincial

Legal status: parapublic organization

DIABÈTE OUTAOUAIS

10 Noël Street, Gatineau, Outaouais, QC, J8Z 3G5

819 770-0442

Website: diabeteoutaouais.com

Email: info@diabeteoutaouais.com

Services: Information, awareness, and prevention of diabetes. * Culinary workshops. * Coffee-meetings and conferences. * Salon du diabète.

Eligibility: people with diabetes, general population

Coverage area: Outaouais

Hours: Monday to Thursday 8h30 to 15h30

Fees: members: annual fee of \$20

Financing: provincial, donations, fundraising campaigns

Legal status: non-profit organization

DOULEUR CHRONIQUE OUTAOUAIS

161 Saint-René Boulevard West, Suite 206, Gatineau, Outaouais, QC

819 663-4494

Website: <https://douleurchroniqueoutaouais.ca/>

Email: infos@douleurchroniqueoutaouais.ca

Services: Improve the quality of life of people with chronic pain, their loved ones and promote their social and community integration. * Reception, information and referral. * Telephone intervention and by appointment. * Workshops on pain and emotion management. * Informative conferences on traditional and complementary treatment approaches. * Weekly self-help group. * Personal growth and resourcing. * Documentation centre. * Social and recreational activities. * Annual awareness show. * Self-financing activities.

Eligibility: people with chronic pain, their loved ones

Coverage area: Outaouais

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

Fees: membership: \$20 per year

Financing: provincial, donations

Legal status: non-profit organization

IMPACT RIVIÈRE GATINEAU

270 Notre-Dame Street, Maniwaki, Outaouais, QC, J9E 2J8

1 877 449-3077

Email: impactrivieregatineauorg@videotron.ca

Services: Family violence service centre. * Support for people involved in family violence. * Group therapy for childrens, teenagers, men, parents, families. * Individual, couple, or family intervention. * Conflict management. * Emotional management. * Individual consultation for people with specific needs: intellectual disabilities and mental health issues. * Concertation and awareness among the community regarding family violence.

Eligibility: people involved in domestic violence, victims of domestic violence, people with intellectual disabilities, people living with a mental health issue

Coverage area: MRC Vallée-de-la-Gatineau, MRC des Collines-de-l'Outaouais

Hours: Monday to Thursday 9h00 to 17h30

Fees: none

Financing: donations, provincial

Legal status: non-profit organization

SOCIÉTÉ CANADIENNE DE LA SCLÉROSE EN PLAQUES - DIVISION DU QUÉBEC - SECTION OUTAOUAIS

10 Noël Street, Suite 112, Gatineau, Outaouais, QC, J8Z 3G5

1 819 778-1450 Fax: 1 819 778-7058

Website: mscanada.ca/ms-canada-outaouais

Email: info.outaouais@scleroseenplaques.ca

Services: * Information, documentation and referral. * Psychological support. * Self-help group. * Day activity centre. * Home and hospital visits. * Civic support service: help with filling out forms, accompaniment to go vote, budget management. * Recreational and social activities. * Equipment loan. * Promotion and defence of rights. * Conferences.

Eligibility: people with multiple sclerosis, their relatives

Coverage area: Outaouais

Hours: Monday to Friday 8h00 to 15h00

Financing: donations, fundraising campaigns

Legal status: non-profit organization

Public Health

BUREAU RÉGIONAL D'ACTION SIDA DE L'OUTAOUAIS

109 Wright Street, Suite 003, Gatineau, Outaouais, QC, J8X 2G7

819 776-2727 Fax: 819 776-2001

Website: lebras.qc.ca

Email: info@lebras.qc.ca

Services: * Street work. * Defending and promoting the rights of people with blood-borne infections. * Prevention and awareness: infections transmitted by blood and Hepatitis C. * HIV, Aids, STD: prevention and social and recreational programmes. * Emotional and social support to people in the streets and those confined at home. * Food, housing and financial help. * Naloxone kit distribution. * Intervention during raves/parties. * Distribution and delivery of fentanyl test strips. * Substance analysis tools.

Eligibility: people living with HIV (PLHIV) and their loved ones, people living with hepatitis C (PLHCV) and their loved ones, people who use PAS, people who use drugs by injection or inhalation, people in care and at risk, sex workers, youth and young people in difficulty (e.g. street youth), MSM/WSW, trans people, party environments, people who are or have been incarcerated, First Nations people, people from regions where HIV infection is endemic

Coverage area: Outaouais

Hours: Monday to Friday 9h00 to 17h00

Fees: free

Legal status: non-profit organization

CENTRE INTÉGRÉ DE SANTÉ ET DES SERVICES SOCIAUX DE L'OUTAOUAIS

80 Gatineau Avenue, Gatineau, Outaouais, QC, J8T 4J3

819 966-6000

Website: cisss-outaouais.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: Outaouais

Financing: provincial

Legal status: provincial government agency

CENTRE MULTISERVICES DE SANTÉ ET DE SERVICES SOCIAUX DE GATINEAU

777 de La Gappe Boulevard, Gatineau, Outaouais, QC, J8T 8R2

819 966-6550

Website: cisss-outaouais.gouv.qc.ca/clsc/gatineau

Services: Frontline services for routine health and social services. * Injection equipment and bin to collect used syringes, needles, and lancets. * Vaccination for babies and children. * Routine health services. * Chronic diseases and nutrition. * Smoking cessation assistance. * Sexual health services for 12 to 24 years old. * Falls prevention program. * Pregnancy follow-up and breastfeeding advice. * Mental health services. * Support for people with addiction problems. * Home support. * Support for caregivers. * Community organization support.

Coverage area: Outaouais

Hours: Monday to Friday 8h00 to 21h00

Financing: provincial

Legal status: provincial government agency

COMITÉ DE VIE DE QUARTIER DU VIEUX-GATINEAU

89 Jean-René-Monette Street, Gatineau, Outaouais, QC, J8P 5B8

819 893-4300

Website: cvqvg.ca

Email: info@cvqvg.ca

Services: Round table for improving neighborhood life, living conditions and community life. * Mobilization of the people and partnership with neighborhood organizations: community centre, community fair. * Committees: Vie communautaire et participation citoyenne, Concertation en itinérance du Vieux-Gatineau, Sécurité alimentaire, Exploration en logement and Familles de l'est. * Anti-waste fridge located outside the building. * Collective kitchens. * Free bicycle rental. * Bougeons ensemble: free courses promoting healthy lifestyle habits (zumba, yoga, nutrition workshops, meditation, anxiety management, etc.). * Activities in the park: cinema, art workshop, various games, etc. * Neighborhood party on Notre-Dame Street. * Place Noël: winter neighborhood party. * Neighborhood party on Gouin, Sabourin and Saint-René Street.

Eligibility: community organizations, families, general public

Coverage area: Old Gatineau, bounded to the south by the Ottawa River, to the north by Boulevard Saint-René Ouest, to the west by Montée Paiement and to the east by Lac Beauchamp

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00, anti-waste fridge: 24 hours / 7 days

Financing: municipal

Legal status: non-profit organization

CONNEXIONS RESOURCE CENTER

67 du Couvent Street, Gatineau, Outaouais, QC, J9H 6A2

819 557-0615

Website: centreconnexions.org

Email: info@centreconnexions.org

Services: Resource centre for the English-speaking population. * Information and referral to health and social services, community organizations, legal information, employability, etc. * Programs, activities, conferences and workshops for all age groups. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Playgroup hosted at Cégep Heritage College. * Online resource directories: seniors and caregivers, youth, women, men, families, people in vulnerable situations and families with a member living with a disability. * Discussion and support groups: parents, youth, caregivers, men. * Online documentation: articles and videos. * Online anger management support group for men.

Eligibility: English-speaking people, seniors, caregivers, families, youth

Coverage area: Outaouais, ITMAV outreach work: Aylmer area of the city of Gatineau

Hours: Monday to Friday 8h00 to 16h00

Fees: none

Financing: federal, provincial

Legal status: non-profit organization

ENTRAIDE DE LA VALLÉE (L')

446 de la Montagne Street, Maniwaki, Outaouais, QC, J9E 1K6

819 441-3596

Email: entraidevallee@videotron.ca

Services: * Food supply centers. * Meals on wheels. * Outreach on healthy nutrition, mutual aid, and food autonomy. * Recovery of grocery store surplus and transformation for redistribution.

Eligibility: people in need

Coverage area: Blue Sea, Gracefield, Maniwaki

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

Fees: none

Financing: Centraide Outaouais, provincial, donations

Legal status: non-profit organization

EXCELLENCE SPORTIVE OUTAOUAIS

850, rue de la Gappe, Gatineau, Outaouais, QC, J8T 0B4

819 243-2345 ext. 2821

Website: sportoutaouais.ca

Email: communication@sportoutaouais.ca

Services: Provides athletes, coaches, and sports stakeholders with front-line services to establish conditions conducive to the development of skills, competencies, and values related to the practices of sport to foster optimal performance on the provincial, national, and international scenes. * Equipment, training room, and sports accessories. * Nutrition. * Sports psychology. * Physical preparation, sports medicine services, kinesiology, and massage therapy.

Eligibility: athletes, coaches, and sports stakeholders

Coverage area: Outaouais

Hours: Monday to Friday 9h00 to 17h00

Fees: variable

Financing: municipal, provincial

Legal status: non-profit organization

GATINEAU - AIR-CONDITIONED PUBLIC AREAS

Confidential Address

311

Services: * Public places to cool off in extreme heat:

www.gatineau.ca/portail/default.aspx?p=avis_importants_alertes_urgences/risques/canicule

Coverage area: Gatineau

Hours: variables

Legal status: municipal agency

MAISON DE LA FAMILLE - CENTRE DE PÉDIATRIE SOCIALE LA VALLÉE-DE-LA-GATINEAU

251 Cartier Street, Maniwaki, Outaouais, QC, J9E 1R4

819 441-0282 Fax: 819 441-0283

Website: mdf-cps-vg.com

Email: maisondelafamillevg@gmail.com

Services: Family services. * Drop-in daycare. * Breastfeeding services: mentoring, breastfeeding group. * Perinatal grief support group. * Twinning for families with children between 0 and 5 years old. * Parent-child workshops: reading and writing, cooking, crafts, yoga, baby carrying, exercises, etc.. * Thematic workshops on family life: discipline, self-esteem, relationship between siblings, etc. * Baby puree preparation group, collective kitchen. * Sewing and craft workshop. * Cardiopulmonary resuscitation for babies and children classes. * Social cafes, community meals. * Social pediatry. * Birth accompaniment. * Playground. * Car seat checks. * Back-to-school sharing store.

Eligibility: families with a child 0 to 17 years old

Coverage area: MRC La Vallée-de-la-Gatineau

Hours: Monday to Thursday 9h00 to 16h00

Fees: variable

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

Legal status: non-profit organization

Homelessness

ADVOCACY

DAY AND EVENING CENTRES

HOUSING FOR PREGNANT WOMEN AND FAMILIES

MOBILE UNITS AND STREET WORK

SHELTERS

SUPPORTIVE HOUSING

TRANSITIONAL HOUSING

YOUTH SHELTERS

Advocacy

COLLECTIF RÉGIONAL DE LUTTE À L'ITINÉRANCE EN OUTAOUAIS

149 Maloney Boulevard West, Gatineau, Outaouais, QC, J8P 3V6

819 712-2746

Website: lecrio.org

Email: coordo@lecrio.org

Services: Regional grouping of organisations involved in issues concerning homelessness. * Collective advocacy. * Noir sur Blanc: newsletter on the fight against homelessness, published annually. * Coordination of the Nuit des sans-abri: event to raise awareness about homelessness.

Eligibility: local organizations involved in the fight against homelessness

Coverage area: Outaouais

Hours: variable

Financing: provincial

Legal status: non-profit organization

Day and evening centres

CENTRE ALIMENTAIRE AYLNER

67 Couvent Street, Gatineau, Outaouais, QC, J9H 6A2

819 684-0163 Fax: 819 684-4714

Website: www.centrealimentaireaylmer.org

Email: caaadmin@centrealimentaireaylmer.org

Services: Food assistance and mutual aid for disadvantaged individuals and families. * Food assistance. * Social and professional reintegration. * Helping relationship. * Homelessness prevention: accompaniment in finding and maintaining housing, referrals. * Collective kitchens. * Cooking workshop. * Bien au chaud program: collection and distribution of winter clothing for children. * Online video library: informative thematic videos. * Magasin-partage scolaire: distribution of school supplies. * Magasin partage de Noël: distribution of Christmas baskets for members. * Opération habit de neige: distribution of winter clothing.

Eligibility: people and families on a low income

Coverage area: Aylmer sector of Gatineau

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

Fees: variable

Financing: Centraide Outaouais, federal, provincial, foundations, donations

Legal status: non-profit organization

CIPTO: ORGANISME EN RÉDUCTION DES MÉFAITS

145 Eddy Street, Gatineau, Outaouais, QC, J8X 2W7

819 770-7249 Fax: 819 770-9199

Website: accueil@ciptto.org

Email: toxico@ciptto.qc.ca

Services: * Intervention for the loved ones of someone with a substance abuse problem. * Listening and support for parents, partners, friends, etc. * Individual and family intervention. * Programme Boussole: support, accompaniment and social reinsertion for addicts, in partnership with the Centre de Réadaptation en Dépendance de l'Outaouais (CRD). * Assessment of substance use. * Help with learning retention. * Youth prevention: transition from elementary to high school. * Referrals. * Awareness workshops provided in elementary schools, adult education, vocational training and community organizations. * Training provided. * Outreach. * Naloxone kit distribution. * Interventions during party settings. * Distribution and delivery of fentanyl test strips. * Substance analysis tools.

Eligibility: people with a substance abuse problem, their loved ones, youth, schools, community organizations, counselors

Coverage area: Hull and Aylmer sectors of Gatineau, Mont-Bleu neighbourhood of Gatineau

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

Fees: free

Legal status: non-profit organization

ESPACE DEP SYLVESTRE

230 Montcalm Street, Gatineau, Outaouais, QC, J8Y 3C1

819 771-3723

Website: depanneursylvestre.org

Email: depanneursylvestre@hotmail.com

Services: * Meeting place open to all. * Coffee and food, dinner. * Collective kitchen. * Animation and preventive intervention. * Internet access. * Social, cultural, recreational and intergenerational activities and events. * Community mental health support. * Volunteering and volunteer centre. * Community development. * Adapted work, professional reintegration and rehabilitation, support for employability and training. * Support and integration.

Eligibility: people on a low income, people experiencing social isolation

Coverage area: Outaouais

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

Fees: voluntary contribution

Financing: provincial, self-financing

Legal status: cooperative

GATINEAU - AIR-CONDITIONED PUBLIC AREAS

Confidential Address

311

Services: * Public places to cool off in extreme heat:

www.gatineau.ca/portail/default.aspx?p=avis_importantes_alertes_urgences/risques/canicule

Coverage area: Gatineau

Hours: variables

Legal status: municipal agency

GÎTE AMI (LE)

85 Morin Street, Gatineau, Outaouais, QC, J8X 0A1

819 776-0134 Fax: 819 776-9916

Website: www.legiteami.org

Email: accueil@legiteami.org

Services: * Emergency shelter accommodation for people in difficulty including meals, clothing counter, laundry, showers and psychological support. * Transitional housing aimed at residential stability and social integration. * Counselling, support, accompaniment and referral. * Distribution of Naloxone kits, consumption material, hygiene products and clothing.

Eligibility: people 18 and over who are homeless or in difficulty

Capacity: emergency shelter: 60 beds

Coverage area: Outaouais

Hours: 24 hours / 7 days

Fees: emergency shelter: \$5 per day

Financing: Centraide Outaouais, provincial, federal, donations

Legal status: non-profit organization

OEUVRES ISIDORE OSTIGUY (LES)

95 Lois Street, Gatineau, Outaouais, QC, J8Y 3R5

819 778-1325 Fax: 819 778-1874

Website: les-oeuvres-isidore-ostiguy.ca

Email: info@loio.ca

Services: Housing assistance and support for families. * Emergency housing with an occupancy period of a few weeks to several months. * Transitional apartments. * Accompaniment and support. * Psychosocial evaluation. * Personalized assistance in the search for housing. * Post-placement follow-up.

Eligibility: families with children on a low income and in difficulty with housing or homeless

Capacity: 30 beds

Coverage area: Outaouais

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

Fees: accompaniment: none, housing: variable

Financing: Centraide Outaouais, federal, provincial

Legal status: non-profit organization

SOUPE POPULAIRE DE HULL

297 des Allumettières Boulevard, Gatineau, Outaouais, QC, J8Y 4B7

819 778-0173 Fax: 819-778-7408

Website: www.soupepopulairedehull.org

Email: administration@soupepopulairedehull.org

Services: Support and tools for people in precarious situations. * Welcoming, listening, accompaniment and counselling. * Lunch and dinner meals. * Assistance for budget management. * Legal assistance. * Social and community integration activities: group outings, coffee meetings, leisure activities, etc. * Volunteering and intership. * Distribution of naloxone kit.

Eligibility: people in a situation of financial, social or personal precariousness

Coverage area: Gatineau, Hull sector

Hours: Monday to Friday 10h30 to 16h30, lunch: Monday to Friday 11h30 to 13h30, dinner: Monday to Friday 16h45 to 18h15, legal aid: once a week, without appointment, dental clinic: once a week

Fees: voluntary contribution for meals: \$1

Financing: Centraide Outaouais

Legal status: non-profit organization

Housing for pregnant women and families

LE325

Confidential Address

819 777-2952 Fax: 819 777-0887

Website: www.centremechtilde.ca/le325

Email: accueil@centremechtilde.ca

Services: Community housing for women victims of domestic violence and their children. * Support from the Centre Mechtilde community workers.

Eligibility: women victims of domestic violence, familial violence and at risk of homelessness, their children

Capacity: 31 apartments including 6 for families

Coverage area: Outaouais

Hours: 24 hours / 7 days

Financing: provincial

Legal status: non-profit organization

OEUVRES ISIDORE OSTIGUY (LES)

95 Lois Street, Gatineau, Outaouais, QC, J8Y 3R5

819 778-1325 Fax: 819 778-1874

Website: les-oeuvres-isidore-ostiguy.ca

Email: info@loio.ca

Services: Housing assistance and support for families. * Emergency housing with an occupancy period of a few weeks to several months. * Transitional apartments. * Accompaniment and support. * Psychosocial evaluation. * Personalized assistance in the search for housing. * Post-placement follow-up.

Eligibility: families with children on a low income and in difficulty with housing or homeless

Capacity: 30 beds

Coverage area: Outaouais

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

Fees: accompaniment: none, housing: variable

Financing: Centraide Outaouais, federal, provincial

Legal status: non-profit organization

OEUVRES ISIDORE OSTIGUY (LES) - TRANSITIONAL HOUSING

165 Kent Street, Gatineau, Outaouais, QC, J8X 3K9

819 778-1325 Fax: 819 778-1874

Website: loio.ca

Email: info@loio.ca

Services: Transitional apartments for families. * Stay of up to 5 years.

Eligibility: low-income families with children in housing difficulty or on the street who have lived in Québec for at least 12 months, with a previous address in Gatineau

Capacity: 10 apartments

Coverage area: Outaouais

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

Fees: variable

Financing: Centraide Outaouais, federal, provincial

Legal status: non-profit organization

Mobile units and street work

BUREAU RÉGIONAL D'ACTION SIDA DE L'OUTAOUAIS

109 Wright Street, Suite 003, Gatineau, Outaouais, QC, J8X 2G7

819 776-2727 Fax: 819 776-2001

Website: lebras.qc.ca

Email: info@lebras.qc.ca

Services: * Street work. * Defending and promoting the rights of people with blood-borne infections. *

Prevention and awareness: infections transmitted by blood and Hepatitis C. * HIV, Aids, STD: prevention and social and recreational programmes. * Emotional and social support to people in the streets and those confined at home. * Food, housing and financial help. * Naloxone kit distribution. * Intervention during raves/parties. * Distribution and delivery of fentanyl test strips. * Substance analysis tools.

Eligibility: people living with HIV (PLHIV) and their loved ones, people living with hepatitis C (PLHCV) and their loved ones, people who use PAS, people who use drugs by injection or inhalation, people in care and at risk, sex workers, youth and young people in difficulty (e.g. street youth), MSM/WSW, trans people, party environments, people who are or have been incarcerated, First Nations people, people from regions where HIV infection is endemic

Coverage area: Outaouais

Hours: Monday to Friday 9h00 to 17h00

Fees: free

Legal status: non-profit organization

CIPTO: ORGANISME EN RÉDUCTION DES MÉFAITS

145 Eddy Street, Gatineau, Outaouais, QC, J8X 2W7

819 770-7249 Fax: 819 770-9199

Website: accueil@cipto.org

Email: toxico@cipto.qc.ca

Services: * Intervention for the loved ones of someone with a substance abuse problem. * Listening and support for parents, partners, friends, etc. * Individual and family intervention. * Programme Boussole: support, accompaniment and social reinsertion for addicts, in partnership with the Centre de Réadaptation en Dépendance de l'Outaouais (CRD). * Assessment of substance use. * Help with learning retention. * Youth prevention: transition from elementary to high school. * Referrals. * Awareness workshops provided in elementary schools, adult education, vocational training and community organizations. * Training provided. * Outreach. * Naloxone kit distribution. * Interventions during party settings. * Distribution and delivery of fentanyl test strips. * Substance analysis tools.

Eligibility: people with a substance abuse problem, their loved ones, youth, schools, community organizations, counselors

Coverage area: Hull and Aylmer sectors of Gatineau, Mont-Bleu neighbourhood of Gatineau

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

Fees: free

Legal status: non-profit organization

Shelters

GÎTE AMI (LE)

85 Morin Street, Gatineau, Outaouais, QC, J8X 0A1

819 776-0134 Fax: 819 776-9916

Website: www.legiteami.org

Email: accueil@legiteami.org

Services: * Emergency shelter accommodation for people in difficulty including meals, clothing counter, laundry, showers and psychological support. * Transitional housing aimed at residential stability and social integration. * Counselling, support, accompaniment and referral. * Distribution of Naloxone kits, consumption material, hygiene products and clothing.

Eligibility: people 18 and over who are homeless or in difficulty

Capacity: emergency shelter: 60 beds

Coverage area: Outaouais

Hours: 24 hours / 7 days

Fees: emergency shelter: \$5 per day

Financing: Centraide Outaouais, provincial, federal, donations

Legal status: non-profit organization

OEUVRES ISIDORE OSTIGUY (LES)

95 Lois Street, Gatineau, Outaouais, QC, J8Y 3R5

819 778-1325 Fax: 819 778-1874

Website: les-oeuvres-isidore-ostiguy.ca

Email: info@loio.ca

Services: Housing assistance and support for families. * Emergency housing with an occupancy period of a few weeks to several months. * Transitional apartments. * Accompaniment and support. * Psychosocial evaluation. * Personalized assistance in the search for housing. * Post-placement follow-up.

Eligibility: families with children on a low income and in difficulty with housing or homeless

Capacity: 30 beds

Coverage area: Outaouais

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

Fees: accompaniment: none, housing: variable

Financing: Centraide Outaouais, federal, provincial

Legal status: non-profit organization

RÉHABEX - SANSCARTIER PARK WARMING CENTRE

45 Sanscartier Street, Gatineau, Outaouais, QC, J8P 4N6

819 208-4522

Website: rehabex.ca/fr

Email: informations@rehabex.ca

Services: Warming centre for winter 2024-2025.

Eligibility: people experiencing homelessness

Capacity: number of beds: 12, number of chair: 2 pique-nique tables

Coverage area: Gatineau

Hours: Monday to Friday 20h00 to 8h00, Saturday and Sunday 24 hours, open until April 15 2025

Fees: none

Financing: provincial, fédéral

Legal status: non-profit organization

SUICIDE DÉTOUR - WARMING CENTRE

99 Henri-Bourassa Street, Maniwaki, Outaouais, QC, J9E 3P4

819 441-1010 ext. 3

Website: suicidedetour.org

Email: administration@suicidedetour.org

Services: Warming centre. * Food, access to showers. * Free access to a laundry room.

Eligibility: people who are homeless or at risk of homelessness

Coverage area: MRC La Vallée-de-la-Gatineau

Hours: Monday to Sunday 21h30 to 8h00, information line: Monday to Friday 8h30 to 16h30, administration line, 24 hours / 7 days

Fees: none

Financing: Centraide Outaouais

Legal status: non-profit organization

Supportive housing**LE325**

Confidential Address

819 777-2952 Fax: 819 777-0887

Website: www.centremechtilde.ca/le325

Email: accueil@centremechtilde.ca

Services: Community housing for women victims of domestic violence and their children. * Support from the Centre Mechtilde community workers.

Eligibility: women victims of domestic violence, familial violence and at risk of homelessness, their children

Capacity: 31 apartments including 6 for families

Coverage area: Outaouais

Hours: 24 hours / 7 days

Financing: provincial

Legal status: non-profit organization

Transitional housing**AUBERGE DU COEUR HÉBERGE-ADOS**

39 Richard Street, Gatineau, Outaouais, QC, J8Y 4Y6

819 771-1750

Website: avenuedesjeunes.com

Email: infoha@avenuedesjeunes.com

Services: * Short-term housing 0 to 60 days. * Counselling. * Support. * Family mediation. * Development of autonomy. * Post shelter follow-up. * Parenting skills workshops: after the youth's post-housing or for any parent from Outaouais. * Mobile intervention.

Eligibility: youth 13 to 17 years old with various problems, parenting skills workshops: parents from Outaouais

Capacity: 8

Coverage area: Outaouais

Hours: 24 hours / 7 days

Financing: provincial, Centraide Outaouais, municipal

Legal status: non-profit organization

GITE AMI (LE) - REFUGE DE STABILISATION - L'AMI-CHEMIN

175 Greber Boulevard, Gatineau, Outaouais, QC, J8T 3M8

819 776-0134 Fax: 819 776-9916

Website: <https://legiteami.org/>

Email: accueil@legiteami.org

Services: Stabilization shelter to speed up the transition to temporary accommodation and a return to housing.* Up to 2 months.

Eligibility: people experiencing their first episode of homelessness, people experiencing homelessness coming out of therapy or detention

Capacity: 38 places

Coverage area: Outaouais

Fees: monthly contribution: \$50

Financing: Centraide Outaouais, provincial, federal, donations

Legal status: non-profit organization

GITE AMI (LE) - TRANSITIONAL HOUSING - LE TRANSIT NOTRE DAME

621 Notre Dame Street, Gatineau, Outaouais, QC, J8P 1N1

819 776-0134 Fax: 819 776-9916

Website: www.legiteami.org

Email: accueil@legiteami.org

Services: Transitional housing for social reintegration, on referral. * Accompaniment, individual intervention plan and follow-up with a counsellor. * Workshops and coffee meetings.

Eligibility: people 18 and over who are homeless or in difficulty and who have demonstrated a desire to develop their autonomy in housing

Capacity: 14 beds

Coverage area: Outaouais

Hours: 24 hours / 7 days

Fees: monetary contribution of \$150 per month

Financing: Centraide Outaouais, provincial, federal, donations

Legal status: non-profit organization

GITE AMI (LE) - TRANSITIONAL HOUSING - MON CALME

175 Gréber Boulevard, Gatineau, Outaouais, QC, J8T 3R1

819 776-0134 Fax: 819 776-9916

Website: www.legiteami.org

Email: accueil@legiteami.org

Services: Transitional housing for approximately 3 months. * Single or double rooms. * Meals and snacks. * Laundry. * Individual accompaniment. * Workshops and groups to help in the process. * Community room.

Eligibility: people experiencing homelessness and wanting to acquire residential stability

Capacity: 30 places

Coverage area: Outaouais

Hours: 24 hours / 7 days

Fees: none

Financing: Centraide Outaouais, provincial, federal, donations

Legal status: non-profit organization

MAISON OXYGÈNE OUTAOUAIS

Confidential Address

819 205-1451 Fax: 819 205-4458

Website: www.dtuc.org/maison-oxygene-outaouais

Email: liaison.info@donnetoiunechance.org

Services: Help for fathers in difficulty and their children. * Temporary housing for fathers and their children. * Community and psychosocial support. * Accompaniment in the process. * Reinforcement of parenting skills. * Food assistance. * Father-child activities. * Support for positive co-parenting.

Eligibility: fathers experiencing personal, marital or family difficulties, their children

Capacity: housing: 4 rooms, 17 beds

Coverage area: Outaouais

Financing: membership fees, donations, grants

Legal status: non-profit organization

MON CHEZ NOUS - PROJET SAINES HABITUDES DE VIE (LE)

808 Maloney East Boulevard, Gatineau, Outaouais, QC, J8P 0J8

343 202-5580 Fax: 819 669-2100

Website: moncheznousinc.ca/solutions-personne-seule

Email: logement@moncheznousinc.ca

Services: Transitional housing for people at risk of or experiencing homelessness. * Accommodation for a maximum of 5 years. * Community support by a counsellor.

Eligibility: people at risk of or experiencing homelessness

Capacity: 30 apartments

Coverage area: Outaouais

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

Fees: 25% of the income

Financing: Centraide Outaouais, federal, provincial

Legal status: None or unknown

MON CHEZ NOUS - HABITATIONS BENOÎT-FORTIN (LES)

18 Hamel Street, Gatineau, Outaouais, QC, J8P 1V9

343 202-5580 Fax: 819 669-2100

Website: moncheznousinc.ca/solutions-personne-seule

Email: logement@moncheznousinc.ca

Services: Transitional housing for people at risk of or experiencing homelessness. * Accommodation for a maximum of 5 years. * Community support by a counsellor. * Mandatory food services: cafeteria where 3 meals and 3 snacks are served daily.

Eligibility: people at risk of or experiencing homelessness

Capacity: 26 rooms

Coverage area: Outaouais

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

Fees: 25% of the income

Financing: Centraide Outaouais, federal, provincial

Legal status: non-profit organization

MON CHEZ NOUS - MANOIR DU MOULIN

167 de la Canipco Street, Gatineau, Outaouais, QC, J8P 4A9

343 202-5580 Fax: 819 669-2100

Website: moncheznousinc.ca/solutions-personne-seule

Email: logement@moncheznousinc.ca

Services: Transitional housing for people at risk of or experiencing homelessness. * Accommodation for a maximum of 5 years. * Community support by a counsellor.

Eligibility: people at risk of or experiencing homelessness

Capacity: 29 rooms

Coverage area: Outaouais

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

Fees: 25% of the income

Financing: Centraide Outaouais, federal, provincial

Legal status: non-profit organization

MON CHEZ NOUS - PROJET SAINT-ANTOINE

793 Maloney East Boulevard, Gatineau, Outaouais, QC, J8P 1G5

343 202-6471

Website: moncheznousinc.ca/solutions-personne-seule

Email: intervenant5@moncheznousinc.ca

Services: Transitional housing for people at risk of or experiencing homelessness. * 3-month shelter. * Community support by a counsellor. * Food services: 8 frozen meals per week are offered.

Eligibility: people at risk of or experiencing homelessness

Capacity: 14 rooms

Coverage area: Outaouais

Hours: office: Sunday to Saturday 8h00 to 20h00

Fees: contribution to the rent: \$200 per month, cable, internet, telephone, heating and electricity included

Financing: Centraide Outaouais, federal, provincial

Legal status: non-profit organization

OEUVRES ISIDORE OSTIGUY (LES) - TRANSITIONAL HOUSING

165 Kent Street, Gatineau, Outaouais, QC, J8X 3K9

819 778-1325 Fax: 819 778-1874

Website: loio.ca

Email: info@loio.ca

Services: Transitional apartments for families. * Stay of up to 5 years.

Eligibility: low-income families with children in housing difficulty or on the street who have lived in Québec for at least 12 months, with a previous address in Gatineau

Capacity: 10 apartments

Coverage area: Outaouais

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

Fees: variable

Financing: Centraide Outaouais, federal, provincial

Legal status: non-profit organization

Youth shelters

APPART ADOJEUNE (L')

1133 Maloney Street East, Gatineau, Outaouais, QC, J8P 1H8

819 439-1010

Website: adojeune.org

Email: coordoappart@adojeune.org

Services: * Emergency shelter for a minimum of 14 and up to 21 days. * Support group for parents of housed children. * Workshops and community activities.

Eligibility: people 12 to 17 years old, their parents

Capacity: 9 beds, 1 overflow bed

Coverage area: Outaouais

Hours: 24 hours / 7 days

Financing: provincial, Centraide Outaouais, foundations

Legal status: non-profit organization

AUBERGE DU COEUR HÉBERGE-ADOS

39 Richard Street, Gatineau, Outaouais, QC, J8Y 4Y6

819 771-1750

Website: avenuedesjeunes.com

Email: infoha@avenuedesjeunes.com

Services: * Short-term housing 0 to 60 days. * Counselling. * Support. * Family mediation. * Development of autonomy. * Post shelter follow-up. * Parenting skills workshops: after the youth's post-housing or for any parent from Outaouais. * Mobile intervention.

Eligibility: youth 13 to 17 years old with various problems, parenting skills workshops: parents from Outaouais

Capacity: 8

Coverage area: Outaouais

Hours: 24 hours / 7 days

Financing: provincial, Centraide Outaouais, municipal

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

ASSOCIATION DE SOLIDARITÉ ET D'ENTRAIDE COMMUNAUTAIRE DE LA VALLÉE-DE-LA-GATINEAU

248 Cartier Street, Suite 152 and 153, Maniwaki, Outaouais, QC, J9E 3P5

819 449-6779

Email: info@asecvg.ca

Services: Collective defense of the social, economic and civic rights of people in vulnerable situations in the Vallée-de-la-Gatineau. * Intervention on the right to a decent income, the right to housing and the right to participate in democratic life. * Popular education: workshops, training, etc. * Social mobilization: petitions, demonstrations, etc. * Political analysis and representation to decision-makers. * Activist library. * Support in dealing with government, institutions, landlords, employers, etc. * Information on various programs and allowances available. * Tax clinic. * Referrals.

Coverage area: MRC Vallée-de-la-Gatineau

Hours: Monday to Thursday 9h00 to 16h00

Fees: none

Legal status: non-profit organization

LOGEMEN'OCCUPE

10 Curé André-Préseault Street, Gatineau, Outaouais, QC, J8T 6N8

819 246-6644 Fax: 819 246-6646

Email: logemenoccupe@bellnet.ca

Services: Tenant assistance services. * Legal consultation on housing rights. * Defense of tenants' rights.

Coverage area: Outaouais

Hours: Monday to Thursday 7h00 to 16h00

Fees: none

Financing: grants

Legal status: non-profit organization

OFFICE D'HABITATION DE L'OUTAOUAIS

649 de la Gappe Boulevard, Gatineau, Outaouais, QC, J8T 8G1

819 568-0033 Fax: 819 568-7356

Website: www.ohoutaouais.ca

Email: info@ohoutaouais.ca

Services: Manage and administer housing and housing programs. * Low-Rental Housing (HLM). * Rent Supplement Program (PSL). * Affordable Housing Quebec (LAQ). * Referral service. * Accès Logis program.

Eligibility: individuals, seniors, and families with a low or a moderate income

Capacity: 4328 units

Coverage area: Outaouais

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

Financing: provincial

Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE MANIWAKI-GRACEFIELD

180 Desjardins Boulevard, Maniwaki, Outaouais, QC, J9E 2E2

819 449-4556

Website: www.habitation.gouv.qc.ca

Email: direction@omhmg.com

Services: Manage and administer housing and housing programs. * Low-rent housing (HLM). * Rent supplement program (PSL). * Québec affordable housing program (LAQ). * Referral service. * Accès Logis program.

Eligibility: seniors and families on a low income

Capacity: 138 units

Coverage area: Gracefield, Maniwaki
Hours: Monday to Friday 13h00 to 16h00
Financing: provincial
Legal status: parapublic organization

TRIBUNAL ADMINISTRATIF DU LOGEMENT - GATINEAU

170 de l'Hôtel-de-Ville Street, Suite 4.100, Gatineau, Outaouais, QC, J8X 4C2

1 800 683-2245 Fax: 1 877 907-8077

Website: www.tal.gouv.qc.ca/en

Services: Specialized court regarding residential lease matters. * Information on rights and obligations related to leases. * Conciliation between landlords and tenants. * Protection of tenants' rights. * Assistance filling out court application forms. * Online calculation tool for rent fixation: www.tal.gouv.qc.ca/fr/calcul-pour-la-fixation-de-loyer/outil-de-calcul * Online tool to access legal information about the rental lease: justicebot.ca * Online tool to add proof of notification of the request and the list of documents: extranet.tal.gouv.qc.ca/internet/asp/transmissionDoc/transmetDoc.asp

Eligibility: tenants, landlords

Coverage area: Gatineau

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

Fees: variable

Financing: provincial

Legal status: provincial government agency

Emergency

AUMOND - MUNICIPALITÉ

664 Principale Street, Aumond, Outaouais, QC, J0W 1W0

819 449-4006 Fax: 819 449-7448

Website: aumond.ca/index_en.php

Email: info@aumond.ca

Services: Municipal service management. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.aumond.ca/index.php/citoyens/dechets-et-recyclage * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Automated emergency call system. * Recreation services: activities, day camp, etc. * Municipal library. * Rental of halls.

Eligibility: general public

Coverage area: Aumond

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

Financing: municipal

Legal status: municipal agency

BLUE SEA - MUNICIPALITY

10 Principale Street, Blue Sea, Outaouais, QC, J0X 1C0

819 463-2261

Website: www.blueseas.ca/index.php/en

Email: info@blueseas.ca

Services: Municipal service management. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.blueseas.ca/index.php/services/dechets-et-recyclage * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Recreation services: activities, day camp, etc. * Municipal library. * Rental of halls.

Eligibility: general public

Coverage area: Blue Sea

Hours: Monday to Friday 8h00 to 16h00

Financing: municipal

Legal status: municipal agency

BOIS-FRANC - MUNICIPALITÉ

466 Route 105, Bois-Franc, Outaouais, QC, J9E 3A9

819 449-2252 Fax: 819 449-4407

Website: www.bois-franc.ca

Email: info@bois-franc.ca

Services: Municipal service management. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.bois-franc.ca/index.php/page-4/dechets-et-recyclage * Ecocentre. * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Recreation services: activities, day camp, etc. * Municipal libraries. * Rental of halls.

Eligibility: general public

Coverage area: Bois-Franc

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

Financing: municipal

Legal status: municipal agency

BOUCHETTE - MUNICIPALITÉ

36 Principale Street, Bouchette, Outaouais, QC, J0X 1E0

819 465-2555 Fax: 819-465-2318

Website: www.bouchette.ca

Email: info@bouchette.ca

Services: Municipal service management. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.bouchette.ca/index.php/fr/services/dechets-et-recyclage * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Recreation services: activities, day camp, etc. * Municipal library. * Rental of halls.

Eligibility: general public

Coverage area: Bouchette

Hours: Monday to Friday 10h00 to 12h00 and 13h00 to 16h00

Financing: municipal

Legal status: municipal agency

CAYAMANT - MUNICIPALITY

6 Lachapelle Road, Cayamant, Outaouais, QC, J0X 1Y0

819 463-3587

Website: www.cayamant.ca

Email: info@cayamant.ca

Services: Municipal services management. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.cayamant.ca/index.php/citoyens/information-importante * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Recreation services: activities, day camp, etc. * Rental of halls.

Eligibility: general public

Coverage area: Cayamant

Financing: municipal

Legal status: municipal agency

DÉLÉAGE - MUNICIPALITY

175 Route 107, Maniwaki, Outaouais, QC, J9E 3A8

819 449-1979

Website: www.deleage.ca

Email: reception@deleage.ca

Services: Management of municipal services. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.deleage.ca/index.php/citoyens/cueillette-des-ordures-et-du-recyclage * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Recreation services: activities, day camp, etc. * Municipal library. * Rental of halls.

Eligibility: general public

Coverage area: Déléage

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

Financing: municipal

Legal status: municipal agency

DENHOLM - MUNICIPALITÉ

419 du Poisson Blanc Road, Denholm, Outaouais, QC, J8N 9C8

819 457-2992 Fax: 819 457-9862

Website: denholm.ca/index.php/en

Email: info@denholm.ca

Services: Management of municipal services. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.denholm.ca/fr/services-aux-citoyens/collectes-des-matieres-residuelles * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Recreation services: activities, day camp, etc. * Municipal libraries. * Rental of halls.

Eligibility: general public

Coverage area: Denholm

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

Financing: municipal

Legal status: municipal agency

DIRECTION RÉGIONALE DE LA SÉCURITÉ CIVILE ET DE LA SÉCURITÉ INCENDIE - OUTAOUAIS

817 Saint-René Boulevard West, Gatineau, Outaouais, QC, J8T 8M3

1 866 776-8345 Fax: 819 772-3954

Website: www.quebec.ca/en/government/ministere/public-security

Email: securite.civile07@msp.gouv.qc.ca

Services: Support of 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: Outaouais

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

Financing: provincial

Legal status: provincial government agency

EGAN-SUD - MUNICIPALITÉ

95 Road 105, Bois-Franc, Outaouais, QC, J9E 3A9

819 449-1702 Fax: 819 449-7423

Website: www.egan-sud.ca

Email: info@egan-sud.ca

Services: Management of municipal services. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.egan-sud.ca/index.php/services/dechets-compostage-et-recyclage * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Recreation services: activities, day camp, etc. * Welcoming immigrants. * Municipal library. * Rental of halls.

Eligibility: general public

Coverage area: Egan-Sud

Financing: municipal

Legal status: municipal agency

GATINEAU - AIR-CONDITIONED PUBLIC AREAS

Confidential Address

311

Services: * Public places to cool off in extreme heat:

www.gatineau.ca/portail/default.aspx?p=avis_importantes_alertes_urgences/risques/canicule

Coverage area: Gatineau

Hours: variables

Legal status: municipal agency

GATINEAU - CITY

25 Laurier Street, Gatineau, Outaouais, QC, J8X 4C8

1 866 299-2002

Website: www.gatineau.ca

Email: info@gatineau.ca

Services: Management of municipal services. * Practical information: pets, change of address, etc. * Calendar of artistic events, sporting activities, etc.: www.calendrier.gatineau.cloud/calendrier/parcourir.aspx?langue=fr-ca&categories=2 * Interactive city map:

www.gatineau.ca/portail/default.aspx?p=trouver_un_lieu&ref=haut-de-page * Waste collection calendar:

www.gatineau.ca/portail/default.aspx?p=guichet_municipal/ordures_recyclage_compostage_encombrants&ref=pastilles * Permanent ecocentres, mobile ecocentres and transshipment centres. * Service centers:

payment of municipal taxes, permits, etc. * Fire department. * Home Adaptation Program (HAP). * Automated emergency notification system. * Recreation and culture: activities, day camp, etc. * Swimming program, aquafitness, etc. * Public library. * Hall rentals.

Eligibility: general public

Coverage area: Gatineau

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

Financing: municipal

Legal status: municipal agency

GRACEFIELD - MUNICIPALITY

351 Route 105, Gracefield, Outaouais, QC, J0X 1W0

819 463-3458 Fax: 819 463-4236

Website: www.gracefield.ca

Email: info@gracefield.ca

Services: Management of municipal services. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.gracefield.ca/index.php/citoyens/ordures-et-recyclage * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Recreation services: activities, day camp, etc. * Municipal library. * Rental of halls.

Eligibility: general public

Coverage area: Gracefield

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

Financing: municipal

Legal status: municipal agency

GRAND-REMOUS - MUNICIPALITÉ

1508 Trans-Canada Highway, Grand-Remous, Outaouais, QC, J0W 1E0

819 438-2877 Fax: 819 438-2364

Website: www.grandremous.ca

Email: info@grandremous.ca

Services: Municipal services management. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.grandremous.ca/citoyens/calendrier-des-collectes * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Welcome and integration services for new arrivals. * Recreation services: activities, day camp, etc. * Municipal library. * Rental of halls.

Eligibility: general public

Coverage area: Grand-Remous

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

Financing: municipal

Legal status: municipal agency

KAZABAZUA - MUNICIPALITY

30 Begley Road, Kazabazua, Outaouais, QC, J0X 1X0

819 467-2852 Fax: 819 467-3872

Website: www.kazabazua.ca

Email: infos@kazabazua.ca

Services: Management of municipal services. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.kazabazua.ca/index.php/fr/servicesauxcitoyens/dechets-recyclage-et-compostage * Ecocentre. * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Automated emergency call system. * Recreation services: activities, day camp, etc. * Municipal library. * Rental of halls.

Eligibility: general public

Coverage area: Kazabazua

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

Financing: municipal

Legal status: municipal agency

LAC-SAINTE-MARIE - MUNICIPALITY

106 Lac-Sainte-Marie Road, Lac-Sainte-Marie, Outaouais, QC, J0X 1Z0

819 467-5437 Fax: 819-467-3691

Website: www.lac-sainte-marie.com

Email: municipalite@lac-sainte-marie.com

Services: Municipal services management. * Practical information: water analysis, change of address, septic systems, etc. * Calendar for waste management: www.lac-sainte-marie.com/index.php/services-aux-citoyens/dechets-recyclage-encombrants-et-compostage#dechets * Ecocentres. * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Recreation services: activities, day camp, etc. * Municipal library. * Rental of halls.

Eligibility: general public

Coverage area: Lac-Sainte-Marie

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

Financing: municipal

Legal status: municipal agency

LOW - MUNICIPALITY

4A d'Amour Road, Low, Outaouais, QC, J0X 2C0

819 422-3528 Fax: 819 422-3796

Website: www.lowquebec.ca/index_en.php

Email: reception@lowquebec.ca

Services: Management of municipal services. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.lowquebec.ca/fr/services/services-aux-citoyens/collectes-des-matieres-residuelles * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Automated emergency call system. * Recreation services: activities, day camp, etc. * Municipal libraries. * Rental of halls.

Eligibility: general public

Coverage area: Low

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

Financing: municipal

Legal status: municipal agency

MANIWAKI - MUNICIPALITY

186 Principale Street South, Maniwaki, Outaouais, QC, J9E 1Z9

819 449-2800 Fax: 819 449-7078

Website: www.ville.maniwaki.qc.ca

Email: maniwaki@ville.maniwaki.qc.ca

Services: Management of municipal services. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste

management: www.ville.maniwaki.qc.ca/index.php/liensrapides/calendriercueillettes/residentiel-dechets-et-compostage * Ecocentre. * Community garden. * Reception and integration services for new arrivals. * Payment

of municipal taxes. * Building permits, complaints and requests. * Fire department. * Recreation services: activities, day camp, etc. * Municipal libraries. * Rental of halls.

Eligibility: general public

Coverage area: Maniwaki

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

Financing: municipal

Legal status: municipal agency

MESSINES - MUNICIPALITY

70 Principale Street, Messines, Outaouais, QC, J0X 2J0

819 465-2323 Fax: 819 465-2943

Website: www.messines.ca

Email: info@messines.ca

Services: Management of municipal services. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.messines.ca/fr/services/hygiene-du-milieu/gestion-des-matieres-residuelles * Ecocentre. * Payment of municipal taxes. * Building permits, complaints and requests. * Fire

department. * Recreation services: activities, day camp, etc. * Municipal libraries. * Rental of halls.

Eligibility: general public

Coverage area: Messines

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

Financing: municipal

Legal status: municipal agency

MONTCERF-LYTTON - MUNICIPALITY

18 Principale Street North, Montcerf-Lytton, Outaouais, QC, J0W 1N0

819 449-4578 Fax: 819 449-7310

Website: www.montcerf-lytton.com

Email: infos@montcerf-lytton.com

Services: Municipal services management. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.montcerf-lytton.com/fr/calendrier/calendrier-des-collectes * Ecocentre. * Fridge anti-waste. * Payment of municipal taxes. * Building permits, complaints and requests. * Fire

department. * Recreation services: activities, day camp, etc. * Municipal libraries. * Rental of halls.

Eligibility: general public

Coverage area: Montcerf-Lytton

Hours: Monday and Tuesday 8h00 to 12h00 and 13h00 to 16h00, Wednesday 8h00 to 12h00 and 13h00 to 18h00, Thursday 8h00 to 12h00 and 13h00 to 16h00, Friday 8h00 to 13h00

Financing: municipal

Legal status: municipal agency

MULGRAVE-ET-DERRY - MUNICIPALITY

560, avenue de Buckingham, Gatineau, Outaouais, QC, J8L 2H1

819 986-9519 Fax: 819 986-9954

Website: www.mulgrave-derry.ca

Email: dg@mulgrave-derry.ca

Services: Municipal services management. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.mulgrave-derry.ca/services/?id=6#contn * Ecocentre. * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Automated emergency call system. * Recreation services: activities, day camp, etc. * Municipal library. * Rental of halls.

Eligibility: general public

Coverage area: Mulgrave-Et-Derry

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00, library: Wednesday 14h00 to 17h00, Saturday 9h00 to 12h00

Financing: municipal

Legal status: municipal agency

OFFICE D'HABITATION DE L'OUTAOUAIS - SERVICE D'AIDE À LA RECHERCHE DE LOGEMENT

649 de la Gappe Boulevard, Gatineau, Outaouais, QC, J8T 8G1

819 568-2433 Fax: 819 568-7356

Website: www.ohoutaouais.ca/sarl.php

Email: parker.k@ohoutaouais.ca

Services: * Personalized accompaniment, telephone service, individual meetings. * Sharing of tools for housing search and temporary solutions. * Support in the search for suitable housing corresponding to the needs and income of the household. * Referral to other appropriate resources or services.

Eligibility: families facing eviction, evicted or homeless, families without resources having difficulties finding proper housing

Coverage area: Outaouais

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

Fees: none

Financing: municipal

Legal status: non-profit organization

SAINTE-THÉRÈSE-DE-LA-GATINEAU - MUNICIPALITY

27, chemin Principal, Sainte-Thérèse-De-La-Gatineau, Outaouais, QC, J0X 2X0

819 449-4134 Fax: 819 449-2194

Website: www.sainte-therese-de-la-gatineau.ca

Email: info@sainte-therese-de-la-gatineau.ca

Services: Municipal services management. * Practical information: pets, change of address, septic systems, etc. * Calendar of recycling and garbage collection and information on waste management: www.sainte-therese-de-la-gatineau.ca/fr/services-aux-citoyens/matieres-residuelles * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Recreation services: sports center, activities, day camp. * Municipal libraries. * Rental of halls.

Eligibility: general public

Coverage area: Sainte-Thérèse-De-La-Gatineau

Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, Friday 8h00 to 12h00

Financing: municipal

Legal status: municipal agency

Housing cooperatives and corporations

ASSOCIATION DE SOLIDARITÉ ET D'ENTRAIDE COMMUNAUTAIRE DE LA VALLÉE-DE-LA-GATINEAU

248 Cartier Street, Suite 152 and 153, Maniwaki, Outaouais, QC, J9E 3P5

819 449-6779

Email: info@asecvg.ca

Services: Collective defense of the social, economic and civic rights of people in vulnerable situations in the Vallée-de-la-Gatineau.* Intervention on the right to a decent income, the right to housing and the right to participate in democratic life. * Popular education: workshops, training, etc. * Social mobilization: petitions, demonstrations, etc. * Political analysis and representation to decision-makers. * Activist library. * Support in dealing with government, institutions, landlords, employers, etc. * Information on various programs and allowances available. * Tax clinic. * Referrals.

Coverage area: MRC Vallée-de-la-Gatineau

Hours: Monday to Thursday 9h00 to 16h00

Fees: none

Legal status: non-profit organization

FÉDÉRATION INTERCOOPÉRATIVE EN HABITATION DE L'OUTAOUAIS

106 Sacré-Coeur Boulevard, Suite 100, Gatineau, Outaouais, QC, J8X 1E1

819 243-3717 Fax: 819 243-5356

Website: www.cooperativehabitation.coop/outaouais

Email: bonjour@fihab.coop

Services: Grouping of housing cooperatives. * List of housing cooperatives. * Support for good associative, property and financial management. * Sharing of experiences and management practices. * Discussion groups: selection of new members, maintenance, participation, governance, etc. * Various training workshops. * Representation of housing cooperatives to political bodies. * Mobilising events and promotion of the cooperative model.

Eligibility: housing cooperatives, their members

Coverage area: Outaouais

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

Financing: grants, provincial

Legal status: cooperative

LOGE-ACTION OUTAOUAIS

106 Sacré-Coeur Boulevard, Suite 100, Gatineau, Outaouais, QC, J8X 1E1

819 243-3717 Fax: 819 243-5356

Email: info@logeaction.com

Services: Development and implementation of community housing projects. * Technical help. * Information on government programs. * Training. * Project management during construction and renovation.

Eligibility: community groups, cooperatives

Coverage area: Outaouais

Hours: Monday to Friday 8h30 to 16h00

Fees: variable

Financing: provincial

Legal status: non-profit organization

LOGEMEN'OCCUPE

10 Curé André-Préseau Street, Gatineau, Outaouais, QC, J8T 6N8

819 246-6644 Fax: 819 246-6646

Email: logemenoccupe@bellnet.ca

Services: Tenant assistance services. * Legal consultation on housing rights. * Defense of tenants' rights.

Coverage area: Outaouais

Hours: Monday to Thursday 7h00 to 16h00

Fees: none

Financing: grants

Legal status: non-profit organization

OFFICE D'HABITATION DE L'OUTAOUAIS

649 de la Gappe Boulevard, Gatineau, Outaouais, QC, J8T 8G1

819 568-0033 Fax: 819 568-7356

Website: www.ohoutaouais.ca

Email: info@ohoutaouais.ca

Services: Manage and administer housing and housing programs. * Low-Rental Housing (HLM). * Rent Supplement Program (PSL). * Affordable Housing Quebec (LAQ). * Referral service. * Accès Logis program.

Eligibility: individuals, seniors, and families with a low or a moderate income

Capacity: 4328 units

Coverage area: Outaouais

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

Financing: provincial

Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE MANIWAKI-GRACEFIELD

180 Desjardins Boulevard, Maniwaki, Outaouais, QC, J9E 2E2

819 449-4556

Website: www.habitation.gouv.qc.ca

Email: direction@omhmg.com

Services: Manage and administer housing and housing programs. * Low-rent housing (HLM). * Rent supplement program (PSL). * Québec affordable housing program (LAQ). * Referral service. * Accès Logis program.

Eligibility: seniors and families on a low income

Capacity: 138 units

Coverage area: Gracefield, Maniwaki

Hours: Monday to Friday 13h00 to 16h00

Financing: provincial

Legal status: parapublic organization

TRIBUNAL ADMINISTRATIF DU LOGEMENT - GATINEAU

170 de l'Hôtel-de-Ville Street, Suite 4.100, Gatineau, Outaouais, QC, J8X 4C2

1 800 683-2245 Fax: 1 877 907-8077

Website: www.tal.gouv.qc.ca/en

Services: Specialized court regarding residential lease matters. * Information on rights and obligations related to leases. * Conciliation between landlords and tenants. * Protection of tenants' rights. * Assistance filling out court application forms. * Online calculation tool for rent fixation: www.tal.gouv.qc.ca/fr/calcul-pour-la-fixation-de-loyer/outil-de-calcul * Online tool to access legal information about the rental lease: justicebot.ca * Online tool to add proof of notification of the request and the list of documents: extranet.tal.gouv.qc.ca/internet/asp/transmissionDoc/transmetDoc.asp

Eligibility: tenants, landlords

Coverage area: Gatineau

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

Fees: variable

Financing: provincial

Legal status: provincial government agency

Housing search assistance

ACCUEIL-PARRAINAGE OUTAOUAIS

124 Jeanne-d'Arc Street, Gatineau, Outaouais, QC, J8Y 2H7

819 777-2960 Fax: 819 777-1739

Website: apo-qc.org

Email: direction@apo-qc.org

Services: Welcoming of immigrants who have newly arrived to Outaouais and support with integration. * Welcoming, referrals and accompaniment. * Connections with institutions, resources and other government services. * Assistance in finding housing and signing a lease. * Enrollment in school and francization courses. * Assistance in filling out forms. * Support in navigating in the healthcare system. * Guidance for initial settlement steps: explanations for the first grocery shopping, opening a bank account, assistance with purchase a phone, public transport guidance, assistance in finding daycares, personal advice and support, photocopy and fax service. * Integration support: pairing programs, interpreter and translator bank, integration into the school system, mediation, sponsorship, employment resources referrals, document certification. * Information sessions about living in a new host community, rights, responsibilities, the notion of citizenship, etc.

Eligibility: newcomers, immigrants

Coverage area: Outaouais

Hours: Monday to Friday 8h30 to 16h30

Financing: municipal, provincial, Centraide Outaouais

Legal status: non-profit organization

CENTRE ALIMENTAIRE AYLMEYER

67 Couvent Street, Gatineau, Outaouais, QC, J9H 6A2

819 684-0163 Fax: 819 684-4714

Website: www.centrealimentaireaylmer.org

Email: caaadmin@centrealimentaireaylmer.org

Services: Food assistance and mutual aid for disadvantaged individuals and families. * Food assistance. * Social and professional reintegration. * Helping relationship. * Homelessness prevention: accompaniment in finding and maintaining housing, referrals. * Collective kitchens. * Cooking workshop. * Bien au chaud program: collection and distribution of winter clothing for children. * Online video library: informative thematic videos. * Magasin-partage scolaire: distribution of school supplies. * Magasin partage de Noël: distribution of Christmas baskets for members. * Opération habit de neige: distribution of winter clothing.

Eligibility: people and families on a low income

Coverage area: Aylmer sector of Gatineau

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

Fees: variable

Financing: Centraide Outaouais, federal, provincial, foundations, donations

Legal status: non-profit organization

ENTRAIDE FAMILIALE DE L'OUTAOUAIS

276-A Saint-Joseph Boulevard, Gatineau, Outaouais, QC, J8Y 3Y3

819 525-6886

Website: www.entraidefamiliale.com

Email: agentefo82@gmail.com

Services: Self-help services for individuals and families on a low income in the Outaouais region. * Donation and home delivery of furniture and appliances. * Home pick-up of furniture and appliances in good condition. * Social economy moving company for small residential and commercial moves. * Social economy enterprise for regular or occasional housekeeping.

Eligibility: people or families on a low income

Coverage area: Outaouais

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

Fees: furniture request: \$40 contribution, on a voluntary basis, furniture pick-up: \$40, on a voluntary basis, with tax receipt including amount of money and market value of furniture, moving: variable, call for prices, housekeeping: free estimate, call for prices

Financing: provincial, federal, Centraide Outaouais, donations

Legal status: non-profit organization

HABITATIONS NOUVEAU DÉPART (LES)

165 Maloney Boulevard West, Gatineau, Outaouais, QC, J8P 3V6

819 893-1223

Website: www.hndgatineau.org

Email: info@hndgatineau.org

Services: Housing for people living with a severe and persistent mental health disorder, an intellectual disability or a pervasive developmental disorder. * Supportive housing services of varying intensity depending on the needs of the individual. * Social housing or access to suitable and affordable housing.

Eligibility: people living with a severe and persistent mental health disorder, an intellectual disability or an autism spectrum disorder

Capacity: 39 people

Coverage area: Gatineau

Hours: Monday to Friday 9h00 to 16h00

Fees: rental fees for the apartment

Financing: municipal, provincial

Legal status: non-profit organization

MAISON OXYGÈNE OUTAOUAIS

Confidential Address

819 205-1451 Fax: 819 205-4458

Website: www.dtuc.org/maison-oxygene-outaouais

Email: liaison.info@donnetoiunechance.org

Services: Help for fathers in difficulty and their children. * Temporary housing for fathers and their children. * Community and psychosocial support. * Accompaniment in the process. * Reinforcement of parenting skills. * Food assistance. * Father-child activities. * Support for positive co-parenting.

Eligibility: fathers experiencing personal, marital or family difficulties, their children

Capacity: housing: 4 rooms, 17 beds

Coverage area: Outaouais

Financing: membership fees, donations, grants

Legal status: non-profit organization

NATIVE ALLIANCE OF QUEBEC

21 Brodeur Street, Gatineau, Outaouais, QC, J8Y 2P6

819 770-7763 Fax: 819 770-6070

Website: aaqnaq.com/en

Email: siteweb@aaqnaq.com

Services: Promotion and representation of the interests of Indigenous, Métis and Inuit people living off-reserve in the province of Québec. * Social and community intervention service: referrals to resources appropriate to the situation. * Genealogical analysis service. * Information and administration of government programs and services for Aboriginal people living off-reserve. * Bursary programs for aboriginal students. * Aboriginal paralegal services: legal information, accompaniment, etc. * Partnership with Habitation Métis du Nord: help in finding subsidized housing. * Partnership with the Société de crédit commerciaux autochone (SOCCA): support and financial assistance for economic projects. * Raising awareness among Quebecers and Canadians about the realities of Aboriginal people living off-reserve, their history, achievements and contributions to Canadian society. * Cultural activities: powwows, June 21st Aboriginal Day event, etc. * Negotiation of agreements with the various levels of government and any municipal or local authorities aimed at improving the political, economic, social and cultural conditions of Aboriginal people living off-reserve. * Working with national and regional Aboriginal organizations to facilitate the exercise of the rights of Aboriginal people living off-reserve.

Eligibility: Indigenous people with or without a status, Métis, Inuit living off-reserve in the province of Québec, cultural activities: general public

Coverage area: Province of Québec

Hours: Monday to Thursday 8h30 to 17h00

Fees: membership: \$49 (includes the first year's contribution), yearly contributions: \$25 per year, \$15 for people 65 years old and older, genealogical analysis service: \$175

Financing: contributions, provincial, federal

Legal status: non-profit organization

OEUVRES ISIDORE OSTIGUY (LES)

95 Lois Street, Gatineau, Outaouais, QC, J8Y 3R5

819 778-1325 Fax: 819 778-1874

Website: les-oeuvres-isidore-ostiguy.ca

Email: info@loio.ca

Services: Housing assistance and support for families. * Emergency housing with an occupancy period of a few weeks to several months. * Transitional apartments. * Accompaniment and support. * Psychosocial evaluation. * Personalized assistance in the search for housing. * Post-placement follow-up.

Eligibility: families with children on a low income and in difficulty with housing or homeless

Capacity: 30 beds

Coverage area: Outaouais

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

Fees: accompaniment: none, housing: variable

Financing: Centraide Outaouais, federal, provincial

Legal status: non-profit organization

OFFICE D'HABITATION DE L'OUTAOUAIS - SERVICE D'AIDE À LA RECHERCHE DE LOGEMENT

649 de la Gappe Boulevard, Gatineau, Outaouais, QC, J8T 8G1

819 568-2433 Fax: 819 568-7356

Website: www.ohoutaouais.ca/sarl.php

Email: parker.k@ohoutaouais.ca

Services: * Personalized accompaniment, telephone service, individual meetings. * Sharing of tools for housing search and temporary solutions. * Support in the search for suitable housing corresponding to the needs and income of the household. * Referral to other appropriate resources or services.

Eligibility: families facing eviction, evicted or homeless, families without resources having difficulties finding proper housing

Coverage area: Outaouais

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

Fees: none

Financing: municipal

Legal status: non-profit organization

Social housing and housing cooperatives

COOPÉRATIVE D'HABITATION REBOUL

60-A Saint-Étienne Street, Gatineau, Outaouais, QC, J8X 1J1

819 771-4914 Fax: 819 771-3181

Email: coopreboul@videotron.ca

Services: Housing cooperative. * Private houses, row houses, apartments.

Eligibility: adults, families, people on a low and middle class income

Capacity: 146 homes divided in 5 projects

Coverage area: Île de Hull (Sacré-Coeur, Vieux-Hull Est and Vieux-Hull Ouest neighbourhoods of Gatineau), Wrightville and Mont-Bleu neighbourhoods of Gatineau

Hours: Monday to Friday 9h00 to 17h00

Fees: variable, between \$430 and \$880

Financing: self-financing

Legal status: cooperative

FÉDÉRATION INTERCOOPÉRATIVE EN HABITATION DE L'OUTAOUAIS

106 Sacré-Coeur Boulevard, Suite 100, Gatineau, Outaouais, QC, J8X 1E1

819 243-3717 Fax: 819 243-5356

Website: www.cooperativehabitation.coop/outaouais

Email: bonjour@fihab.coop

Services: Grouping of housing cooperatives. * List of housing cooperatives. * Support for good associative, property and financial management. * Sharing of experiences and management practices. * Discussion groups: selection of new members, maintenance, participation, governance, etc. * Various training workshops. * Representation of housing cooperatives to political bodies. * Mobilising events and promotion of the cooperative model.

Eligibility: housing cooperatives, their members

Coverage area: Outaouais

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

Financing: grants, provincial

Legal status: cooperative

HABITATIONS DES RIVIÈRES DE L'OUTAOUAIS

782 Saint-René Boulevard West, Suite 100, Gatineau, Outaouais, QC, J8T 0H1

819 303-4025 Fax: 1 888 977-6222

Website: habitationsrivieresoutaouais.com

Email: adm@habitationsrivieresoutaouais.com

Services: Subsidized and non-subsidized housing for families and individuals.

Eligibility: individuals and families on a low and moderate income

Capacity: 789 units

Coverage area: Gatineau

Hours: Monday to Friday 8h30 to 16h30, on site: Tuesday 10h30 to 14h30

Fees: variable, subsidized apartments: 25% of income according to the provincial notice of assessment

Financing: provincial, municipal, self-financing

Legal status: non-profit organization

MON CHEZ NOUS INC.

808 Maloney East Boulevard, Gatineau, Outaouais, QC, J8P 0J8

819 669-6032 ext. 200 Fax: 819 669-2100

Website: moncheznousinc.ca

Email: logement@moncheznousinc.ca

Services: Low-cost, affordable social housing for individuals, students and families. * Permanent or transitional housing. * Community support in housing: welcoming, referral, accompaniment, advocacy, conflict management, etc.

Eligibility: individuals and families with low incomes, people experiencing or at risk of homelessness, students between 18 and 30 years old

Coverage area: Outaouais

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

Fees: variable

Financing: Centraide Outaouais, federal, provincial

Legal status: non-profit organization

OFFICE D'HABITATION DE L'OUTAOUAIS

649 de la Gappe Boulevard, Gatineau, Outaouais, QC, J8T 8G1

819 568-0033 Fax: 819 568-7356

Website: www.ohoutaouais.ca

Email: info@ohoutaouais.ca

Services: Manage and administer housing and housing programs. * Low-Rental Housing (HLM). * Rent Supplement Program (PSL). * Affordable Housing Quebec (LAQ). * Referral service. * Accès Logis program.

Eligibility: individuals, seniors, and families with a low or a moderate income

Capacity: 4328 units

Coverage area: Outaouais

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

Financing: provincial

Legal status: non-profit organization

OFFICE D'HABITATION DE L'OUTAOUAIS - SERVICE D'AIDE À LA RECHERCHE DE LOGEMENT

649 de la Gappe Boulevard, Gatineau, Outaouais, QC, J8T 8G1

819 568-2433 Fax: 819 568-7356

Website: www.ohoutaouais.ca/sarl.php

Email: parker.k@ohoutaouais.ca

Services: * Personalized accompaniment, telephone service, individual meetings. * Sharing of tools for housing search and temporary solutions. * Support in the search for suitable housing corresponding to the needs and income of the household. * Referral to other appropriate resources or services.

Eligibility: families facing eviction, evicted or homeless, families without resources having difficulties finding proper housing

Coverage area: Outaouais

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

Fees: none

Financing: municipal

Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE MANIWAKI-GRACEFIELD

180 Desjardins Boulevard, Maniwaki, Outaouais, QC, J9E 2E2

819 449-4556

Website: www.habitation.gouv.qc.ca

Email: direction@omhmg.com

Services: Manage and administer housing and housing programs. * Low-rent housing (HLM). * Rent supplement program (PSL). * Québec affordable housing program (LAQ). * Referral service. * Accès Logis program.

Eligibility: seniors and families on a low income

Capacity: 138 units

Coverage area: Gracefield, Maniwaki

Hours: Monday to Friday 13h00 to 16h00

Financing: provincial

Legal status: parapublic 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

ACCOMPAGNEMENT DES FEMMES IMMIGRANTES DE L'OUTAOUAIS

109 Wright Street, Unit 9, Gatineau, Outaouais, QC, J8X 2G7

819 776-6764

Website: afio.ca

Email: info@afio.ca

Services: Accompaniment of immigrant women in a process of cultural, economic and social integration in Outaouais. * Information sessions on the first steps of settlement: important documents to obtain, opening a bank account, looking for housing, childcare services and school registration, the Québec school system, financial aid and income tax returns, services offered by community organizations, diploma equivalencies, employability services, etc. * French classes for women and their families. * Administering oaths for documents. * Individual psychosocial support for immigrant women and women who are victims of violence. *

Accompaniment in administrative procedures. * Valorization of immigrant women who are entrepreneurs and promotion of their products. * Babel: group for seniors to break isolation through group activities, physical activity, basic English courses, etc. * Espace parent: group discussion workshops for parents on the education system in Québec, the DPJ, children integration, etc. * Workshops on democratic and Quebecois values. * Subsidized daycare in Hull and Cantley. * New winter clothes at low cost. * Ready for back to school: distribution of school supplies at low cost. * Coffee-meetings.

Eligibility: immigrant women and their families, immigrant individuals, French classes: immigrant women and men 17 years old and over and born outside Canada, Babel: women 55 years old and over, winter clothes: migrant families on a low income

Coverage area: Outaouais

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, summer: Friday 8h30 to 13h00, specific hours for certain activities

Fees: none

Financing: municipal, provincial, Centraide Outaouais

Legal status: non-profit organization

CENTRE D'ÉDUCATION AUX ADULTES L'ESCALE

85 de Barry Street, Gatineau, Outaouais, QC, J8T 3N5

819 243-2151 Fax: 819 243-0624

Website: cead.cssd.gouv.qc.ca

Email: escale@cssd.gouv.qc.ca

Services: Educational institution offering training programs for adults. * Secondary school diploma (DES), CEGEP prerequisite or vocational training prerequisite. * Equivalency testing. * Guidance, orthopedagogy, pedagogical counseling, psychoeducation and special education services. * Programs: learning French, literacy, rapid employment training, etc.

Eligibility: people 16 years old and over

Coverage area: MRC les Collines-de-l'Outaouais

Fees: variable

Financing: provincial

Legal status: provincial government agency

CENTRE D'ÉDUCATION DES ADULTES NOUVEL-HORIZON

100 de la Baie Street, Gatineau, Outaouais, QC, J8T 3H7

819 561-9395 Fax: 819 561-2511

Website: cead.cssd.gouv.qc.ca

Email: horizon@cssd.gouv.qc.ca

Services: Educational institution offering training programs for adults. * Secondary school diploma (DES), CEGEP prerequisite or vocational training prerequisite. * Equivalency testing. * Guidance, orthopedagogy, pedagogical counseling, psychoeducation and special education services. * Programs: learning French, literacy, rapid employment training, etc.

Eligibility: people 16 years old and over

Coverage area: MRC les Collines-de-l'Outaouais

Fees: variable

Financing: provincial

Legal status: provincial government agency

Immigration and sponsorship

ACCOMPAGNEMENT DES FEMMES IMMIGRANTES DE L'OUTAOUAIS

109 Wright Street, Unit 9, Gatineau, Outaouais, QC, J8X 2G7

819 776-6764

Website: afio.ca

Email: info@afio.ca

Services: Accompaniment of immigrant women in a process of cultural, economic and social integration in Outaouais. * Information sessions on the first steps of settlement: important documents to obtain, opening a bank account, looking for housing, childcare services and school registration, the Québec school system, financial aid and income tax returns, services offered by community organizations, diploma equivalencies, employability services, etc. * French classes for women and their families. * Administering oaths for documents. * Individual psychosocial support for immigrant women and women who are victims of violence. * Accompaniment in administrative procedures. * Valorization of immigrant women who are entrepreneurs and promotion of their products. * Babel: group for seniors to break isolation through group activities, physical activity, basic English courses, etc. * Espace parent: group discussion workshops for parents on the education system in Québec, the DPJ, children integration, etc. * Workshops on democratic and Quebecois values. * Subsidized daycare in Hull and Cantley. * New winter clothes at low cost. * Ready for back to school: distribution of school supplies at low cost. * Coffee-meetings.

Eligibility: immigrant women and their families, immigrant individuals, French classes: immigrant women and men 17 years old and over and born outside Canada, Babel: women 55 years old and over, winter clothes: migrant families on a low income

Coverage area: Outaouais

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, summer: Friday 8h30 to 13h00, specific hours for certain activities

Fees: none

Financing: municipal, provincial, Centraide Outaouais

Legal status: non-profit organization

ACCUEIL-PARRAINAGE OUTAOUAIS

124 Jeanne-d'Arc Street, Gatineau, Outaouais, QC, J8Y 2H7

819 777-2960 Fax: 819 777-1739

Website: apo-qc.org

Email: direction@apo-qc.org

Services: Welcoming of immigrants who have newly arrived to Outaouais and support with integration. * Welcoming, referrals and accompaniment. * Connections with institutions, resources and other government services. * Assistance in finding housing and signing a lease. * Enrollment in school and francization courses. * Assistance in filling out forms. * Support in navigating in the healthcare system. * Guidance for initial settlement steps: explanations for the first grocery shopping, opening a bank account, assistance with purchase a phone, public transport guidance, assistance in finding daycares, personal advice and support, photocopy and fax service. * Integration support: pairing programs, interpreter and translator bank, integration into the school system, mediation, sponsorship, employment resources referrals, document certification. * Information sessions about living in a new host community, rights, responsibilities, the notion of citizenship, etc.

Eligibility: newcomers, immigrants

Coverage area: Outaouais

Hours: Monday to Friday 8h30 to 16h30

Financing: municipal, provincial, Centraide Outaouais

Legal status: non-profit organization

SERVICE CANADA CENTRE - GATINEAU-EST

455 de l'Hôpital Boulevard, Gatineau, Outaouais, QC, J8T 7X7

1 800 622-6232 TTY: 1 800 926-9105**Website:** www.canada.ca

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

Eligibility: general public**Coverage area:** Gatineau**Hours:** Monday to Friday 8h30 to 16h00**Fees:** parking: free**Financing:** federal**Legal status:** federal government agency**SERVICE CANADA CENTRE - GATINEAU-HULL**

210 Champlain Street, Gatineau, Outaouais, QC, J8X 3R5

1 800 622-6232 TTY: 1 800 926-9105**Website:** www.canada.ca

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

Eligibility: general public**Coverage area:** Gatineau**Hours:** Monday to Friday 8h30 to 16h00**Fees:** parking: free**Financing:** federal**Legal status:** federal government agency

SERVICE CANADA CENTRE - MANIWAKI

100 Principale Street South, Suite 220, Maniwaki, Outaouais, QC, J9E 3L4

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

Website: www.canada.ca

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

Eligibility: general public

Coverage area: Maniwaki

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

Interpretation and translation**ACCUEIL-PARRAINAGE OUTAOUAIS**

124 Jeanne-d'Arc Street, Gatineau, Outaouais, QC, J8Y 2H7

819 777-2960 Fax: 819 777-1739

Website: apo-qc.org

Email: direction@apo-qc.org

Services: Welcoming of immigrants who have newly arrived to Outaouais and support with integration. * Welcoming, referrals and accompaniment. * Connections with institutions, resources and other government services. * Assistance in finding housing and signing a lease. * Enrollment in school and francization courses. * Assistance in filling out forms. * Support in navigating in the healthcare system. * Guidance for initial settlement steps: explanations for the first grocery shopping, opening a bank account, assistance with purchase a phone, public transport guidance, assistance in finding daycares, personal advice and support, photocopy and fax service. * Integration support: pairing programs, interpreter and translator bank, integration into the school system, mediation, sponsorship, employment resources referrals, document certification. * Information sessions about living in a new host community, rights, responsibilities, the notion of citizenship, etc.

Eligibility: newcomers, immigrants

Coverage area: Outaouais

Hours: Monday to Friday 8h30 to 16h30

Financing: municipal, provincial, Centraide Outaouais

Legal status: non-profit organization

Multicultural organizations

ABORIGINAL COMMUNITY OF MANIWAKI

270 Notre-Dame Street, Maniwaki, Outaouais, QC, J9E 2J8

819 441-2444 Fax: 819 441-0755

Website: autochtones-maniwaki.com

Email: admin@autochtones-maniwaki.com

Services: Representation, community support, and defense of the interests of the Maniwaki Métis. * Camp Métis Abitibi and Coureur des bois: cottages, activities, training in orientation, tool sharpening, shelter building, bannock baking, forest hikes. * Mealtime gatherings. * Legal fight for the recognition of the community's ancestral rights by the Superior Court of Québec.

Eligibility: Métis, Camp Métis Abitibi: Métis who are identified or in the process of identification

Coverage area: Maniwaki

Hours: variable

Fees: members 60 years old and under: \$60 per two years and \$50 administration fee for membership (one time only), members over 60 years old: \$20 per two years, Camp Métis Abitibi: variable

Financing: self-financing, membership fees

Legal status: non-profit organization

ACCUEIL-PARRAINAGE OUTAOUAIS

124 Jeanne-d'Arc Street, Gatineau, Outaouais, QC, J8Y 2H7

819 777-2960 Fax: 819 777-1739

Website: apo-qc.org

Email: direction@apo-qc.org

Services: Welcoming of immigrants who have newly arrived to Outaouais and support with integration. * Welcoming, referrals and accompaniment. * Connections with institutions, resources and other government services. * Assistance in finding housing and signing a lease. * Enrollment in school and francization courses. * Assistance in filling out forms. * Support in navigating in the healthcare system. * Guidance for initial settlement steps: explanations for the first grocery shopping, opening a bank account, assistance with purchase a phone, public transport guidance, assistance in finding daycares, personal advice and support, photocopy and fax service. * Integration support: pairing programs, interpreter and translator bank, integration into the school system, mediation, sponsorship, employment resources referrals, document certification. * Information sessions about living in a new host community, rights, responsibilities, the notion of citizenship, etc.

Eligibility: newcomers, immigrants

Coverage area: Outaouais

Hours: Monday to Friday 8h30 to 16h30

Financing: municipal, provincial, Centraide Outaouais

Legal status: non-profit organization

RICHELIEU INTERNATIONAL

180 du Mont-Bleu Boulevard, Suite 206, Gatineau, Outaouais, QC, J8Z 3J5

1 800 267-6525

Website: www.richelieu.org

Email: international@richelieu.org

Services: International grouping divided in local associations, dedicated to fundraising activities and awareness of youth and the Francophonie.

Eligibility: local Richelieu clubs

Coverage area: Canada

Hours: Monday to Thursday 8h00 to 16h00

Fees: annual membership fee

Financing: membership fees, fundraising campaigns

Legal status: non-profit organization

Prevention and fight against racism

ABORIGINAL COMMUNITY OF MANIWAKI

270 Notre-Dame Street, Maniwaki, Outaouais, QC, J9E 2J8

819 441-2444 Fax: 819 441-0755

Website: autochtones-maniwaki.com

Email: admin@autochtones-maniwaki.com

Services: Representation, community support, and defense of the interests of the Maniwaki Métis. * Camp Métis Abitibi and Coureur des bois: cottages, activities, training in orientation, tool sharpening, shelter building, bannock baking, forest hikes. * Mealtime gatherings. * Legal fight for the recognition of the community's ancestral rights by the Superior Court of Québec.

Eligibility: Métis, Camp Métis Abitibi: Métis who are identified or in the process of identification

Coverage area: Maniwaki

Hours: variable

Fees: members 60 years old and under: \$60 per two years and \$50 administration fee for membership (one time only), members over 60 years old: \$20 per two years, Camp Métis Abitibi: variable

Financing: self-financing, membership fees

Legal status: non-profit organization

CONNEXIONS RESOURCE CENTER

67 du Couvent Street, Gatineau, Outaouais, QC, J9H 6A2

819 557-0615

Website: centreconnexions.org

Email: info@centreconnexions.org

Services: Resource centre for the English-speaking population. * Information and referral to health and social services, community organizations, legal information, employability, etc. * Programs, activities, conferences and workshops for all age groups. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Playgroup hosted at Cégep Heritage College. * Online resource directories: seniors and caregivers, youth, women, men, families, people in vulnerable situations and families with a member living with a disability. * Discussion and support groups: parents, youth, caregivers, men. * Online documentation: articles and videos. * Online anger management support group for men.

Eligibility: English-speaking people, seniors, caregivers, families, youth

Coverage area: Outaouais, ITMAV outreach work: Aylmer area of the city of Gatineau

Hours: Monday to Friday 8h00 to 16h00

Fees: none

Financing: federal, provincial

Legal status: non-profit organization

NATIVE ALLIANCE OF QUEBEC

21 Brodeur Street, Gatineau, Outaouais, QC, J8Y 2P6

819 770-7763 Fax: 819 770-6070

Website: aaqnaq.com/en

Email: siteweb@aaqnaq.com

Services: Promotion and representation of the interests of Indigenous, Métis and Inuit people living off-reserve in the province of Québec. * Social and community intervention service: referrals to resources appropriate to the situation. * Genealogical analysis service. * Information and administration of government programs and services for Aboriginal people living off-reserve. * Bursary programs for aboriginal students. * Aboriginal paralegal services: legal information, accompaniment, etc. * Partnership with Habitation Métis du Nord: help in finding subsidized housing. * Partnership with the Société de crédit commerciaux autochone (SOCCA): support and financial assistance for economic projects. * Raising awareness among Quebecers and Canadians about the realities of Aboriginal people living off-reserve, their history, achievements and contributions to Canadian society. * Cultural activities: powwows, June 21st Aboriginal Day event, etc. * Negotiation of agreements with the various levels of government and any municipal or local authorities aimed at improving the political, economic, social and cultural conditions of Aboriginal people living off-reserve. * Working with national and regional Aboriginal organizations to facilitate the exercise of the rights of Aboriginal people living off-reserve.

Eligibility: Indigenous people with or without a status, Métis, Inuit living off-reserve in the province of Québec, cultural activities: general public

Coverage area: Province of Québec

Hours: Monday to Thursday 8h30 to 17h00

Fees: membership: \$49 (includes the first year's contribution), yearly contributions: \$25 per year, \$15 for people 65 years old and older, genealogical analysis service: \$175

Financing: contributions, provincial, federal

Legal status: non-profit organization

NATIVE WOMEN'S ASSOCIATION OF CANADA

120 du Portage Promenade, Gatineau, Outaouais, QC, J8X 2K1

1 800 461-4043 Fax: 613 722-7687

Website: www.nwac.ca

Email: reception@nwac.ca

Services: * NWAC National Apprenticeship Program: connecting businesses with Indigenous women, Two Spirit, and gender-diverse people seeking apprenticeships in the skilled trade.* Indigenous Skills and Employment Training (ISET): programme offering courses, childcare, first jobs and other resources. #BeTheDrum: entrepreneurship promotion program to strengthen business, management and entrepreneurship skills.* Culturally Safe and Trauma-Informed Knowledge Hub: information and resources about sexual and reproductive health. * Online resources and training. * Prizes and scholarships. * Defending the rights of indigenous women and girls.

Eligibility: Indigenous women, girls, Two Spirit and gender diverse people

Coverage area: Canada

Financing: federal, donations, fundraising campaigns

Legal status: non-profit organization

Recognition of prior learning and diplomas

SERVICE CANADA CENTRE - GATINEAU-EST

455 de l'Hôpital Boulevard, Gatineau, Outaouais, QC, J8T 7X7

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

Website: www.canada.ca

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

Eligibility: general public

Coverage area: Gatineau

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

SERVICE CANADA CENTRE - GATINEAU-HULL

210 Champlain Street, Gatineau, Outaouais, QC, J8X 3R5

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

Website: www.canada.ca

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

Eligibility: general public

Coverage area: Gatineau

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

SERVICE CANADA CENTRE - MANIWAKI

100 Principale Street South, Suite 220, Maniwaki, Outaouais, QC, J9E 3L4

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

Website: www.canada.ca

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

Eligibility: general public

Coverage area: Maniwaki

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

Settlement services for newcomers

ACCOMPAGNEMENT DES FEMMES IMMIGRANTES DE L'OUTAOUAIS

109 Wright Street, Unit 9, Gatineau, Outaouais, QC, J8X 2G7

819 776-6764

Website: afio.ca

Email: info@afio.ca

Services: Accompaniment of immigrant women in a process of cultural, economic and social integration in Outaouais. * Information sessions on the first steps of settlement: important documents to obtain, opening a bank account, looking for housing, childcare services and school registration, the Québec school system, financial aid and income tax returns, services offered by community organizations, diploma equivalencies, employability services, etc. * French classes for women and their families. * Administering oaths for documents. * Individual psychosocial support for immigrant women and women who are victims of violence. * Accompaniment in administrative procedures. * Valorization of immigrant women who are entrepreneurs and promotion of their products. * Babel: group for seniors to break isolation through group activities, physical activity, basic English courses, etc. * Espace parent: group discussion workshops for parents on the education system in Québec, the DPJ, children integration, etc. * Workshops on democratic and Quebecois values. * Subsidized daycare in Hull and Cantley. * New winter clothes at low cost. * Ready for back to school: distribution of school supplies at low cost. * Coffee-meetings.

Eligibility: immigrant women and their families, immigrant individuals, French classes: immigrant women and men 17 years old and over and born outside Canada, Babel: women 55 years old and over, winter clothes: migrant families on a low income

Coverage area: Outaouais

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, summer: Friday 8h30 to 13h00, specific hours for certain activities

Fees: none

Financing: municipal, provincial, Centraide Outaouais

Legal status: non-profit organization

ACCUEIL-PARRAINAGE OUTAOUAIS

124 Jeanne-d'Arc Street, Gatineau, Outaouais, QC, J8Y 2H7

819 777-2960 Fax: 819 777-1739

Website: apo-qc.org

Email: direction@apo-qc.org

Services: Welcoming of immigrants who have newly arrived to Outaouais and support with integration. * Welcoming, referrals and accompaniment. * Connections with institutions, resources and other government services. * Assistance in finding housing and signing a lease. * Enrollment in school and francization courses. * Assistance in filling out forms. * Support in navigating in the healthcare system. * Guidance for initial settlement steps: explanations for the first grocery shopping, opening a bank account, assistance with purchase a phone, public transport guidance, assistance in finding daycares, personal advice and support, photocopy and fax service. * Integration support: pairing programs, interpreter and translator bank, integration into the school system, mediation, sponsorship, employment resources referrals, document certification. * Information sessions about living in a new host community, rights, responsibilities, the notion of citizenship, etc.

Eligibility: newcomers, immigrants

Coverage area: Outaouais

Hours: Monday to Friday 8h30 to 16h30

Financing: municipal, provincial, Centraide Outaouais

Legal status: non-profit organization

CANADA EDUCATION SAVINGS PROGRAM

Confidential Address

Website: www.canada.ca/en/revenue-agency/services/tax/individuals/topics/registered-education-savings-plans-resps/canada-education-savings-programs-cesp.html

Services: Two education savings incentives deposited into a Registered Education Savings Plan (RESP). * The Canada Education Savings Grant (CESG). * The Canada Learning Bond (CLB).

Coverage area: Canada

Hours: Monday to Friday 8h30 to 16h00

Financing: federal

Legal status: federal government agency

CARREFOUR JEUNESSE EMPLOI DE L'OUTAOUAIS

350 de la Gappe Boulevard, Gatineau, Outaouais, QC, J8T 7T9

819 561-7712 Fax: 819 561-1455

Website: cjeo.qc.ca/english

Email: info@cjeo.qc.ca

Services: Accompaniment of young adults on their path to employment, back to school or to start a business. * Job search. * Development of employability. * Academic and professional orientation. * Educational success. * Entrepreneurship. * Immigrant services. * Financial education. * Artistic and cultural projects. * Employer services.

Eligibility: young people 16 to 35 years old

Coverage area: Gatineau

Hours: Monday, Wednesday and Thursday 8h30 to 17h00, Tuesday 8h30 to 20h00, Friday 8h30 to 12h00

Financing: federal, provincial, donations

Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI DE LA VALLÉE-DE-LA-GATINEAU

217 Principale Street, Maniwaki, Outaouais, QC, J9E 2A3

819 441-1165 Fax: 819 441-1195

Website: www.cjevg.qc.ca

Email: info@cjevg.qc.ca

Services: Accompaniment of young adults on their path to employment, back to school or to start a business. * Job search. * Development of employability. * Academic and professional orientation. * Entrepreneurship. * Immigrant services. * Financial education. * Employer services.

Eligibility: youth 16 to 35 years old seeking employment

Coverage area: MRC La Vallée-de-la-Gatineau

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

Fees: none

Financing: provincial, municipal, donations

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE JURIDIQUE DE L'OUTAOUAIS - BUREAU ADMINISTRATIF

510 Maloney Boulevard East, Suite 201, Gatineau, Outaouais, QC, J8P 1E7

819 669-2382 Fax: 819 669-9309

Website: www.aidejuridiqueoutaouais.ca

Email: bureauadministration@ccjo.qc.ca

Services: Legal aid services lawyers who practice family law, criminal and penal law, youth protection law, immigration law, civil law, administrative law (social aid, SAAQ, CSST), child support, health rights, housing law, bankrupt and prison law. * Representation by a lawyer before a court of first instance or a court of appeal, as plaintiff or defendant. * Assistance from a lawyer in certain cases expressly provided in the Legal Aid Act. * Legal consultation with a lawyer. * Telephone consultation with a lawyer, available 24/7, for people who have been arrested or are being held in custody. * Legal information regarding the rights and obligations of legal aid recipients. * Some services may be rendered by a notary. * Complaints reception.

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

Coverage area: Outaouais

Hours: Monday to Friday 8h30 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

CENTRE D'ÉDUCATION AUX ADULTES L'ESCALE

85 de Barry Street, Gatineau, Outaouais, QC, J8T 3N5

819 243-2151 Fax: 819 243-0624

Website: cead.cssd.gouv.qc.ca

Email: escale@cssd.gouv.qc.ca

Services: Educational institution offering training programs for adults. * Secondary school diploma (DES), CEGEP prerequisite or vocational training prerequisite. * Equivalency testing. * Guidance, orthopedagogy, pedagogical counseling, psychoeducation and special education services. * Programs: learning French, literacy, rapid employment training, etc.

Eligibility: people 16 years old and over

Coverage area: MRC les Collines-de-l'Outaouais

Fees: variable

Financing: provincial

Legal status: provincial government agency

CENTRE D'ÉDUCATION DES ADULTES NOUVEL-HORIZON

100 de la Baie Street, Gatineau, Outaouais, QC, J8T 3H7

819 561-9395 Fax: 819 561-2511

Website: cead.cssd.gouv.qc.ca

Email: horizon@cssd.gouv.qc.ca

Services: Educational institution offering training programs for adults. * Secondary school diploma (DES), CEGEP prerequisite or vocational training prerequisite. * Equivalency testing. * Guidance, orthopedagogy, pedagogical counseling, psychoeducation and special education services. * Programs: learning French, literacy, rapid employment training, etc.

Eligibility: people 16 years old and over

Coverage area: MRC les Collines-de-l'Outaouais

Fees: variable

Financing: provincial

Legal status: provincial government agency

EGAN-SUD - MUNICIPALITÉ

95 Road 105, Bois-Franc, Outaouais, QC, J9E 3A9

819 449-1702 Fax: 819 449-7423

Website: www.egan-sud.ca

Email: info@egan-sud.ca

Services: Management of municipal services. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.egan-sud.ca/index.php/services/dechets-compostage-et-recyclage * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Recreation services: activities, day camp, etc. * Welcoming immigrants. * Municipal library. * Rental of halls.

Eligibility: general public

Coverage area: Egan-Sud

Financing: municipal

Legal status: municipal agency

SERVICE CANADA CENTRE - GATINEAU-EST

455 de l'Hôpital Boulevard, Gatineau, Outaouais, QC, J8T 7X7

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

Website: www.canada.ca

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

Eligibility: general public

Coverage area: Gatineau

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

SERVICE CANADA CENTRE - GATINEAU-HULL

210 Champlain Street, Gatineau, Outaouais, QC, J8X 3R5

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

Website: www.canada.ca

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

Eligibility: general public

Coverage area: Gatineau

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

SERVICE CANADA CENTRE - MANIWAKI

100 Principale Street South, Suite 220, Maniwaki, Outaouais, QC, J9E 3L4

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

Website: www.canada.ca

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

Eligibility: general public

Coverage area: Maniwaki

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

SERVICE INTÉGRATION TRAVAIL OUTAOUAIS

920 Saint-Joseph Boulevard, Suite 107, Gatineau, Outaouais, QC, J8Z 1S9

819 776-2260

Website: sito.qc.ca

Email: info@sito.qc.ca

Services: Employment assistance for immigrant people. * Personalized assistance job search. * Rapid job placement program including 4 weeks of training and 5 weeks of internship. * Pre-employment training program including 6 weeks of training and 5 weeks of internship. * Sito-jeunes: pre-employment training program for young people including 8 weeks of training and 12 weeks of paid internship. * Regionalization of immigration in the Outaouais: program that promotes the movement of job seekers from Montreal to the Outaouais.

Eligibility: immigrant people, sito-jeunes: immigrant people 18 to 30 years old, regionalization of immigration in the Outaouais: immigrant people and their families wishing to work and settle in the Outaouais region

Coverage area: Outaouais

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

Indigenous Peoples

COMMUNITY SUPPORT

EMPLOYMENT

GOVERNMENT SERVICES

HOUSING

Community Support

ABORIGINAL COMMUNITY OF MANIWAKI

270 Notre-Dame Street, Maniwaki, Outaouais, QC, J9E 2J8

819 441-2444 Fax: 819 441-0755

Website: autochtones-maniwaki.com

Email: admin@autochtones-maniwaki.com

Services: Representation, community support, and defense of the interests of the Maniwaki Métis. * Camp Métis Abitibi and Coureur des bois: cottages, activities, training in orientation, tool sharpening, shelter building, bannock baking, forest hikes. * Mealtime gatherings. * Legal fight for the recognition of the community's ancestral rights by the Superior Court of Québec.

Eligibility: Métis, Camp Métis Abitibi: Métis who are identified or in the process of identification

Coverage area: Maniwaki

Hours: variable

Fees: members 60 years old and under: \$60 per two years and \$50 administration fee for membership (one time only), members over 60 years old: \$20 per two years, Camp Métis Abitibi: variable

Financing: self-financing, membership fees

Legal status: non-profit organization

NATIVE ALLIANCE OF QUEBEC

21 Brodeur Street, Gatineau, Outaouais, QC, J8Y 2P6

819 770-7763 Fax: 819 770-6070

Website: aaqnaq.com/en

Email: siteweb@aaqnaq.com

Services: Promotion and representation of the interests of Indigenous, Métis and Inuit people living off-reserve in the province of Québec. * Social and community intervention service: referrals to resources appropriate to the situation. * Genealogical analysis service. * Information and administration of government programs and services for Aboriginal people living off-reserve. * Bursary programs for aboriginal students. * Aboriginal paralegal services: legal information, accompaniment, etc. * Partnership with Habitation Métis du Nord: help in finding subsidized housing. * Partnership with the Société de crédit commerciaux autochone (SOCCA): support and financial assistance for economic projects. * Raising awareness among Quebecers and Canadians about the realities of Aboriginal people living off-reserve, their history, achievements and contributions to Canadian society. * Cultural activities: powwows, June 21st Aboriginal Day event, etc. * Negotiation of agreements with the various levels of government and any municipal or local authorities aimed at improving the political, economic, social and cultural conditions of Aboriginal people living off-reserve. * Working with national and regional Aboriginal organizations to facilitate the exercise of the rights of Aboriginal people living off-reserve.

Eligibility: Indigenous people with or without a status, Métis, Inuit living off-reserve in the province of Québec, cultural activities: general public

Coverage area: Province of Québec

Hours: Monday to Thursday 8h30 to 17h00

Fees: membership: \$49 (includes the first year's contribution), yearly contributions: \$25 per year, \$15 for people 65 years old and older, genealogical analysis service: \$175

Financing: contributions, provincial, federal

Legal status: non-profit organization

Employment

NATIVE WOMEN'S ASSOCIATION OF CANADA

120 du Portage Promenade, Gatineau, Outaouais, QC, J8X 2K1

1 800 461-4043 Fax: 613 722-7687

Website: www.nwac.ca

Email: reception@nwac.ca

Services: * NWAC National Apprenticeship Program: connecting businesses with Indigenous women, Two Spirit, and gender-diverse people seeking apprenticeships in the skilled trade.* Indigenous Skills and Employment Training (ISET): programme offering courses, childcare, first jobs and other resources. #BeTheDrum: entrepreneurship promotion program to strengthen business, management and entrepreneurship skills.* Culturally Safe and Trauma-Informed Knowledge Hub: information and resources about sexual and reproductive health. * Online resources and training. * Prizes and scholarships. * Defending the rights of indigenous women and girls.

Eligibility: Indigenous women, girls, Two Spirit and gender diverse people

Coverage area: Canada

Financing: federal, donations, fundraising campaigns

Legal status: non-profit organization

Government services

CANADA EDUCATION SAVINGS PROGRAM

Confidential Address

Website: www.canada.ca/en/revenue-agency/services/tax/individuals/topics/registered-education-savings-plans-resps/canada-education-savings-programs-cesp.html

Services: Two education savings incentives deposited into a Registered Education Savings Plan (RESP). * The Canada Education Savings Grant (CESG). * The Canada Learning Bond (CLB).

Coverage area: Canada

Hours: Monday to Friday 8h30 to 16h00

Financing: federal

Legal status: federal government agency

CANADIAN HERITAGE

15 Eddy Street, Gatineau, Outaouais, QC, K1A 0M5

1 866 811-0055 TTY: 1 888 997-3123

Website: www.canada.ca/en/canadian-heritage.html

Email: info@pch.gc.ca

Services: Assumes governmental responsibilities relative to Canadian heritage preservation and the promotion of cultural life. * Technical and financial assistance to the cultural sector (support to festivals, performing arts, museums) and minority groups (ethnocultural, anglophones and native women).

Coverage area: Canada

Hours: Monday to Friday 7h30 to 18h30

Financing: federal

Legal status: federal government agency

COMMISSION DES NORMES, DE L'ÉQUITÉ, DE LA SANTÉ ET DE LA SÉCURITÉ DU TRAVAIL - LANAUDIÈRE - POINT DE SERVICE DE JOLIETTE

1075 Firestone Boulevard, 5th floor, Gatineau, Outaouais, QC, J9E 6X6

1 844 838-0808 Fax: 1 855 722-8081?

Website: www.cnesst.gouv.qc.ca/en

Services: Prevention and safety * 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. Pay equity * Front-line telephone service to answer general questions on the application of the Loi sur l'équité salariale. * Specialized assistance to understand more complex or technical aspects of the law. * Pay equity audit program: investigations to ensure that companies are complying with their pay equity obligations. * Development of tools and training courses accessible free of charge in all regions of Québec. * Research activities. Labour standards * Information on labour standards and obligations under the law and regulations. * Registration of complaints. * Mediation for employees or employers concerned by a complaint of psychological harassment, wrongful dismissal or prohibited practice.

Eligibility: employers, workers

Coverage area: Lanaudière

Hours: by appointment only

Financing: membership fees, self-financing

Legal status: provincial government agency

COMMISSION DES NORMES, DE L'ÉQUITÉ, DE LA SANTÉ ET DE LA SÉCURITÉ DU TRAVAIL - OUTAOUAIS

15 Gamelin Street, Gatineau, Outaouais, QC, J8X 3Y3

1 844 838-0808 Fax: 1 855 722-8081?

Website: www.cnesst.gouv.qc.ca

Services: Prevention and safety * 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. Pay equity * Front-line telephone service to answer general questions on the application of the Loi sur l'équité salariale. * Specialized assistance to understand more complex or technical aspects of the law. * Pay equity audit program: investigations to ensure that companies are complying with their pay equity obligations. * Development of tools and training courses accessible free of charge in all regions of Québec. * Research activities. Labour standards * Information on labour standards and obligations under the law and regulations. * Registration of complaints. * Mediation for employees or employers concerned by a complaint of psychological harassment, wrongful dismissal or prohibited practice.

Eligibility: employers, workers

Coverage area: Outaouais

Hours: on appointment

Financing: provincial

Legal status: provincial government agency

CROWN-INDIGENOUS RELATIONS AND NORTHERN AFFAIRS CANADA

10 Wellington Street, Gatineau, Outaouais, QC, K1A 0H4

1 800 567-9604 Fax: 1 866 817-3977 **TTY:** 1 866 553-0554

Website: canada.ca/en/crown-indigenous-relations-northern-affairs.html

Email: aadnc.infopubs.aandc@canada.ca

Services: Exercise of governmental responsibilities related to the relationships with First Nations, Inuits and Métis and to the Nordic communities development. * Modernization of Government of Canada structures to enable Indigenous peoples to build capacity and support their vision of self-determination. * Leads the Government of Canada's work in the North.

Eligibility: First Nations, Inuits, Metis, North residents

Coverage area: Canada

Hours: Monday to Friday 9h00 to 18h00

Financing: federal

Legal status: federal government agency

INDIGENOUS SERVICES CANADA

10 Wellington Street, Gatineau, Outaouais, QC, K1A 0H4

1 800 567-9604 TTY: 1 866 553-0554

Website: www.canada.ca/en/indigenous-services-canada.html

Email: infopubs@sac-isc.gc.ca

Services: Exercise of governmental responsibilities related to the relationships with First Nations, Inuits and Métis. * Support to the development and prosperity of communities. * Support to services offered on reserves. * Administration of the Indian Act.

Eligibility: First Nations, Inuits, Metis, North residents

Coverage area: Canada

Hours: Monday to Friday 9h00 to 18h00

Financing: federal

Legal status: federal government agency

REVENU QUÉBEC - GATINEAU

170 de l'Hôtel-de-Ville Street, 6th floor, Gatineau, Outaouais, QC, J8X 4C2

1 800 267-6299 TTY: 1 800 361-3795

Website: www.revenuquebec.ca/en

Services: * Administration of Québec's tax system through the collection of income tax and consumption taxes. * Administration of programs and services related to income: tax credits, housing benefit, work bonus, maintenance allowances, provisional administration of unclaimed property, 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

SERVICE CANADA CENTRE - GATINEAU-EST

455 de l'Hôpital Boulevard, Gatineau, Outaouais, QC, J8T 7X7

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

Website: www.canada.ca

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

Eligibility: general public

Coverage area: Gatineau

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

SERVICE CANADA CENTRE - GATINEAU-HULL

210 Champlain Street, Gatineau, Outaouais, QC, J8X 3R5

1 800 622-6232 TTY: 1 800 926-9105**Website:** www.canada.ca

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

Eligibility: general public**Coverage area:** Gatineau**Hours:** Monday to Friday 8h30 to 16h00**Fees:** parking: free**Financing:** federal**Legal status:** federal government agency**SERVICE CANADA CENTRE - MANIWAKI**

100 Principale Street South, Suite 220, Maniwaki, Outaouais, QC, J9E 3L4

1 800 622-6232 TTY: 1 800 926-9105**Website:** www.canada.ca

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

Eligibility: general public**Coverage area:** Maniwaki**Hours:** Monday to Friday 8h30 to 16h00**Fees:** parking: free**Financing:** federal**Legal status:** federal government agency

Housing

NATIVE ALLIANCE OF QUEBEC

21 Brodeur Street, Gatineau, Outaouais, QC, J8Y 2P6

819 770-7763 Fax: 819 770-6070

Website: aaqnaq.com/en

Email: siteweb@aaqnaq.com

Services: Promotion and representation of the interests of Indigenous, Métis and Inuit people living off-reserve in the province of Québec. * Social and community intervention service: referrals to resources appropriate to the situation. * Genealogical analysis service. * Information and administration of government programs and services for Aboriginal people living off-reserve. * Bursary programs for aboriginal students. * Aboriginal paralegal services: legal information, accompaniment, etc. * Partnership with Habitation Métis du Nord: help in finding subsidized housing. * Partnership with the Société de crédit commerciaux autochone (SOCCA): support and financial assistance for economic projects. * Raising awareness among Quebecers and Canadians about the realities of Aboriginal people living off-reserve, their history, achievements and contributions to Canadian society. * Cultural activities: powwows, June 21st Aboriginal Day event, etc. * Negotiation of agreements with the various levels of government and any municipal or local authorities aimed at improving the political, economic, social and cultural conditions of Aboriginal people living off-reserve. * Working with national and regional Aboriginal organizations to facilitate the exercise of the rights of Aboriginal people living off-reserve.

Eligibility: Indigenous people with or without a status, Métis, Inuit living off-reserve in the province of Québec, cultural activities: general public

Coverage area: Province of Québec

Hours: Monday to Thursday 8h30 to 17h00

Fees: membership: \$49 (includes the first year's contribution), yearly contributions: \$25 per year, \$15 for people 65 years old and older, genealogical analysis service: \$175

Financing: contributions, provincial, federal

Legal status: non-profit 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

ABORIGINAL COMMUNITY OF MANIWAKI

270 Notre-Dame Street, Maniwaki, Outaouais, QC, J9E 2J8

819 441-2444 Fax: 819 441-0755

Website: autochtones-maniwaki.com

Email: admin@autochtones-maniwaki.com

Services: Representation, community support, and defense of the interests of the Maniwaki Métis. * Camp Métis Abitibi and Coureur des bois: cottages, activities, training in orientation, tool sharpening, shelter building, bannock baking, forest hikes. * Mealtime gatherings. * Legal fight for the recognition of the community's ancestral rights by the Superior Court of Québec.

Eligibility: Métis, Camp Métis Abitibi: Métis who are identified or in the process of identification

Coverage area: Maniwaki

Hours: variable

Fees: members 60 years old and under: \$60 per two years and \$50 administration fee for membership (one time only), members over 60 years old: \$20 per two years, Camp Métis Abitibi: variable

Financing: self-financing, membership fees

Legal status: non-profit organization

ACTION-QUARTIERS

2 Fortier Street, Gatineau, Outaouais, QC, J8Y 4P5

819 777-7815

Email: direction@actionquartiers.ca

Services: Neighbourhood centre. * Reception. * Thematic workshops for children: drawing, cooking, crafts. * Distribution of snowsuits for children. * Activities for teenagers: animated discussion group, social evenings. * Yoga classes. * Social café. * Neighbourhood parties. * Family activities: outings to the park, soccer, kick ball, etc. * Distribution of school supplies. * Christmas baskets.

Eligibility: children, adolescents, adults

Coverage area: Saint-Jean-Bosco and Wrightville neighbourhoods of Gatineau

Hours: Monday, Wednesday, Thursday and Friday 9h00 to 16h00, Tuesday 13h00 to 16h00

Financing: grants, municipal

Legal status: non-profit organization

ANTRE-HULLOISES (L')

16 Bériault Street, Gatineau, Outaouais, QC, J8X 1A3

819 778-0997 Fax: 819 777-6311

Website: www.antrehullose.org

Email: antre.hullose@bellnet.ca

Services: Women's centre. * Reception, information and reference. * Help relationship. * Self-help group. * Telephone warmline. * Documentation centre. * Accompaniment in addiction and drug addiction, in partnership with the Association de la prévention de la toxicomanie et de l'alcoolisme chez les femmes en Outaouais. * Awareness and training workshops. * Prévenir, c'est agir Program: awareness and prevention of conjugal violence. * Les Cybercitoyennes: workshops for the development of pro-social, self-critical and safe behaviours in the use of technology. * Activities and thematic days. * Citizen involvement and action committees.

Eligibility: women, Cybercitoyennes: teenagers 12 to 17 years old

Coverage area: Outaouais

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

Fees: none

Financing: provincial

Legal status: non-profit organization

ASSEMBLÉE DES GROUPES DE FEMMES D'INTERVENTIONS RÉGIONALES EN OUTAOUAIS

109 Wright Street, Suite 201, Gatineau, Outaouais, QC, J8X 2G7

819 770-0351

Website: www.agir-outaouais.ca

Email: communication@agir-outaouais.ca

Services: Organization for consultation and defense of women's rights. * Concertation, training and mobilization. * Research, analysis and sensitization.

Eligibility: women

Coverage area: Outaouais

Financing: federal, provincial, membership fees

Legal status: non-profit organization

ASSOCIATION COOPÉRATIVE D'ÉCONOMIE FAMILIALE DE L'OUTAOUAIS

109 Wright Street, Suite 102, Gatineau, Outaouais, QC, J8X 2G7

819 770-4911 ext. 201 Fax: 819 771-1769

Website: acefo.org

Email: info@acefo.org

Services: * Budget consultation. * Information on debt consolidation and negotiation with creditors. * Budget classes. * Conferences and workshops on various consumer-related topics. * Advocacy. * Desjardins Mutual Aid Fund. * Assistance with Hydro-Québec payment agreements. * Interest-free loans: loan from the Hull self-help group for the purchase of essential durable goods.

Eligibility: general public, interest-free loans: people on a low income and no access to conventional credit

Coverage area: Outaouais

Hours: Monday to Friday 9h00 to 17h30

Fees: variable

Financing: provincial, Centraide Outaouais

Legal status: cooperative

ASSOCIATION DE L'OUÏE DE L'OUTAOUAIS

15 du Sommet Street, Gatineau, Outaouais, QC, J8Z 3M2

819 777-6767

Website: www.adoo.ca

Email: adoo@adoo.ca

Services: Defending the interests of people living with deafness. * Referral to health and work assistance services. * Literacy workshops. * Quebec Sign Language courses. * Recreational and social activities: art, cooking, coffee meetings, cultural outings. * Internet café. * Advocacy of rights of people living with deafness. * Awareness of public and parapublic organizations, various trainings.

Eligibility: people living with deafness, such as people who have become deaf, parents of children with hearing loss, and people who are hard of hearing or have tinnitus

Coverage area: Outaouais

Hours: Monday to Friday 9h00 to 16h00

Fees: annual membership: \$10 per person or \$20 per family

Financing: membership fees

Legal status: non-profit organization

ASSOCIATION DE SOLIDARITÉ ET D'ENTRAIDE COMMUNAUTAIRE DE LA VALLÉE-DE-LA-GATINEAU

248 Cartier Street, Suite 152 and 153, Maniwaki, Outaouais, QC, J9E 3P5

819 449-6779

Email: info@asecvg.ca

Services: Collective defense of the social, economic and civic rights of people in vulnerable situations in the Vallée-de-la-Gatineau.* Intervention on the right to a decent income, the right to housing and the right to participate in democratic life. * Popular education: workshops, training, etc. * Social mobilization: petitions, demonstrations, etc. * Political analysis and representation to decision-makers. * Activist library. * Support in dealing with government, institutions, landlords, employers, etc. * Information on various programs and allowances available. * Tax clinic. * Referrals.

Coverage area: MRC Vallée-de-la-Gatineau

Hours: Monday to Thursday 9h00 to 16h00

Fees: none

Legal status: non-profit organization

ASSOCIATION DES NEUROTRAUMATISÉS - RÉGION DE L'OUTAOUAIS

115 Sacré-Coeur Boulevard, Suite 1, Gatineau, Outaouais, QC, J8X 1C5

819 770-8804 Fax: 819 770-5863

Website: www.ano.ca

Email: ano@ano.ca

Services: Assists people who have suffered a traumatic brain injury (TBI) or stroke and their families. * Social integration program. * Support program. * Residential integration program. * Socio-professional integration program.

Eligibility: people 18 years and over who have suffered a traumatic brain injury (TBI) or stroke, their families

Coverage area: Outaouais

Hours: Monday to Friday 9h00 to 16h00

Financing: provincial

Legal status: non-profit organization

ASSOCIATION POUR LA DÉFENSE DES DROITS SOCIAUX DE GATINEAU

18 Charlevoix Street, Gatineau, Outaouais, QC, J8X 1P1

819 770-3839

Website: addsgatineau.wordpress.com/about

Email: lutteraddsgatineau@gmail.com

Services: Education and social rights defense group. * Home. * Telephone information. * Training and information workshops: social rights, social assistance, fight against poverty, mobilization.

Eligibility: social assistance recipients, employment insurance recipients, people on a low income

Coverage area: Gatineau

Fees: none

Financing: grants

Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DE DÉFENSE DES DROITS DES PERSONNES RETRAITÉES ET PRÉRETRAITÉES - OUTAOUAIS

180 Mont-Bleu Boulevard, Suite 201, Gatineau, Outaouais, QC, J8Z 3J5

819 771-8391 ext. 320

Website: www.aqdroutaouais.org

Email: info@aqdroutaouais.org

Services: Defending the collective rights of seniors. * Political representation before various decision-making bodies and defence of collective rights: pensions, income, housing, safety, violence, ageism, social exclusion, health, home care, medication and transport. * Community activities and services: coffee meetings, conferences, workshops, information sessions, etc. * AQDR Outaouais Express newsletter.

Eligibility: people 55 years old and over

Coverage area: Outaouais

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 11h30

Fees: annual membership: \$20

Financing: provincial, contributions

Legal status: non-profit organization

CENTRE D'AIDE ET DE LUTTE CONTRE LES AGRESSIONS SEXUELLES - MANIWAKI

Confidential Address

819 441-2111**Website:** calacsvg.com**Email:** contact@calacsvg.com

Services: Assistance and accompaniment for victims of sexual assault. * Individual counseling. * Support group. * Coffee-meeting. * Accompaniment during legal, medical, social and police procedures. * Emergency accompaniment to the Hospital Centre. * Phone support and information. * Prevention, awareness and training workshops.

Eligibility: survivors of sexual assault aged 12 years and over, emergency accompaniment: people 13 years and over who have experienced a recent sexual assault (5 days or less), workshops: community organizations, institutions, teaching environments

Coverage area: Maniwaki**Hours:** Monday to Friday 8h00 to 16h00**Fees:** none**Financing:** Centraide Outaouais, provincial**Legal status:** non-profit organization**CENTRE D'AIDE ET DE LUTTE CONTRE LES AGRESSIONS SEXUELLES - OUTAOUAIS**

Confidential Address

1 866 757-7757 Fax: 819 771-6233**Website:** calas.ca/en/**Email:** info@calas.ca

Services: Assistance and accompaniment for women victims of sexual assault. * Individual counselling. * Phone support and information. * Support group. * Support for victims of sexual exploitation. * Support in leaving prostitution. * Accompaniment during legal, medical, social and police procedures. * Coffee-meeting. * Prevention, awareness and training workshops.

Eligibility: survivors of sexual assault 12 years and over, workshops: community organizations, institutions, teaching environments

Coverage area: Outaouais**Hours:** Monday to Friday 8h30 to 16h30**Fees:** none**Financing:** Centraide Outaouais, provincial**Legal status:** non-profit organization**CENTRE D'ASSISTANCE ET D'ACCOMPAGNEMENT AUX PLAINTES - OUTAOUAIS**

92 St-Raymond Boulevard, Suite 203, Gatineau, Outaouais, QC, J8Y 1S7

1 877 767-2227 Fax: 819 770-4748**Website:** caap-outaouais.ca/home**Email:** info@caap-outaouais.ca

Services: Assistance and accompaniment for people who wish to file a complaint regarding services that they have had or should have received in the health and social services network. * CAAP on the lease: support in the process of amicably settling a dispute with the RPA operator or a dispute following an application to the Housing Administrative Tribunal. * Public establishments: CLSC, hospitals, residential and extended care centres, youth centres, rehabilitation centres. * Intermediate resources: chartered or self-financed private residences, family resources. * Community organizations in the health and social services field or operating a fonction or activities for ASSS: pre-hospital emergency services, ambulance services. * Information and assistance to tenants of private residences for seniors (RPA) to formulate a complaint and accompaniment in the complaint process. * Help in preparing for a hearing at the Tribunal administratif du logement.

Eligibility: health and social services network users, residents of a RPA

Coverage area: Outaouais**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30**Fees:** none

Financing: provincial

Legal status: non-profit organization

COLLECTIF RÉGIONAL DE LUTTE À L'ITINÉRANCE EN OUTAOUAIS

149 Maloney Boulevard West, Gatineau, Outaouais, QC, J8P 3V6

819 712-2746

Website: lecrio.org

Email: coordo@lecrio.org

Services: Regional grouping of organisations involved in issues concerning homelessness. * Collective advocacy. * Noir sur Blanc: newsletter on the fight against homelessness, published annually. * Coordination of the Nuit des sans-abri: event to raise awareness about homelessness.

Eligibility: local organizations involved in the fight against homelessness

Coverage area: Outaouais

Hours: variable

Financing: provincial

Legal status: non-profit organization

COMITÉ DE VIE DE QUARTIER DU VIEUX-GATINEAU

89 Jean-René-Monette Street, Gatineau, Outaouais, QC, J8P 5B8

819 893-4300

Website: cvqvg.ca

Email: info@cvqvg.ca

Services: Round table for improving neighborhood life, living conditions and community life. * Mobilization of the people and partnership with neighborhood organizations: community centre, community fair. * Committees: Vie communautaire et participation citoyenne, Concertation en itinérance du Vieux-Gatineau, Sécurité alimentaire, Exploration en logement and Familles de l'est. * Anti-waste fridge located outside the building. * Collective kitchens. * Free bicycle rental. * Bougeons ensemble: free courses promoting healthy lifestyle habits (zumba, yoga, nutrition workshops, meditation, anxiety management, etc.). * Activities in the park: cinema, art workshop, various games, etc. * Neighborhood party on Notre-Dame Street. * Place Noël: winter neighborhood party. * Neighborhood party on Gouin, Sabourin and Saint-René Street.

Eligibility: community organizations, families, general public

Coverage area: Old Gatineau, bounded to the south by the Ottawa River, to the north by Boulevard Saint-René Ouest, to the west by Montée Paiement and to the east by Lac Beauchamp

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00, anti-waste fridge: 24 hours / 7 days

Financing: municipal

Legal status: non-profit organization

COMMISSION DES NORMES, DE L'ÉQUITÉ, DE LA SANTÉ ET DE LA SÉCURITÉ DU TRAVAIL - LANAUDIÈRE - POINT DE SERVICE DE JOLIETTE

1075 Firestone Boulevard, 5th floor, Gatineau, Outaouais, QC, J9E 6X6

1 844 838-0808 Fax: 1 855 722-8081?

Website: www.cnesst.gouv.qc.ca/en

Services: Prevention and safety * 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. Pay equity * Front-line telephone service to answer general questions on the application of the Loi sur l'équité salariale. * Specialized assistance to understand more complex or technical aspects of the law. * Pay equity audit program: investigations to ensure that companies are complying with their pay equity obligations. * Development of tools and training courses accessible free of charge in all regions of Québec. * Research activities. Labour standards * Information on labour standards and obligations under the law and regulations. * Registration of complaints. * Mediation for employees or employers concerned by a complaint of psychological harassment, wrongful dismissal or prohibited practice.

Eligibility: employers, workers

Coverage area: Lanaudière

Hours: by appointment only

Financing: membership fees, self-financing

Legal status: provincial government agency

COMMISSION DES NORMES, DE L'ÉQUITÉ, DE LA SANTÉ ET DE LA SÉCURITÉ DU TRAVAIL - OUTAOUAIS

15 Gamelin Street, Gatineau, Outaouais, QC, J8X 3Y3

1 844 838-0808 Fax: 1 855 722-8081?

Website: www.cnesst.gouv.qc.ca

Services: Prevention and safety * 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. Pay equity * Front-line telephone service to answer general questions on the application of the Loi sur l'équité salariale. * Specialized assistance to understand more complex or technical aspects of the law. * Pay equity audit program: investigations to ensure that companies are complying with their pay equity obligations. * Development of tools and training courses accessible free of charge in all regions of Québec. * Research activities. Labour standards * Information on labour standards and obligations under the law and regulations. * Registration of complaints. * Mediation for employees or employers concerned by a complaint of psychological harassment, wrongful dismissal or prohibited practice.

Eligibility: employers, workers

Coverage area: Outaouais

Hours: on appointment

Financing: provincial

Legal status: provincial government agency

CONNEXIONS RESOURCE CENTER

67 du Couvent Street, Gatineau, Outaouais, QC, J9H 6A2

819 557-0615

Website: centreconnexions.org

Email: info@centreconnexions.org

Services: Resource centre for the English-speaking population. * Information and referral to health and social services, community organizations, legal information, employability, etc. * Programs, activities, conferences and workshops for all age groups. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Playgroup hosted at Cégep Heritage College. * Online resource directories: seniors and caregivers, youth, women, men, families, people in vulnerable situations and families with a member living with a disability. * Discussion and support groups: parents, youth, caregivers, men. * Online documentation: articles and videos. * Online anger management support group for men.

Eligibility: English-speaking people, seniors, caregivers, families, youth

Coverage area: Outaouais, ITMAV outreach work: Aylmer area of the city of Gatineau

Hours: Monday to Friday 8h00 to 16h00

Fees: none

Financing: federal, provincial

Legal status: non-profit organization

CONSEIL RÉGIONAL DE L'ENVIRONNEMENT ET DU DÉVELOPPEMENT DURABLE DE L'OUTAOUAIS

85 Victoria Street, Suite 116, Gatineau, Outaouais, QC, J8X 2A3

819 772-4925

Website: www.creddo.ca

Email: info@creddo.ca

Services: Bringing together Outaouais' stakeholders to address the region's environmental issues. * Setting up projects to provide solutions for waste management, climate change, sustainable development, biodiversity conservation, and the development of a green economy.

Financing: provincial

Legal status: non-profit organization

DROITS-ACCÈS DE L'OUTAOUAIS

17 Jeanne-D'Arc Street, Gatineau, Outaouais, QC, J8Y 2H3

819 777-4746

Website: www.droitsaccés.com

Email: dao@videotron.ca

Services: * Advocacy for people living or having lived with mental health problems. * Training, mobilization, popular education.

Eligibility: people who lived with or are living with mental health problems

Coverage area: Outaouais

Hours: regular hours: Monday to Thursday 9h00 to 16h00

Fees: none

Financing: self-financing, provincial

Legal status: non-profit organization

ENTRE DEUX ROUES

124 Sainte-Marie Street, Gatineau, Outaouais, QC, J8Y 2B1

819 770-2233

Website: www.entredeuxroues.org

Email: entredeuxroues@videotron.ca

Services: Organization that works for the social integration of people with severe reduced mobility or multiple physical limitations, for their quality of life and autonomy improvement and for the support of their family. * Vivre chez soi: home living skills. * Autonomy, self help skills and empowerment program. * Water therapeutic bath, relaxation and sports activities adapted to different syndromes: yoga, aquafitness, boccia, etc. * Literacy and communication. * Internet café: electronics and social networks training. * Videoconferencing sessions and individual follow-ups program. * Group activities: community garden, board games, arts and crafts, occasional outings. * Collective and community meals.

Eligibility: people over 16 years old who live with a physical disability that is not related to aging, to an intellectual disability, to a behavioral problem or to other notable problem and who need physical care in their daily life

Coverage area: Outaouais

Hours: Monday, Tuesday, Thursday 8h30 to 17h00, Wednesday and Friday 8h30 to 20h00

Fees: community meals: shared fees

Financing: provincial, municipal, donations, Centraide Outaouais, fundraising campaigns

Legal status: non-profit organization

ESPACE OUTAOUAIS

10 Noël Street, Suite 107, Gatineau, Outaouais, QC, J8Z 3G5

819 771-1546 Fax: 819 771-7491

Website: espacesansviolence.org/outaouais

Email: info@espaceoutaouais.org

Services: Prevention of all forms of violence against children. * ESPACE program: workshops for children and adults to address all forms of violence, recognize manipulation techniques, develop protective strategies, increase the self-confidence of children. * Adapted workshops for children with special needs. * Phone line and referrals. * Concertation with other actors on prevention of violence against children.

Eligibility: children, adults, schools, ESPACE program: children 3 to 12 years old and the adults in their environment, adapted workshops: children with special needs

Capacity: unlimited

Coverage area: Outaouais

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

Fees: none

Financing: provincial, Centraide Outaouais

Legal status: non-profit organization

FADOQ - OUTAOUAIS REGION

811 Saint-René Boulevard West, Suite D, Gatineau, Outaouais, QC, J8T 0C3

819 777-5774

Website: www.fadoq.ca/en/outaouais

Email: admin@fadoqoutaouais.qc.ca

Services: Grouping and representation of seniors in all instances requiring the recognition of their rights and needs. * Organizing recreational and sporting activities. * Privilege Program giving access to discounts on various products and services.

Eligibility: people 50 years and over

Coverage area: Outaouais

Hours: Monday to Friday 8h30 à 16h30

Fees: regional membership: \$30 for 1 year or \$50 for 2 years, club membership: \$25 for 1 year or \$45 for 2 years

Financing: membership fees

Legal status: non-profit organization

GROUPE ENTRE-FEMMES DE L'OUTAOUAIS

115 Sacré-Coeur Boulevard, Suite 208, Gatineau, Outaouais, QC, J8X 1C5

819 776-3694

Website: www.entre-femmes.ca

Email: info@entre-femmes.ca

Services: Organizes activities to bring women out of isolation. * Welcoming, information and referrals. * Courses, workshops and training: self-knowledge, crafts, autonomy, etc. * Coffee meetings and discussions. * Collective kitchen. * Christmas meal. * Animal therapy. * Outings: museum, strawberry picking, lunches, etc. * Conferences.

Eligibility: women 14 years old and over

Coverage area: Gatineau and surrounding area

Hours: September to June, Monday to Friday 9h00 to 16h00, activities: variable with possible evenings and weekends

Fees: free, certain activities and Christmas party: variable

Financing: provincial

Legal status: non-profit organization

LOGEMEN'OCCUPE

10 Curé André-Préseault Street, Gatineau, Outaouais, QC, J8T 6N8

819 246-6644 Fax: 819 246-6646

Email: logemenoccupe@bellnet.ca

Services: Tenant assistance services. * Legal consultation on housing rights. * Defense of tenants' rights.

Coverage area: Outaouais

Hours: Monday to Thursday 7h00 to 16h00

Fees: none

Financing: grants

Legal status: non-profit organization

MAISON COMMUNAUTAIRE DANIEL-JOHNSON

22 Arthur-Buies Street, Gatineau, Outaouais, QC, J8Z 1P5

819 772-6625

Email: mcdj@bellnet.ca

Services: Community centre. * Access to a computer, Internet, and fax. * Social and recreational activities: for teenagers, families, parents-children. * Social café. * Homework club. * Collective kitchen. * Community breakfast. * Knitting and crochet circle. * Introduction to cross-country for youth 9 to 12 years old. * Operation Snowsuit Outaouais: winter clothing for children. * Cooking workshops minis-chefs 8 to 12 years old. * Back to school program: store-sharing school supplies. * Women's circle. * Halloween and Christmas celebrations. * Neighbourhood party.

Eligibility: citizens of the Daniel-Johnson neighbourhood in the Hull sector of Gatineau

Coverage area: Daniel-Johnson neighbourhood in the Hull sector of Gatineau

Hours: Tuesday to Thursday 9h00 to 12h00 and 13h00 to 16h30

Financing: donations

Legal status: non-profit organization

MAISON DE L'AMITIÉ DE HULL

58 Hanson Street, Gatineau, Outaouais, QC, J8Y 3M5

819 772-6622 Fax: 819 772-2014

Email: maisonamitiehull@videotron.ca

Services: Community centre. * Neighbourhood intervention, accompaniment, citizen participation. * Individual and collective intervention, youth intervention. * Homework club. * Literacy. * Support in looking for employment, help writing a résumé. * Community garden. * Collective kitchen. * Community lunches. * Marché Mobile de Gatineau. * Respite for families with the organization Équipe soutien-famille. * Teenager program: March camp, summer camp, ski. * Educational activities. * Knitting workshops. * Swimming pool trips and community soccer. * Coffee Mondays. * Back-to-school sharing store. * Opération habit de neige: distribution of low-cost winter clothing. * Neighbourhood parties: summer, Halloween, Christmas.

Eligibility: people and families on a low income

Capacity: variable depending on the activity

Coverage area: Jean-Dallaire and surrounding areas in the Hull sector of Gatineau

Hours: reception: Monday to Friday 8h00 to 15h30, activities and intervention: evenings and weekends

Fees: variables

Financing: municipal, provincial, Centraide Outaouais

Legal status: non-profit organization

NATIVE ALLIANCE OF QUEBEC

21 Brodeur Street, Gatineau, Outaouais, QC, J8Y 2P6

819 770-7763 Fax: 819 770-6070

Website: aaqnaq.com/en

Email: siteweb@aaqnaq.com

Services: Promotion and representation of the interests of Indigenous, Métis and Inuit people living off-reserve in the province of Québec. * Social and community intervention service: referrals to resources appropriate to the situation. * Genealogical analysis service. * Information and administration of government programs and services for Aboriginal people living off-reserve. * Bursary programs for aboriginal students. * Aboriginal paralegal services: legal information, accompaniment, etc. * Partnership with Habitation Métis du Nord: help in finding subsidized housing. * Partnership with the Société de crédit commerciaux autochone (SOCCA): support and financial assistance for economic projects. * Raising awareness among Quebecers and Canadians about the realities of Aboriginal people living off-reserve, their history, achievements and contributions to Canadian society. * Cultural activities: powwows, June 21st Aboriginal Day event, etc. * Negotiation of agreements with the various levels of government and any municipal or local authorities aimed at improving the political, economic, social and cultural conditions of Aboriginal people living off-reserve. * Working with national and regional Aboriginal organizations to facilitate the exercise of the rights of Aboriginal people living off-reserve.

Eligibility: Indigenous people with or without a status, Métis, Inuit living off-reserve in the province of Québec, cultural activities: general public

Coverage area: Province of Québec

Hours: Monday to Thursday 8h30 to 17h00

Fees: membership: \$49 (includes the first year's contribution), yearly contributions: \$25 per year, \$15 for people 65 years old and older, genealogical analysis service: \$175

Financing: contributions, provincial, federal

Legal status: non-profit organization

NATIVE WOMEN'S ASSOCIATION OF CANADA

120 du Portage Promenade, Gatineau, Outaouais, QC, J8X 2K1

1 800 461-4043 Fax: 613 722-7687

Website: www.nwac.ca

Email: reception@nwac.ca

Services: * NWAC National Apprenticeship Program: connecting businesses with Indigenous women, Two Spirit, and gender-diverse people seeking apprenticeships in the skilled trade.* Indigenous Skills and Employment Training (ISET): programme offering courses, childcare, first jobs and other resources.

#BeTheDrum: entrepreneurship promotion program to strengthen business, management and entrepreneurship skills.* Culturally Safe and Trauma-Informed Knowledge Hub: information and resources about sexual and reproductive health. * Online resources and training. * Prizes and scholarships. * Defending the rights of indigenous women and girls.

Eligibility: Indigenous women, girls, Two Spirit and gender diverse people

Coverage area: Canada

Financing: federal, donations, fundraising campaigns

Legal status: non-profit organization

REGROUPEMENT DES ASSOCIATIONS DE PERSONNES HANDICAPÉES DE L'OUTAOUAIS

115 Sacré-Coeur Boulevard, Suite 210, Gatineau, Outaouais, QC, J8X 1C5

819 770-0535

Website: www.rapho.org

Email: direction@rapho.org

Services: Advocacy and promotion of the interests of people living with a physical or intellectual disability or autism and their caregivers. * Welcome and referrals. * Awareness-raising events. * Inter-organizational round tables. * Raising awareness of the realities of people with disabilities among government bodies. * Online directory of resources.

Eligibility: people living with a disability (physical, intellectual, autism), caregivers, organizations working with people living with a disability

Coverage area: Outaouais

Hours: Monday to Friday 10h00 to 18h00

Fees: none

Financing: provincial

Legal status: non-profit organization

REGROUPEMENT DES ORGANISMES COMMUNAUTAIRES EN SANTÉ MENTALE DE L'OUTAOUAIS

92 Saint-Raymond Boulevard, Suite 200, Gatineau, Outaouais, QC, J8Y 1S7

Website: www.rocsmo.ca

Email: rocsmo.outaouais@gmail.com

Services: Ensures the quality of services and cohesion between different mental health organization in Outaouais. * Support, collaboration and advocacy for the interests of community organizations in mental health. * Continuous training and development of projects in partnership with organizations. * Promotion and advocacy of the rights of people living with mental health issues.

Eligibility: community organizations in mental health, people living with mental health issues

Coverage area: Outaouais

Fees: none

Financing: provincial

Legal status: non-profit organization

SOCIÉTÉ CANADIENNE DE LA SCLÉROSE EN PLAQUES - DIVISION DU QUÉBEC - SECTION OUTAOUAIS

10 Noël Street, Suite 112, Gatineau, Outaouais, QC, J8Z 3G5

1 819 778-1450 Fax: 1 819 778-7058

Website: mscanada.ca/ms-canada-outaouais

Email: info.outaouais@scleroseenplaques.ca

Services: * Information, documentation and referral. * Psychological support. * Self-help group. * Day activity centre. * Home and hospital visits. * Civic support service: help with filling out forms, accompaniment to go vote, budget management. * Recreational and social activities. * Equipment loan. * Promotion and defence of rights. * Conferences.

Eligibility: people with multiple sclerosis, their relatives

Coverage area: Outaouais

Hours: Monday to Friday 8h00 to 15h00

Financing: donations, fundraising campaigns

Legal status: non-profit organization

TABLE DE CONCERTATION SUR LA FAIM ET LE DÉVELOPPEMENT SOCIAL DE L'OUTAOUAIS

180 du Mont-Bleu Boulevard, Gatineau, Outaouais, QC, J8Z 3J5

819 771-8391 ext. 337

Website: tcfdsso.org

Services: Grouping of individuals, community organizations and institutions that share knowledge and develop activities to advance food security. * Discussion days on food insecurity. * Working committees organized by members. * Meetings, workshops, conferences or symposia on hunger and poverty. * Raising awareness of hunger and poverty issues.

Eligibility: community organizations, institutions concerned with food safety

Coverage area: Outaouais

Hours: Monday to Friday 9h00 to 17h00, activities: variable

Fees: annual membership: \$12 for individuals, \$30 for organizations, \$72 for institutions, activities: variable with prices for member

Financing: membership fees, dons, municipal, provincial

Legal status: non-profit organization

Consumer protection and complaints

ASSOCIATION COOPÉRATIVE D'ÉCONOMIE FAMILIALE DE L'OUTAOUAIS

109 Wright Street, Suite 102, Gatineau, Outaouais, QC, J8X 2G7

819 770-4911 ext. 201 Fax: 819 771-1769

Website: acefo.org

Email: info@acefo.org

Services: * Budget consultation. * Information on debt consolidation and negotiation with creditors. * Budget classes. * Conferences and workshops on various consumer-related topics. * Advocacy. * Desjardins Mutual Aid Fund. * Assistance with Hydro-Québec payment agreements. * Interest-free loans: loan from the Hull self-help group for the purchase of essential durable goods.

Eligibility: general public, interest-free loans: people on a low income and no access to conventional credit

Coverage area: Outaouais

Hours: Monday to Friday 9h00 to 17h30

Fees: variable

Financing: provincial, Centraide Outaouais

Legal status: cooperative

CANADIAN RADIO-TELEVISION AND TELECOMMUNICATIONS COMMISSION

1 Promenade du Portage, Gatineau, Outaouais, QC, J8X 4B1

1 877 249-2782 Fax: 819 994-0218 **TTY:** 1 877 909-2782

Website: crtc.gc.ca/eng/home-accueil.htm

Email: info@crtc.gc.ca

Services: Administrative tribunal that regulates and supervises broadcasting and telecommunications under the Broadcasting Act, the Telecommunications Act and Canada's Anti-Spam Legislation. * Information regarding unsolicited telecommunications rules, National Do Not Call List. * Complaint handling. * Approval of telecommunications industry tariffs. * Responding to inquiries regarding broadcasting and telecommunications. * Granting, renewing and amending broadcasting licenses.

Eligibility: consumers, telemarketers, broadcasters, telecommunication carriers

Coverage area: Canada

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

Financing: federal

Legal status: federal government agency

CENTRE COMMUNAUTAIRE JURIDIQUE DE L'OUTAOUAIS - BUREAU ADMINISTRATIF

510 Maloney Boulevard East, Suite 201, Gatineau, Outaouais, QC, J8P 1E7

819 669-2382 Fax: 819 669-9309

Website: www.aidejuridiqueoutaouais.ca

Email: bureauadministration@ccjo.qc.ca

Services: Legal aid services lawyers who practice family law, criminal and penal law, youth protection law, immigration law, civil law, administrative law (social aid, SAAQ, CSST), child support, health rights, housing law, bankrupt and prison law. * Representation by a lawyer before a court of first instance or a court of appeal, as plaintiff or defendant. * Assistance from a lawyer in certain cases expressly provided in the Legal Aid Act. * Legal consultation with a lawyer. * Telephone consultation with a lawyer, available 24/7, for people who have been arrested or are being held in custody. * Legal information regarding the rights and obligations of legal aid recipients. * Some services may be rendered by a notary. * Complaints reception.

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

Coverage area: Outaouais

Hours: Monday to Friday 8h30 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

CENTRE D'ASSISTANCE ET D'ACCOMPAGNEMENT AUX PLAINTES - OUTAOUAIS

92 St-Raymond Boulevard, Suite 203, Gatineau, Outaouais, QC, J8Y 1S7

1 877 767-2227 Fax: 819 770-4748

Website: caap-outaouais.ca/home

Email: info@caap-outaouais.ca

Services: Assistance and accompaniment for people who wish to file a complaint regarding services that they have had or should have received in the health and social services network. * CAAP on the lease: support in the process of amicably settling a dispute with the RPA operator or a dispute following an application to the Housing Administrative Tribunal. * Public establishments: CLSC, hospitals, residential and extended care centres, youth centres, rehabilitation centres. * Intermediate resources: chartered or self-financed private residences, family resources. * Community organizations in the health and social services field or operating a fonction or activities for ASSS: pre-hospital emergency services, ambulance services. * Information and assistance to tenants of private residences for seniors (RPA) to formulate a complaint and accompaniment in the complaint process. * Help in preparing for a hearing at the Tribunal administratif du logement.

Eligibility: health and social services network users, residents of a RPA

Coverage area: Outaouais

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

Fees: none

Financing: provincial

Legal status: non-profit organization

CENTRE INTÉGRÉ DE SANTÉ ET DES SERVICES SOCIAUX DE L'OUTAOUAIS

80 Gatineau Avenue, Gatineau, Outaouais, QC, J8T 4J3

819 966-6000

Website: cisss-outaouais.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: Outaouais

Financing: provincial

Legal status: provincial government agency

OFFICE D'HABITATION DE L'OUTAOUAIS

649 de la Gappe Boulevard, Gatineau, Outaouais, QC, J8T 8G1

819 568-0033 Fax: 819 568-7356

Website: www.ohoutaouais.ca

Email: info@ohoutaouais.ca

Services: Manage and administer housing and housing programs. * Low-Rental Housing (HLM). * Rent Supplement Program (PSL). * Affordable Housing Quebec (LAQ). * Referral service. * Accès Logis program.

Eligibility: individuals, seniors, and families with a low or a moderate income

Capacity: 4328 units

Coverage area: Outaouais

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

Financing: provincial

Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE MANIWAKI-GRACEFIELD

180 Desjardins Boulevard, Maniwaki, Outaouais, QC, J9E 2E2

819 449-4556

Website: www.habitation.gouv.qc.ca

Email: direction@omhmg.com

Services: Manage and administer housing and housing programs. * Low-rent housing (HLM). * Rent supplement program (PSL). * Québec affordable housing program (LAQ). * Referral service. * Accès Logis program.

Eligibility: seniors and families on a low income

Capacity: 138 units

Coverage area: Gracefield, Maniwaki

Hours: Monday to Friday 13h00 to 16h00

Financing: provincial

Legal status: parapublic organization

SERVICE CANADA CENTRE - GATINEAU-EST

455 de l'Hôpital Boulevard, Gatineau, Outaouais, QC, J8T 7X7

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

Website: www.canada.ca

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

Eligibility: general public

Coverage area: Gatineau

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

SERVICE CANADA CENTRE - GATINEAU-HULL

210 Champlain Street, Gatineau, Outaouais, QC, J8X 3R5

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

Website: www.canada.ca

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

Eligibility: general public

Coverage area: Gatineau

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

SERVICE CANADA CENTRE - MANIWAKI

100 Principale Street South, Suite 220, Maniwaki, Outaouais, QC, J9E 3L4

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

Website: www.canada.ca

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

Eligibility: general public

Coverage area: Maniwaki

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

TRIBUNAL ADMINISTRATIF DU LOGEMENT - GATINEAU

170 de l'Hôtel-de-Ville Street, Suite 4.100, Gatineau, Outaouais, QC, J8X 4C2

1 800 683-2245 Fax: 1 877 907-8077

Website: www.tal.gouv.qc.ca/en

Services: Specialized court regarding residential lease matters. * Information on rights and obligations related to leases. * Conciliation between landlords and tenants. * Protection of tenants' rights. * Assistance filling out court application forms. * Online calculation tool for rent fixation: www.tal.gouv.qc.ca/fr/calcul-pour-la-fixation-de-loyer/outil-de-calcul * Online tool to access legal information about the rental lease: justicebot.ca * Online tool to add proof of notification of the request and the list of documents: extranet.tal.gouv.qc.ca/internet/asp/transmissionDoc/transmetDoc.asp

Eligibility: tenants, landlords

Coverage area: Gatineau

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

Fees: variable

Financing: provincial

Legal status: provincial government agency

Correctional services

SERVICES CORRECTIONNELS DU QUÉBEC - ÉTABLISSEMENT DE DÉTENTION DE HULL

75 Saint-François Street, Gatineau, Outaouais, QC, J9A 1B4

1 866 466-7603 Fax: 819 772-3963

Website: www.quebec.ca/securite-situations-urgence/services-correctionnels

Services: Body responsible of the activities related to offenders assessment and follow-up. * Find an organization that works with offenders: www.quebec.ca/securite-situations-urgence/services-correctionnels/suivi-personnes-contrevenantes-communaute/trouver-organisme-suivi-communaute * Online information for relatives of incarcerated people. * Assessment of offenders. * Development of correctional intervention plans. * Administration of sentences in the community.

Eligibility: offenders sentenced to less than 2 years, alleged offenders

Coverage area: Outaouais

Financing: provincial

Legal status: provincial government agency

Courthouses and tribunals

GATINEAU COURTHOUSE

17 Laurier Street, Gatineau, Outaouais, QC, J8X 4C1

819 776-8110 Fax: 819 772-3347

Website: www.justice.gouv.qc.ca/nous-joindre/trouver-un-palais-de-justice/palais-de-justice-de-gatineau

Services: Administration of judicial services of Gatineau. Couple and family * Curatorship and guardianship. * Marriage and civil union. * Family mediation. * Separation and divorce. Courts * Civil division. * Criminal and penal chamber. * Director of criminal and penal prosecutions. * Probation. Youth * Youth Division. Your money and property * Fines. * Voluntary deposit. * Bankruptcy. * Will. Your disputes * Small claims (claims under \$15,000). * Steps to follow to file a small claims claim: www.quebec.ca/en/justice-and-civil-status/small-claims/filing-claim/process-help-applicant * Small claims mediation (mandatory for claims of \$5,000 or less). * Arbitration. Services * Quebec Court. * Superior Court. * Juries. * Publicity of rights. * Financial services. * Real estate sales.

Eligibility: general public

Coverage area: Gatineau judicial district

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

Financing: provincial

Legal status: provincial government agency

Legal assistance and information

ALTERNATIVE OUTAOUAIS (L')

885 de la Carrière Boulevard, Suite 201, Gatineau, Outaouais, QC, J8Y 6S6

819 595-1106 Fax: 819 595-1139

Website: www.laltou.com/en

Email: info@laltou.com

Services: Services in alternative and restorative justice. * Application of extrajudicial measures and sanctions: accompaniment in compensatory and community work, Jeunes citoyens awareness group, restitution, letter of apology, donations, letter of reflection, victimization group, peer influence group. * Consultation with victims of a crime committed by a person between 12 and 17 years old. * Mediation between victims and teenage offenders. * Neighbourhood mediation. * Awareness.

Eligibility: adults, families, teenagers, victims, offenders teenagers

Coverage area: Outaouais

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

Financing: grants

Legal status: non-profit organization

ASSOCIATION DE SOLIDARITÉ ET D'ENTRAIDE COMMUNAUTAIRE DE LA VALLÉE-DE-LA-GATINEAU

248 Cartier Street, Suite 152 and 153, Maniwaki, Outaouais, QC, J9E 3P5

819 449-6779

Email: info@asecvg.ca

Services: Collective defense of the social, economic and civic rights of people in vulnerable situations in the Vallée-de-la-Gatineau. * Intervention on the right to a decent income, the right to housing and the right to participate in democratic life. * Popular education: workshops, training, etc. * Social mobilization: petitions, demonstrations, etc. * Political analysis and representation to decision-makers. * Activist library. * Support in dealing with government, institutions, landlords, employers, etc. * Information on various programs and allowances available. * Tax clinic. * Referrals.

Coverage area: MRC Vallée-de-la-Gatineau

Hours: Monday to Thursday 9h00 to 16h00

Fees: none

Legal status: non-profit organization

ASSOCIATION POUR LA DÉFENSE DES DROITS SOCIAUX DE GATINEAU

18 Charlevoix Street, Gatineau, Outaouais, QC, J8X 1P1

819 770-3839

Website: addsgatineau.wordpress.com/about

Email: lutteraddsgatineau@gmail.com

Services: Education and social rights defense group. * Home. * Telephone information. * Training and information workshops: social rights, social assistance, fight against poverty, mobilization.

Eligibility: social assistance recipients, employment insurance recipients, people on a low income

Coverage area: Gatineau

Fees: none

Financing: grants

Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DE DÉFENSE DES DROITS DES PERSONNES RETRAITÉES ET PRÉRETRAITÉES - OUTAOUAIS

180 Mont-Bleu Boulevard, Suite 201, Gatineau, Outaouais, QC, J8Z 3J5

819 771-8391 ext. 320

Website: www.aqdroutaouais.org

Email: info@aqdroutaouais.org

Services: Defending the collective rights of seniors. * Political representation before various decision-making bodies and defence of collective rights: pensions, income, housing, safety, violence, ageism, social exclusion, health, home care, medication and transport. * Community activities and services: coffee meetings, conferences, workshops, information sessions, etc. * AQDR Outaouais Express newsletter.

Eligibility: people 55 years old and over

Coverage area: Outaouais

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 11h30

Fees: annual membership: \$20

Financing: provincial, contributions

Legal status: non-profit organization

BARREAU DE L'OUTAOUAIS (LE)

17 Laurier Street, Suite 2.160, Gatineau, Outaouais, QC, J8X 4C1

819 777-5225

Website: www.barreauoutaouais.qc.ca

Email: coordonnateur@barreauoutaouais.qc.ca

Services: Professional Association. * Information and awareness of rights. * Referral to lawyers, arbitrators or mediators. * JuriGo.ca: legal referral in the form of a web platform.

Coverage area: Outaouais

Financing: provincial

Legal status: non-profit organization

BUREAU D'AIDE JURIDIQUE - GATINEAU - DROIT CRIMINEL

136 Wright Street, Gatineau, Outaouais, QC, J8X 2G9

819 772-3084 Fax: 819 772-3105

Website: aidejuridiqueoutaouais.ca/aidejuridique/

Email: bureaucriminell@ccjo.qc.ca

Services: Legal aid office in civil and family law.

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

Coverage area: Outaouais

Hours: Monday to Friday 8h30 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

BUREAU D'AIDE JURIDIQUE - GATINEAU - SECTEUR AYLME

204 Aylmer Road, Suite B-403, Gatineau, Outaouais, QC, J9H 1A1

819 684-0333 Fax: 819 684-5075

Website: www.aidejuridiqueoutaouais.ca

Email: bureauaylmer@ccjo.qc.ca

Services: Legal aid office in civil and family law.

Eligibility: people or non-profit organizations residing in Québec or forced to remain in Québec, financially eligible, and whose legal services are covered by the Law

Coverage area: Outaouais

Hours: Monday to Friday 8h30 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

BUREAU D'AIDE JURIDIQUE - GATINEAU - SECTEUR GATINEAU

365 Greber Boulevard, Suite 202, Gatineau, Outaouais, QC, J8T 5R3

819 568-0990 Fax: 819 568-4727

Website: www.aidejuridiqueoutaouais.ca

Email: bureaugatineau@ccjo.qc.ca

Services: Legal aid office in civil and family law.

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

Coverage area: Outaouais

Hours: Monday to Friday 8h30 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

BUREAU D'AIDE JURIDIQUE - GATINEAU - SECTEUR HULL

768 St-Joseph Boulevard, Suite 210, Gatineau, Outaouais, QC, J8Y 4B8

819 772-3011 Fax: 819 772-3764

Website: www.aidejuridiqueoutaouais.ca

Email: bureaucivil-famille@ccjo.qc.ca

Services: Legal aid office in civil law, family law and youth protection law.

Eligibility: people or non-profit organizations residing in Québec or forced to remain in Québec, financially eligible, and whose legal services are covered by the Law

Coverage area: Outaouais

Hours: Monday to Friday 8h30 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

CANADIAN INTELLECTUAL PROPERTY OFFICE

50 Victoria Street, Suite C-229, Gatineau, Outaouais, QC, K1A 0C9

1 866 997-1936 Fax: 819 953-2476 **TTY:** 1 866 694-8389

Website: www.ic.gc.ca/eic/site/cipointernet-internetopic.nsf/eng/home

Email: ic.contact-contact.ic@ised-isde.gc.ca

Services: Special Operating Agency part of the Innovation, Science and Economic Development Canada ministry. * Administration and processing of intellectual property: trademarks, patents, copyright, industrial designs and integrated circuit topographies.

Coverage area: Canada

Hours: Monday to Friday 8h30 to 16h30

Financing: federal

Legal status: federal government agency

CENTRE COMMUNAUTAIRE JURIDIQUE DE L'OUTAOUAIS - BUREAU ADMINISTRATIF

510 Maloney Boulevard East, Suite 201, Gatineau, Outaouais, QC, J8P 1E7

819 669-2382 Fax: 819 669-9309

Website: www.aidejuridiqueoutaouais.ca

Email: bureauadministration@ccjo.qc.ca

Services: Legal aid services lawyers who practice family law, criminal and penal law, youth protection law, immigration law, civil law, administrative law (social aid, SAAQ, CSST), child support, health rights, housing law, bankrupt and prison law. * Representation by a lawyer before a court of first instance or a court of appeal, as plaintiff or defendant. * Assistance from a lawyer in certain cases expressly provided in the Legal Aid Act. * Legal consultation with a lawyer. * Telephone consultation with a lawyer, available 24/7, for people who have been arrested or are being held in custody. * Legal information regarding the rights and obligations of legal aid recipients. * Some services may be rendered by a notary. * Complaints reception.

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

Coverage area: Outaouais

Hours: Monday to Friday 8h30 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

CENTRE DE JUSTICE DE PROXIMITÉ DE L'OUTAOUAIS

768 Saint-Joseph Boulevard, Suite 200, Gatineau, Outaouais, QC, J8Y 4B8

819 600-4600

Website: www.justicedeproximite.qc.ca/en/centers/outaouais

Email: outaouais@cjpqc.ca

Services: * Legal information clinic: explanation of laws, information on various recourses, procedural acts and conduct of proceedings, orientation within the justice system. * Referral to organizations, professionals or alternative ways to resolve conflicts. * Legal information tools and sessions.

Eligibility: people searching for legal information

Coverage area: Gatineau, MRC La Vallée-de-la-Gatineau, MRC Les Collines-de-l'Outaouais, MRC Papineau, MRC Pontiac

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

Fees: none

Financing: provincial

Legal status: non-profit organization

COMMISSION DES NORMES, DE L'ÉQUITÉ, DE LA SANTÉ ET DE LA SÉCURITÉ DU TRAVAIL - LANAUDIÈRE - POINT DE SERVICE DE JOLIETTE

1075 Firestone Boulevard, 5th floor, Gatineau, Outaouais, QC, J9E 6X6

1 844 838-0808 Fax: 1 855 722-8081?

Website: www.cnesst.gouv.qc.ca/en

Services: Prevention and safety * 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. Pay equity * Front-line telephone service to answer general questions on the application of the Loi sur l'équité salariale. * Specialized assistance to understand more complex or technical aspects of the law. * Pay equity audit program: investigations to ensure that companies are complying with their pay equity obligations. * Development of tools and training courses accessible free of charge in all regions of Québec. * Research activities. Labour standards * Information on labour standards and obligations under the law and regulations. * Registration of complaints. * Mediation for employees or employers concerned by a complaint of psychological harassment, wrongful dismissal or prohibited practice.

Eligibility: employers, workers

Coverage area: Lanaudière

Hours: by appointment only

Financing: membership fees, self-financing

Legal status: provincial government agency

COMMISSION DES NORMES, DE L'ÉQUITÉ, DE LA SANTÉ ET DE LA SÉCURITÉ DU TRAVAIL - OUTAOUAIS

15 Gamelin Street, Gatineau, Outaouais, QC, J8X 3Y3

1 844 838-0808 Fax: 1 855 722-8081?

Website: www.cnesst.gouv.qc.ca

Services: Prevention and safety * 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. Pay equity * Front-line telephone service to answer general questions on the application of the Loi sur l'équité salariale. * Specialized assistance to understand more complex or technical aspects of the law. * Pay equity audit program: investigations to ensure that companies are complying with their pay equity obligations. * Development of tools and training courses accessible free of charge in all regions of Québec. * Research activities. Labour standards * Information on labour standards and obligations under the law and regulations. * Registration of complaints. * Mediation for employees or employers concerned by a complaint of psychological harassment, wrongful dismissal or prohibited practice.

Eligibility: employers, workers

Coverage area: Outaouais

Hours: on appointment

Financing: provincial

Legal status: provincial government agency

CURATEUR PUBLIC - BUREAU DE GATINEAU

16 Impasse de la Gare-Talon, Suite 3.200, Gatineau, Outaouais, QC, J8T 7S8

1 877 221-7043

Website: www.quebec.ca/en/government/departments-and-agencies/curateur-public

Services: Ensures that incapacitated people are protected, their autonomy safeguarded and their rights respected, while supporting their families and loved ones in their duties. * Infolettre Bien protéger ensemble: receive information on the protection of people in vulnerable situations. * Recognizes assistants to adults, in particular by analyzing applications and maintaining a public register of recognized assistants. * Monitors the management of assets by guardians. * Informs represented and assisted persons of the rules that apply to them. * Informs assistants, guardians, temporary representatives and mandataries of their obligations. * Raise public awareness of the issues related to incapacity and inform people of the means available to protect incapacitated persons. * Accompany people experiencing difficulties. * Acts as guardian, guardianship council or temporary representative by court order if the person is isolated, has no family or those close to him or her are unable to assume this role. * Receives complaints and reports.

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: Outaouais

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

Financing: provincial

Legal status: provincial government agency

GATINEAU - CITY

25 Laurier Street, Gatineau, Outaouais, QC, J8X 4C8

1 866 299-2002

Website: www.gatineau.ca

Email: info@gatineau.ca

Services: Management of municipal services. * Practical information: pets, change of address, etc. * Calendar of artistic events, sporting activities, etc.: www.calendrier.gatineau.cloud/calendrier/parcourir.aspx?langue=fr-ca&categories=2 * Interactive city map: www.gatineau.ca/portail/default.aspx?p=trouver_un_lieu&ref=haut-de-page * Waste collection calendar: www.gatineau.ca/portail/default.aspx?p=guichet_municipal/ordures_recyclage_compostage_encombrants&ref=pastilles * Permanent ecocentres, mobile ecocentres and transshipment centres. * Service centers: payment of municipal taxes, permits, etc. * Fire department. * Home Adaptation Program (HAP). * Automated emergency notification system. * Recreation and culture: activities, day camp, etc. * Swimming program, aquafitness, etc. * Public library. * Hall rentals.

Eligibility: general public

Coverage area: Gatineau

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

Financing: municipal

Legal status: municipal agency

GATINEAU COURTHOUSE

17 Laurier Street, Gatineau, Outaouais, QC, J8X 4C1

819 776-8110 Fax: 819 772-3347

Website: www.justice.gouv.qc.ca/nous-joindre/trouver-un-palais-de-justice/palais-de-justice-de-gatineau

Services: Administration of judicial services of Gatineau. Couple and family * Curatorship and guardianship. * Marriage and civil union. * Family mediation. * Separation and divorce. Courts * Civil division. * Criminal and penal chamber. * Director of criminal and penal prosecutions. * Probation. Youth * Youth Division. Your money and property * Fines. * Voluntary deposit. * Bankruptcy. * Will. Your disputes * Small claims (claims under \$15,000). * Steps to follow to file a small claims claim: www.quebec.ca/en/justice-and-civil-status/small-claims/filing-claim/process-help-applicant * Small claims mediation (mandatory for claims of \$5,000 or less). * Arbitration. Services * Quebec Court. * Superior Court. * Juries. * Publicity of rights. * Financial services. * Real estate sales.

Eligibility: general public

Coverage area: Gatineau judicial district

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

Financing: provincial

Legal status: provincial government agency

IMPACT RIVIÈRE GATINEAU

270 Notre-Dame Street, Maniwaki, Outaouais, QC, J9E 2J8

1 877 449-3077

Email: impactrivieregatineauorg@videotron.ca

Services: Family violence service centre. * Support for people involved in family violence. * Group therapy for childrens, teenagers, men, parents, families. * Individual, couple, or family intervention. * Conflict management. * Emotional management. * Individual consultation for people with specific needs: intellectual disabilities and mental health issues. * Concertation and awareness among the community regarding family violence.

Eligibility: people involved in domestic violence, victims of domestic violence, people with intellectual disabilities, people living with a mental health issue

Coverage area: MRC Vallée-de-la-Gatineau, MRC des Collines-de-l'Outaouais

Hours: Monday to Thursday 9h00 to 17h30

Fees: none

Financing: donations, provincial

Legal status: non-profit organization

NATIVE ALLIANCE OF QUEBEC

21 Brodeur Street, Gatineau, Outaouais, QC, J8Y 2P6

819 770-7763 Fax: 819 770-6070

Website: aaqnaq.com/en

Email: siteweb@aaqnaq.com

Services: Promotion and representation of the interests of Indigenous, Métis and Inuit people living off-reserve in the province of Québec. * Social and community intervention service: referrals to resources appropriate to the situation. * Genealogical analysis service. * Information and administration of government programs and services for Aboriginal people living off-reserve. * Bursary programs for aboriginal students. * Aboriginal paralegal services: legal information, accompaniment, etc. * Partnership with Habitation Métis du Nord: help in finding subsidized housing. * Partnership with the Société de crédit commerciaux autochone (SOCCA): support and financial assistance for economic projects. * Raising awareness among Quebecers and Canadians about the realities of Aboriginal people living off-reserve, their history, achievements and contributions to Canadian society. * Cultural activities: powwows, June 21st Aboriginal Day event, etc. * Negotiation of agreements with the various levels of government and any municipal or local authorities aimed at improving the political, economic, social and cultural conditions of Aboriginal people living off-reserve. * Working with national and regional Aboriginal organizations to facilitate the exercise of the rights of Aboriginal people living off-reserve.

Eligibility: Indigenous people with or without a status, Métis, Inuit living off-reserve in the province of Québec, cultural activities: general public

Coverage area: Province of Québec

Hours: Monday to Thursday 8h30 to 17h00

Fees: membership: \$49 (includes the first year's contribution), yearly contributions: \$25 per year, \$15 for people 65 years old and older, genealogical analysis service: \$175

Financing: contributions, provincial, federal

Legal status: non-profit organization

SOUPE POPULAIRE DE HULL

297 des Allumettières Boulevard, Gatineau, Outaouais, QC, J8Y 4B7

819 778-0173 Fax: 819-778-7408

Website: www.soupepopulairedehull.org

Email: administration@soupepopulairedehull.org

Services: Support and tools for people in precarious situations. * Welcoming, listening, accompaniment and counselling. * Lunch and dinner meals. * Assistance for budget management. * Legal assistance. * Social and community integration activities: group outings, coffee meetings, leisure activities, etc. * Volunteering and intership. * Distribution of naloxone kit.

Eligibility: people in a situation of financial, social or personal precariousness

Coverage area: Gatineau, Hull sector

Hours: Monday to Friday 10h30 to 16h30, lunch: Monday to Friday 11h30 to 13h30, dinner: Monday to Friday 16h45 to 18h15, legal aid: once a week, without appointment, dental clinic: once a week

Fees: voluntary contribution for meals: \$1

Financing: Centraide Outaouais

Legal status: non-profit organization

TRIBUNAL ADMINISTRATIF DU LOGEMENT - GATINEAU

170 de l'Hôtel-de-Ville Street, Suite 4.100, Gatineau, Outaouais, QC, J8X 4C2

1 800 683-2245 Fax: 1 877 907-8077

Website: www.tal.gouv.qc.ca/en

Services: Specialized court regarding residential lease matters. * Information on rights and obligations related to leases. * Conciliation between landlords and tenants. * Protection of tenants' rights. * Assistance filling out court application forms. * Online calculation tool for rent fixation: www.tal.gouv.qc.ca/fr/calcul-pour-la-fixation-de-loyer/outil-de-calcul * Online tool to access legal information about the rental lease: justicebot.ca * Online tool to add proof of notification of the request and the list of documents:

extranet.tal.gouv.qc.ca/internet/asp/transmissionDoc/transmetDoc.asp

Eligibility: tenants, landlords

Coverage area: Gatineau

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

Fees: variable

Financing: provincial

Legal status: provincial government agency

VALLÉE JEUNESSE OUTAOUAIS

111 de Carillon Street, Gatineau, Outaouais, QC, J8X 2P8

819 778-8550 Fax: 819 778-0754

Website: www.valleejeunesse.ca

Email: administration@valleejeunesse.ca

Services: Prevention of academic and social abandonment. * Écho program: intensive specialized family intervention services for families living through multiple problematic situations. * Catamaran program: alternative socializing activities for youth living through multiple problematic situations. * Camp Exploration: alternative day camp for youth who cannot attend regular day camps because of multiple problematic situations. * Belvédère: transitory housing for youth dealing with homelessness. * Coup de Pouce Jeunesse program: prevention of missing and dropping out of school for teenagers and their families. * Project 14-17 years old: social reinsertion environment for students who can no longer attend the regular programs at school for behavioural or addiction reasons. * Project 16-24 years old: program for youth who wish to stay or go back to school but are faced with difficulties that make this challenging.

Eligibility: Écho project: youth 7 to 17 years old living through at least two problematic situations, Catamaran project: youth 7 to 17 years old who are followed by a social worker and living through at least two problematic situations, Camp Exploration: youth 7 to 17 years old living through multiple problems, Belvédère: youth 16 to 21 years old dealing with or at risk of homelessness, Coup de Pouce Jeunesse: youth 13 to 16 years old at risk of dropping out and their families, project 14-17 and 16-24: students in the Centre des services scolaire des Portages de l'Outaouais (CSSPO)

Coverage area: Gatineau and MRC les Collines-de-l'Outaouais

Financing: municipal, provincial, federal

Legal status: non-profit organization

Professional orders and associations

BARREAU DE L'OUTAOUAIS (LE)

17 Laurier Street, Suite 2.160, Gatineau, Outaouais, QC, J8X 4C1

819 777-5225

Website: www.barreauoutaouais.qc.ca

Email: coordonnateur@barreauoutaouais.qc.ca

Services: Professional Association. * Information and awareness of rights. * Referral to lawyers, arbitrators or mediators. * JuriGo.ca: legal referral in the form of a web platform.

Coverage area: Outaouais

Financing: provincial

Legal status: non-profit organization

OUTAOUAIS CULTURE

327 Saint-Joseph Boulevard, Gatineau, Outaouais, QC, J8Y 3Z1

1 855 595-2601

Website: cultureoutaouais.org

Email: communication@cultureoutaouais.org

Services: Accompaniment and support for artists, writers, cultural workers and cultural organizations in the Outaouais. * Training: ongoing training and development program. * Toutculture platform of cultural events in the Outaouais: www.toutculture.ca

Eligibility: active members: artists, writers, cultural workers and cultural organizations, associate members: companies, educational institutions, municipalities, MRC

Coverage area: Outaouais

Hours: by appointment

Fees: active members: artists and cultural workers: \$20, cultural organizations under \$100,000: \$50, over \$100,000: \$75, associate members: friends of Culture Outaouais: \$20, businesses: \$85, educational institutions: \$100, MRCs: \$250, municipalities with 30,000 inhabitants or less: \$125, 30,000 inhabitants or more: \$1000

Financing: municipal, provincial

Legal status: non-profit organization

Support for offenders

ALTERNATIVE OUTAOUAIS (L')

885 de la Carrière Boulevard, Suite 201, Gatineau, Outaouais, QC, J8Y 6S6

819 595-1106 Fax: 819 595-1139

Website: www.laltou.com/en

Email: info@laltou.com

Services: Services in alternative and restorative justice. * Application of extrajudicial measures and sanctions: accompaniment in compensatory and community work, Jeunes citoyens awareness group, restitution, letter of apology, donations, letter of reflection, victimization group, peer influence group. * Consultation with victims of a crime committed by a person between 12 and 17 years old. * Mediation between victims and teenage offenders. * Neighbourhood mediation. * Awareness.

Eligibility: adults, families, teenagers, victims, offenders teenagers

Coverage area: Outaouais

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

Financing: grants

Legal status: non-profit organization

BUREAU D'AIDE JURIDIQUE - GATINEAU - DROIT CRIMINEL

136 Wright Street, Gatineau, Outaouais, QC, J8X 2G9

819 772-3084 Fax: 819 772-3105

Website: aidejuridiqueoutaouais.ca/aidejuridique/

Email: bureaucriminell@ccjo.qc.ca

Services: Legal aid office in civil and family law.

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

Coverage area: Outaouais

Hours: Monday to Friday 8h30 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

CENTRE COMMUNAUTAIRE JURIDIQUE DE L'OUTAOUAIS - BUREAU ADMINISTRATIF

510 Maloney Boulevard East, Suite 201, Gatineau, Outaouais, QC, J8P 1E7

819 669-2382 Fax: 819 669-9309

Website: www.aidejuridiqueoutaouais.ca

Email: bureauadministration@ccjo.qc.ca

Services: Legal aid services lawyers who practice family law, criminal and penal law, youth protection law, immigration law, civil law, administrative law (social aid, SAAQ, CSST), child support, health rights, housing law, bankrupt and prison law. * Representation by a lawyer before a court of first instance or a court of appeal, as plaintiff or defendant. * Assistance from a lawyer in certain cases expressly provided in the Legal Aid Act. * Legal consultation with a lawyer. * Telephone consultation with a lawyer, available 24/7, for people who have been arrested or are being held in custody. * Legal information regarding the rights and obligations of legal aid recipients. * Some services may be rendered by a notary. * Complaints reception.

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

Coverage area: Outaouais

Hours: Monday to Friday 8h30 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

GATINEAU COURTHOUSE

17 Laurier Street, Gatineau, Outaouais, QC, J8X 4C1

819 776-8110 Fax: 819 772-3347

Website: www.justice.gouv.qc.ca/nous-joindre/trouver-un-palais-de-justice/palais-de-justice-de-gatineau

Services: Administration of judicial services of Gatineau. Couple and family * Curatorship and guardianship. * Marriage and civil union. * Family mediation. * Separation and divorce. Courts * Civil division. * Criminal and penal chamber. * Director of criminal and penal prosecutions. * Probation. Youth * Youth Division. Your money and property * Fines. * Voluntary deposit. * Bankruptcy. * Will. Your disputes * Small claims (claims under \$15,000). * Steps to follow to file a small claims claim: www.quebec.ca/en/justice-and-civil-status/small-claims/filing-claim/process-help-applicant * Small claims mediation (mandatory for claims of \$5,000 or less). * Arbitration. Services * Quebec Court. * Superior Court. * Juries. * Publicity of rights. * Financial services. * Real estate sales.

Eligibility: general public

Coverage area: Gatineau judicial district

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

Financing: provincial

Legal status: provincial government agency

RÉHABEX

59 Marengère Street, Gatineau, Outaouais, QC, J8T 3T7

819 776-2777 Fax: 819 776-3024

Website: rehabex.ca/en

Email: informations@rehabex.ca

Services: Personalized services for people involved with the criminal justice system to find employment, return to their studies and ask for a suspension of their criminal record. * Professional and school orientation. * Assistance in resuming studies. * Assistance looking for employment: introduction to the methods and techniques of the job search, initiation to using the internet, help writing a resume and cover letter, simulating job interviews, access to a list of employers. * Referral to different programs, organizations and employers. * Continued accompaniment during employment and mediation between the employer and employee if there is a conflict. * Information on the impacts of a criminal record. * Accompaniment for applications for a suspension of the criminal record (pardon). * Free recruiting program for employers. * Food assistance for clients in need, in partnership with a food bank.

Eligibility: people who have been in contact with the criminal justice system, with or without a criminal record, over 18 years old with some exceptions

Coverage area: Province of Québec

Hours: Monday to Thursday 8h00 to 16h00, Friday 8h00 to 14h00

Fees: none

Financing: provincial, federal

Legal status: non-profit organization

REHABEX - MANIWAKI

270 Notre-Dame Street, Maniwaki, Outaouais, QC, J9E 2J8

1 844 284-0066 Fax: 819 776-3024

Website: rehabex.ca/en

Email: informations@rehabex.ca

Services: Personalized services for people involved with the criminal justice system to find employment, return to their studies and ask for a suspension of their criminal record. * Professional and school orientation. * Assistance in resuming studies. * Assistance looking for employment: introduction to the methods and techniques of the job search, initiation to using the internet, help writing a resume and cover letter, simulating job interviews, access to a list of employers. * Referral to different programs, organizations and employers. * Continued accompaniment during employment and mediation between the employer and employee if there is a conflict. * Information on the impacts of a criminal record. * Accompaniment for applications for a suspension of the criminal record (pardon). * Free recruiting program for employers. * Food assistance for clients in need, in partnership with a food bank.

Eligibility: people who have been in contact with the criminal justice system, with or without a criminal record, over 18 years old with some exceptions

Coverage area: Province of Québec

Hours: Monday to Thursday 8h00 to 16h00, Friday 8h00 to 14h00

Fees: none

Financing: provincial, federal

Legal status: non-profit organization

Mental Health and addictions

ADDICTION PREVENTION

ADDICTION TREATMENT

COMMUNITY SUPPORT IN MENTAL HEALTH

CRISIS CENTRES AND SUICIDE PREVENTION

HELPLINES

MENTAL HEALTH ADVOCACY GROUPS

MENTAL HEALTH HOUSING

PSYCHIATRIC SERVICES

SELF-HELP GROUPS FOR ADDICTION ISSUES

SELF-HELP GROUPS FOR MENTAL HEALTH ISSUES

Addiction prevention

ADOJEUNE

22 d'Auvergne Street, Gatineau, Outaouais, QC, J8T 6J8

819 568-4499 Fax: 819 568-3636

Website: adojeune.org

Email: adojeuneinc@videotron.ca

Services: * Prevention in schools for youth. * Support for parents. * Themed activities. * Youth centres and emergency housing.

Eligibility: schools, parents

Coverage area: Gatineau

Hours: Monday to Friday 8h30 to 15h30

Fees: free

Financing: provincial, fundraising campaigns

Legal status: non-profit organization

ANTRE-HULLOISES (L')

16 Bériault Street, Gatineau, Outaouais, QC, J8X 1A3

819 778-0997 Fax: 819 777-6311

Website: www.antrehullose.org

Email: antre.hullose@bellnet.ca

Services: Women's centre. * Reception, information and reference. * Help relationship. * Self-help group. * Telephone warmline. * Documentation centre. * Accompaniment in addiction and drug addiction, in partnership with the Association de la prévention de la toxicomanie et de l'alcoolisme chez les femmes en Outaouais. * Awareness and training workshops. * Prévenir, c'est agir Program: awareness and prevention of conjugal violence. * Les Cybercitoyennes: workshops for the development of pro-social, self-critical and safe behaviours in the use of technology. * Activities and thematic days. * Citizen involvement and action committees.

Eligibility: women, Cybercitoyennes: teenagers 12 to 17 years old

Coverage area: Outaouais

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

Fees: none

Financing: provincial

Legal status: non-profit organization

ASSOCIATION POUR LA PRÉVENTION DE LA TOXICOMANIE ET DE L'ALCOOLISME CHEZ LES FEMMES DE L'OUTAOUAIS

16 Bériault Street, Gatineau, Outaouais, QC, J8X 1A3

819 778-3372 Fax: 819 777-6311

Email: aptafo@bellnet.ca

Services: * Support and individualized help. * Prevention and specific help programme.

Eligibility: women 14 years old and over with substance abuse problems

Coverage area: Outaouais

Hours: Monday to Friday 8h30 to 16h30

Fees: free

Financing: provincial

Legal status: non-profit organization

CIPTO: ORGANISME EN RÉDUCTION DES MÉFAITS

145 Eddy Street, Gatineau, Outaouais, QC, J8X 2W7

819 770-7249 Fax: 819 770-9199

Website: accueil@ciptto.org

Email: toxico@ciptto.qc.ca

Services: * Intervention for the loved ones of someone with a substance abuse problem. * Listening and support for parents, partners, friends, etc. * Individual and family intervention. * Programme Boussole: support, accompaniment and social reinsertion for addicts, in partnership with the Centre de Réadaptation en Dépendance de l'Outaouais (CRD). * Assessment of substance use. * Help with learning retention. * Youth prevention: transition from elementary to high school. * Referrals. * Awareness workshops provided in elementary schools, adult education, vocational training and community organizations. * Training provided. * Outreach. * Naloxone kit distribution. * Interventions during party settings. * Distribution and delivery of fentanyl test strips. * Substance analysis tools.

Eligibility: people with a substance abuse problem, their loved ones, youth, schools, community organizations, counselors

Coverage area: Hull and Aylmer sectors of Gatineau, Mont-Bleu neighbourhood of Gatineau

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

Fees: free

Legal status: non-profit organization

JEUNESSE SANS FRONTIÈRES VALLÉE-DE-LA-GATINEAU

119 Saint-Joseph Street, Gracefield, Outaouais, QC, J0X 1W0

819 463-4030

Website: jsfvg.com

Email: direction.jsfvg@gmail.com

Services: Safe place that welcomes youth from 12 to 17 years old and allows them to realize projects. * Welcoming and individual support. * Creative learning workshops. * Raising awareness. * Referral to other organizations in the sector. * Outings.

Eligibility: youth 12 to 17 years old

Capacity: 40

Coverage area: MRC de La Vallée-de-la-Gatineau

Hours: Monday to Thursday 15h30 to 21h00

Fees: none

Financing: grants

Legal status: non-profit organization

MANI-JEUNES

86 Roy Street, Maniwaki, Outaouais, QC, J9E 3G9

819 449-6609

Email: direction@mani-jeunes.ca

Services: Meeting place for discussions and activities for youth. * Sporting, cultural and social activities. * Prevention and health promotion. * Healthy cooking workshops. * Special Outputs. * Exploring the passions.

Eligibility: people 12 to 17 years old, 1 evening per week: youth 8 to 12 years old

Coverage area: Maniwaki

Hours: Monday to Friday 15h30 to 19h30

Financing: provincial, self-financing

Legal status: non-profit organization

SOS CONTACT AL-TO

948 Georges Street, Gatineau, Outaouais, QC, J8L 2E5

819 281-2570

Website: madojeunes.ca/wordpress/s-o-s-contact-al-to

Email: soscontact@hotmail.com

Services: Drug and alcohol prevention and education. * Information, education and prevention. * Support, listening, accompaniment and referral. * Community and street work. * Conferences and awareness.

Eligibility: adults, young people and their family

Coverage area: Gatineau, village Vallée-de-la-Lièvre

Hours: Monday to Friday 9h00 to 16h00

Fees: none

Financing: Centraide Outaouais, provincial

Legal status: non-profit organization

Addiction treatment

ASSOCIATION POUR LA PRÉVENTION DE LA TOXICOMANIE ET DE L'ALCOOLISME CHEZ LES FEMMES DE L'OUTAOUAIS

16 Bériault Street, Gatineau, Outaouais, QC, J8X 1A3

819 778-3372 Fax: 819 777-6311

Email: aptafo@bellnet.ca

Services: * Support and individualized help. * Prevention and specific help programme.

Eligibility: women 14 years old and over with substance abuse problems

Coverage area: Outaouais

Hours: Monday to Friday 8h30 to 16h30

Fees: free

Financing: provincial

Legal status: non-profit organization

BUREAU RÉGIONAL D'ACTION SIDA DE L'OUTAOUAIS

109 Wright Street, Suite 003, Gatineau, Outaouais, QC, J8X 2G7

819 776-2727 Fax: 819 776-2001

Website: lebras.qc.ca

Email: info@lebras.qc.ca

Services: * Street work. * Defending and promoting the rights of people with blood-borne infections. *

Prevention and awareness: infections transmitted by blood and Hepatitis C. * HIV, Aids, STD: prevention and social and recreational programmes. * Emotional and social support to people in the streets and those confined at home. * Food, housing and financial help. * Naloxone kit distribution. * Intervention during raves/parties. * Distribution and delivery of fentanyl test strips. * Substance analysis tools.

Eligibility: people living with HIV (PLHIV) and their loved ones, people living with hepatitis C (PLHCV) and their loved ones, people who use PAS, people who use drugs by injection or inhalation, people in care and at risk, sex workers, youth and young people in difficulty (e.g. street youth), MSM/WSW, trans people, party environments, people who are or have been incarcerated, First Nations people, people from regions where HIV infection is endemic

Coverage area: Outaouais

Hours: Monday to Friday 9h00 to 17h00

Fees: free

Legal status: non-profit organization

CAP SANTÉ OUTAOUAIS

92, Saint-Raymond Boulevard, Suite 304, Gatineau, Outaouais, QC, J8Y 1S7

819 771-2277

Website: capsante-outaouais.org

Email: info@capsante-outaouais.org

Services: Promoting mental health and well-being for people and collectivities. * Tools and workshops for a good mental health. * Trainings to promote well-being in personal and relational abilities. * Information and referral service towards mutual aid and support groups in Outaouais: www.capsante-outaouais.org/groupes * Help with the creation of new mutual aid groups and support for existing groups: training, visibility, free loan of facilities, etc. * Pacifique program: support for schools in training, implementing and maintaining a program of pacific conducts and prevention of violence. * Pacific and safe neighbourhood program: citizen involvement in neighbourhoods to promote healthy relationships.

Eligibility: general population, mutual aid workers, professionals, schools

Coverage area: Outaouais

Hours: by appointment only

Fees: variable

Financing: provincial, donations

Legal status: non-profit organization

CENTRE D'ABANDON DU TABAGISME DE L'OUTAOUAIS

85 St-Rédempteur Street, Gatineau, Outaouais, QC, J8X 4E6

819 966-6696

Services: Guidance and support services for people wishing to change their smoking or vaping habits.* Individual meetings on site or by telephone, by appointment. * Addiction assessment. * Information on products and medications available to help quit smoking or vaping. * Advice. * Personalized action plan based on objectives (reduce or stop smoking or vaping). * Ongoing support.

Eligibility: people aged 14 and over

Coverage area: Outaouais

Fees: none

Financing: provincial

Legal status: parapublic organization

CENTRE MULTISERVICES DE SANTÉ ET DE SERVICES SOCIAUX DE GATINEAU

777 de La Gappe Boulevard, Gatineau, Outaouais, QC, J8T 8R2

819 966-6550

Website: cisss-outaouais.gouv.qc.ca/clsc/gatineau

Services: Frontline services for routine health and social services. * Injection equipment and bin to collect used syringes, needles, and lancets. * Vaccination for babies and children. * Routine health services. * Chronic diseases and nutrition. * Smoking cessation assistance. * Sexual health services for 12 to 24 years old. * Falls prevention program. * Pregnancy follow-up and breastfeeding advice. * Mental health services. * Support for people with addiction problems. * Home support. * Support for caregivers. * Community organization support.

Coverage area: Outaouais

Hours: Monday to Friday 8h00 to 21h00

Financing: provincial

Legal status: provincial government agency

CIPTO: ORGANISME EN RÉDUCTION DES MÉFAITS

145 Eddy Street, Gatineau, Outaouais, QC, J8X 2W7

819 770-7249 Fax: 819 770-9199

Website: accueil@ciptto.org

Email: toxico@ciptto.qc.ca

Services: * Intervention for the loved ones of someone with a substance abuse problem. * Listening and support for parents, partners, friends, etc. * Individual and family intervention. * Programme Boussole: support, accompaniment and social reinsertion for addicts, in partnership with the Centre de Réadaptation en Dépendance de l'Outaouais (CRD). * Assessment of substance use. * Help with learning retention. * Youth prevention: transition from elementary to high school. * Referrals. * Awareness workshops provided in elementary schools, adult education, vocational training and community organizations. * Training provided. * Outreach. * Naloxone kit distribution. * Interventions during party settings. * Distribution and delivery of fentanyl test strips. * Substance analysis tools.

Eligibility: people with a substance abuse problem, their loved ones, youth, schools, community organizations, counselors

Coverage area: Hull and Aylmer sectors of Gatineau, Mont-Bleu neighbourhood of Gatineau

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

Fees: free

Legal status: non-profit organization

CLSC DE MANIWAKI

149 Principale Street North, Maniwaki, Outaouais, QC, J9E 2B7

819 449-2513

Website: https://sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=280516&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=7&ch_rayon=0&ch_code=&page=2

Services: Frontline services for routine health and social services. * Health insurance card authentication. * Distribution of new injection equipment to people who use drugs (free service). * Family medicine. * Support for seniors who are victims of abuse. * External detox service associated with the CLSC.

Coverage area: Outaouais

Hours: Monday to Friday 8h00 to 12h00, 13h00 to 17h00, 18h00 to 21h00

Financing: provincial

Legal status: parapublic organization

DOMAINE PERCE-NEIGE - GATINEAU

156 Lorrain Boulevard, Gatineau, Outaouais, QC, J8P 2G2

819 346-7878 Fax: 819 346-7871

Website: domaineperceneige.com

Email: info@domaineperceneige.com

Services: In-patient Rehabilitation Centre for 20 weeks (two phases of 10 weeks). * Separate programme for addiction to substances. * Combined programme for addictions. * Detoxification assistance and support program (maximum 14 days). * In-patient social reintegration programme offered after therapy. * Post treatment follow-up (in person, by phone or zoom) of variable duration according to the needs of the person. * Telephone support for loved ones. * Transportation available. * Community service. * Accommodation recognized by correctional services for persons on remand, on parole or on probation.

Eligibility: people 18 years old and over with an addiction problem (alcohol, drugs and excessive gambling), people on a drug substitution treatment (Methadone and Suboxone)

Capacity: 78

Coverage area: Province of Québec

Hours: 24 hours / 7 days

Fees: employment Insurance: \$57.92 per day, welfare: covered, free by CRD reference, transportation: \$0.59 per kilometer (+\$25 per hour if it's an appointment that takes time)

Legal status: non-profit organization

HÔPITAL DE GATINEAU

909 de La Vérendrye West Boulevard, Gatineau, Outaouais, QC, J8P 7H2

819 966-6100

Website: cisss-outaouais.gouv.qc.ca/hopitaux/gatineau/

Services: Hospital centre offering general and specialized cares. * Emergency. * Physical and psychiatric healthcare. * Surgery. * Out-patient and specialized services. * Neonatology. * Medical imaging and tests centre. * Detoxification.

Coverage area: Outaouais

Hours: 24 hours / 7 days, visiting hours: palliative care: 24 heures, 7 jours, soins intensifs: 10h15 to 11h00, 14h15 to 15h00, 16h15 to 17h00, 18h45 to 19h30, Neonatology: 13h00 to 15h00, 18h00 to 20h00, maternity and perinatal care: 8h00 to 13h00 for siblings and grandparents only, 14h00 to 20h00, mental health: 14h00 to 16h00, 18h00 to 20h00

Financing: provincial

Legal status: parapublic organization

HÔPITAL DE HULL

116 Lionel-Émond Boulevard, Gatineau, Outaouais, QC, J8Y 1W7

819 966-6200

Website: cisss-outaouais.gouv.qc.ca/hopitaux/hull

Services: Hospital centre offering general and specialized cares. * Emergency. * Physical and psychiatric healthcare. * Surgery. * Out-patient and specialized services. * Hemodialysis. * Medical imaging and tests centre. * Detoxification.

Coverage area: Outaouais

Hours: 24 hours / 7 days, visiting hours: Monday to Sunday 8h00 to 20h00, palliative care: 24 hours / 7 days, intensive and coronary care: 10h45 to 11h30, 14h45 to 15h30, 16h45 to 17h30, 18h45 to 19h30, hemodialysis (5 minutes visits): 9h30 to 10h30, 14h30 to 16h30, 19h30 to 21h30, mental health: 14h00 to 16h00 and 18h00 to 20h00

Financing: provincial

Legal status: parapublic organization

HÔPITAL DE MANIWAKI

309 Desjardins Boulevard, Maniwaki, Outaouais, QC, J9E 2E7

819 449-2300 Fax: 819 449-6137

Website: www.cisss-outaouais.gouv.qc.ca/hopitaux/maniwaki

Services: General and specialized health care centre. * Emergency. * Intensive care units. * Medical imaging. * Surgery. * Outpatient specialized clinics. * Detoxification.

Coverage area: Outaouais

Hours: 24 hours / 7 days, visiting hours: Monday to Sunday 8h00 to 20h00

Financing: provincial

Legal status: parapublic organization

HÔPITAL DE PAPINEAU

155 Maclaren Street East, Gatineau, Outaouais, QC, J8L 2M4

819 986-3341

Website: cisss-outaouais.gouv.qc.ca/hopitaux/papineau

Services: Hospital centre offering general and specialized cares. * Emergency. * Physical and psychiatric healthcare. * Surgery. * Out-patient and specialized services. * Oncology centre. * Medical imaging and tests centre. * Detoxification.

Coverage area: Outaouais

Hours: 24 hours / 7 days, visiting hours: Monday to Sunday 8h00 to 20h00

Financing: provincial

Legal status: parapublic organization

SOS CONTACT AL-TO

948 Georges Street, Gatineau, Outaouais, QC, J8L 2E5

819 281-2570

Website: madojeunes.ca/wordpress/s-o-s-contact-al-to

Email: soscontact@hotmail.com

Services: Drug and alcohol prevention and education. * Information, education and prevention. * Support, listening, accompaniment and referral. * Community and street work. * Conferences and awareness.

Eligibility: adults, young people and their family

Coverage area: Gatineau, village Vallée-de-la-Lièvre

Hours: Monday to Friday 9h00 to 16h00

Fees: none

Financing: Centraide Outaouais, provincial

Legal status: non-profit organization

Community support in mental health

AIDANTS UNIS POUR RECRÉER ENSEMBLE DES SOUTIENS

Confidential Address

819 557-0789 Fax: 819 557-0641

Website: aupres.ca

Email: aupres@hotmail.ca

Services: Social accompaniment service. * Accompaniment by peer helpers, focusing on social and recreational aspects, on a weekly basis. * Reception and listening to break isolation. * Support and follow-up during recovery.

Eligibility: adults living with mental health problems suffering from social isolation, volunteers

Coverage area: Gatineau

Hours: Monday to Friday 8h00 to 19h00

Fees: none

Financing: donations

Legal status: non-profit organization

APOGÉE (L') - ASSOCIATION POUR PARENTS ET AMIS DE LA PERSONNE AYANT UN PROBLÈME DE SANTÉ MENTALE

92 Saint-Raymond Boulevard, Suite 304, Gatineau, Outaouais, QC, J8Y 1S7

819 771-6488 Fax: 819 771-5566

Website: www.lapogee.ca

Email: info@lapogee.ca

Services: * Welcome, one-on-one and family counselling. * Mutual aid and support. * Respite. * Youth: art therapy for 5-17 years old, group workshops, support groups, respite activities for 16-25 years old. * Family peer helper. * Training. * Information and awareness. * Information on the P-38.

Eligibility: loved ones of a person with a mental health disorder

Coverage area: Outaouais

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

Fees: none

Financing: provincial

Legal status: non-profit organization

BOULEV'ART DE LA VALLÉE (LE)

132 MacLaren Street, Gatineau, Outaouais, QC, J8L 1K1

819 281-0680 ext. 226 Fax: 819 281-2170

Website: www.boulev-art.ca

Email: directeur@boulev-art.ca

Services: Services for people living with mental health problems * Housing: supervised apartments. * Work experience program: pre-employability experience in an adapted work environment. * Mutual aid group. * Support. * Recreational and social activities. Daytime environment * Collective kitchen. * Tai chi classes. * Public computers. * Social cafes. * Recreational and social activities. * Community dinners. * Collective garden.

Eligibility: people experiencing mental health problems

Coverage area: MRC La Vallée-de-la-Gatineau

Hours: Monday, Tuesday, Thursday and Friday 8h30 to 15h30, Wednesday 10h30 to 15h30

Fees: none

Financing: provincial

Legal status: non-profit organization

CAFÉ LE RENDEZ-VOUS

116 Saint-Joseph Boulevard, Gatineau, Outaouais, QC, J8Y 3W8

819 771-7272 poste 223 Fax: 819 771-4791

Website: www.maisonrealite.org

Email: info@maisonrealite.org

Services: Day centre in mental health. * Leisure, sporting and cultural activities. * Arts workshops. * Personal development workshops. * Group outings and visits to local organizations.

Eligibility: people 18 years and over living with a mental health disorder

Coverage area: Gatineau

Hours: Monday to Friday 10h00 to 15h00

Fees: variable

Financing: provincial

Legal status: non-profit organization

CENTRE INTER-SECTION

1232 Saint-René Boulevard West, Gatineau, Outaouais, QC, J8T 6H3

819 568-4555

Website: www.inter-section.ca

Email: info@inter-section.ca

Services: Centre for recovery and support in mental health for rehabilitation and social reintegration. * Psychosocial support and accompaniment. * Mourning after suicide: support group and individual follow-up. * Recovery activities and support group. * Employability development program. * Socioprofessional support. * Community housing. * Leisure and training activities. * Conferences.

Eligibility: people living with a mental health problem, people bereaved by suicide

Capacity: variable

Coverage area: Outaouais

Hours: Monday to Friday 9h00 to 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

DONNE-TOI UNE CHANCE

1939 Saint-Louis Street, Suite 4, Gatineau, Outaouais, QC, J8T 4H5

819 205-1451 Fax: 819 205-4458

Website: www.dtuc.org

Email: liaison.info@donnetoiunechance.org

Services: Support for men with issues relating to their interpersonal relations, to a period of loss or separation, or to a dynamic of domestic violence. * Information, reference, and accompaniment. * Exploratory meeting: introduction to the organism, interventions, establishing a trajectory. * Je me reconstruis: re-education program in domestic and familial violence, anger and stress management workshops. * Je me donne la chance: assistance and prevention program for men in crisis situations. * Pour moi: development of self-esteem. * Self-help and support group for male survivors of childhood sexual abuse. * Group for men experiencing a break-up. * Telephone support and occasional meetings for various needs. * Food assistance. * Accommodation for fathers and children in Maison Oxygène Outaouais. * Pour moi et mes enfants: program to improve parenting skills and the father-child relationship. * Father-child activities.

Eligibility: men and fathers in a vulnerable or crisis situation, men with violent conducts

Coverage area: Outaouais

Hours: office: Monday to Thursday 9h00 to 20h00, Friday 9h00 to 16h00

Fees: member card: \$10 per year

Financing: provincial, donations

Legal status: non-profit organization

ENFANTS DE L'ESPOIR DE HULL (LES)

107 Dollard-Des Ormeaux Street, Gatineau, Outaouais, QC, J8X 3M2

343 204-3774 Fax: 819 778-7400

Website: www.enfantsdelespoirhull.org

Email: info@enfantsdelespoirhull.org

Services: Centre providing adapted help for families. * Toddlers: preparation for starting kindergarten and school, summer program with sports, artistic and cooking activities. * Children from 6 to 12 years old: after-school activities, school support, weekend activities at the swimming pool and of cross-country skiing, drama classes and free theater shows, March camp, summer camp. * Adults: collective kitchens, 0-5 parent-children workshops, art and sewing classes, creative workshops, self-esteem classes, parenting classes, food assistance, coffee-meetings. * Families: family meals and excursions, family and community events, sharing store, sports and cultural activities. * Opération habits de neige: new winter clothing for children 0 to 12 years old for \$20. * Christmas baskets.

Eligibility: children 0 to 12 years old and their parents, families in need

Coverage area: Hull Island (Sacré-Coeur, Vieux-Hull Est and Vieux-Hull Ouest neighbourhoods of Gatineau)

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

Fees: none

Financing: Centraide Outaouais, federal, provincial, municipal, foundations

Legal status: non-profit organization

GROUPE ENTRE-FEMMES DE L'OUTAOUAIS

115 Sacré-Coeur Boulevard, Suite 208, Gatineau, Outaouais, QC, J8X 1C5

819 776-3694

Website: www.entre-femmes.ca

Email: info@entre-femmes.ca

Services: Organizes activities to bring women out of isolation. * Welcoming, information and referrals. * Courses, workshops and training: self-knowledge, crafts, autonomy, etc. * Coffee meetings and discussions. * Collective kitchen. * Christmas meal. * Animal therapy. * Outings: museum, strawberry picking, lunches, etc. * Conferences.

Eligibility: women 14 years old and over

Coverage area: Gatineau and surrounding area

Hours: September to June, Monday to Friday 9h00 to 16h00, activities: variable with possible evenings and weekends

Fees: free, certain activities and Christmas party: variable

Financing: provincial

Legal status: non-profit organization

MAISON ALONZO WRIGHT

2425 A Saint-Louis Street, Gatineau, Outaouais, QC, J8V 1E7

819 246-7277 Fax: 819 246-7277

Website: www.maisonalonzowright.com

Email: administration@maisonalonzowright.ca

Services: Professional services in relation to psychological help. * Individual, conjugal or family help relationship, in medium or long term. * Personalized group interventions: stress management and relaxation, anger management. * Hall rental.

Eligibility: people, families or couples experiencing transient or recurring difficulties or a mental health problem

Coverage area: Gatineau

Hours: Monday to Friday 9h00 to 16h00

Fees: depending on income, minimum \$35 per hour

Financing: self-financing, donations, fundraising campaigns

Legal status: non-profit organization

MAISON AMITIÉ DE LA HAUTE-GATINEAU

108, du Christ-Roi Street, Maniwaki, Outaouais, QC, J9E 1C3

819 449-6777 Fax: 819 449-7484

Website: www.rocsmo.ca/membres/maison-amitie-de-la-haute-gatineau

Email: maisonamitie@videotron.ca

Services: Organization that aims to break isolation and facilitate social reintegration of people with temporary or persistent mental health issues. * Temporary and long-term housing (address: 108, du Christ-Roi Street, J9E 1C3). * Day centre. * Psychosocial support. * Internal support program: accompaniment for medical appointments, follow-up, budgeting support, etc. * Literacy. * Sports, creative and socio-recreational group activities. * Conferences and information workshops.

Eligibility: adults with temporary or persistent mental health issues

Coverage area: MRC La Vallée-de-la-Gatineau

Hours: Day Centre: Tuesday, Wednesday, Thursday 8h30 to 15h30

Fees: long-term housing: \$530 per month with an annual increase on April 1

Financing: provincial, donations

Legal status: non-profit organization

MAISON RÉALITÉ

10 Jeanne-d'Arc Street, Gatineau, Outaouais, QC, J8Y 2H2

819 776-1214 Fax: 819 776-5955

Website: www.maisonrealite.org

Email: info@maisonrealite.org

Services: Support and psychosocial rehabilitation in mental health. * Shelter aimed at autonomy and social reintegration (three to eighteen months). * Support in the community: interventions and individualized follow-ups in the person's living environment. * Educational and recreational activities.

Eligibility: people 18 years and over with a mental health disorder

Coverage area: Gatineau

Hours: 24 hours / 7 days

Fees: shelter: variable, activities and support: none

Financing: provincial

Legal status: non-profit organization

SERVICE CANADA CENTRE - GATINEAU-EST

455 de l'Hôpital Boulevard, Gatineau, Outaouais, QC, J8T 7X7

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

Website: www.canada.ca

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

Eligibility: general public

Coverage area: Gatineau

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

SERVICE CANADA CENTRE - GATINEAU-HULL

210 Champlain Street, Gatineau, Outaouais, QC, J8X 3R5

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

Website: www.canada.ca

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

Eligibility: general public

Coverage area: Gatineau

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

SERVICE CANADA CENTRE - MANIWAKI

100 Principale Street South, Suite 220, Maniwaki, Outaouais, QC, J9E 3L4

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

Website: www.canada.ca

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

Eligibility: general public

Coverage area: Maniwaki

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

VALLÉE JEUNESSE OUTAOUAIS

111 de Carillon Street, Gatineau, Outaouais, QC, J8X 2P8

819 778-8550 Fax: 819 778-0754

Website: www.valleejeunesse.ca

Email: administration@valleejeunesse.ca

Services: Prevention of academic and social abandonment. * Écho program: intensive specialized family intervention services for families living through multiple problematic situations. * Catamaran program: alternative socializing activities for youth living through multiple problematic situations. * Camp Exploration: alternative day camp for youth who cannot attend regular day camps because of multiple problematic situations. * Belvédère: transitory housing for youth dealing with homelessness. * Coup de Pouce Jeunesse program: prevention of missing and dropping out of school for teenagers and their families. * Project 14-17 years old: social reinsertion environment for students who can no longer attend the regular programs at school for behavioural or addiction reasons. * Project 16-24 years old: program for youth who wish to stay or go back to school but are faced with difficulties that make this challenging.

Eligibility: Écho project: youth 7 to 17 years old living through at least two problematic situations, Catamaran project: youth 7 to 17 years old who are followed by a social worker and living through at least two problematic situations, Camp Exploration: youth 7 to 17 years old living through multiple problems, Belvédère: youth 16 to 21 years old dealing with or at risk of homelessness, Coup de Pouce Jeunesse: youth 13 to 16 years old at risk of dropping out and their families, project 14-17 and 16-24: students in the Centre des services scolaire des Portages de l'Outaouais (CSSPO)

Coverage area: Gatineau and MRC les Collines-de-l'Outaouais

Financing: municipal, provincial, federal

Legal status: non-profit organization

Crisis centres and suicide prevention

CENTRE D'AIDE 24/7

19 Caron Street, Gatineau, Outaouais, QC, J8Y 1Y6

1 866 277-3553 Fax: 819 595-0734

Website: centredaide247.com

Email: dg@centredaide247.ca

Services: Suicide prevention. * Crisis housing (1 month and less). * Crisis intervention and follow-up in person. * Documentation and referral. * Awareness, training and prevention.

Eligibility: adult people living with a mental health disorder, adult people in crisis, suicidal adult people

Capacity: 8

Coverage area: Outaouais

Hours: 24 hours / 7 days

Fees: none

Financing: provincial, donations

Legal status: non-profit organization

CENTRE INTER-SECTION

1232 Saint-René Boulevard West, Gatineau, Outaouais, QC, J8T 6H3

819 568-4555

Website: www.inter-section.ca

Email: info@inter-section.ca

Services: Centre for recovery and support in mental health for rehabilitation and social reintegration. * Psychosocial support and accompaniment. * Mourning after suicide: support group and individual follow-up. * Recovery activities and support group. * Employability development program. * Socioprofessional support. * Community housing. * Leisure and training activities. * Conferences.
Eligibility: people living with a mental health problem, people bereaved by suicide
Capacity: variable
Coverage area: Outaouais
Hours: Monday to Friday 9h00 to 16h00
Fees: none
Financing: provincial
Legal status: non-profit organization

DONNE-TOI UNE CHANCE

1939 Saint-Louis Street, Suite 4, Gatineau, Outaouais, QC, J8T 4H5
819 205-1451 Fax: 819 205-4458
Website: www.dtuc.org
Email: liaison.info@donnetoiunechance.org

Services: Support for men with issues relating to their interpersonal relations, to a period of loss or separation, or to a dynamic of domestic violence. * Information, reference, and accompaniment. * Exploratory meeting: introduction to the organism, interventions, establishing a trajectory. * Je me reconstruis: re-education program in domestic and familial violence, anger and stress management workshops. * Je me donne la chance: assistance and prevention program for men in crisis situations. * Pour moi: development of self-esteem. * Self-help and support group for male survivors of childhood sexual abuse. * Group for men experiencing a break-up. * Telephone support and occasional meetings for various needs. * Food assistance. * Accommodation for fathers and children in Maison Oxygène Outaouais. * Pour moi et mes enfants: program to improve parenting skills and the father-child relationship. * Father-child activities.
Eligibility: men and fathers in a vulnerable or crisis situation, men with violent conducts
Coverage area: Outaouais
Hours: office: Monday to Thursday 9h00 to 20h00, Friday 9h00 to 16h00
Fees: member card: \$10 per year
Financing: provincial, donations
Legal status: non-profit organization

SUICIDE DÉTOUR

99 Henri-Bourassa Street, Maniwaki, Outaouais, QC, J9E 3P4
1 866 277-3553
Website: suicidedetour.org
Email: administration@suicidedetour.org

Services: Suicide prevention. * Short-term accommodation for people at risk of suicide. * Support groups. * One-on-one follow up. * Accompaniment. * Workshops. * Training.
Eligibility: people with psychological distress, suicidal people, people bereaved by suicide, their relatives
Coverage area: MRC La Vallée-de-la-Gatineau
Hours: 24 hours / 7 days
Fees: none
Financing: Centraide Outaouais
Legal status: non-profit organization

Helplines

DONNE-TOI UNE CHANCE

1939 Saint-Louis Street, Suite 4, Gatineau, Outaouais, QC, J8T 4H5

819 205-1451 Fax: 819 205-4458

Website: www.dtuc.org

Email: liaison.info@donnetoiunechance.org

Services: Support for men with issues relating to their interpersonal relations, to a period of loss or separation, or to a dynamic of domestic violence. * Information, reference, and accompaniment. * Exploratory meeting: introduction to the organism, interventions, establishing a trajectory. * Je me reconstruis: re-education program in domestic and familial violence, anger and stress management workshops. * Je me donne la chance: assistance and prevention program for men in crisis situations. * Pour moi: development of self-esteem. * Self-help and support group for male survivors of childhood sexual abuse. * Group for men experiencing a break-up. * Telephone support and occasional meetings for various needs. * Food assistance. * Accommodation for fathers and children in Maison Oxygène Outaouais. * Pour moi et mes enfants: program to improve parenting skills and the father-child relationship. * Father-child activities.

Eligibility: men and fathers in a vulnerable or crisis situation, men with violent conducts

Coverage area: Outaouais

Hours: office: Monday to Thursday 9h00 to 20h00, Friday 9h00 to 16h00

Fees: member card: \$10 per year

Financing: provincial, donations

Legal status: non-profit organization

TEL-AIDE OUTAOUAIS

92 Saint-Raymond Boulevard, Gatineau, Outaouais, QC, J8Y 1S7

819 775-3223

Website: www.telaideoutaouais.ca

Email: administration@telaideoutaouais.ca

Services: Helpline for all issues. * Active, anonymous, confidential and non-discriminatory listening. * Support and referral. * Listening service for voice hearers. * Mental health prevention and awareness. * Training, support and accompaniment for volunteers.

Eligibility: people 18 years and over experiencing difficulties of all kinds (bereavement, loneliness, suffering, depression, etc.)

Coverage area: Outaouais

Hours: 24 hours / 7 days

Fees: none

Financing: Centraide Outaouais, provincial, municipal

Legal status: non-profit organization

VOIX ET SOLIDARITÉ DES AIDANTS NATURELS DE LA VALLÉE DE LA GATINEAU

248 Cartier Street, Maniwaki, Outaouais, QC, J9E 3P5

819 441-1001

Website: www.voixetsolidarite.com

Email: direction@voixetsolidarite.ca

Services: Support for caregivers. * Listening, information and psychosocial support by phone and in person. * Support group. * In-home and out-of-home respite. * Coffee-meetings. * Training. * Conferences. * Defense of rights and interests.

Eligibility: caregivers, general public, in-home respite: caregivers of seniors, caregivers of people 18 years and over living with an intellectual or physical disability, caregivers of autistic people 18 years and over, out-of-home respite: people aged between 18 and 65, with all diagnoses, except for violent cases or those requiring certain invasive care

Coverage area: MRC La Vallée-de-la-Gatineau

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: provincial

Legal status: non-profit organization

Mental health advocacy groups

APOGÉE (L') - ASSOCIATION POUR PARENTS ET AMIS DE LA PERSONNE AYANT UN PROBLÈME DE SANTÉ MENTALE

92 Saint-Raymond Boulevard, Suite 304, Gatineau, Outaouais, QC, J8Y 1S7

819 771-6488 Fax: 819 771-5566

Website: www.lapogee.ca

Email: info@lapogee.ca

Services: * Welcome, one-on-one and family counselling. * Mutual aid and support. * Respite. * Youth: art therapy for 5-17 years old, group workshops, support groups, respite activities for 16-25 years old. * Family peer helper. * Training. * Information and awareness. * Information on the P-38.

Eligibility: loved ones of a person with a mental health disorder

Coverage area: Outaouais

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

Fees: none

Financing: provincial

Legal status: non-profit organization

CAP SANTÉ OUTAOUAIS

92, Saint-Raymond Boulevard, Suite 304, Gatineau, Outaouais, QC, J8Y 1S7

819 771-2277

Website: capsante-outaouais.org

Email: info@capsante-outaouais.org

Services: Promoting mental health and well-being for people and collectivities. * Tools and workshops for a good mental health. * Trainings to promote well-being in personal and relational abilities. * Information and referral service towards mutual aid and support groups in Outaouais: www.capsante-outaouais.org/groupes * Help with the creation of new mutual aid groups and support for existing groups: training, visibility, free loan of facilities, etc. * Pacifique program: support for schools in training, implementing and maintaining a program of pacific conducts and prevention of violence. * Pacific and safe neighbourhood program: citizen involvement in neighbourhoods to promote healthy relationships.

Eligibility: general population, mutual aid workers, professionals, schools

Coverage area: Outaouais

Hours: by appointment only

Fees: variable

Financing: provincial, donations

Legal status: non-profit organization

CENTRE D'AIDE 24/7

19 Caron Street, Gatineau, Outaouais, QC, J8Y 1Y6

1 866 277-3553 Fax: 819 595-0734

Website: centredaide247.com

Email: dg@centredaide247.ca

Services: Suicide prevention. * Crisis housing (1 month and less). * Crisis intervention and follow-up in person. * Documentation and referral. * Awareness, training and prevention.

Eligibility: adult people living with a mental health disorder, adult people in crisis, suicidal adult people

Capacity: 8

Coverage area: Outaouais

Hours: 24 hours / 7 days

Fees: none

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

CENTRE INTER-SECTION

1232 Saint-René Boulevard West, Gatineau, Outaouais, QC, J8T 6H3

819 568-4555

Website: www.inter-section.ca

Email: info@inter-section.ca

Services: Centre for recovery and support in mental health for rehabilitation and social reintegration. * Psychosocial support and accompaniment. * Mourning after suicide: support group and individual follow-up. * Recovery activities and support group. * Employability development program. * Socioprofessional support. * Community housing. * Leisure and training activities. * Conferences.

Eligibility: people living with a mental health problem, people bereaved by suicide

Capacity: variable

Coverage area: Outaouais

Hours: Monday to Friday 9h00 to 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

DROITS-ACCÈS DE L'OUTAOUAIS

17 Jeanne-D'Arc Street, Gatineau, Outaouais, QC, J8Y 2H3

819 777-4746

Website: www.droitsaccés.com

Email: dao@videotron.ca

Services: * Advocacy for people living or having lived with mental health problems. * Training, mobilization, popular education.

Eligibility: people who lived with or are living with mental health problems

Coverage area: Outaouais

Hours: regular hours: Monday to Thursday 9h00 to 16h00

Fees: none

Financing: self-financing, provincial

Legal status: non-profit organization

MAISON AMITIÉ DE LA HAUTE-GATINEAU

108, du Christ-Roi Street, Maniwaki, Outaouais, QC, J9E 1C3

819 449-6777 Fax: 819 449-7484

Website: www.rocsmo.ca/membres/maison-amitie-de-la-haute-gatineau

Email: maisonamitie@videotron.ca

Services: Organization that aims to break isolation and facilitate social reintegration of people with temporary or persistent mental health issues. * Temporary and long-term housing (address: 108, du Christ-Roi Street, J9E 1C3). * Day centre. * Psychosocial support. * Internal support program: accompaniment for medical appointments, follow-up, budgeting support, etc. * Literacy. * Sports, creative and socio-recreational group activities. * Conferences and information workshops.

Eligibility: adults with temporary or persistent mental health issues

Coverage area: MRC La Vallée-de-la-Gatineau

Hours: Day Centre: Tuesday, Wednesday, Thursday 8h30 to 15h30

Fees: long-term housing: \$530 per month with an annual increase on April 1

Financing: provincial, donations

Legal status: non-profit organization

REGROUPEMENT DES ORGANISMES COMMUNAUTAIRES EN SANTÉ MENTALE DE L'OUTAOUAIS

92 Saint-Raymond Boulevard, Suite 200, Gatineau, Outaouais, QC, J8Y 1S7

Website: www.rocsmo.ca

Email: rocsmo.outaouais@gmail.com

Services: Ensures the quality of services and cohesion between different mental health organization in Outaouais. * Support, collaboration and advocacy for the interests of community organizations in mental health. * Continuous training and development of projects in partnership with organizations. * Promotion and advocacy of the rights of people living with mental health issues.

Eligibility: community organizations in mental health, people living with mental health issues

Coverage area: Outaouais

Fees: none

Financing: provincial

Legal status: non-profit organization

TEL-AIDE OUTAOUAIS

92 Saint-Raymond Boulevard, Gatineau, Outaouais, QC, J8Y 1S7

819 775-3223

Website: www.telaideoutaouais.ca

Email: administration@telaideoutaouais.ca

Services: Helpline for all issues. * Active, anonymous, confidential and non-discriminatory listening. * Support and referral. * Listening service for voice hearers. * Mental health prevention and awareness. * Training, support and accompaniment for volunteers.

Eligibility: people 18 years and over experiencing difficulties of all kinds (bereavement, loneliness, suffering, depression, etc.)

Coverage area: Outaouais

Hours: 24 hours / 7 days

Fees: none

Financing: Centraide Outaouais, provincial, municipal

Legal status: non-profit organization

Mental health housing

BOULEV'ART DE LA VALLÉE (LE)

132 MacLaren Street, Gatineau, Outaouais, QC, J8L 1K1

819 281-0680 ext. 226 Fax: 819 281-2170

Website: www.boulev-art.ca

Email: directeur@boulev-art.ca

Services: Services for people living with mental health problems * Housing: supervised apartments. * Work experience program: pre-employability experience in an adapted work environment. * Mutual aid group. * Support. * Recreational and social activities. Daytime environment * Collective kitchen. * Tai chi classes. * Public computers. * Social cafes. * Recreational and social activities. * Community dinners. * Collective garden.

Eligibility: people experiencing mental health problems

Coverage area: MRC La Vallée-de-la-Gatineau

Hours: Monday, Tuesday, Thursday and Friday 8h30 to 15h30, Wednesday 10h30 to 15h30

Fees: none

Financing: provincial

Legal status: non-profit organization

CENTRE INTER-SECTION

1232 Saint-René Boulevard West, Gatineau, Outaouais, QC, J8T 6H3

819 568-4555

Website: www.inter-section.ca

Email: info@inter-section.ca

Services: Centre for recovery and support in mental health for rehabilitation and social reintegration. * Psychosocial support and accompaniment. * Mourning after suicide: support group and individual follow-up. * Recovery activities and support group. * Employability development program. * Socioprofessional support. * Community housing. * Leisure and training activities. * Conferences.

Eligibility: people living with a mental health problem, people bereaved by suicide

Capacity: variable

Coverage area: Outaouais

Hours: Monday to Friday 9h00 to 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

HABITATIONS NOUVEAU DÉPART (LES)

165 Maloney Boulevard West, Gatineau, Outaouais, QC, J8P 3V6

819 893-1223

Website: www.hndgatineau.org

Email: info@hndgatineau.org

Services: Housing for people living with a severe and persistent mental health disorder, an intellectual disability or a pervasive developmental disorder. * Supportive housing services of varying intensity depending on the needs of the individual. * Social housing or access to suitable and affordable housing.

Eligibility: people living with a severe and persistent mental health disorder, an intellectual disability or an autism spectrum disorder

Capacity: 39 people

Coverage area: Gatineau

Hours: Monday to Friday 9h00 to 16h00

Fees: rental fees for the apartment

Financing: municipal, provincial

Legal status: non-profit organization

MAISON AMITIÉ DE LA HAUTE-GATINEAU

108, du Christ-Roi Street, Maniwaki, Outaouais, QC, J9E 1C3

819 449-6777 Fax: 819 449-7484

Website: www.rocsmo.ca/membres/maison-amitie-de-la-haute-gatineau

Email: maisonamitie@videotron.ca

Services: Organization that aims to break isolation and facilitate social reintegration of people with temporary or persistent mental health issues. * Temporary and long-term housing (address: 108, du Christ-Roi Street, J9E 1C3). * Day centre. * Psychosocial support. * Internal support program: accompaniment for medical appointments, follow-up, budgeting support, etc. * Literacy. * Sports, creative and socio-recreational group activities. * Conferences and information workshops.

Eligibility: adults with temporary or persistent mental health issues

Coverage area: MRC La Vallée-de-la-Gatineau

Hours: Day Centre: Tuesday, Wednesday, Thursday 8h30 to 15h30

Fees: long-term housing: \$530 per month with an annual increase on April 1

Financing: provincial, donations

Legal status: non-profit organization

MAISON RÉALITÉ

10 Jeanne-d'Arc Street, Gatineau, Outaouais, QC, J8Y 2H2

819 776-1214 Fax: 819 776-5955

Website: www.maisonrealite.org

Email: info@maisonrealite.org

Services: Support and psychosocial rehabilitation in mental health. * Shelter aimed at autonomy and social reintegration (three to eighteen months). * Support in the community: interventions and individualized follow-ups in the person's living environment. * Educational and recreational activities.

Eligibility: people 18 years and over with a mental health disorder

Coverage area: Gatineau

Hours: 24 hours / 7 days

Fees: shelter: variable, activities and support: none

Financing: provincial

Legal status: non-profit organization

Psychiatric services**HÔPITAL EN SANTÉ MENTALE PIERRE-JANET**

20 Pharand Street, Gatineau, Outaouais, QC, J9A 1K7

819 771-7761

Website: cisss-outaouais.gouv.qc.ca/hopitaux/pierre-janet

Services: Hospital center specialized in psychiatry. * Specialized mental health services (age 18 and older). * Hospitalization (treatment and acute care). * Forensic hospitalization. * Mental health day hospital (age 18 and older) at 30 Pharand Street (Juvenile Pavilion). * Mental health accommodation.

Coverage area: Québec

Financing: provincial

Legal status: parapublic organization

Self-help groups for addiction issues**ADOJEUNE**

22 d'Auvergne Street, Gatineau, Outaouais, QC, J8T 6J8

819 568-4499 Fax: 819 568-3636

Website: adojeune.org

Email: adojeuneinc@videotron.ca

Services: * Prevention in schools for youth. * Support for parents. * Themed activities. * Youth centres and emergency housing.

Eligibility: schools, parents

Coverage area: Gatineau

Hours: Monday to Friday 8h30 to 15h30

Fees: free

Financing: provincial, fundraising campaigns

Legal status: non-profit organization

Self-help groups for mental health issues

CENTRE INTER-SECTION

1232 Saint-René Boulevard West, Gatineau, Outaouais, QC, J8T 6H3

819 568-4555

Website: www.inter-section.ca

Email: info@inter-section.ca

Services: Centre for recovery and support in mental health for rehabilitation and social reintegration. * Psychosocial support and accompaniment. * Mourning after suicide: support group and individual follow-up. * Recovery activities and support group. * Employability development program. * Socioprofessional support. * Community housing. * Leisure and training activities. * Conferences.

Eligibility: people living with a mental health problem, people bereaved by suicide

Capacity: variable

Coverage area: Outaouais

Hours: Monday to Friday 9h00 to 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

ENTRAIDE-DEUIL DE L'OUTAOUAIS

115 Sacré-Coeur Boulevard, Suite 204, Gatineau, Outaouais, QC, J8X 1C5

819 770-4814 Fax: 819 770-8176

Website: entraide-deuil.qc.ca

Email: direction@entraide-deuil.qc.ca

Services: Organization that aims to improve the well-being and the autonomy of bereaved people through support and information. * Mutual aid groups for adults: weekly meeting program or two days condensed program for the loss of a child, the loss of a spouse or the loss of a loved one. * Partager pour mieux grandir: mutual aid groups program for teenagers. * J'écoute ma toute petite voix: mutual aid groups program for children. * Regular and condensed program for pet bereavement. * One on one: temporary and short-term individual support by a volunteer. * Mon premier Noël sans toi: activity to help bereaved people to experience the holiday gatherings better. * Mutual aid and sharing evenings: thematic evenings. * Documentation centre on site and referrals available on the website. * Presentations to the community on request. * Volunteer training for the animation of the mutual aid groups.

Eligibility: adults, teenagers from 13 to 18 years old, children from 6 to 12 years old

Capacity: 10 people per meeting, children mutual aid group: 8

Coverage area: Outaouais

Hours: Monday to Friday 8h30 to 16h30, Mon premier Noël sans toi: first Saturday of December

Fees: suggested contribution of \$10 per meeting

Financing: provincial, municipal, self-financing

Legal status: non-profit organization

MAISON DE LA FAMILLE - CENTRE DE PÉDIATRIE SOCIALE LA VALLÉE-DE-LA-GATINEAU

251 Cartier Street, Maniwaki, Outaouais, QC, J9E 1R4

819 441-0282 Fax: 819 441-0283

Website: mdf-cps-vg.com

Email: maisondelafamillevg@gmail.com

Services: Family services. * Drop-in daycare. * Breastfeeding services: mentoring, breastfeeding group. * Perinatal grief support group. * Twinning for families with children between 0 and 5 years old. * Parent-child workshops: reading and writing, cooking, crafts, yoga, baby carrying, exercises, etc.. * Thematic workshops on family life: discipline, self-esteem, relationship between siblings, etc. * Baby puree preparation group, collective kitchen. * Sewing and craft workshop. * Cardiopulmonary resuscitation for babies and children classes. * Social cafes, community meals. * Social pediatry. * Birth accompaniment. * Playground. * Car seat checks. * Back-to-school sharing store.

Eligibility: families with a child 0 to 17 years old

Coverage area: MRC La Vallée-de-la-Gatineau

Hours: Monday to Thursday 9h00 to 16h00

Fees: variable

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

Legal status: non-profit organization

SUICIDE DÉTOUR

99 Henri-Bourassa Street, Maniwaki, Outaouais, QC, J9E 3P4

1 866 277-3553

Website: suicidedetour.org

Email: administration@suicidedetour.org

Services: Suicide prevention. * Short-term accommodation for people at risk of suicide. * Support groups. * One-on-one follow up. * Accompaniment. * Workshops. * Training.

Eligibility: people with psychological distress, suicidal people, people bereaved by suicide, their relatives

Coverage area: MRC La Vallée-de-la-Gatineau

Hours: 24 hours / 7 days

Fees: none

Financing: Centraide Outaouais

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

ALBATROS GATINEAU - LA LIÈVRE

115 Sacré-Coeur Boulevard, Suite 103, Gatineau, Outaouais, QC, J8X 1C5

873 455-9632

Email: AlbatrosGatineauLL@gmail.com

Services: Volunteer support for people in palliative care or at the end of life. * Accompaniment at home, in residences, CHSLDs and hospitals. <https://forms.gle/BAA4GgTtbwAiiSrC7> * Support and respite for caregivers. * Active listening without judgement. * Volunteer training in palliative care.

<https://forms.gle/xu4Lcqojn6FRdwPx9>

Eligibility: people suffering from serious illnesses in palliative care or at the end of life, seniors, and their loved ones, training: caregivers, general population

Coverage area: MRC Les Collines-de-l'Outaouais, MRC Vallée-de-la-Gatineau, MRC Papineau

Hours: Monday to Sunday 9h00 to 21h00

Fees: accompaniment: free, training: variable

Financing: donations

Legal status: non-profit organization

ALBATROS VALLÉE-DE-LA-GATINEAU (MANIWAKI)

15 Principale Street North, Montcerf-Lytton, Outaouais, QC, J0W 1N0

819 449-4540

Website: www.albatrosvgl.ca

Email: isabelleoconnor777@gmail.com

Services: Volunteer accompaniment of people with severe or terminal illnesses. * Accompaniment, telephone helpline and support. * Training for caregivers: grief, family dynamics and terminal phase.

Eligibility: people with a severe or terminal illness, their relatives

Coverage area: MRC La Vallée-de-la-Gatineau

Hours: 9h00 to 21h00, 7 days

Fees: none

Financing: donations

Legal status: non-profit organization

ALZHEIMER SOCIETY OUTAOUAIS

440 Maloney West Boulevard, Gatineau, Outaouais, QC, J8P 6W2

819 777-4232 Fax: 819 893-1397

Website: alzheimeroutaouais.com

Email: info@alzheimeroutaouais.com

Services: Accompaniment of people affected by Alzheimer's disease. * Support, information, referral and advice. * Phone counselling. * Individual and family counselling in person. * Day and respite centres: social and stimulation activities. * Accompaniment and respite at home. * Training workshops. * Support groups. * Brain stimulation workshops. * Information and awareness workshops. * Conferences. * Professional training program. * Reference platform for health care workers: <http://referenceaidancequebec.ca>

Eligibility: people living with Alzheimer's disease or any other major neurodegenerative disorder, their family, caregivers, health professionals or any other professionals related to the people affected by the disease

Coverage area: Outaouais

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

Fees: variable

Financing: fédéral, provincial, dons

Legal status: non-profit organization

CAMPUS 3

196 Notre-Dame Street, Gatineau, Outaouais, QC, J8P 0E6

819 663-3305

Website: campus3.ca

Email: info@campus3.ca

Services: Centre for seniors. Home care * Takeaway meals. * Day workshop for the preservation of autonomy and the respite of relatives. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * PADI program: day centre for seniors living with an intellectual disability. Housing * Housing Faubourg Jean-Marie-Vianney. * HébergeVac Centre: respite care. Leisure and community action * Intergenerational reading program. * Carpentry workshop, sale of handicrafts. * University of the Third Age. * Sports and creative activities and courses. * Room rental. * Catering service. * Volunteer opportunities.

Eligibility: people 50 years and older, housing: people 55 years and older on a low income, PADI: seniors living with an intellectual disability

Capacity: 130 units

Coverage area: Gatineau

Hours: Monday to Friday 8h00 to 16h00

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

Financing: Centraide Outaouais, municipal, provincial, grants

Legal status: non-profit organization

CAP SANTÉ OUTAOUAIS

92, Saint-Raymond Boulevard, Suite 304, Gatineau, Outaouais, QC, J8Y 1S7

819 771-2277

Website: capsante-outaouais.org

Email: info@capsante-outaouais.org

Services: Promoting mental health and well-being for people and collectivities. * Tools and workshops for a good mental health. * Trainings to promote well-being in personal and relational abilities. * Information and referral service towards mutual aid and support groups in Outaouais: www.capsante-outaouais.org/groupe * Help with the creation of new mutual aid groups and support for existing groups: training, visibility, free loan of facilities, etc. * Pacifique program: support for schools in training, implementing and maintaining a program of pacific conducts and prevention of violence. * Pacific and safe neighbourhood program: citizen involvement in neighbourhoods to promote healthy relationships.

Eligibility: general population, mutual aid workers, professionals, schools

Coverage area: Outaouais

Hours: by appointment only

Fees: variable

Financing: provincial, donations

Legal status: non-profit organization

CENTRE ACTION GÉNÉRATIONS DES AÎNÉS DE LA VALLÉE-DE-LA-LIÈVRE

390 de Buckingham Avenue, Gatineau, Outaouais, QC, J8L 2G7

819 281-4343 Fax: 819 281-4344

Website: cavagl.ca

Services: Seniors' service centre. * Bouf'mobile: meals on wheels service, hot and frozen meals. * Information centre. * Friendly visits. * Friendly phone calls. * Support for seniors victims of abuse (SAVA): support and accompaniment of seniors victims of abuse, prevention of abuse and mistreatment, consultation. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Individual support for caregivers, on site or by telephone. * Support group for caregivers. * Coffee meetings. * Collective kitchens: groups for men, women, mixed group for culinary discoveries and mixed English-speaking group. * Assistance with government forms and income tax returns. * Conferences and information workshops. * Computer courses. * Recreational activity clubs: walking, scrabble, bridge and darts. * Transportation to medical and paramedical appointments. * Tax clinic.

Eligibility: seniors 50 years old and over, caregivers

Coverage area: Bowman, Masson-Angers and Buckingham sectors of Gatineau, L'ange-Gardien, Lochaber-Partie-Ouest, Mayo, Mulgrave-Et-Derry, Notre-Dame-De-La-Salette, Papineauville, Thurso, Val-Des-Bois, Poltmore sector of Val-Des-Monts, Bouf'mobile: hot meals for the Buckingham sector and within a radius of 10 km, frozen meals for the rest of the territory served, ITMAV: MRC Papineau, Masson-Angers and Buckingham sectors of Gatineau, L'Ange-Gardien, Notre-Dame-de-la-Salette

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

Fees: variable

Financing: provincial, Centraide Outaouais, donations, self-financing

Legal status: non-profit organization

CENTRE D'ENTRAIDE AUX AÎNÉS

331 de la Cité-des-Jeunes Boulevard, Suite 101, Gatineau, Outaouais, QC, J8Y 6T3

819 771-6609

Website: www.entraideauxaines.ca

Email: direction@entraideauxaines.ca

Services: * Pairing program: friendly visits and calls. * Activity days and community lunches. * Caregivers support program: training, information sessions, support groups and individual support. * Accompaniment and transportation to medical appointments and special needs by volunteers. * Grocery shopping day: accompaniment and transportation to grocery shopping by volunteers.

Eligibility: seniors 65 years old and over with a slight loss of autonomy, caregivers of seniors

Coverage area: Gatineau: Hull area

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, day of activities: Tuesday and Thursday 9h30 to 14h00

Fees: annual membership card: \$20 for one person, \$35 for two persons living at the same address, day of activities: \$5, community lunch: \$5

Financing: provincial, Centraide Outaouais

Legal status: non-profit organization

CENTRE MULTISERVICES DE SANTÉ ET DE SERVICES SOCIAUX DE GATINEAU

777 de La Gappe Boulevard, Gatineau, Outaouais, QC, J8T 8R2

819 966-6550

Website: cisss-outaouais.gouv.qc.ca/clsc/gatineau

Services: Frontline services for routine health and social services. * Injection equipment and bin to collect used syringes, needles, and lancets. * Vaccination for babies and children. * Routine health services. * Chronic diseases and nutrition. * Smoking cessation assistance. * Sexual health services for 12 to 24 years old. * Falls prevention program. * Pregnancy follow-up and breastfeeding advice. * Mental health services. * Support for people with addiction problems. * Home support. * Support for caregivers. * Community organization support.

Coverage area: Outaouais

Hours: Monday to Friday 8h00 to 21h00

Financing: provincial

Legal status: provincial government agency

CONNEXIONS RESOURCE CENTER

67 du Couvent Street, Gatineau, Outaouais, QC, J9H 6A2

819 557-0615

Website: centreconnexions.org

Email: info@centreconnexions.org

Services: Resource centre for the English-speaking population. * Information and referral to health and social services, community organizations, legal information, employability, etc. * Programs, activities, conferences and workshops for all age groups. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Playgroup hosted at Cégep Heritage College. * Online resource directories: seniors and caregivers, youth, women, men, families, people in vulnerable situations and families with a member living with a disability. * Discussion and support groups: parents, youth, caregivers, men. * Online documentation: articles and videos. * Online anger management support group for men.

Eligibility: English-speaking people, seniors, caregivers, families, youth
Coverage area: Outaouais, ITMAV outreach work: Aylmer area of the city of Gatineau
Hours: Monday to Friday 8h00 to 16h00
Fees: none
Financing: federal, provincial
Legal status: non-profit organization

COOPÉRATIVE DE SOLIDARITÉ D'AIDE DOMESTIQUE DE LA VALLÉE-DE-LA-GATINEAU

131 King Street, Maniwaki, Outaouais, QC, J9E 2L2

819 441-0227 Fax: 819 441-0236

Website: csadvg.ca

Email: csadvg@videotron.ca

Services: Home support for seniors and people with loss of autonomy. * Help in domestic life: groceries and errands, meal preparation without diet, housekeeping, washing of bedding and clothing., raking of leaves. * Respite for caregivers. * Help with transportation. * Home care and hygiene assistance: incontinence care, help eating and getting dressed, reminder to take medication. * At-home supervision.

Eligibility: seniors, people with loss of autonomy

Coverage area: MRC La-Vallée-de-la-Gatineau

Hours: office: Monday to Friday 8h00 to 16h00, customer service representative: Thursday 8h00 to 16h00 at the Gracefield CLSC

Fees: variable according to income

Financing: provincial

Legal status: cooperative

SOCIÉTÉ ALZHEIMER OUTAOUAIS - SECTEUR AYLMEER

181 Principale Street, Gatineau, Outaouais, QC, J8P 6W2

819 777-4232

Website: www.alzheimeroutaouais.com

Email: info@alzheimeroutaouais.com

Services: * Support. * Respite care. * Day centers. * Workshops and training. * Support groups.

Eligibility: caregivers, people living with a neurocognitive disorder

Coverage area: Gatineau, MRC des collines, MRC Pontiac

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

Fees: none, minimal fees for specific services

Financing: federal, provincial, donations

Legal status: non-profit organization

VOIX ET SOLIDARITÉ DES AIDANTS NATURELS DE LA VALLÉE DE LA GATINEAU

248 Cartier Street, Maniwaki, Outaouais, QC, J9E 3P5

819 441-1001

Website: www.voixetsolidarite.com

Email: direction@voixetsolidarite.ca

Services: Support for caregivers. * Listening, information and psychosocial support by phone and in person. * Support group. * In-home and out-of-home respite. * Coffee-meetings. * Training. * Conferences. * Defense of rights and interests.

Eligibility: caregivers, general public, in-home respite: caregivers of seniors, caregivers of people 18 years and over living with an intellectual or physical disability, caregivers of autistic people 18 years and over, out-of-home respite: people aged between 18 and 65, with all diagnoses, except for violent cases or those requiring certain invasive care

Coverage area: MRC La Vallée-de-la-Gatineau

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: provincial

Legal status: non-profit organization

Community and Recreation Centres

ACADÉMIE DES RETRAITÉS DE L'OUTAOUAIS

331 Cité-des-Jeunes Boulevard, Gatineau, Outaouais, QC, J8Y 6T3

819 776-5052

Website: <https://academiedesretraites.ca/>

Email: adjointe@academiedesretraites.caa

Services: Education centre for retirees. * Lectures on general culture, health, personal development, politics, sex education, history, economics. * Language courses: Spanish beginner, intermediate and advanced level, Italian. * Computer courses: introduction to Apple computers, tablets, telephones. * Exercise classes: Yoga, weight training, Qi gong, cardio, self-defense. * Art and crafts classes. * AROBAS theatre company. * Coeur Tournesol choir. * ARO'Band music group. * Social clubs: walking club, billiards club, Velosanté bicycle club, le Pixelliste photography club, book club, travelers club, golf club, ARO'mitié club for people who are alone. * Volunteer opportunities.

Eligibility: retired people

Coverage area: Outaouais

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

Fees: variable

Financing: grants

Legal status: non-profit organization

ACCOMPAGNEMENT DES FEMMES IMMIGRANTES DE L'OUTAOUAIS

109 Wright Street, Unit 9, Gatineau, Outaouais, QC, J8X 2G7

819 776-6764

Website: afio.ca

Email: info@afio.ca

Services: Accompaniment of immigrant women in a process of cultural, economic and social integration in Outaouais. * Information sessions on the first steps of settlement: important documents to obtain, opening a bank account, looking for housing, childcare services and school registration, the Québec school system, financial aid and income tax returns, services offered by community organizations, diploma equivalencies, employability services, etc. * French classes for women and their families. * Administering oaths for documents. * Individual psychosocial support for immigrant women and women who are victims of violence. * Accompaniment in administrative procedures. * Valorization of immigrant women who are entrepreneurs and promotion of their products. * Babel: group for seniors to break isolation through group activities, physical activity, basic English courses, etc. * Espace parent: group discussion workshops for parents on the education system in Québec, the DPJ, children integration, etc. * Workshops on democratic and Quebecois values. * Subsidized daycare in Hull and Cantley. * New winter clothes at low cost. * Ready for back to school: distribution of school supplies at low cost. * Coffee-meetings.

Eligibility: immigrant women and their families, immigrant individuals, French classes: immigrant women and men 17 years old and over and born outside Canada, Babel: women 55 years old and over, winter clothes: migrant families on a low income

Coverage area: Outaouais

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, summer: Friday 8h30 to 13h00, specific hours for certain activities

Fees: none

Financing: municipal, provincial, Centraide Outaouais

Legal status: non-profit organization

ASSOCIATION DU QUARTIER DE TOURAINE

12 de Picardie Street, Gatineau, Outaouais, QC, J8T 1N9

819 576-6273

Website: assqtouraine.ca

Email: ass.quartier.touraine@gmail.com

Services: * Recreational and social activities. * Physical activities to promote physical health. * Reading club. * Community dinners.
Eligibility: general public
Coverage area: Gatineau
Hours: variable
Fees: annual membership: free, activities: variable
Financing: self-financing, membership fees, donations
Legal status: non-profit organization

CAMPUS 3

196 Notre-Dame Street, Gatineau, Outaouais, QC, J8P 0E6

819 663-3305

Website: campus3.ca

Email: info@campus3.ca

Services: Centre for seniors. Home care * Takeaway meals. * Day workshop for the preservation of autonomy and the respite of relatives. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * PADI program: day centre for seniors living with an intellectual disability. Housing * Housing Faubourg Jean-Marie-Vianney. * HébergeVac Centre: respite care. Leisure and community action * Intergenerational reading program. * Carpentry workshop, sale of handicrafts. * University of the Third Age. * Sports and creative activities and courses. * Room rental. * Catering service. * Volunteer opportunities.

Eligibility: people 50 years and older, housing: people 55 years and older on a low income, PADI: seniors living with an intellectual disability

Capacity: 130 units

Coverage area: Gatineau

Hours: Monday to Friday 8h00 to 16h00

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

Financing: Centraide Outaouais, municipal, provincial, grants

Legal status: non-profit organization

CENTRE ACTION GÉNÉRATIONS DES AÎNÉS DE LA VALLÉE-DE-LA-LIÈVRE

390 de Buckingham Avenue, Gatineau, Outaouais, QC, J8L 2G7

819 281-4343 Fax: 819 281-4344

Website: cavagl.ca

Services: Seniors' service centre. * Bouf'mobile: meals on wheels service, hot and frozen meals. * Information centre. * Friendly visits. * Friendly phone calls. * Support for seniors victims of abuse (SAVA): support and accompaniment of seniors victims of abuse, prevention of abuse and mistreatment, consultation. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Individual support for caregivers, on site or by telephone. * Support group for caregivers. * Coffee meetings. * Collective kitchens: groups for men, women, mixed group for culinary discoveries and mixed English-speaking group. * Assistance with government forms and income tax returns. * Conferences and information workshops. * Computer courses. * Recreational activity clubs: walking, scrabble, bridge and darts. * Transportation to medical and paramedical appointments. * Tax clinic.

Eligibility: seniors 50 years old and over, caregivers

Coverage area: Bowman, Masson-Angers and Buckingham sectors of Gatineau, L'ange-Gardien, Lochaber-Partie-Ouest, Mayo, Mulgrave-Et-Derry, Notre-Dame-De-La-Salette, Papineauville, Thurso, Val-Des-Bois, Poltimore sector of Val-Des-Monts, Bouf'mobile: hot meals for the Buckingham sector and within a radius of 10 km, frozen meals for the rest of the territory served, ITMAV: MRC Papineau, Masson-Angers and Buckingham sectors of Gatineau, L'Ange-Gardien, Notre-Dame-de-la-Salette

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

Fees: variable

Financing: provincial, Centraide Outaouais, donations, self-financing

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE ENTRE-NOUS

175 Front Street, Gatineau, Outaouais, QC, J9H 5S9

819 684-2236

Website: centrecommunautaireentrenous.org/en

Email: ccenaccueil@gmail.com

Services: Community centre. Food * Collective kitchen. * Nurturing forest: fruit tree planting. Childhood and youth * Drop-in daycare for 0 to 5 years old. * Homework assistance. * Drop-in breastfeeding program. * Toy library: loan of games and toys. * Pandas playgroup (0 to 5 years old): parent-child workshops. * Petit cuisiniers: cooking classes for 6 to 12 years old. * Activities for 12 to 17 years old, in partnership with Avenue des jeunes. * Entre nous filles: discussion group for Grade 5 and 6 girls. * Day camp and spring break camp. Material assistance * Opération habit de neige: distribution of winter clothing. * Shared-store for school supplies. * Recovery of used clothing. Education * French courses. * Spanish courses. Social events * Café populaire, a space for socializing. * Social and recreational activities: sewing and knitting classes, karate classes, line dancing, board game group, danse cardio classes, physical activities for seniors. * Community parties.

Eligibility: people in vulnerable situations, children, teenagers, families, seniors

Coverage area: Gatineau: MacLeod neighbourhood and surrounding areas (primarily from the following neighbourhoods: MacLeod, Vieux-Aylmer, Des Cedres, La Seigneurie)

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

Financing: provincial, municipal, Centraide Outaouais, donations

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE ACCÈS

67 Principale Street, Gatineau, Outaouais, QC, J9H 3L4

819 684-2242 Fax: 819 682-2641

Website: cabaccès.ca

Email: info@cabaccès.ca

Services: * Day activities for seniors: preventive, formative, recreational and socialization activities. * Visits and calls for seniors. * Action Program: employability program. * Accompaniment and transportation to medical appointments. * Accompaniment to the grocery store. * Tax clinic.

Eligibility: seniors, people in loss of autonomy, people on a low income, caregivers

Coverage area: Aylmer sector of Gatineau

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

Fees: membership: \$25 per year, services: variable

Financing: provincial, Centraide Outaouais, membership fees, self-financing

Legal status: non-profit organization

CENTRE D'ENTRAIDE AUX AÎNÉS

331 de la Cité-des-Jeunes Boulevard, Suite 101, Gatineau, Outaouais, QC, J8Y 6T3

819 771-6609

Website: www.entraideauxaines.ca

Email: direction@entraideauxaines.ca

Services: * Pairing program: friendly visits and calls. * Activity days and community lunches. * Caregivers support program: training, information sessions, support groups and individual support. * Accompaniment and transportation to medical appointments and special needs by volunteers. * Grocery shopping day: accompaniment and transportation to grocery shopping by volunteers.

Eligibility: seniors 65 years old and over with a slight loss of autonomy, caregivers of seniors

Coverage area: Gatineau: Hull area

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, day of activities: Tuesday and Thursday 9h30 to 14h00

Fees: annual membership card: \$20 for one person, \$35 for two persons living at the same address, day of activities: \$5, community lunch: \$5

Financing: provincial, Centraide Outaouais

Legal status: non-profit organization

CLUB D'ÂGE D'OR DE SAINTE-THÉRÈSE-DE-GATINEAU

6 du Barrage Road, Sainte-Thérèse-De-La-Gatineau, Outaouais, QC, J0X 2X0

819 441-4783

Services: Social club for seniors. * Cultural and recreational activities: crafts, bingo, card games, etc. * Sports activities: pétanque, pocket games, etc. * Weekly coffee get-together. * Group outings: wild fruit picking, theatre, cirque du soleil, etc.

Eligibility: people aged 50 and over, coffee get-together: general public

Coverage area: MRC de la vallée-de-la-gatineau

Hours: September to May, variable

Fees: regional membership: \$30 for 1 year, \$50 for 2 years, club membership: \$25 for 1 year, \$45 for 2 years, bingo: 3 cards for \$0.25

Financing: self-financing, membership fees, donations, municipal

Legal status: non-profit organization

CONNEXIONS RESOURCE CENTER

67 du Couvent Street, Gatineau, Outaouais, QC, J9H 6A2

819 557-0615

Website: centreconnexions.org

Email: info@centreconnexions.org

Services: Resource centre for the English-speaking population. * Information and referral to health and social services, community organizations, legal information, employability, etc. * Programs, activities, conferences and workshops for all age groups. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Playgroup hosted at Cégep Heritage College. * Online resource directories: seniors and caregivers, youth, women, men, families, people in vulnerable situations and families with a member living with a disability. * Discussion and support groups: parents, youth, caregivers, men. * Online documentation: articles and videos. * Online anger management support group for men.

Eligibility: English-speaking people, seniors, caregivers, families, youth

Coverage area: Outaouais, ITMAV outreach work: Aylmer area of the city of Gatineau

Hours: Monday to Friday 8h00 to 16h00

Fees: none

Financing: federal, provincial

Legal status: non-profit organization

CORPORATION DES AÎNÉS DE LA CABANE EN BOIS ROND

331 de la Cité-des-Jeunes Boulevard, Suite 113, Gatineau, Outaouais, QC, J8Y 6T3

819 776-6015

Website: www.corpocabane.net

Email: corpocabane@gmail.com

Services: Activities for people aged 50 and over.

Eligibility: seniors aged 50 and over

Coverage area: Gatineau

Hours: Monday to Thursday 9h00 to 11h30 and 13h00 to 15h30

Fees: membership card: \$20

Financing: membership fees

Legal status: non-profit organization

ESCALE SAINT-ROSAIRE (L')

5 Saint-Arthur Street, Gatineau, Outaouais, QC, J8T 3C2

819 561-7754

Services: Social club for seniors. * Recreational activities: card games, pocket baseball, dance classes, etc. * Summer activities: mini-putt, walking, petanque. * Active living: bi-weekly exercise group. * Monthly community lunches.

Eligibility: people 50 years old and over

Coverage area: Outaouais

Hours: active living: Tuesday and Thursday 9h15 to 10h15, community lunches: September to April, last Tuesday of the month

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

Financing: self-financing, donations, municipal

Legal status: non-profit organization

FADOQ - OUTAOUAIS REGION

811 Saint-René Boulevard West, Suite D, Gatineau, Outaouais, QC, J8T 0C3

819 777-5774

Website: www.fadoq.ca/en/outaouais

Email: admin@fadoqoutaouais.qc.ca

Services: Grouping and representation of seniors in all instances requiring the recognition of their rights and needs. * Organizing recreational and sporting activities. * Privilege Program giving access to discounts on various products and services.

Eligibility: people 50 years and over

Coverage area: Outaouais

Hours: Monday to Friday 8h30 à 16h30

Fees: regional membership: \$30 for 1 year or \$50 for 2 years, club membership: \$25 for 1 year or \$45 for 2 years

Financing: membership fees

Legal status: non-profit organization

FONDATION POUR LES AÎNÉS DE L'OUTAOUAIS

331, boulevard de la Cité-des-Jeunes, Gatineau, Outaouais, QC, J8Y 6T3

819 777-3595

Website: www.cabaneenboisrond.com

Email: fao.lpoitras@videotron.ca

Services: Gathering place for seniors. * Room rental for organizations dedicated to the well-being of seniors.

Coverage area: Gatineau

Hours: Monday to Friday 8h00 to 16h30

Fees: variable

Legal status: non-profit organization

Day centres and respite

CAMPUS 3

196 Notre-Dame Street, Gatineau, Outaouais, QC, J8P 0E6

819 663-3305

Website: campus3.ca

Email: info@campus3.ca

Services: Centre for seniors. Home care * Takeaway meals. * Day workshop for the preservation of autonomy and the respite of relatives. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * PADI program: day centre for seniors living with an intellectual disability. Housing * Housing Faubourg Jean-Marie-Vianney. * HébergeVac Centre: respite care. Leisure and community action * Intergenerational reading program. * Carpentry workshop, sale of handicrafts. * University of the Third Age. * Sports and creative activities and courses. * Room rental. * Catering service. * Volunteer opportunities.

Eligibility: people 50 years and older, housing: people 55 years and older on a low income, PADI: seniors living with an intellectual disability

Capacity: 130 units

Coverage area: Gatineau

Hours: Monday to Friday 8h00 to 16h00

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

Financing: Centraide Outaouais, municipal, provincial, grants

Legal status: non-profit organization

HABITATIONS PARTAGÉES DE L'OUTAOUAIS (LES)

331 de la Cité-des-Jeunes Boulevard, Suite 109, Gatineau, Outaouais, QC, J8Y 6T3

819 771-6576

Website: habitationspartagees.ca

Email: hpou@videotron.ca

Services: Home care for seniors and improvement of their quality of life. * Pairing in cohabitation. * Help in the private residence search process and assisting in filling out forms. * Distribution of moving boxes and assistance in packing and unpacking.

Eligibility: people 18 years old and over

Coverage area: Outaouais

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

Fees: annual membership: \$20

Financing: provincial

Legal status: None or unknown

VOIX ET SOLIDARITÉ DES AIDANTS NATURELS DE LA VALLÉE DE LA GATINEAU

248 Cartier Street, Maniwaki, Outaouais, QC, J9E 3P5

819 441-1001

Website: www.voixetsolidarite.com

Email: direction@voixetsolidarite.ca

Services: Support for caregivers. * Listening, information and psychosocial support by phone and in person. * Support group. * In-home and out-of-home respite. * Coffee-meetings. * Training. * Conferences. * Defense of rights and interests.

Eligibility: caregivers, general public, in-home respite: caregivers of seniors, caregivers of people 18 years and over living with an intellectual or physical disability, caregivers of autistic people 18 years and over, out-of-home respite: people aged between 18 and 65, with all diagnoses, except for violent cases or those requiring certain invasive care

Coverage area: MRC La Vallée-de-la-Gatineau

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: provincial

Legal status: non-profit organization

Friendly visits and safety calls

CAMPUS 3 - INITIATIVE DE TRAVAIL DE MILIEU AUPRÈS DES AÎNÉS EN SITUATION DE VULNÉRABILITÉ

196 Notre-Dame Street, Gatineau, Outaouais, QC, J8P 0E6

819 663-3305

Website: campus3.ca/services-offerts/programmes-sociaux/

Email: pavre3@campus3.ca

Services: Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Information, referral, accompaniment and follow-up for seniors who are vulnerable and at risk of exclusion.

Eligibility: seniors who are vulnerable and at risk of exclusion

Coverage area: Gatineau

Hours: Monday to Friday 8h00 to 16h00

Financing: Centraide Outaouais, municipal, provincial, grants

Legal status: non-profit organization

CENTRE ACTION GÉNÉRATIONS DES AÎNÉS DE LA VALLÉE-DE-LA-LIÈVRE

390 de Buckingham Avenue, Gatineau, Outaouais, QC, J8L 2G7

819 281-4343 Fax: 819 281-4344

Website: cavagl.ca

Services: Seniors' service centre. * Bouf'mobile: meals on wheels service, hot and frozen meals. * Information centre. * Friendly visits. * Friendly phone calls. * Support for seniors victims of abuse (SAVA): support and accompaniment of seniors victims of abuse, prevention of abuse and mistreatment, consultation. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Individual support for caregivers, on site or by telephone. * Support group for caregivers. * Coffee meetings. * Collective kitchens: groups for men, women, mixed group for culinary discoveries and mixed English-speaking group. * Assistance with government forms and income tax returns. * Conferences and information workshops. * Computer courses. * Recreational activity clubs: walking, scrabble, bridge and darts. * Transportation to medical and paramedical appointments. * Tax clinic.

Eligibility: seniors 50 years old and over, caregivers

Coverage area: Bowman, Masson-Angers and Buckingham sectors of Gatineau, L'ange-Gardien, Lochaber-Partie-Ouest, Mayo, Mulgrave-Et-Derry, Notre-Dame-De-La-Salette, Papineauville, Thurso, Val-Des-Bois, Poltimore sector of Val-Des-Monts, Bouf'mobile: hot meals for the Buckingham sector and within a radius of 10 km, frozen meals for the rest of the territory served, ITMAV: MRC Papineau, Masson-Angers and Buckingham sectors of Gatineau, L'Ange-Gardien, Notre-Dame-de-la-Salette

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

Fees: variable

Financing: provincial, Centraide Outaouais, donations, self-financing

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE DE GATINEAU (LE)

42 Gatineau Avenue, Gatineau, Outaouais, QC, J8T 4J3

819 568-0747

Website: www.cabgatineau.com

Email: directiongenerale@videotron.ca

Services: Volunteer centre. Seniors * Meals on wheels. * Carrefour d'information pour Aînés: information and assistance with administrative procedures, offered on site, by phone or at home. * SécuriCAB: personalized and automated calls, reminders for taking medication. * Assistance with forms. * Télé bonjour: reassurance on the phone. * Friendly visits. * Accompaniment and transportation. * Tax clinic. Volunteering and community support * Volunteer recruitment, training, orientation and support. * Promotion of volunteerism. * Consultation and collaboration with the actors of the community.

Eligibility: general public, seniors, volunteers

Coverage area: Gatineau sector of Gatineau

Hours: Monday to Friday 8h30 to 12h00 and 12h30 to 15h30

Fees: variable

Financing: grants, donations

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE DE HULL

12 Brodeur Street, Gatineau, Outaouais, QC, J8Y 2P4

819 778-2900

Website: cabhull.org

Email: direction@benevoles-outaouais.org

Services: * Meals on wheels. * Accompaniment-transportation for medical appointments and essential services. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV): information, referrals to appropriate services and accompaniment. * Assistance with forms. * Tax clinic. * Volunteers recruitment.

Eligibility: individuals and families on a low income, seniors, people with a loss of autonomy, people wishing to volunteer, community organizations

Coverage area: Hull sector of Gatineau

Hours: Monday to Friday 8h30 to 15h30

Fees: meals on wheels: \$7.25

Financing: provincial, donations

Legal status: non-profit organization

CENTRE D'ENTRAIDE AUX AÎNÉS

331 de la Cité-des-Jeunes Boulevard, Suite 101, Gatineau, Outaouais, QC, J8Y 6T3

819 771-6609

Website: www.entraideauxaines.ca

Email: direction@entraideauxaines.ca

Services: * Pairing program: friendly visits and calls. * Activity days and community lunches. * Caregivers support program: training, information sessions, support groups and individual support. * Accompaniment and transportation to medical appointments and special needs by volunteers. * Grocery shopping day: accompaniment and transportation to grocery shopping by volunteers.

Eligibility: seniors 65 years old and over with a slight loss of autonomy, caregivers of seniors

Coverage area: Gatineau: Hull area

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, day of activities: Tuesday and Thursday 9h30 to 14h00

Fees: annual membership card: \$20 for one person, \$35 for two persons living at the same address, day of activities: \$5, community lunch: \$5

Financing: provincial, Centraide Outaouais

Legal status: non-profit organization

CONNEXIONS RESOURCE CENTER

67 du Couvent Street, Gatineau, Outaouais, QC, J9H 6A2

819 557-0615

Website: centreconnexions.org

Email: info@centreconnexions.org

Services: Resource centre for the English-speaking population. * Information and referral to health and social services, community organizations, legal information, employability, etc. * Programs, activities, conferences and workshops for all age groups. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Playgroup hosted at Cégep Heritage College. * Online resource directories: seniors and caregivers, youth, women, men, families, people in vulnerable situations and families with a member living with a disability. * Discussion and support groups: parents, youth, caregivers, men. * Online documentation: articles and videos. * Online anger management support group for men.

Eligibility: English-speaking people, seniors, caregivers, families, youth

Coverage area: Outaouais, ITMAV outreach work: Aylmer area of the city of Gatineau

Hours: Monday to Friday 8h00 to 16h00

Fees: none

Financing: federal, provincial

Legal status: non-profit organization

LOGEMENTS DE L'OUTAOUAIS

49 Mutchmore Street, Gatineau, Outaouais, QC, J8Y 3T5

819 776-2160

Website: logementsdeloutaouais.com

Email: log.out@videotron.ca

Services: Social Housing. * 1½ bedroom studios or rooms for rent. * Two apartment buildings: one on 49 Mutchmore Street, the other on 6 Lesage Street. * Initiative de travail de milieu auprès des aînés en situation de vulnérabilité (ITMAV). * Social and recreational activities: conferences, pet therapy, community meals, etc.

Eligibility: Mutchmore street block: 55 years old and over, Lesage street block: 75 years old and over

Capacity: Mutchmore street block: 100, Lesage street block: 49

Coverage area: Outaouais, ITMAV: Hull sector of Gatineau city

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

Fees: rent and activities: variable

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

SOCIÉTÉ CANADIENNE DE LA SCLÉROSE EN PLAQUES - DIVISION DU QUÉBEC - SECTION OUTAOUAIS

10 Noël Street, Suite 112, Gatineau, Outaouais, QC, J8Z 3G5

1 819 778-1450 Fax: 1 819 778-7058

Website: mscanada.ca/ms-canada-outaouais

Email: info.outaouais@scleroseenplaques.ca

Services: * Information, documentation and referral. * Psychological support. * Self-help group. * Day activity centre. * Home and hospital visits. * Civic support service: help with filling out forms, accompaniment to go vote, budget management. * Recreational and social activities. * Equipment loan. * Promotion and defence of rights. * Conferences.

Eligibility: people with multiple sclerosis, their relatives

Coverage area: Outaouais

Hours: Monday to Friday 8h00 to 15h00

Financing: donations, fundraising campaigns

Legal status: non-profit organization

Home support

AYLMER MEALS ON WHEELS

Confidential Address

819 664-2529 Fax: 819 455-9452

Email: AylmerMOW@bell.net

Services: * Low-cost home-cooked meals home delivery.

Eligibility: seniors, ill people, people with limited mobility, people unable to meet their food needs

Capacity: 3 meals per week

Coverage area: Aylmer sector of Gatineau

Hours: Monday, Wednesday, Friday 7h00 to 10h30

Fees: \$8 per meal

Financing: provincial, municipal, donations

Legal status: non-profit organization

BANQUE ALIMENTAIRE DE LA LIÈVRE

129 Joseph Street, Gatineau, Outaouais, QC, J8L 1G1

819 281-3231

Website: balievre.ca/en

Email: info@balievre.ca

Services: * Food assistance. * Community garden. * Collective kitchen. * Community fridge. * Gleaning. * Food transformation. * Delivery. * Christmas baskets.

Eligibility: vulnerable individuals, vulnerable families

Coverage area: L'Ange-Gardien, Mayo, Mulgrave-et-Derry, Lochaber-Partie-Ouest, Gatineau: secteur Buckingham, Masson-Angers

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

Fees: none

Financing: PSOC, Centraide Outaouais

Legal status: non-profit organization

CAMPUS 3

196 Notre-Dame Street, Gatineau, Outaouais, QC, J8P 0E6

819 663-3305

Website: campus3.ca

Email: info@campus3.ca

Services: Centre for seniors. Home care * Takeaway meals. * Day workshop for the preservation of autonomy and the respite of relatives. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * PADI program: day centre for seniors living with an intellectual disability. Housing * Housing Faubourg Jean-Marie-Vianney. * HébergeVac Centre: respite care. Leisure and community action * Intergenerational reading program. * Carpentry workshop, sale of handicrafts. * University of the Third Age. * Sports and creative activities and courses. * Room rental. * Catering service. * Volunteer opportunities.

Eligibility: people 50 years and older, housing: people 55 years and older on a low income, PADI: seniors living with an intellectual disability

Capacity: 130 units

Coverage area: Gatineau

Hours: Monday to Friday 8h00 to 16h00

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

Financing: Centraide Outaouais, municipal, provincial, grants

Legal status: non-profit organization

CENTRE ACTION GÉNÉRATIONS DES AÎNÉS DE LA VALLÉE-DE-LA-LIÈVRE

390 de Buckingham Avenue, Gatineau, Outaouais, QC, J8L 2G7

819 281-4343 Fax: 819 281-4344

Website: cavagl.ca

Services: Seniors' service centre. * Bouf'mobile: meals on wheels service, hot and frozen meals. * Information centre. * Friendly visits. * Friendly phone calls. * Support for seniors victims of abuse (SAVA): support and accompaniment of seniors victims of abuse, prevention of abuse and mistreatment, consultation. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Individual support for caregivers, on site or by telephone. * Support group for caregivers. * Coffee meetings. * Collective kitchens: groups for men, women, mixed group for culinary discoveries and mixed English-speaking group. * Assistance with government forms and income tax returns. * Conferences and information workshops. * Computer courses. * Recreational activity clubs: walking, scrabble, bridge and darts. * Transportation to medical and paramedical appointments. * Tax clinic.

Eligibility: seniors 50 years old and over, caregivers

Coverage area: Bowman, Masson-Angers and Buckingham sectors of Gatineau, L'ange-Gardien, Lochaber-Partie-Ouest, Mayo, Mulgrave-Et-Derry, Notre-Dame-De-La-Salette, Papineauville, Thurso, Val-Des-Bois, Poltimore sector of Val-Des-Monts, Bouf'mobile: hot meals for the Buckingham sector and within a radius of 10 km, frozen meals for the rest of the territory served, ITMAV: MRC Papineau, Masson-Angers and Buckingham sectors of Gatineau, L'Ange-Gardien, Notre-Dame-de-la-Salette

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

Fees: variable

Financing: provincial, Centraide Outaouais, donations, self-financing

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE ACCÈS - ACCOMPANIMENT-TRANSPORTATION

67 Principale Street, Gatineau, Outaouais, QC, J9H 3L4

819 684-2242 Fax: 819 682-2641

Website: cabaccès.ca

Email: info@cabaccès.ca

Services: * Transportation and accompaniment to medical appointments and to the grocery store by volunteers.

Eligibility: seniors, vulnerable people with no other means of transportation

Coverage area: Gatineau, Ottawa

Hours: Friday morning

Fees: membership: \$30 per year, accompaniment: \$15 for Aylmer, \$25 for Hull, \$35 for Gatineau or Ottawa

Financing: provincial, Centraide Outaouais, membership fees, self-financing

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE DE GATINEAU (LE)

42 Gatineau Avenue, Gatineau, Outaouais, QC, J8T 4J3

819 568-0747

Website: www.cabgatineau.com

Email: directiongenerale@videotron.ca

Services: Volunteer centre. Seniors * Meals on wheels. * Carrefour d'information pour Aînés: information and assistance with administrative procedures, offered on site, by phone or at home. * SécuriCAB: personalized and automated calls, reminders for taking medication. * Assistance with forms. * Télé bonjour: reassurance on the phone. * Friendly visits. * Accompaniment and transportation. * Tax clinic. Volunteering and community support * Volunteer recruitment, training, orientation and support. * Promotion of volunteerism. * Consultation and collaboration with the actors of the community.

Eligibility: general public, seniors, volunteers

Coverage area: Gatineau sector of Gatineau

Hours: Monday to Friday 8h30 to 12h00 and 12h30 to 15h30

Fees: variable

Financing: grants, donations

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE DE HULL

12 Brodeur Street, Gatineau, Outaouais, QC, J8Y 2P4

819 778-2900

Website: cabhull.org

Email: direction@benevoles-outaouais.org

Services: * Meals on wheels. * Accompaniment-transportation for medical appointments and essential services. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV): information, referrals to appropriate services and accompaniment. * Assistance with forms. * Tax clinic. * Volunteers recruitment.

Eligibility: individuals and families on a low income, seniors, people with a loss of autonomy, people wishing to volunteer, community organizations

Coverage area: Hull sector of Gatineau

Hours: Monday to Friday 8h30 to 15h30

Fees: meals on wheels: \$7.25

Financing: provincial, donations

Legal status: non-profit organization

CENTRE MULTISERVICES DE SANTÉ ET DE SERVICES SOCIAUX DE GATINEAU

777 de La Gappe Boulevard, Gatineau, Outaouais, QC, J8T 8R2

819 966-6550

Website: cisss-outaouais.gouv.qc.ca/clsc/gatineau

Services: Frontline services for routine health and social services. * Injection equipment and bin to collect used syringes, needles, and lancets. * Vaccination for babies and children. * Routine health services. * Chronic diseases and nutrition. * Smoking cessation assistance. * Sexual health services for 12 to 24 years old. * Falls prevention program. * Pregnancy follow-up and breastfeeding advice. * Mental health services. * Support for people with addiction problems. * Home support. * Support for caregivers. * Community organization support.

Coverage area: Outaouais

Hours: Monday to Friday 8h00 to 21h00

Financing: provincial

Legal status: provincial government agency

COOPÉRATIVE DE SOLIDARITÉ D'AIDE DOMESTIQUE DE LA VALLÉE-DE-LA-GATINEAU

131 King Street, Maniwaki, Outaouais, QC, J9E 2L2

819 441-0227 Fax: 819 441-0236

Website: csadvq.ca

Email: csadvq@videotron.ca

Services: Home support for seniors and people with loss of autonomy. * Help in domestic life: groceries and errands, meal preparation without diet, housekeeping, washing of bedding and clothing., raking of leaves. * Respite for caregivers. * Help with transportation. * Home care and hygiene assistance: incontinence care, help eating and getting dressed, reminder to take medication. * At-home supervision.

Eligibility: seniors, people with loss of autonomy

Coverage area: MRC La-Vallée-de-la-Gatineau

Hours: office: Monday to Friday 8h00 to 16h00, customer service representative: Thursday 8h00 to 16h00 at the Gracefield CLSC

Fees: variable according to income

Financing: provincial

Legal status: cooperative

ENTRAIDE DE LA VALLÉE (L')

446 de la Montagne Street, Maniwaki, Outaouais, QC, J9E 1K6

819 441-3596

Email: entraidevallee@videotron.ca

Services: * Food supply centers. * Meals on wheels. * Outreach on healthy nutrition, mutual aid, and food autonomy. * Recovery of grocery store surplus and transformation for redistribution.

Eligibility: people in need

Coverage area: Blue Sea, Gracefield, Maniwaki

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

Fees: none

Financing: Centraide Outaouais, provincial, donations

Legal status: non-profit organization

REMUE-MÉNAGE DE L'OUTAOUAIS

10 Noël Street, Suite 110, Gatineau, Outaouais, QC, J8Z 3G5

819 778-2461 Fax: 819 778-8531

Website: www.rmo.ca

Email: rmo@rmo.ca

Services: Home maintenance services. * House cleaning. * Preparation of meals without a special diet. * Personal assistance.

Eligibility: people experiencing difficulties, seniors, people living with a disability or people who are ill

Coverage area: Hull, Aylmer and Gatineau sectors of Gatineau, Cantley, Chelsea, Alcove, Duclos, East Aldfield, Edelweiss, Farm Point, Farrelton, Hollow Glen, Lac des Loups, Lascelle, La Pêche, Masham, Rupert, Saint-Pierre-de-Wakefield, Val-des-Monts, Wakefield

Fees: variable

Financing: self-financing, provincial

Legal status: non-profit organization

VOIX ET SOLIDARITÉ DES AIDANTS NATURELS DE LA VALLÉE DE LA GATINEAU

248 Cartier Street, Maniwaki, Outaouais, QC, J9E 3P5

819 441-1001

Website: www.voixetsolidarite.com

Email: direction@voixetsolidarite.ca

Services: Support for caregivers. * Listening, information and psychosocial support by phone and in person. * Support group. * In-home and out-of-home respite. * Coffee-meetings. * Training. * Conferences. * Defense of rights and interests.

Eligibility: caregivers, general public, in-home respite: caregivers of seniors, caregivers of people 18 years and over living with an intellectual or physical disability, caregivers of autistic people 18 years and over, out-of-home respite: people aged between 18 and 65, with all diagnoses, except for violent cases or those requiring certain invasive care

Coverage area: MRC La Vallée-de-la-Gatineau

Hours: Monday to Friday 9h00 to 17h00

Fees: none

Financing: provincial

Legal status: non-profit organization

Housing for seniors

AYLMER ARMS APARTMENT

166 Principale Street, Gatineau, Outaouais, QC, J9H 6E1

819 684-5121

Website: aylmerarms.com

Email: aylmerarms@videotron.ca

Services: Housing for seniors. * Laundry room. * Game and craft room. * Meeting rooms. * Kitchen area.

Eligibility: autonomous people 55 years and older on a low and moderate income

Capacity: 101 apartments, mostly one bedroom apartments and some 2 bedrooms apartments

Coverage area: Outaouais

Hours: 7 days, 9h00 to 15h00

Fees: variable, heating, lighting and storage locker: included in the rent

Financing: self-financing

Legal status: non-profit organization

CAMPUS 3

196 Notre-Dame Street, Gatineau, Outaouais, QC, J8P 0E6

819 663-3305

Website: campus3.ca

Email: info@campus3.ca

Services: Centre for seniors. Home care * Takeaway meals. * Day workshop for the preservation of autonomy and the respite of relatives. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * PADI program: day centre for seniors living with an intellectual disability. Housing * Housing Faubourg Jean-Marie-Vianney. * HébergeVac Centre: respite care. Leisure and community action * Intergenerational reading program. * Carpentry workshop, sale of handicrafts. * University of the Third Age. * Sports and creative activities and courses. * Room rental. * Catering service. * Volunteer opportunities.

Eligibility: people 50 years and older, housing: people 55 years and older on a low income, PADI: seniors living with an intellectual disability

Capacity: 130 units

Coverage area: Gatineau

Hours: Monday to Friday 8h00 to 16h00

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

Financing: Centraide Outaouais, municipal, provincial, grants

Legal status: non-profit organization

CHSLD DE PAPINEAU

155 Maclaren Street East, Gatineau, Outaouais, QC, J8L 2M4

819 986-3341

Website: cisss-outaouais.gouv.qc.ca/hopitaux/papineau

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: Outaouais

Hours: visiting hours: Monday to Sunday 8h00 to 20h00

Financing: provincial

Legal status: parapublic organization

HABITATIONS PARTAGÉES DE L'OUTAOUAIS (LES)

331 de la Cité-des-Jeunes Boulevard, Suite 109, Gatineau, Outaouais, QC, J8Y 6T3

819 771-6576

Website: habitationspartagees.ca

Email: hpou@videotron.ca

Services: Home care for seniors and improvement of their quality of life. * Pairing in cohabitation. * Help in the private residence search process and assisting in filling out forms. * Distribution of moving boxes and assistance in packing and unpacking.

Eligibility: people 18 years old and over

Coverage area: Outaouais

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

Fees: annual membership: \$20

Financing: provincial

Legal status: None or unknown

LOGEMENTS DE L'OUTAOUAIS

49 Mutchmore Street, Gatineau, Outaouais, QC, J8Y 3T5

819 776-2160

Website: logementsdeloutaouais.com

Email: log.out@videotron.ca

Services: Social Housing. * 1½ bedroom studios or rooms for rent. * Two apartment buildings: one on 49 Mutchmore Street, the other on 6 Lesage Street. * Initiative de travail de milieu auprès des aînés en situation de vulnérabilité (ITMAV). * Social and recreational activities: conferences, pet therapy, community meals, etc.

Eligibility: Mutchmore street block: 55 years old and over, Lesage street block: 75 years old and over

Capacity: Mutchmore street block: 100, Lesage street block: 49

Coverage area: Outaouais, ITMAV: Hull sector of Gatineau city

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

Fees: rent and activities: variable

Financing: self-financing, provincial

Legal status: non-profit organization

OFFICE D'HABITATION DE L'OUTAOUAIS

649 de la Gappe Boulevard, Gatineau, Outaouais, QC, J8T 8G1

819 568-0033 Fax: 819 568-7356

Website: www.ohoutaouais.ca

Email: info@ohoutaouais.ca

Services: Manage and administer housing and housing programs. * Low-Rental Housing (HLM). * Rent Supplement Program (PSL). * Affordable Housing Quebec (LAQ). * Referral service. * Accès Logis program.

Eligibility: individuals, seniors, and families with a low or a moderate income

Capacity: 4328 units

Coverage area: Outaouais

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

Financing: provincial

Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE MANIWAKI-GRACEFIELD

180 Desjardins Boulevard, Maniwaki, Outaouais, QC, J9E 2E2

819 449-4556

Website: www.habitation.gouv.qc.ca

Email: direction@omhmg.com

Services: Manage and administer housing and housing programs. * Low-rent housing (HLM). * Rent supplement program (PSL). * Québec affordable housing program (LAQ). * Referral service. * Accès Logis program.

Eligibility: seniors and families on a low income

Capacity: 138 units

Coverage area: Gracefield, Maniwaki

Hours: Monday to Friday 13h00 to 16h00

Financing: provincial

Legal status: parapublic organization

Intergenerational activities**CAMPUS 3**

196 Notre-Dame Street, Gatineau, Outaouais, QC, J8P 0E6

819 663-3305

Website: campus3.ca

Email: info@campus3.ca

Services: Centre for seniors. Home care * Takeaway meals. * Day workshop for the preservation of autonomy and the respite of relatives. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * PADI program: day centre for seniors living with an intellectual disability. Housing * Housing Faubourg Jean-Marie-Vianney. * HébergeVac Centre: respite care. Leisure and community action * Intergenerational reading program. * Carpentry workshop, sale of handicrafts. * University of the Third Age. * Sports and creative activities and courses. * Room rental. * Catering service. * Volunteer opportunities.

Eligibility: people 50 years and older, housing: people 55 years and older on a low income, PADI: seniors living with an intellectual disability

Capacity: 130 units

Coverage area: Gatineau

Hours: Monday to Friday 8h00 to 16h00

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

Financing: Centraide Outaouais, municipal, provincial, grants

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE ENTRE-NOUS

175 Front Street, Gatineau, Outaouais, QC, J9H 5S9

819 684-2236

Website: centrecommunautaireentrenous.org/en

Email: cenaccueil@gmail.com

Services: Community centre. Food * Collective kitchen. * Nurturing forest: fruit tree planting. Childhood and youth * Drop-in daycare for 0 to 5 years old. * Homework assistance. * Drop-in breastfeeding program. * Toy library: loan of games and toys. * Pandas playgroup (0 to 5 years old): parent-child workshops. * Petit cuisiniers: cooking classes for 6 to 12 years old. * Activities for 12 to 17 years old, in partnership with Avenue des jeunes. * Entre nous filles: discussion group for Grade 5 and 6 girls. * Day camp and spring break camp. Material assistance * Opération habit de neige: distribution of winter clothing. * Shared-store for school supplies. * Recovery of used clothing. Education * French courses. * Spanish courses. Social events * Café populaire, a space for socializing. * Social and recreational activities: sewing and knitting classes, karate classes, line dancing, board game group, danse cardio classes, physical activities for seniors. * Community parties.

Eligibility: people in vulnerable situations, children, teenagers, families, seniors

Coverage area: Gatineau: MacLeod neighbourhood and surrounding areas (primarily from the following neighbourhoods: MacLeod, Vieux-Aylmer, Des Cedres, La Seigneurie)

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

Financing: provincial, municipal, Centraide Outaouais, donations

Legal status: non-profit organization

MAISON D'ACCUEIL MUTCHMORE

142 Mutchmore Street, Gatineau, Outaouais, QC, J8Y 3T7

819 770-0788

Website: accueilmutchmore.ca

Email: info@accueilmutchmore.ca

Services: Community centre. * Collective kitchen. * Touchatou: stimulation workshop of fine motor skills. * Francization workshop. * Projet Multigénérationnel: various intergenerational activities. * Âllo-ADOS: sports and social activities for teenagers. * Sports activities: karate classes, fitness, yoga, zumba, skiing, swimming pool outings. * Opération habit de neige: distribution of winter clothing. * School supplies. * Tax clinic.

Eligibility: people and families on a low income, newcomers, seniors, neighbourhood residents, Opération habit de neige: families on a low income with children 2 to 13 years old

Coverage area: Mutchmore and Jean Proulx neighbourhoods of Gatineau

Hours: Monday to Friday 8h30 to 15h30, reception: 9h00 to 15h00

Fees: none, Opération habit de neige: \$20 per piece of clothing

Financing: Centraide Outaouais, municipal, provincial

Legal status: non-profit organization

SAGA MAISON DES JEUNES (LA) - BEAUDRY

23a St-Alexandre Street, Gatineau, Outaouais, QC, J8V 1A8

819 561-1211

Email: direction@lasaga.ca

Services: Youth center.* Leisure and educational activities.

Eligibility: young people aged 11 to 17 years old

Coverage area: Gatineau

Financing: municipal

Legal status: non-profit organization

Intervention with seniors subjected to abuse

CENTRE ACTION GÉNÉRATIONS DES AÎNÉS DE LA VALLÉE-DE-LA-LIÈVRE

390 de Buckingham Avenue, Gatineau, Outaouais, QC, J8L 2G7

819 281-4343 Fax: 819 281-4344

Website: cavagl.ca

Services: Seniors' service centre. * Bouf'mobile: meals on wheels service, hot and frozen meals. * Information centre. * Friendly visits. * Friendly phone calls. * Support for seniors victims of abuse (SAVA): support and accompaniment of seniors victims of abuse, prevention of abuse and mistreatment, consultation. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Individual support for caregivers, on site or by telephone. * Support group for caregivers. * Coffee meetings. * Collective kitchens: groups for men, women, mixed group for culinary discoveries and mixed English-speaking group. * Assistance with government forms and income tax returns. * Conferences and information workshops. * Computer courses. * Recreational activity clubs: walking, scrabble, bridge and darts. * Transportation to medical and paramedical appointments. * Tax clinic.

Eligibility: seniors 50 years old and over, caregivers

Coverage area: Bowman, Masson-Angers and Buckingham sectors of Gatineau, L'ange-Gardien, Lochaber-Partie-Ouest, Mayo, Mulgrave-Et-Derry, Notre-Dame-De-La-Salette, Papineauville, Thurso, Val-Des-Bois, Poltmore sector of Val-Des-Monts, Bouf'mobile: hot meals for the Buckingham sector and within a radius of 10 km, frozen meals for the rest of the territory served, ITMAV: MRC Papineau, Masson-Angers and Buckingham sectors of Gatineau, L'Ange-Gardien, Notre-Dame-de-la-Salette

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

Fees: variable

Financing: provincial, Centraide Outaouais, donations, self-financing

Legal status: non-profit organization

CLSC DE LOW

334 105 Road, Low, Outaouais, QC, J0X 2C0

819 422-3548

Website: https://sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=661&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=7&ch_rayon=0&ch_code=&page=2

Services: Frontline services for routine health and social services. * Health insurance card authentication. * Distribution of new injection equipment to people who use drugs (free service). * Recovery of used syringes and needles. * * Help for abused seniors.

Coverage area: Outaouais

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

Financing: provincial

Legal status: parapublic organization

CLSC DE MANIWAKI

149 Principale Street North, Maniwaki, Outaouais, QC, J9E 2B7

819 449-2513

Website: https://sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=280516&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=7&ch_rayon=0&ch_code=&page=2

Services: Frontline services for routine health and social services. * Health insurance card authentication. * Distribution of new injection equipment to people who use drugs (free service). * Family medicine. * Support for seniors who are victims of abuse. * External detox service associated with the CLSC.

Coverage area: Outaouais

Hours: Monday to Friday 8h00 to 12h00, 13h00 to 17h00, 18h00 to 21h00

Financing: provincial

Legal status: parapublic organization

CLSC SAINT-RÉDEMPTEUR

85 Saint-Rédempteur Street, Gatineau, Outaouais, QC, J8X 4E6

819 966-6510

Website: https://sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=53349&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=7&ch_rayon=0&ch_code=&page=1

Services: * Help for abused seniors. * Health insurance card authentication. * Birth control. * Youth Clinic. * Emergency oral contraception. * Prenatal classes. * Screening. * Distribution of new injection equipment to people who use drugs (free service). * Recovery of used syringes and needles. * Vaccination.

Coverage area: Outaouais

Hours: 8h30 to 21h00

Financing: provincial

Legal status: parapublic organization

Meals on Wheels

AYLMER MEALS ON WHEELS

Confidential Address

819 664-2529 Fax: 819 455-9452

Email: AylmerMOW@bell.net

Services: * Low-cost home-cooked meals home delivery.

Eligibility: seniors, ill people, people with limited mobility, people unable to meet their food needs

Capacity: 3 meals per week

Coverage area: Aylmer sector of Gatineau

Hours: Monday, Wednesday, Friday 7h00 to 10h30

Fees: \$8 per meal

Financing: provincial, municipal, donations

Legal status: non-profit organization

BANQUE ALIMENTAIRE DE LA LIÈVRE

129 Joseph Street, Gatineau, Outaouais, QC, J8L 1G1

819 281-3231

Website: balievre.ca/en

Email: info@balievre.ca

Services: * Food assistance. * Community garden. * Collective kitchen. * Community fridge. * Gleaning. * Food transformation. * Delivery. * Christmas baskets.

Eligibility: vulnerable individuals, vulnerable families

Coverage area: L'Ange-Gardien, Mayo, Mulgrave-et-Derry, Lochaber-Partie-Ouest, Gatineau: secteur Buckingham, Masson-Angers

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

Fees: none

Financing: PSOC, Centraide Outaouais

Legal status: non-profit organization

CAMPUS 3

196 Notre-Dame Street, Gatineau, Outaouais, QC, J8P 0E6

819 663-3305

Website: campus3.ca

Email: info@campus3.ca

Services: Centre for seniors. Home care * Takeaway meals. * Day workshop for the preservation of autonomy and the respite of relatives. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * PADI program: day centre for seniors living with an intellectual disability. Housing * Housing Faubourg Jean-Marie-Vianney. * HébergeVac Centre: respite care. Leisure and community action * Intergenerational reading program. * Carpentry workshop, sale of handicrafts. * University of the Third Age. * Sports and creative activities and courses. * Room rental. * Catering service. * Volunteer opportunities.

Eligibility: people 50 years and older, housing: people 55 years and older on a low income, PADI: seniors living with an intellectual disability

Capacity: 130 units

Coverage area: Gatineau

Hours: Monday to Friday 8h00 to 16h00

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

Financing: Centraide Outaouais, municipal, provincial, grants

Legal status: non-profit organization

CENTRE ACTION GÉNÉRATIONS DES AÎNÉS DE LA VALLÉE-DE-LA-LIÈVRE

390 de Buckingham Avenue, Gatineau, Outaouais, QC, J8L 2G7

819 281-4343 Fax: 819 281-4344

Website: cavagl.ca

Services: Seniors' service centre. * Bouf'mobile: meals on wheels service, hot and frozen meals. * Information centre. * Friendly visits. * Friendly phone calls. * Support for seniors victims of abuse (SAVA): support and accompaniment of seniors victims of abuse, prevention of abuse and mistreatment, consultation. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Individual support for caregivers, on site or by telephone. * Support group for caregivers. * Coffee meetings. * Collective kitchens: groups for men, women, mixed group for culinary discoveries and mixed English-speaking group. * Assistance with government forms and income tax returns. * Conferences and information workshops. * Computer courses. * Recreational activity clubs: walking, scrabble, bridge and darts. * Transportation to medical and paramedical appointments. * Tax clinic.

Eligibility: seniors 50 years old and over, caregivers

Coverage area: Bowman, Masson-Angers and Buckingham sectors of Gatineau, L'ange-Gardien, Lochaber-Partie-Ouest, Mayo, Mulgrave-Et-Derry, Notre-Dame-De-La-Salette, Papineauville, Thurso, Val-Des-Bois, Poltimore sector of Val-Des-Monts, Bouf'mobile: hot meals for the Buckingham sector and within a radius of 10 km, frozen meals for the rest of the territory served, ITMAV: MRC Papineau, Masson-Angers and Buckingham sectors of Gatineau, L'Ange-Gardien, Notre-Dame-de-la-Salette

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

Fees: variable

Financing: provincial, Centraide Outaouais, donations, self-financing

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE DE GATINEAU (LE)

42 Gatineau Avenue, Gatineau, Outaouais, QC, J8T 4J3

819 568-0747

Website: www.cabgatineau.com

Email: directiongenerale@videotron.ca

Services: Volunteer centre. Seniors * Meals on wheels. * Carrefour d'information pour Aînés: information and assistance with administrative procedures, offered on site, by phone or at home. * SécuriCAB: personalized and automated calls, reminders for taking medication. * Assistance with forms. * Télé bonjour: reassurance on the phone. * Friendly visits. * Accompaniment and transportation. * Tax clinic. Volunteering and community support * Volunteer recruitment, training, orientation and support. * Promotion of volunteerism. * Consultation and collaboration with the actors of the community.

Eligibility: general public, seniors, volunteers

Coverage area: Gatineau sector of Gatineau

Hours: Monday to Friday 8h30 to 12h00 and 12h30 to 15h30

Fees: variable

Financing: grants, donations

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE DE HULL

12 Brodeur Street, Gatineau, Outaouais, QC, J8Y 2P4

819 778-2900

Website: cabhull.org

Email: direction@benevoles-outaouais.org

Services: * Meals on wheels. * Accompaniment-transportation for medical appointments and essential services. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV): information, referrals to appropriate services and accompaniment. * Assistance with forms. * Tax clinic. * Volunteers recruitment.

Eligibility: individuals and families on a low income, seniors, people with a loss of autonomy, people wishing to volunteer, community organizations

Coverage area: Hull sector of Gatineau

Hours: Monday to Friday 8h30 to 15h30

Fees: meals on wheels: \$7.25
Financing: provincial, donations
Legal status: non-profit organization

ENTRAIDE DE LA VALLÉE (L')

446 de la Montagne Street, Maniwaki, Outaouais, QC, J9E 1K6
819 441-3596
Email: entraidevallee@videotron.ca

Services: * Food supply centers. * Meals on wheels. * Outreach on healthy nutrition, mutual aid, and food autonomy. * Recovery of grocery store surplus and transformation for redistribution.

Eligibility: people in need

Coverage area: Blue Sea, Gracefield, Maniwaki

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

Fees: none

Financing: Centraide Outaouais, provincial, donations

Legal status: non-profit organization

Seniors' Advocacy and Assistance Associations

ASSOCIATION QUÉBÉCOISE DE DÉFENSE DES DROITS DES PERSONNES RETRAITÉES ET PRÉRETRAITÉES - OUTAOUAIS

180 Mont-Bleu Boulevard, Suite 201, Gatineau, Outaouais, QC, J8Z 3J5
819 771-8391 ext. 320

Website: www.aqdroutaouais.org

Email: info@aqdroutaouais.org

Services: Defending the collective rights of seniors. * Political representation before various decision-making bodies and defence of collective rights: pensions, income, housing, safety, violence, ageism, social exclusion, health, home care, medication and transport. * Community activities and services: coffee meetings, conferences, workshops, information sessions, etc. * AQDR Outaouais Express newsletter.

Eligibility: people 55 years old and over

Coverage area: Outaouais

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 11h30

Fees: annual membership: \$20

Financing: provincial, contributions

Legal status: non-profit organization

BUREAU D'AIDE JURIDIQUE - GATINEAU - SECTEUR AYLMER

204 Aylmer Road, Suite B-403, Gatineau, Outaouais, QC, J9H 1A1
819 684-0333 Fax: 819 684-5075

Website: www.aidejuridiqueoutaouais.ca

Email: bureauaylmer@ccjo.qc.ca

Services: Legal aid office in civil and family law.

Eligibility: people or non-profit organizations residing in Québec or forced to remain in Québec, financially eligible, and whose legal services are covered by the Law

Coverage area: Outaouais

Hours: Monday to Friday 8h30 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

BUREAU D'AIDE JURIDIQUE - GATINEAU - SECTEUR GATINEAU

365 Greber Boulevard, Suite 202, Gatineau, Outaouais, QC, J8T 5R3

819 568-0990 Fax: 819 568-4727

Website: www.aidejuridiqueoutaouais.ca

Email: bureaugatineau@ccjo.qc.ca

Services: Legal aid office in civil and family law.

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

Coverage area: Outaouais

Hours: Monday to Friday 8h30 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

BUREAU D'AIDE JURIDIQUE - GATINEAU - SECTEUR HULL

768 St-Joseph Boulevard, Suite 210, Gatineau, Outaouais, QC, J8Y 4B8

819 772-3011 Fax: 819 772-3764

Website: www.aidejuridiqueoutaouais.ca

Email: bureaucivil-famille@ccjo.qc.ca

Services: Legal aid office in civil law, family law and youth protection law.

Eligibility: people or non-profit organizations residing in Québec or forced to remain in Québec, financially eligible, and whose legal services are covered by the Law

Coverage area: Outaouais

Hours: Monday to Friday 8h30 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

CENTRE ACTION GÉNÉRATIONS DES AÎNÉS DE LA VALLÉE-DE-LA-LIÈVRE

390 de Buckingham Avenue, Gatineau, Outaouais, QC, J8L 2G7

819 281-4343 Fax: 819 281-4344

Website: cavagl.ca

Services: Seniors' service centre. * Bouf'mobile: meals on wheels service, hot and frozen meals. * Information centre. * Friendly visits. * Friendly phone calls. * Support for seniors victims of abuse (SAVA): support and accompaniment of seniors victims of abuse, prevention of abuse and mistreatment, consultation. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Individual support for caregivers, on site or by telephone. * Support group for caregivers. * Coffee meetings. * Collective kitchens: groups for men, women, mixed group for culinary discoveries and mixed English-speaking group. * Assistance with government forms and income tax returns. * Conferences and information workshops. * Computer courses. * Recreational activity clubs: walking, scrabble, bridge and darts. * Transportation to medical and paramedical appointments. * Tax clinic.

Eligibility: seniors 50 years old and over, caregivers

Coverage area: Bowman, Masson-Angers and Buckingham sectors of Gatineau, L'ange-Gardien, Lochaber-Partie-Ouest, Mayo, Mulgrave-Et-Derry, Notre-Dame-De-La-Salette, Papineauville, Thurso, Val-Des-Bois, Poltmore sector of Val-Des-Monts, Bouf'mobile: hot meals for the Buckingham sector and within a radius of 10 km, frozen meals for the rest of the territory served, ITMAV: MRC Papineau, Masson-Angers and Buckingham sectors of Gatineau, L'Ange-Gardien, Notre-Dame-de-la-Salette

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

Fees: variable

Financing: provincial, Centraide Outaouais, donations, self-financing

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE JURIDIQUE DE L'OUTAOUAIS - BUREAU ADMINISTRATIF

510 Maloney Boulevard East, Suite 201, Gatineau, Outaouais, QC, J8P 1E7

819 669-2382 Fax: 819 669-9309

Website: www.aidejuridiqueoutaouais.ca

Email: bureauadministration@ccjo.qc.ca

Services: Legal aid services lawyers who practice family law, criminal and penal law, youth protection law, immigration law, civil law, administrative law (social aid, SAAQ, CSST), child support, health rights, housing law, bankrupt and prison law. * Representation by a lawyer before a court of first instance or a court of appeal, as plaintiff or defendant. * Assistance from a lawyer in certain cases expressly provided in the Legal Aid Act. * Legal consultation with a lawyer. * Telephone consultation with a lawyer, available 24/7, for people who have been arrested or are being held in custody. * Legal information regarding the rights and obligations of legal aid recipients. * Some services may be rendered by a notary. * Complaints reception.

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

Coverage area: Outaouais

Hours: Monday to Friday 8h30 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

CENTRE D'ACTION BÉNÉVOLE DE GATINEAU (LE)

42 Gatineau Avenue, Gatineau, Outaouais, QC, J8T 4J3

819 568-0747

Website: www.cabgatineau.com

Email: directiongenerale@videotron.ca

Services: Volunteer centre. Seniors * Meals on wheels. * Carrefour d'information pour Aînés: information and assistance with administrative procedures, offered on site, by phone or at home. * SécuriCAB: personalized and automated calls, reminders for taking medication. * Assistance with forms. * Télé bonjour: reassurance on the phone. * Friendly visits. * Accompaniment and transportation. * Tax clinic. Volunteering and community support * Volunteer recruitment, training, orientation and support. * Promotion of volunteerism. * Consultation and collaboration with the actors of the community.

Eligibility: general public, seniors, volunteers

Coverage area: Gatineau sector of Gatineau

Hours: Monday to Friday 8h30 to 12h00 and 12h30 to 15h30

Fees: variable

Financing: grants, donations

Legal status: non-profit organization

CENTRE D'ASSISTANCE ET D'ACCOMPAGNEMENT AUX PLAINTES - OUTAOUAIS

92 St-Raymond Boulevard, Suite 203, Gatineau, Outaouais, QC, J8Y 1S7

1 877 767-2227 Fax: 819 770-4748

Website: caap-outaouais.ca/home

Email: info@caap-outaouais.ca

Services: Assistance and accompaniment for people who wish to file a complaint regarding services that they have had or should have received in the health and social services network. * CAAP on the lease: support in the process of amicably settling a dispute with the RPA operator or a dispute following an application to the Housing Administrative Tribunal. * Public establishments: CLSC, hospitals, residential and extended care centres, youth centres, rehabilitation centres. * Intermediate resources: chartered or self-financed private residences, family resources. * Community organizations in the health and social services field or operating a fonction or activities for ASSS: pre-hospital emergency services, ambulance services. * Information and assistance to tenants of private residences for seniors (RPA) to formulate a complaint and accompaniment in the complaint process. * Help in preparing for a hearing at the Tribunal administratif du logement.

Eligibility: health and social services network users, residents of a RPA

Coverage area: Outaouais

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

Fees: none

Financing: provincial

Legal status: non-profit organization

CONNEXIONS RESOURCE CENTER

67 du Couvent Street, Gatineau, Outaouais, QC, J9H 6A2

819 557-0615

Website: centreconnexions.org

Email: info@centreconnexions.org

Services: Resource centre for the English-speaking population. * Information and referral to health and social services, community organizations, legal information, employability, etc. * Programs, activities, conferences and workshops for all age groups. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Playgroup hosted at Cégep Heritage College. * Online resource directories: seniors and caregivers, youth, women, men, families, people in vulnerable situations and families with a member living with a disability. * Discussion and support groups: parents, youth, caregivers, men. * Online documentation: articles and videos. * Online anger management support group for men.

Eligibility: English-speaking people, seniors, caregivers, families, youth

Coverage area: Outaouais, ITMAV outreach work: Aylmer area of the city of Gatineau

Hours: Monday to Friday 8h00 to 16h00

Fees: none

Financing: federal, provincial

Legal status: non-profit organization

FADOQ - OUTAOUAIS REGION

811 Saint-René Boulevard West, Suite D, Gatineau, Outaouais, QC, J8T 0C3

819 777-5774

Website: www.fadoq.ca/en/outaouais

Email: admin@fadoqoutaouais.qc.ca

Services: Grouping and representation of seniors in all instances requiring the recognition of their rights and needs. * Organizing recreational and sporting activities. * Privilege Program giving access to discounts on various products and services.

Eligibility: people 50 years and over

Coverage area: Outaouais

Hours: Monday to Friday 8h30 à 16h30

Fees: regional membership: \$30 for 1 year or \$50 for 2 years, club membership: \$25 for 1 year or \$45 for 2 years

Financing: membership fees

Legal status: non-profit organization

TABLE DES AÎNÉS DE GATINEAU

C.P. 82057, Gatineau, Outaouais, QC, J8T 8B6

819 918-1771

Website: tablegatineau@gmail.com

Email: coordo@tagatineau.org

Services: Grouping of associations and organizations working with seniors for their quality of life. * Exchange and consultation with seniors' organizations. * Grand Rendezvous: annual gathering event offering workshops and conferences. * Conferences. * Discussion groups. * Coordination of projects.

Eligibility: people aged 55 years old and over, community organizations and tables working with seniors

Coverage area: Gatineau

Legal status: non-profit organization

Volunteer Transportation

CENTRE ACTION GÉNÉRATIONS DES AÎNÉS DE LA VALLÉE-DE-LA-LIÈVRE - ACCOMPANIMENT-TRANSPORTATION

390 de Buckingham Avenue, Gatineau, Outaouais, QC, J8L 2G7

819 281-4343 Fax: 819 281-4344

Email: centreactiongenerationsdesaines@videotron.ca

Services: * Transportation and accompaniment to medical appointments by volunteers.

Eligibility: seniors

Coverage area: Bowman, Masson-Angers and Buckingham sectors of Gatineau, L'ange-Gardien, Lochaber-Partie-Ouest, Mayo, Mulgrave-Et-Derry, Notre-Dame-De-La-Salette, Papineauville, Thurso, Val-Des-Bois, Poltimore sector of Val-Des-Monts

Hours: administration: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00, transportation: 7 days, by appointment

Fees: \$0.43 per km, minimum fee of \$9

Financing: provincial, municipal, Centraide Outaouais, donations, self-financing

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE ACCÈS - ACCOMPANIMENT-TRANSPORTATION

67 Principale Street, Gatineau, Outaouais, QC, J9H 3L4

819 684-2242 Fax: 819 682-2641

Website: cabaccès.ca

Email: info@cabaccès.ca

Services: * Transportation and accompaniment to medical appointments and to the grocery store by volunteers.

Eligibility: seniors, vulnerable people with no other means of transportation

Coverage area: Gatineau, Ottawa

Hours: Friday morning

Fees: membership: \$30 per year, accompaniment: \$15 for Aylmer, \$25 for Hull, \$35 for Gatineau or Ottawa

Financing: provincial, Centraide Outaouais, membership fees, self-financing

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE DE GATINEAU (LE) - ACCOMPANIMENT-TRANSPORTATION

42 Gatineau Avenue, Gatineau, Outaouais, QC, J8T 4J3

819 568-0747

Website: www.cabgatineau.com

Email: transport@cabgatineau.com

Services: * Transportation and accompaniment for errands and medical appointments by volunteers.

Eligibility: people in need

Coverage area: Gatineau sector of Gatineau, accompaniment and transportation: Gatineau

Hours: Monday to Friday 8h30 to 12h00 and 12h30 to 15h30

Fees: variable

Financing: donations, self-financing

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE DE HULL - ACCOMPANIMENT-TRANSPORTATION

12 Brodeur Street, Gatineau, Outaouais, QC, J8Y 2P4

819 778-2900 ext. 2

Website: cabhull.org/services/accompagnement-transport

Email: popote@benevoles-outaouais.org

Services: * Accompaniment and transportation by volunteers for medical appointments. * Accompaniment and transportation by volunteers for essential services (financial institutions, grocery stores, drugstores, community, social and legal resources).

Eligibility: people who require physical assistance, comfort or surveillance

Coverage area: Hull sector of Gatineau

Hours: Monday to Friday 8h30 to 15h30

Fees: transportation in Hull: \$15, to Gatineau, Alymer or Ottawa: \$25, to Buckingham, Masson-Angers, Orléans or other parts of Ottawa: \$40, contact the organization for interregional transportation (fees are for round-trips)

Financing: provincial, donations

Legal status: non-profit organization

CENTRE D'ENTRAIDE AUX AÎNÉS - ACCOMPANIMENT-TRANSPORTATION

331 de la Cité-des-Jeunes Boulevard, Suite 101, Gatineau, Outaouais, QC, J8Y 6T3

819 771-6609

Website: www.entraideauxaines.ca

Email: reception@entraideauxaines.ca

Services: * Accompaniment and transportation to medical appointments and special needs by volunteers. * Grocery shopping day: accompaniment and transportation to grocery shopping by volunteers.

Eligibility: seniors 65 years and over with a slight loss of autonomy

Coverage area: accompaniment-transportation: Gatineau, Ottawa, grocery shopping day: Gatineau

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

Fees: accompaniment-transportation: variable according to distance, grocery shopping day: \$5

Financing: provincial, Centraide Outaouais

Legal status: non-profit organization

COOPÉRATIVE DE SOLIDARITÉ D'AIDE DOMESTIQUE DE LA VALLÉE-DE-LA-GATINEAU

131 King Street, Maniwaki, Outaouais, QC, J9E 2L2

819 441-0227 Fax: 819 441-0236

Website: csadvg.ca

Email: csadvg@videotron.ca

Services: Home support for seniors and people with loss of autonomy. * Help in domestic life: groceries and errands, meal preparation without diet, housekeeping, washing of bedding and clothing., raking of leaves. * Respite for caregivers. * Help with transportation. * Home care and hygiene assistance: incontinence care, help eating and getting dressed, reminder to take medication. * At-home supervision.

Eligibility: seniors, people with loss of autonomy

Coverage area: MRC La-Vallée-de-la-Gatineau

Hours: office: Monday to Friday 8h00 to 16h00, customer service representative: Thursday 8h00 to 16h00 at the Gracefield CLSC

Fees: variable according to income

Financing: provincial

Legal status: cooperative

GUICHET UNIQUE DES TRANSPORTS COLLECTIF ET ADAPTÉ DE LA VALLÉE-DE-LA-GATINEAU

198 Notre-Dame Street, Suite 104, Maniwaki, Outaouais, QC, J9E 2J5

819 449-7666 Fax: 819 306-1611

Website: www.mrcvg.qc.ca/index.php/en/the-gutac

Email: gutac.vg@hotmail.com

Services: One-stop source for collective transportation, including adapted transportation. * Adapted transportation for people living with a disability or with loss of autonomy. * Medical transportation. * Collective transportation.

Eligibility: residents, seniors, people living with a disability or with loss of autonomy, people on a low income, youth and all people who need a transportation service

Coverage area: MRC La Vallée-de-la-Gatineau

Hours: Monday to Friday 8h00 to 16h00

Fees: variable depending on distance

Financing: municipal, provincial

Legal status: non-profit organization

HABITATIONS PARTAGÉES DE L'OUTAOUAIS (LES)

331 de la Cité-des-Jeunes Boulevard, Suite 109, Gatineau, Outaouais, QC, J8Y 6T3

819 771-6576

Website: habitationspartagees.ca

Email: hpou@videotron.ca

Services: Home care for seniors and improvement of their quality of life. * Pairing in cohabitation. * Help in the private residence search process and assisting in filling out forms. * Distribution of moving boxes and assistance in packing and unpacking.

Eligibility: people 18 years old and over

Coverage area: Outaouais

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

Fees: annual membership: \$20

Financing: provincial

Legal status: None or unknown

REGROUPEMENT DES CLUBS D'ÂGE D'OR DE LA VALLÉE-DE-LA-GATINEAU - ACCOMPAGNEMENT-TRANSPORT

198 Notre-Dame Street, Maniwaki, Outaouais, QC, J9E 2J5

1 866 463-1777 Fax: 819 306-1611

Email: agedorgatineau@gutacvg.ca

Services: Homecare services for seniors or people with a lost in autonomy. * Accompaniment and transportation by volunteers.

Eligibility: seniors, people with a loss of autonomy

Coverage area: Bouchette, Blue sea, Cayamant, Deynholm, Gracefield, Kazabazua, Lac-Sainte-Marie, Low

Hours: Monday to Friday 8h00 to 16h00

Fees: according to distance travelled

Financing: provincial

Legal status: non-profit organization

Sex and gender

LGBTQ ASSOCIATIONS

WOMEN'S CENTRES

WOMEN'S ASSOCIATIONS

LGBTQ associations

JEUNESSE IDEM

109, Wright Street, Suite 007, Gatineau, Outaouais, QC, J8X 2G7

819 776-1445

Website: jeunesseidem.org

Email: jeunesseidem@gmail.com

Services: * Individual contact and intervention. * Weekly discussion group for youth: 7 to 13, 14 to 17, 18 to 35. * Social activities. * Workshops to demystify sexual orientation, gender identity, fight against homophobia and transphobia. * Training for professionals in youth environments. * Information booths. * Support for parents and relatives.

Eligibility: young people aged 7 to 35 who are gay, lesbian, bisexual, transgender, transsexual, questioning

Coverage area: Outaouais

Hours: Monday to Friday 9h00 to 17h00, discussion group: evening

Fees: none

Financing: grants

Legal status: non-profit organization

TRANS OUTAOUAIS

Confidential Address

343 202-5006

Website: www.transoutaouais.com

Email: info@transoutaouais.com

Services: * Support and referrals. * Resources list. * Support group for parents of trans children, trans and non-binary youth and adults. * Swearing-in service for name and gender change procedures.

Eligibility: people from the gender diversity community, their relatives, allies

Coverage area: Outaouais

Fees: none

Financing: donations, fundraising, grants

Legal status: non-profit organization

Women's centres

ANTRE-HULLOISES (L')

16 Bériault Street, Gatineau, Outaouais, QC, J8X 1A3

819 778-0997 Fax: 819 777-6311

Website: www.antrehullose.org

Email: antre.hullose@bellnet.ca

Services: Women's centre. * Reception, information and reference. * Help relationship. * Self-help group. * Telephone warmline. * Documentation centre. * Accompaniment in addiction and drug addiction, in partnership with the Association de la prévention de la toxicomanie et de l'alcoolisme chez les femmes en Outaouais. * Awareness and training workshops. * Prévenir, c'est agir Program: awareness and prevention of conjugal violence. * Les Cybercitoyennes: workshops for the development of pro-social, self-critical and safe behaviours in the use of technology. * Activities and thematic days. * Citizen involvement and action committees.

Eligibility: women, Cybercitoyennes: teenagers 12 to 17 years old

Coverage area: Outaouais

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

Fees: none

Financing: provincial

Legal status: non-profit organization

CENTRE ACTU-ELLE

501 des Pins Street, Gatineau, Outaouais, QC, J8L 2L2

819 986-9713

Website: www.centreactuelle.ca

Email: info@actuelle.ca

Services: * Listening and individual support service. * Social and educational activities: various workshops. * Conferences. * Collective kitchen. * Drop-in daycare. * High school academic training service.

Eligibility: women

Coverage area: Gatineau city: Buckingham sector, Masson-Anger sector and MRC Papineau

Hours: Monday to Thursday 8h30 to 16h00, Buckingham sector drop-in daycare: Monday to Friday 9h00 to 3h00, MRC Papineau sector drop-in daycare: Monday to Thursday 9h00 to 3h00

Fees: annual registration: \$5, drop-in daycare: \$5 for one child, \$8 for 2 children, \$2 per additional child, collective kitchen: \$5, most activities: free

Financing: provincial, federal, Centraide Outaouais, donations

Legal status: non-profit organization

CENTRE D'ENTRAIDE LA DESTINÉE (LE)

177, chemin de la Savane, Gatineau, Outaouais, QC, J8T 1R2

819 561-7474

Website: ladestinee.org

Email: ladestinee@videotron.ca

Services: Centre for women. * Handicraft. * Group workshops. * Coffee-meeting. * Resource café. * Leisure and outings: movies, board games, etc. * Awareness. * Christmas dinner for members.

Eligibility: women

Coverage area: Gatineau

Hours: Monday to Friday 8h30 à 12h00, 13h00 à 17h30

Financing: self-financing

Legal status: non-profit organization

GROUPE ENTRE-FEMMES DE L'OUTAOUAIS

115 Sacré-Coeur Boulevard, Suite 208, Gatineau, Outaouais, QC, J8X 1C5

819 776-3694

Website: www.entre-femmes.ca

Email: info@entre-femmes.ca

Services: Organizes activities to bring women out of isolation. * Welcoming, information and referrals. * Courses, workshops and training: self-knowledge, crafts, autonomy, etc. * Coffee meetings and discussions. * Collective kitchen. * Christmas meal. * Animal therapy. * Outings: museum, strawberry picking, lunches, etc. * Conferences.

Eligibility: women 14 years old and over

Coverage area: Gatineau and surrounding area

Hours: September to June, Monday to Friday 9h00 to 16h00, activities: variable with possible evenings and weekends

Fees: free, certain activities and Christmas party: variable

Financing: provincial

Legal status: non-profit organization

MAISON COMMUNAUTAIRE DANIEL-JOHNSON

22 Arthur-Buies Street, Gatineau, Outaouais, QC, J8Z 1P5

819 772-6625

Email: mcdj@bellnet.ca

Services: Community centre. * Access to a computer, Internet, and fax. * Social and recreational activities: for teenagers, families, parents-children. * Social café. * Homework club. * Collective kitchen. * Community breakfast. * Knitting and crochet circle. * Introduction to cross-country for youth 9 to 12 years old. * Operation Snowsuit Outaouais: winter clothing for children. * Cooking workshops minis-chefs 8 to 12 years old. * Back to school program: store-sharing school supplies. * Women's circle. * Halloween and Christmas celebrations. * Neighbourhood party.

Eligibility: citizens of the Daniel-Johnson neighbourhood in the Hull sector of Gatineau

Coverage area: Daniel-Johnson neighbourhood in the Hull sector of Gatineau

Hours: Tuesday to Thursday 9h00 to 12h00 and 13h00 to 16h30

Financing: donations

Legal status: non-profit organization

Women's associations

ANTRE-HULLOISES (L')

16 Bériault Street, Gatineau, Outaouais, QC, J8X 1A3

819 778-0997 Fax: 819 777-6311

Website: www.antrehullose.org

Email: antre.hullose@bellnet.ca

Services: Women's centre. * Reception, information and reference. * Help relationship. * Self-help group. * Telephone warmline. * Documentation centre. * Accompaniment in addiction and drug addiction, in partnership with the Association de la prévention de la toxicomanie et de l'alcoolisme chez les femmes en Outaouais. * Awareness and training workshops. * Prévenir, c'est agir Program: awareness and prevention of conjugal violence. * Les Cybercitoyennes: workshops for the development of pro-social, self-critical and safe behaviours in the use of technology. * Activities and thematic days. * Citizen involvement and action committees.

Eligibility: women, Cybercitoyennes: teenagers 12 to 17 years old

Coverage area: Outaouais

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

Fees: none

Financing: provincial

Legal status: non-profit organization

ASSEMBLÉE DES GROUPES DE FEMMES D'INTERVENTIONS RÉGIONALES EN OUTAOUAIS

109 Wright Street, Suite 201, Gatineau, Outaouais, QC, J8X 2G7

819 770-0351

Website: www.agir-outaouais.ca

Email: communication@agir-outaouais.ca

Services: Organization for consultation and defense of women's rights. * Concertation, training and mobilization. * Research, analysis and sensitization.

Eligibility: women

Coverage area: Outaouais

Financing: federal, provincial, membership fees

Legal status: non-profit organization

CENTRE D'ENTRAIDE LA DESTINÉE (LE)

177, chemin de la Savane, Gatineau, Outaouais, QC, J8T 1R2

819 561-7474

Website: ladestinee.org

Email: ladestinee@videotron.ca

Services: Centre for women. * Handicraft. * Group workshops. * Coffee-meeting. * Resource café. * Leisure and outings: movies, board games, etc. * Awareness. * Christmas dinner for members.

Eligibility: women

Coverage area: Gatineau

Hours: Monday to Friday 8h30 à 12h00, 13h00 à 17h30

Financing: self-financing

Legal status: non-profit organization

COMMISSION DES NORMES, DE L'ÉQUITÉ, DE LA SANTÉ ET DE LA SÉCURITÉ DU TRAVAIL - LANAUDIÈRE - POINT DE SERVICE DE JOLIETTE

1075 Firestone Boulevard, 5th floor, Gatineau, Outaouais, QC, J9E 6X6

1 844 838-0808 Fax: 1 855 722-8081?

Website: www.cnesst.gouv.qc.ca/en

Services: Prevention and safety * 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. Pay equity * Front-line telephone service to answer general questions on the application of the Loi sur l'équité salariale. * Specialized assistance to understand more complex or technical aspects of the law. * Pay equity audit program: investigations to ensure that companies are complying with their pay equity obligations. * Development of tools and training courses accessible free of charge in all regions of Québec. * Research activities. Labour standards * Information on labour standards and obligations under the law and regulations. * Registration of complaints. * Mediation for employees or employers concerned by a complaint of psychological harassment, wrongful dismissal or prohibited practice.

Eligibility: employers, workers

Coverage area: Lanaudière

Hours: by appointment only

Financing: membership fees, self-financing

Legal status: provincial government agency

COMMISSION DES NORMES, DE L'ÉQUITÉ, DE LA SANTÉ ET DE LA SÉCURITÉ DU TRAVAIL - OUTAOUAIS

15 Gamelin Street, Gatineau, Outaouais, QC, J8X 3Y3

1 844 838-0808 Fax: 1 855 722-8081?

Website: www.cnesst.gouv.qc.ca

Services: Prevention and safety * 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. Pay equity * Front-line telephone service to answer general questions on the application of the Loi sur l'équité salariale. * Specialized assistance to understand more complex or technical aspects of the law. * Pay equity audit program: investigations to ensure that companies are complying with their pay equity obligations. * Development of tools and training courses accessible free of charge in all regions of Québec. * Research activities. Labour standards * Information on labour standards and obligations under the law and regulations. * Registration of complaints. * Mediation for employees or employers concerned by a complaint of psychological harassment, wrongful dismissal or prohibited practice.

Eligibility: employers, workers

Coverage area: Outaouais

Hours: on appointment

Financing: provincial

Legal status: provincial government agency

GROUPE ENTRE-FEMMES DE L'OUTAOUAIS

115 Sacré-Coeur Boulevard, Suite 208, Gatineau, Outaouais, QC, J8X 1C5

819 776-3694

Website: www.entre-femmes.ca

Email: info@entre-femmes.ca

Services: Organizes activities to bring women out of isolation. * Welcoming, information and referrals. * Courses, workshops and training: self-knowledge, crafts, autonomy, etc. * Coffee meetings and discussions. * Collective kitchen. * Christmas meal. * Animal therapy. * Outings: museum, strawberry picking, lunches, etc. * Conferences.

Eligibility: women 14 years old and over

Coverage area: Gatineau and surrounding area

Hours: September to June, Monday to Friday 9h00 to 16h00, activities: variable with possible evenings and weekends

Fees: free, certain activities and Christmas party: variable

Financing: provincial

Legal status: non-profit organization

MAISON COMMUNAUTAIRE DANIEL-JOHNSON

22 Arthur-Buies Street, Gatineau, Outaouais, QC, J8Z 1P5

819 772-6625

Email: mcdj@bellnet.ca

Services: Community centre. * Access to a computer, Internet, and fax. * Social and recreational activities: for teenagers, families, parents-children. * Social café. * Homework club. * Collective kitchen. * Community breakfast. * Knitting and crochet circle. * Introduction to cross-country for youth 9 to 12 years old. * Operation Snowsuit Outaouais: winter clothing for children. * Cooking workshops minis-chefs 8 to 12 years old. * Back to school program: store-sharing school supplies. * Women's circle. * Halloween and Christmas celebrations. * Neighbourhood party.

Eligibility: citizens of the Daniel-Johnson neighbourhood in the Hull sector of Gatineau

Coverage area: Daniel-Johnson neighbourhood in the Hull sector of Gatineau

Hours: Tuesday to Thursday 9h00 to 12h00 and 13h00 to 16h30

Financing: donations

Legal status: non-profit organization

NATIVE WOMEN'S ASSOCIATION OF CANADA

120 du Portage Promenade, Gatineau, Outaouais, QC, J8X 2K1

1 800 461-4043 Fax: 613 722-7687

Website: www.nwac.ca

Email: reception@nwac.ca

Services: * NWAC National Apprenticeship Program: connecting businesses with Indigenous women, Two Spirit, and gender-diverse people seeking apprenticeships in the skilled trade.* Indigenous Skills and Employment Training (ISET): programme offering courses, childcare, first jobs and other resources. #BeTheDrum: entrepreneurship promotion program to strengthen business, management and entrepreneurship skills.* Culturally Safe and Trauma-Informed Knowledge Hub: information and resources about sexual and reproductive health. * Online resources and training. * Prizes and scholarships. * Defending the rights of indigenous women and girls.

Eligibility: Indigenous women, girls, Two Spirit and gender diverse people

Coverage area: Canada

Financing: federal, donations, fundraising campaigns

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

ACADÉMIE DES RETRAITÉS DE L'OUTAOUAIS

331 Cité-des-Jeunes Boulevard, Gatineau, Outaouais, QC, J8Y 6T3

819 776-5052

Website: <https://academiedesretraites.ca/>

Email: adjointe@academiedesretraites.caa

Services: Education centre for retirees. * Lectures on general culture, health, personal development, politics, sex education, history, economics. * Language courses: Spanish beginner, intermediate and advanced level, Italian. * Computer courses: introduction to Apple computers, tablets, telephones. * Exercise classes: Yoga, weight training, Qi gong, cardio, self-defense. * Art and crafts classes. * AROBAS theatre company. * Coeur Tournesol choir. * ARO'Band music group. * Social clubs: walking club, billiards club, Velosanté bicycle club, le Pixelliste photography club, book club, travelers club, golf club, ARO'mitié club for people who are alone. * Volunteer opportunities.

Eligibility: retired people

Coverage area: Outaouais

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

Fees: variable

Financing: grants

Legal status: non-profit organization

AURÉLIEN-DOUCET LIBRARY

207 du Mont-Bleu Boulevard, Gatineau, Outaouais, QC, J8Z 2M3

819 595-7460

Website: www.gatineau.ca/page.asp?p=quoi_faire/bibliotheque

Services: General services * Lending of books, videocassettes, CDs and CD-ROMs. * Children's activities: readiness to read (0-5 years), story time, teen bag (high school students), video game tournament, etc. * Activities for adults. * Conferences, art exhibitions, etc. Amenities and office services * Wireless Internet access and computers. * Loan of laptops and tablets for on-site use. * Photocopying, printing, faxing and scanning. * Workrooms, meeting rooms (2 to 4 people) and multi-purpose rooms (up to 40 people). * Return boxes. * Small electronics depot.

Eligibility: general public

Coverage area: Gatineau

Hours: Monday to Thursday 12h00 to 20h00, Friday 12h00 to 18h00, Saturday 11h00 to 17h00, public holidays: variable

Fees: subscription: free, photocopies and printing (black and white): \$0.25/page, color printing: \$1/page

Financing: municipal

Legal status: municipal agency

BERNARD-LONERGAN LIBRARY

181 Joseph Street, Gatineau, Outaouais, QC, J8L 1G6

819 595-7460

Website: www.gatineau.ca/page.asp?p=quoi_faire/bibliotheque

Services: General services * Lending of books, videocassettes, CDs and CD-ROMs. * Children's activities: readiness to read (0-5 years), story time, teen bag (high school students), video game tournament, etc. * Activities for adults. * Conferences, art exhibitions, etc. Amenities and office services * Wireless Internet access and computers. * Loan of laptops and tablets for on-site use. * Photocopying, printing, faxing and scanning. * Workrooms, meeting rooms (2 to 4 people) and multi-purpose rooms (up to 40 people). * Return boxes. * Small electronics depot.

Eligibility: general public

Coverage area: Gatineau

Hours: Monday 10h00 to 20h00, Tuesday to Friday 13h00 to 20h00, Saturday and Sunday 10h00 to 16h00

Fees: subscription: free, photocopies and printing (black and white): \$0.25/page, color printing: \$1/page

Financing: municipal

Legal status: municipal agency

CANADIAN HERITAGE

15 Eddy Street, Gatineau, Outaouais, QC, K1A 0M5

1 866 811-0055 TTY: 1 888 997-3123

Website: www.canada.ca/en/canadian-heritage.html

Email: info@pch.gc.ca

Services: Assumes governmental responsibilities relative to Canadian heritage preservation and the promotion of cultural life. * Technical and financial assistance to the cultural sector (support to festivals, performing arts, museums) and minority groups (ethnocultural, anglophones and native women).

Coverage area: Canada

Hours: Monday to Friday 7h30 to 18h30

Financing: federal

Legal status: federal government agency

CANADIAN RADIO-TELEVISION AND TELECOMMUNICATIONS COMMISSION

1 Promenade du Portage, Gatineau, Outaouais, QC, J8X 4B1

1 877 249-2782 Fax: 819 994-0218 **TTY:** 1 877 909-2782

Website: crtc.gc.ca/eng/home-accueil.htm

Email: info@crtc.gc.ca

Services: Administrative tribunal that regulates and supervises broadcasting and telecommunications under the Broadcasting Act, the Telecommunications Act and Canada's Anti-Spam Legislation. * Information regarding unsolicited telecommunications rules, National Do Not Call List. * Complaint handling. * Approval of telecommunications industry tariffs. * Responding to inquiries regarding broadcasting and telecommunications. * Granting, renewing and amending broadcasting licenses.

Eligibility: consumers, telemarketers, broadcasters, telecommunication carriers

Coverage area: Canada

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

Financing: federal

Legal status: federal government agency

CARREFOUR CULTUREL ESTACADE

580 Maclaren Street East, Gatineau, Outaouais, QC, J8L 2W1

819 800-0700

Website: www.carrefourculturelestacade.ca

Email: reception@ccestacade.com

Services: Development of culture and cultural recreation. * Family shows. * Shows for the general public. * School outings in a cultural environment. * Community and cultural events.

Eligibility: general public

Coverage area: Gatineau

Hours: administration: Monday to Thursday 10h00 to 15h00, activities: variable

Fees: variable

Financing: self-financing, fundraising campaign, municipal, donations

Legal status: non-profit organization

CENTRE RÉGIONAL D'ARCHIVES DE L'OUTAOUAIS

855 de la Gappe Boulevard, Gatineau, Outaouais, QC, J8T 8H9

Website: craoutaouais.ca

Email: info@craoutaouais.ca

Services: Regional documentation centre. * Consulting services for businesses in document management and storage of essential, semi-active and final documents. * Consultation room for researchers with consultation and research tools. * Possibility of reproducing iconographic, textual or cartographic documents. * Exhibitions at the Regional Heritage Interpretation Centre. * Yesterday again: history, heritage and archives magazine. * Les belles soirées du CRAO: lectures on various historical themes. * Collection of archival donations: written, photographic, audio and video recordings.

Eligibility: general public

Coverage area: Outaouais

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

Fees: annual membership: \$25, variable for organizations, conference: free for members, \$5 for non-members

Financing: self-financing, membership fees, municipal, provincial

Legal status: non-profit organization

CHOEUR CLASSIQUE DE L'OUTAOUAIS (LE)

799 Jacques-Cartier Street, Gatineau, Outaouais, QC, J8T 2W1

819 920-0350

Website: www.choeurclassiqueoutaouais.ca

Email: infos@choeurclassiqueoutaouais.ca

Services: Grouping of people with a passion for choral singing. * End-of-session performances: 2 sessions per year. * Rehearsals and practice. * Choir camp in the fall. * Financial assistance program for choir members.

Eligibility: general public, financial assistance program for choristers: people 18 years old and over

Coverage area: Gatineau

Hours: rehearsals: Tuesday 19h00 to 22h00, Sunday practice: 2 practices per session, choir camp: Friday evening to Sunday afternoon after Thanksgiving

Fees: annual membership: \$225, \$120 for people 18 to 30 years old, choir camp: \$225 to \$295, room and meals included

Financing: self-financing, membership fees, donations, municipal

Legal status: non-profit organization

CHOEUR QUI BAT (LE)

479 des Hautes-Plaines Boulevard, Gatineau, Outaouais, QC, J8Z 2H8

Website: www.choeurquibat.ca

Email: info@choeurquibat.ca

Services: Grouping of people with a passion for choral singing. * Gîte Ami's annual show: production of a show for a homeless housing centre. * Performances in retirement homes, benefit concerts and appreciation evenings. * Weekly rehearsals and Samedis chantants. * Support for community group events. * Vocal ensemble of around thirty voices (SATB) with a repertoire consisting mainly of French songs from here and around the world.

Eligibility: people 18 years old and over

Coverage area: Gatineau

Hours: rehearsals: September to June, Tuesdays 19h00 to 21h30, samedis chantants: one Saturday a month, 9h30 to 15h30

Fees: annual membership: \$250

Financing: self-financing, membership fees, municipal

Legal status: non-profit organization

ENFANTS DE L'ESPOIR DE HULL (LES)

107 Dollard-Des Ormeaux Street, Gatineau, Outaouais, QC, J8X 3M2

343 204-3774 Fax: 819 778-7400

Website: www.enfantsdelespoirhull.org

Email: info@enfantsdelespoirhull.org

Services: Centre providing adapted help for families. * Toddlers: preparation for starting kindergarten and school, summer program with sports, artistic and cooking activities. * Children from 6 to 12 years old: after-school activities, school support, weekend activities at the swimming pool and of cross-country skiing, drama classes and free theater shows, March camp, summer camp. * Adults: collective kitchens, 0-5 parent-children workshops, art and sewing classes, creative workshops, self-esteem classes, parenting classes, food assistance, coffee-meetings. * Families: family meals and excursions, family and community events, sharing store, sports and cultural activities. * Opération habits de neige: new winter clothing for children 0 to 12 years old for \$20. * Christmas baskets.

Eligibility: children 0 to 12 years old and their parents, families in need

Coverage area: Hull Island (Sacré-Coeur, Vieux-Hull Est and Vieux-Hull Ouest neighbourhoods of Gatineau)

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

Fees: none

Financing: Centraide Outaouais, federal, provincial, municipal, foundations

Legal status: non-profit organization

LIBRARY DOCTEUR-JEAN-LORRAIN

20 Lorrain Boulevard, Gatineau, Outaouais, QC, J8P 2C8

819 595-7460

Website: www.ville.gatineau.qc.ca/page.asp?p=quoi_faire/bibliotheque

Services: General services * Lending of books, videocassettes, CDs and CD-ROMs. * Children's activities: readiness to read (0-5 years), story time, teen bag (high school students), video game tournament, etc. * Activities for adults. * Conferences, art exhibitions, etc. Amenities and office services * Wireless Internet access and computers. * Photocopying, printing, faxing and scanning. * Workrooms and meeting rooms (2 to 4 people). * Return boxes. * Small electronics depot.

Eligibility: general public

Coverage area: Gatineau

Hours: Monday to Thursday 16h00 to 20h00, Saturday 12h00 to 16h00

Fees: subscription: free, photocopies and printing (black and white): \$0.25/page

Financing: municipal

Legal status: municipal agency

LUCIEN-LALONDE LIBRARY

225 Berri Street, Gatineau, Outaouais, QC, J8Y 4K1

819 595-7460

Website: www.ville.gatineau.qc.ca/page.asp?p=quoi_faire/bibliotheque

Services: General services * Lending of books, videocassettes, CDs and CD-ROMs. * Children's activities: readiness to read (0-5 years), story time, teen bag (high school students), video game tournament, etc. * Activities for adults. * Conferences, art exhibitions, etc. Amenities and office services * Wireless Internet access and computers. * Loan of laptops and tablets for on-site use. * Photocopying, printing, faxing and scanning. * Workrooms, meeting rooms (2 to 4 people) and multi-purpose rooms (up to 40 people). * Return boxes. * Small electronics depot.

Eligibility: general public

Coverage area: QC - Outaouais County - Gatineau;

Hours: Monday to Thursday 10h00 to 20h00, Friday 10h00 to 18h00, Saturday and Sunday 10h00 to 17h00

Fees: subscription: free, photocopies and printing (black and white): \$0.25/page, color printing: \$1/page

Financing: municipal

Legal status: municipal agency

LUCY-FARIS LIBRARY

115 Principale Street, Gatineau, Outaouais, QC, J9H 3M2

819 595-7460

Website: www.ville.gatineau.qc.ca/page.asp?p=quoi_faire/bibliotheque

Services: General services * Lending of books, videocassettes, CDs and CD-ROMs. * Children's activities: readiness to read (0-5 years), story time, teen bag (high school students), video game tournament, etc. * Activities for adults. * Conferences, art exhibitions, etc. Amenities and office services * Wireless Internet access and computers. * Loan of laptops and tablets for on-site use. * Photocopying, printing, faxing and scanning. * Workrooms, meeting rooms (2 to 4 people) and multi-purpose rooms (up to 40 people). * Return boxes. * Small electronics depot.

Eligibility: general public

Coverage area: Gatineau

Hours: Monday to Thursday 12h00 to 20h00, Friday 12h00 to 18h00, Saturday 10h00 to 17h00

Fees: subscription: free, photocopies and printing (black and white): \$0.25/page, color printing: \$1/page

Financing: municipal

Legal status: municipal agency

MAISON DE QUARTIER NOTRE-DAME

280 Maloney Boulevard East, Gatineau, Outaouais, QC, J8P 1C6

819 893-6763

Email: intervenant.mqnd@gmail.com

Services: * Participation in Opération habit de neige: distribution of snowsuits for children. * School supplies sharing store. * Book club. * Social activities.

Coverage area: Notre-Dame neighbourhood of Gatineau

Hours: Monday to Thursday 9h00 to 16h00, Friday 9h00 to 12h00

Financing: self-financing

Legal status: non-profit organization

MIRAGE, GROUPE VOCAL

1 Lévesque Street, Gatineau, Outaouais, QC, J8Y 4V7

Website: www.miragegv.ca

Email: miragegv@gmail.com

Services: * Choir from Gatineau with various repertoires: Québec, French, English or foreign language, popular, traditional, contemporary and folk songs. * Christmas and end of year concerts.

Eligibility: people 18 years old and over

Capacity: 35 people

Coverage area: Outaouais

Hours: practices: Friday 19h00 to 21h00

Fees: registration: \$190 September to May

Financing: self-financing, contributions

Legal status: non-profit organization

RÉSEAU BIBLIO DE L'OUTAOUAIS

2295 Saint-Louis Street, Gatineau, Outaouais, QC, J8T 5L8

819 561-6008 Fax: 819 561-6767

Website: www.reseaubibliooutaouais.qc.ca/fr

Email: biblio@crsbpo.qc.ca

Services: Regional network of municipal public libraries. * Loans of physical and digital documents. * Online educational, cultural and leisure resources. * Activities, learning and introductory reading kits. * Book clubs for adults and children. * Story time.

Eligibility: general public

Coverage area: Outaouais, excluding Gatineau

Hours: administration: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, library opening times: see website

Fees: subscription for residents of Network member municipalities (excluding Gatineau): free

Financing: municipal

Legal status: municipal agency

RÉSEAU DU PATRIMOINE DE GATINEAU ET DE L'OUTAOUAIS

39 Leduc Street, Gatineau, Outaouais, QC, J8X 3A3

819 205-5586

Website: www.reseaupatrimoine.ca

Email: info@reseaupatrimoine.ca

Services: A group of organizations and individuals whose mission is to promote, preserve and protect the heritage of Gatineau and the Outaouais region. * Supports member organizations in the realization of their projects. * Represents the interests of member organizations and the heritage sector. * Concertation of member organizations for the maintenance of the Outaouais heritage. * Online directory of member organisations: <https://www.reseaupatrimoine.ca/membres/> * Training. * Volunteer opportunities.

Eligibility: general public

Coverage area: Outaouais, Gatineau

Fees: organizations in Gatineau: free

Financing: municipal, contributions

Legal status: non-profit organization

Clubs and social events

ABORIGINAL COMMUNITY OF MANIWAKI

270 Notre-Dame Street, Maniwaki, Outaouais, QC, J9E 2J8

819 441-2444 Fax: 819 441-0755

Website: autochtones-maniwaki.com

Email: admin@autochtones-maniwaki.com

Services: Representation, community support, and defense of the interests of the Maniwaki Métis. * Camp Métis Abitibi and Coureur des bois: cottages, activities, training in orientation, tool sharpening, shelter building, bannock baking, forest hikes. * Mealtime gatherings. * Legal fight for the recognition of the community's ancestral rights by the Superior Court of Québec.

Eligibility: Métis, Camp Métis Abitibi: Métis who are identified or in the process of identification

Coverage area: Maniwaki

Hours: variable

Fees: members 60 years old and under: \$60 per two years and \$50 administration fee for membership (one time only), members over 60 years old: \$20 per two years, Camp Métis Abitibi: variable

Financing: self-financing, membership fees

Legal status: non-profit organization

ACADÉMIE DES RETRAITÉS DE L'OUTAOUAIS

331 Cité-des-Jeunes Boulevard, Gatineau, Outaouais, QC, J8Y 6T3

819 776-5052

Website: <https://academiedesretraites.ca/>

Email: adjointe@academiedesretraites.caa

Services: Education centre for retirees. * Lectures on general culture, health, personal development, politics, sex education, history, economics. * Language courses: Spanish beginner, intermediate and advanced level, Italian. * Computer courses: introduction to Apple computers, tablets, telephones. * Exercise classes: Yoga, weight training, Qi gong, cardio, self-defense. * Art and crafts classes. * AROBAS theatre company. * Coeur Tournesol choir. * ARO'Band music group. * Social clubs: walking club, billiards club, Velosanté bicycle club, le Pixelliste photography club, book club, travelers club, golf club, ARO'mitié club for people who are alone. * Volunteer opportunities.

Eligibility: retired people

Coverage area: Outaouais

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

Fees: variable

Financing: grants

Legal status: non-profit organization

ACCOMPAGNEMENT DES FEMMES IMMIGRANTES DE L'OUTAOUAIS

109 Wright Street, Unit 9, Gatineau, Outaouais, QC, J8X 2G7

819 776-6764

Website: afio.ca

Email: info@afio.ca

Services: Accompaniment of immigrant women in a process of cultural, economic and social integration in Outaouais. * Information sessions on the first steps of settlement: important documents to obtain, opening a bank account, looking for housing, childcare services and school registration, the Québec school system, financial aid and income tax returns, services offered by community organizations, diploma equivalencies, employability services, etc. * French classes for women and their families. * Administering oaths for documents. * Individual psychosocial support for immigrant women and women who are victims of violence. *

Accompaniment in administrative procedures. * Valorization of immigrant women who are entrepreneurs and promotion of their products. * Babel: group for seniors to break isolation through group activities, physical activity, basic English courses, etc. * Espace parent: group discussion workshops for parents on the education system in Québec, the DPJ, children integration, etc. * Workshops on democratic and Quebecois values. * Subsidized daycare in Hull and Cantley. * New winter clothes at low cost. * Ready for back to school: distribution of school supplies at low cost. * Coffee-meetings.

Eligibility: immigrant women and their families, immigrant individuals, French classes: immigrant women and men 17 years old and over and born outside Canada, Babel: women 55 years old and over, winter clothes: migrant families on a low income

Coverage area: Outaouais

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, summer: Friday 8h30 to 13h00, specific hours for certain activities

Fees: none

Financing: municipal, provincial, Centraide Outaouais

Legal status: non-profit organization

ANTRE-HULLOISES (L')

16 Bériault Street, Gatineau, Outaouais, QC, J8X 1A3

819 778-0997 Fax: 819 777-6311

Website: www.antrehullose.org

Email: antre.hullose@bellnet.ca

Services: Women's centre. * Reception, information and reference. * Help relationship. * Self-help group. * Telephone warmline. * Documentation centre. * Accompaniment in addiction and drug addiction, in partnership with the Association de la prévention de la toxicomanie et de l'alcoolisme chez les femmes en Outaouais. * Awareness and training workshops. * Prévenir, c'est agir Program: awareness and prevention of conjugal violence. * Les Cybercitoyennes: workshops for the development of pro-social, self-critical and safe behaviours in the use of technology. * Activities and thematic days. * Citizen involvement and action committees.

Eligibility: women, Cybercitoyennes: teenagers 12 to 17 years old

Coverage area: Outaouais

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

Fees: none

Financing: provincial

Legal status: non-profit organization

ASSOCIATION DU QUARTIER DE TOURAINE

12 de Picardie Street, Gatineau, Outaouais, QC, J8T 1N9

819 576-6273

Website: assqtouraine.ca

Email: ass.quartier.touraine@gmail.com

Services: * Recreational and social activities. * Physical activities to promote physical health. * Reading club. * Community dinners.

Eligibility: general public

Coverage area: Gatineau

Hours: variable

Fees: annual membership: free, activities: variable

Financing: self-financing, membership fees, donations

Legal status: non-profit organization

CENTRE ACTION GÉNÉRATIONS DES AÎNÉS DE LA VALLÉE-DE-LA-LIÈVRE

390 de Buckingham Avenue, Gatineau, Outaouais, QC, J8L 2G7

819 281-4343 Fax: 819 281-4344

Website: cavagl.ca

Services: Seniors' service centre. * Bouf'mobile: meals on wheels service, hot and frozen meals. * Information centre. * Friendly visits. * Friendly phone calls. * Support for seniors victims of abuse (SAVA): support and accompaniment of seniors victims of abuse, prevention of abuse and mistreatment, consultation. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Individual support for caregivers, on site or by telephone. * Support group for caregivers. * Coffee meetings. * Collective kitchens: groups for men, women, mixed group for culinary discoveries and mixed English-speaking group. * Assistance with government forms and income tax returns. * Conferences and information workshops. * Computer courses. * Recreational activity clubs: walking, scrabble, bridge and darts. * Transportation to medical and paramedical appointments. * Tax clinic.

Eligibility: seniors 50 years old and over, caregivers

Coverage area: Bowman, Masson-Angers and Buckingham sectors of Gatineau, L'ange-Gardien, Lochaber-Partie-Ouest, Mayo, Mulgrave-Et-Derry, Notre-Dame-De-La-Salette, Papineauville, Thurso, Val-Des-Bois, Poltimore sector of Val-Des-Monts, Bouf'mobile: hot meals for the Buckingham sector and within a radius of 10 km, frozen meals for the rest of the territory served, ITMAV: MRC Papineau, Masson-Angers and Buckingham sectors of Gatineau, L'Ange-Gardien, Notre-Dame-de-la-Salette

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

Fees: variable

Financing: provincial, Centraide Outaouais, donations, self-financing

Legal status: non-profit organization

CENTRE D'ENTRAIDE LA DESTINÉE (LE)

177, chemin de la Savane, Gatineau, Outaouais, QC, J8T 1R2

819 561-7474

Website: ladestinee.org

Email: ladestinee@videotron.ca

Services: Centre for women. * Handicraft. * Group workshops. * Coffee-meeting. * Resource café. * Leisure and outings: movies, board games, etc. * Awareness. * Christmas dinner for members.

Eligibility: women

Coverage area: Gatineau

Hours: Monday to Friday 8h30 à 12h00, 13h00 à 17h30

Financing: self-financing

Legal status: non-profit organization

CLUB D'ÂGE D'OR DE SAINTE-THÉRÈSE-DE-GATINEAU

6 du Barrage Road, Sainte-Thérèse-De-La-Gatineau, Outaouais, QC, J0X 2X0

819 441-4783

Services: Social club for seniors. * Cultural and recreational activities: crafts, bingo, card games, etc. * Sports activities: pétanque, pocket games, etc. * Weekly coffee get-together. * Group outings: wild fruit picking, theatre, cirque du soleil, etc.

Eligibility: people aged 50 and over, coffee get-together: general public

Coverage area: MRC de la vallée-de-la-gatineau

Hours: September to May, variable

Fees: regional membership: \$30 for 1 year, \$50 for 2 years, club membership: \$25 for 1 year, \$45 for 2 years, bingo: 3 cards for \$0.25

Financing: self-financing, membership fees, donations, municipal

Legal status: non-profit organization

COMITÉ DE VIE DE QUARTIER DU VIEUX-GATINEAU

89 Jean-René-Monette Street, Gatineau, Outaouais, QC, J8P 5B8

819 893-4300

Website: cvqvg.ca

Email: info@cvqvg.ca

Services: Round table for improving neighborhood life, living conditions and community life. * Mobilization of the people and partnership with neighborhood organizations: community centre, community fair. * Committees: Vie communautaire et participation citoyenne, Concertation en itinérance du Vieux-Gatineau, Sécurité alimentaire, Exploration en logement and Familles de l'est. * Anti-waste fridge located outside the building. * Collective kitchens. * Free bicycle rental. * Bougeons ensemble: free courses promoting healthy lifestyle habits (zumba, yoga, nutrition workshops, meditation, anxiety management, etc.). * Activities in the park: cinema, art workshop, various games, etc. * Neighborhood party on Notre-Dame Street. * Place Noël: winter neighborhood party. * Neighborhood party on Gouin, Sabourin and Saint-René Street.

Eligibility: community organizations, families, general public

Coverage area: Old Gatineau, bounded to the south by the Ottawa River, to the north by Boulevard Saint-René Ouest, to the west by Montée Paiement and to the east by Lac Beauchamp

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00, anti-waste fridge: 24 hours / 7 days

Financing: municipal

Legal status: non-profit organization

ESCALE SAINT-ROSAIRE (L')

5 Saint-Arthur Street, Gatineau, Outaouais, QC, J8T 3C2

819 561-7754

Services: Social club for seniors. * Recreational activities: card games, pocket baseball, dance classes, etc. * Summer activities: mini-putt, walking, petanque. * Active living: bi-weekly exercise group. * Monthly community lunches.

Eligibility: people 50 years old and over

Coverage area: Outaouais

Hours: active living: Tuesday and Thursday 9h15 to 10h15, community lunches: September to April, last Tuesday of the month

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

Financing: self-financing, donations, municipal

Legal status: non-profit organization

FADOQ - OUTAOUAIS REGION

811 Saint-René Boulevard West, Suite D, Gatineau, Outaouais, QC, J8T 0C3

819 777-5774

Website: www.fadoq.ca/en/outaouais

Email: admin@fadoqoutaouais.qc.ca

Services: Grouping and representation of seniors in all instances requiring the recognition of their rights and needs. * Organizing recreational and sporting activities. * Privilege Program giving access to discounts on various products and services.

Eligibility: people 50 years and over

Coverage area: Outaouais

Hours: Monday to Friday 8h30 à 16h30

Fees: regional membership: \$30 for 1 year or \$50 for 2 years, club membership: \$25 for 1 year or \$45 for 2 years

Financing: membership fees

Legal status: non-profit organization

GROUPE ENTRE-FEMMES DE L'OUTAOUAIS

115 Sacré-Coeur Boulevard, Suite 208, Gatineau, Outaouais, QC, J8X 1C5

819 776-3694

Website: www.entre-femmes.ca

Email: info@entre-femmes.ca

Services: Organizes activities to bring women out of isolation. * Welcoming, information and referrals. * Courses, workshops and training: self-knowledge, crafts, autonomy, etc. * Coffee meetings and discussions. * Collective kitchen. * Christmas meal. * Animal therapy. * Outings: museum, strawberry picking, lunches, etc. * Conferences.

Eligibility: women 14 years old and over

Coverage area: Gatineau and surrounding area

Hours: September to June, Monday to Friday 9h00 to 16h00, activities: variable with possible evenings and weekends

Fees: free, certain activities and Christmas party: variable

Financing: provincial

Legal status: non-profit organization

MAISON COMMUNAUTAIRE DANIEL-JOHNSON

22 Arthur-Buies Street, Gatineau, Outaouais, QC, J8Z 1P5

819 772-6625

Email: mcdj@bellnet.ca

Services: Community centre. * Access to a computer, Internet, and fax. * Social and recreational activities: for teenagers, families, parents-children. * Social café. * Homework club. * Collective kitchen. * Community breakfast. * Knitting and crochet circle. * Introduction to cross-country for youth 9 to 12 years old. * Operation Snowsuit Outaouais: winter clothing for children. * Cooking workshops minis-chefs 8 to 12 years old. * Back to school program: store-sharing school supplies. * Women's circle. * Halloween and Christmas celebrations. * Neighbourhood party.

Eligibility: citizens of the Daniel-Johnson neighbourhood in the Hull sector of Gatineau

Coverage area: Daniel-Johnson neighbourhood in the Hull sector of Gatineau

Hours: Tuesday to Thursday 9h00 to 12h00 and 13h00 to 16h30

Financing: donations

Legal status: non-profit organization

RICHELIEU INTERNATIONAL

180 du Mont-Bleu Boulevard, Suite 206, Gatineau, Outaouais, QC, J8Z 3J5

1 800 267-6525

Website: www.richelieu.org

Email: international@richelieu.org

Services: International grouping divided in local associations, dedicated to fundraising activities and awareness of youth and the Francophonie.

Eligibility: local Richelieu clubs

Coverage area: Canada

Hours: Monday to Thursday 8h00 to 16h00

Fees: annual membership fee

Financing: membership fees, fundraising campaigns

Legal status: non-profit organization

Community recreation centres

ACADÉMIE DES RETRAITÉS DE L'OUTAOUAIS

331 Cité-des-Jeunes Boulevard, Gatineau, Outaouais, QC, J8Y 6T3

819 776-5052

Website: <https://academiedesretraites.ca/>

Email: adjointe@academiedesretraites.caa

Services: Education centre for retirees. * Lectures on general culture, health, personal development, politics, sex education, history, economics. * Language courses: Spanish beginner, intermediate and advanced level, Italian. * Computer courses: introduction to Apple computers, tablets, telephones. * Exercise classes: Yoga, weight training, Qi gong, cardio, self-defense. * Art and crafts classes. * AROBAS theatre company. * Coeur Tournesol choir. * ARO'Band music group. * Social clubs: walking club, billiards club, Velosanté bicycle club, le Pixelliste photography club, book club, travelers club, golf club, ARO'mitié club for people who are alone. * Volunteer opportunities.

Eligibility: retired people

Coverage area: Outaouais

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

Fees: variable

Financing: grants

Legal status: non-profit organization

ACTION-QUARTIERS

2 Fortier Street, Gatineau, Outaouais, QC, J8Y 4P5

819 777-7815

Email: direction@actionquartiers.ca

Services: Neighbourhood centre. * Reception. * Thematic workshops for children: drawing, cooking, crafts. * Distribution of snowsuits for children. * Activities for teenagers: animated discussion group, social evenings. * Yoga classes. * Social café. * Neighbourhood parties. * Family activities: outings to the park, soccer, kick ball, etc. * Distribution of school supplies. * Christmas baskets.

Eligibility: children, adolescents, adults

Coverage area: Saint-Jean-Bosco and Wrightville neighbourhoods of Gatineau

Hours: Monday, Wednesday, Thursday and Friday 9h00 to 16h00, Tuesday 13h00 to 16h00

Financing: grants, municipal

Legal status: non-profit organization

ADOJEUNE - MAISON DES JEUNES CENTRE COMMUNAUTAIRE GÉRARD-PEZZANI

22 d'Auvergne Street, Gatineau, Outaouais, QC, J8T 6J8

819 568-4499

Website: adojeune.org

Email: administration@adojeune.org

Services: Animated meeting place for youth. * Billiards, hockey, ping-pong, baby-foot, game consoles, computers, cafeteria, etc. * Outdoors and sports activities. * Homework assistance

Eligibility: youth 12 to 17 years old

Coverage area: Gatineau

Fees: annual membership: \$2

Financing: donations, membership fees

Legal status: non-profit organization

ADOJEUNE - MAISON DES JEUNES SANSCARTIER

42 Sanscartier Street, Gatineau, Outaouais, QC, J8P 4N5

819 643-1735

Website: adojeune.org

Email: administration@adojeune.org

Services: Animated meeting place for youth. * Billiards, hockey, ping-pong, baby-foot, game consoles, computers, cafeteria, etc. * Outdoors and sports activities. * Homework assistance.

Eligibility: youth 12 to 17 years old

Coverage area: Gatineau

Fees: annual membership: \$2

Financing: donations, membership fees

Legal status: non-profit organization

ASSOCIATION DU QUARTIER DE TOURAINE

12 de Picardie Street, Gatineau, Outaouais, QC, J8T 1N9

819 576-6273

Website: assqtouraine.ca

Email: ass.quartier.touraine@gmail.com

Services: * Recreational and social activities. * Physical activities to promote physical health. * Reading club. * Community dinners.

Eligibility: general public

Coverage area: Gatineau

Hours: variable

Fees: annual membership: free, activities: variable

Financing: self-financing, membership fees, donations

Legal status: non-profit organization

AVENUE DES JEUNES

10 Bériault Street, Gatineau, Outaouais, QC, J8X 1A3

819 778-0634

Website: avenuedesjeunes.com

Email: administration@avenuedesjeunes.com

Services: Accompanying youth on their journey to improve their quality of life. * Individual and family support. * Workshops on Awareness, prevention and social adaptation. * Employment and training programs for youth. * Collaborative activities creating a stimulating environment. * Meeting places and activities: Maison des jeunes Antrados, Maison du parc de l'Île, Maison les Deschênes. * Lodging: Auberge du cour Héberge-Ados. * Post-housing follow-up.

Eligibility: youth aged 13 to 17 living in the Outaouais region, youth who are experiencing personal or family problems and are in need of accommodation

Coverage area: Outaouais

Fees: none

Financing: municipal, provincial, federal, Centreaide Outaouais

Legal status: non-profit organization

CAMPUS 3

196 Notre-Dame Street, Gatineau, Outaouais, QC, J8P 0E6

819 663-3305

Website: campus3.ca

Email: info@campus3.ca

Services: Centre for seniors. Home care * Takeaway meals. * Day workshop for the preservation of autonomy and the respite of relatives. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * PADI program: day centre for seniors living with an intellectual disability. Housing * Housing Faubourg Jean-Marie-Vianney. * HébergeVac Centre: respite care. Leisure and community action * Intergenerational reading program. * Carpentry workshop, sale of handicrafts. * University of the Third Age. * Sports and creative activities and courses. * Room rental. * Catering service. * Volunteer opportunities.

Eligibility: people 50 years and older, housing: people 55 years and older on a low income, PADI: seniors living with an intellectual disability

Capacity: 130 units

Coverage area: Gatineau

Hours: Monday to Friday 8h00 to 16h00

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

Financing: Centraide Outaouais, municipal, provincial, grants

Legal status: non-profit organization

CENTRE ACTION GÉNÉRATIONS DES AÎNÉS DE LA VALLÉE-DE-LA-LIÈVRE

390 de Buckingham Avenue, Gatineau, Outaouais, QC, J8L 2G7

819 281-4343 Fax: 819 281-4344

Website: cavagl.ca

Services: Seniors' service centre. * Bouf'mobile: meals on wheels service, hot and frozen meals. * Information centre. * Friendly visits. * Friendly phone calls. * Support for seniors victims of abuse (SAVA): support and accompaniment of seniors victims of abuse, prevention of abuse and mistreatment, consultation. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Individual support for caregivers, on site or by telephone. * Support group for caregivers. * Coffee meetings. * Collective kitchens: groups for men, women, mixed group for culinary discoveries and mixed English-speaking group. * Assistance with government forms and income tax returns. * Conferences and information workshops. * Computer courses. * Recreational activity clubs: walking, scrabble, bridge and darts. * Transportation to medical and paramedical appointments. * Tax clinic.

Eligibility: seniors 50 years old and over, caregivers

Coverage area: Bowman, Masson-Angers and Buckingham sectors of Gatineau, L'ange-Gardien, Lochaber-Partie-Ouest, Mayo, Mulgrave-Et-Derry, Notre-Dame-De-La-Salette, Papineauville, Thurso, Val-Des-Bois, Poltimore sector of Val-Des-Monts, Bouf'mobile: hot meals for the Buckingham sector and within a radius of 10 km, frozen meals for the rest of the territory served, ITMAV: MRC Papineau, Masson-Angers and Buckingham sectors of Gatineau, L'Ange-Gardien, Notre-Dame-de-la-Salette

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

Fees: variable

Financing: provincial, Centraide Outaouais, donations, self-financing

Legal status: non-profit organization

CENTRE ACTU-ELLE

501 des Pins Street, Gatineau, Outaouais, QC, J8L 2L2

819 986-9713

Website: www.centreactuelle.ca

Email: info@actuelle.ca

Services: * Listening and individual support service. * Social and educational activities: various workshops. * Conferences. * Collective kitchen. * Drop-in daycare. * High school academic training service.

Eligibility: women

Coverage area: Gatineau city: Buckingham sector, Masson-Anger sector and MRC Papineau

Hours: Monday to Thursday 8h30 to 16h00, Buckingham sector drop-in daycare: Monday to Friday 9h00 to 3h00, MRC Papineau sector drop-in daycare: Monday to Thursday 9h00 to 3h00

Fees: annual registration: \$5, drop-in daycare: \$5 for one child, \$8 for 2 children, \$2 per additional child, collective kitchen: \$5, most activities: free

Financing: provincial, federal, Centraide Outaouais, donations

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE ENTRE-NOUS

175 Front Street, Gatineau, Outaouais, QC, J9H 5S9

819 684-2236

Website: centrecommunautaireentrenous.org/en

Email: ccenaccueil@gmail.com

Services: Community centre. Food * Collective kitchen. * Nurturing forest: fruit tree planting. Childhood and youth * Drop-in daycare for 0 to 5 years old. * Homework assistance. * Drop-in breastfeeding program. * Toy library: loan of games and toys. * Pandas playgroup (0 to 5 years old): parent-child workshops. * Petit cuisiniers: cooking classes for 6 to 12 years old. * Activities for 12 to 17 years old, in partnership with Avenue des jeunes. * Entre nous filles: discussion group for Grade 5 and 6 girls. * Day camp and spring break camp. Material assistance * Opération habit de neige: distribution of winter clothing. * Shared-store for school supplies. * Recovery of used clothing. Education * French courses. * Spanish courses. Social events * Café populaire, a space for socializing. * Social and recreational activities: sewing and knitting classes, karate classes, line dancing, board game group, danse cardio classes, physical activities for seniors. * Community parties.

Eligibility: people in vulnerable situations, children, teenagers, families, seniors

Coverage area: Gatineau: MacLeod neighbourhood and surrounding areas (primarily from the following neighbourhoods: MacLeod, Vieux-Aylmer, Des Cedres, La Seigneurie)

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

Financing: provincial, municipal, Centraide Outaouais, donations

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE ACCÈS

67 Principale Street, Gatineau, Outaouais, QC, J9H 3L4

819 684-2242 Fax: 819 682-2641

Website: cabaccès.ca

Email: info@cabaccès.ca

Services: * Day activities for seniors: preventive, formative, recreational and socialization activities. * Visits and calls for seniors. * Action Program: employability program. * Accompaniment and transportation to medical appointments. * Accompaniment to the grocery store. * Tax clinic.

Eligibility: seniors, people in loss of autonomy, people on a low income, caregivers

Coverage area: Aylmer sector of Gatineau

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

Fees: membership: \$25 per year, services: variable

Financing: provincial, Centraide Outaouais, membership fees, self-financing

Legal status: non-profit organization

CENTRE D'ENTRAIDE AUX AÎNÉS

331 de la Cité-des-Jeunes Boulevard, Suite 101, Gatineau, Outaouais, QC, J8Y 6T3

819 771-6609

Website: www.entraideauxaines.ca

Email: direction@entraideauxaines.ca

Services: * Pairing program: friendly visits and calls. * Activity days and community lunches. * Caregivers support program: training, information sessions, support groups and individual support. * Accompaniment and transportation to medical appointments and special needs by volunteers. * Grocery shopping day: accompaniment and transportation to grocery shopping by volunteers.

Eligibility: seniors 65 years old and over with a slight loss of autonomy, caregivers of seniors

Coverage area: Gatineau: Hull area

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, day of activities: Tuesday and Thursday 9h30 to 14h00

Fees: annual membership card: \$20 for one person, \$35 for two persons living at the same address, day of activities: \$5, community lunch: \$5

Financing: provincial, Centraide Outaouais

Legal status: non-profit organization

CLUB D'ÂGE D'OR DE SAINTE-THÉRÈSE-DE-GATINEAU

6 du Barrage Road, Sainte-Thérèse-De-La-Gatineau, Outaouais, QC, J0X 2X0

819 441-4783

Services: Social club for seniors. * Cultural and recreational activities: crafts, bingo, card games, etc. * Sports activities: pétanque, pocket games, etc. * Weekly coffee get-together. * Group outings: wild fruit picking, theatre, cirque du soleil, etc.

Eligibility: people aged 50 and over, coffee get-together: general public

Coverage area: MRC de la vallée-de-la-gatineau

Hours: September to May, variable

Fees: regional membership: \$30 for 1 year, \$50 for 2 years, club membership: \$25 for 1 year, \$45 for 2 years, bingo: 3 cards for \$0.25

Financing: self-financing, membership fees, donations, municipal

Legal status: non-profit organization

CONNEXIONS RESOURCE CENTER

67 du Couvent Street, Gatineau, Outaouais, QC, J9H 6A2

819 557-0615

Website: centreconnexions.org

Email: info@centreconnexions.org

Services: Resource centre for the English-speaking population. * Information and referral to health and social services, community organizations, legal information, employability, etc. * Programs, activities, conferences and workshops for all age groups. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Playgroup hosted at Cégep Heritage College. * Online resource directories: seniors and caregivers, youth, women, men, families, people in vulnerable situations and families with a member living with a disability. * Discussion and support groups: parents, youth, caregivers, men. * Online documentation: articles and videos. * Online anger management support group for men.

Eligibility: English-speaking people, seniors, caregivers, families, youth

Coverage area: Outaouais, ITMAV outreach work: Aylmer area of the city of Gatineau

Hours: Monday to Friday 8h00 to 16h00

Fees: none

Financing: federal, provincial

Legal status: non-profit organization

ENFANTS DE L'ESPOIR DE HULL (LES)

107 Dollard-Des Ormeaux Street, Gatineau, Outaouais, QC, J8X 3M2

343 204-3774 Fax: 819 778-7400

Website: www.enfantsdelespoirhull.org

Email: info@enfantsdelespoirhull.org

Services: Centre providing adapted help for families. * Toddlers: preparation for starting kindergarten and school, summer program with sports, artistic and cooking activities. * Children from 6 to 12 years old: after-school activities, school support, weekend activities at the swimming pool and of cross-country skiing, drama classes and free theater shows, March camp, summer camp. * Adults: collective kitchens, 0-5 parent-children workshops, art and sewing classes, creative workshops, self-esteem classes, parenting classes, food assistance, coffee-meetings. * Families: family meals and excursions, family and community events, sharing store, sports and cultural activities. * Opération habits de neige: new winter clothing for children 0 to 12 years old for \$20. * Christmas baskets.

Eligibility: children 0 to 12 years old and their parents, families in need

Coverage area: Hull Island (Sacré-Coeur, Vieux-Hull Est and Vieux-Hull Ouest neighbourhoods of Gatineau)

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

Fees: none

Financing: Centraide Outaouais, federal, provincial, municipal, foundations

Legal status: non-profit organization

ESCALE SAINT-ROSAIRE (L')

5 Saint-Arthur Street, Gatineau, Outaouais, QC, J8T 3C2

819 561-7754

Services: Social club for seniors. * Recreational activities: card games, pocket baseball, dance classes, etc. * Summer activities: mini-putt, walking, petanque. * Active living: bi-weekly exercise group. * Monthly community lunches.

Eligibility: people 50 years old and over

Coverage area: Outaouais

Hours: active living: Tuesday and Thursday 9h15 to 10h15, community lunches: September to April, last Tuesday of the month

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

Financing: self-financing, donations, municipal

Legal status: non-profit organization

FADOQ - OUTAOUAIS REGION

811 Saint-René Boulevard West, Suite D, Gatineau, Outaouais, QC, J8T 0C3

819 777-5774

Website: www.fadoq.ca/en/outaouais

Email: admin@fadoqoutaouais.qc.ca

Services: Grouping and representation of seniors in all instances requiring the recognition of their rights and needs. * Organizing recreational and sporting activities. * Privilege Program giving access to discounts on various products and services.

Eligibility: people 50 years and over

Coverage area: Outaouais

Hours: Monday to Friday 8h30 à 16h30

Fees: regional membership: \$30 for 1 year or \$50 for 2 years, club membership: \$25 for 1 year or \$45 for 2 years

Financing: membership fees

Legal status: non-profit organization

GROUPE COMMUNAUTAIRE DESCHÊNES

55 Vanier Road, Gatineau, Outaouais, QC, J9H 1X5

819 684-7999 Fax: 819 557-0771

Website: groupedeschenes.myfreesites.net

Email: gcd_intervenante@hotmail.com

Services: Meeting place and support for families. * Petits-Mousses: social activities for children and parents. * Drop-in daycare for young children. * Homework club. * Petits Cooks. * Collective kitchen. * Day camp: summer and spring break. * Neighbourhood parties. * Physical activities: zumba and tai chi. * Sharing store: low-cost school supplies. * Recovery of small used items: toys, books, clothing, kitchenware, etc. * Christmas baskets. * Snow suit. * Bonhomme à lunette service point: low-cost glasses.

Eligibility: families, adults, new arrivals, petits-mousses and drop-in daycare: children 0 to 5 years old, homework club, petits Cooks and summer day camp: children 6 to 12 years old

Coverage area: Gatineau: Aylmer district

Hours: Monday to Friday 9h00 to 17h00, Bonhomme à lunette: no appointment necessary, Wednesday 11h30 to 14h00

Financing: municipal, provincial, Centraide Outaouais

Legal status: non-profit organization

JEUNESSE SANS FRONTIÈRES VALLÉE-DE-LA-GATINEAU

119 Saint-Joseph Street, Gracefield, Outaouais, QC, J0X 1W0

819 463-4030

Website: jsfvg.com

Email: direction.jsfvg@gmail.com

Services: Safe place that welcomes youth from 12 to 17 years old and allows them to realize projects. * Welcoming and individual support. * Creative learning workshops. * Raising awareness. * Referral to other organizations in the sector. * Outings.

Eligibility: youth 12 to 17 years old

Capacity: 40

Coverage area: MRC de La Vallée-de-la-Gatineau

Hours: Monday to Thursday 15h30 to 21h00

Fees: none

Financing: grants

Legal status: non-profit organization

MAISON COMMUNAUTAIRE DANIEL-JOHNSON

22 Arthur-Buies Street, Gatineau, Outaouais, QC, J8Z 1P5

819 772-6625

Email: mcdj@bellnet.ca

Services: Community centre. * Access to a computer, Internet, and fax. * Social and recreational activities: for teenagers, families, parents-children. * Social café. * Homework club. * Collective kitchen. * Community breakfast. * Knitting and crochet circle. * Introduction to cross-country for youth 9 to 12 years old. * Operation Snowsuit Outaouais: winter clothing for children. * Cooking workshops minis-chefs 8 to 12 years old. * Back to school program: store-sharing school supplies. * Women's circle. * Halloween and Christmas celebrations. * Neighbourhood party.

Eligibility: citizens of the Daniel-Johnson neighbourhood in the Hull sector of Gatineau

Coverage area: Daniel-Johnson neighbourhood in the Hull sector of Gatineau

Hours: Tuesday to Thursday 9h00 to 12h00 and 13h00 to 16h30

Financing: donations

Legal status: non-profit organization

MAISON D'ACCUEIL MUTCHMORE

142 Mutchmore Street, Gatineau, Outaouais, QC, J8Y 3T7

819 770-0788

Website: accueilmutchmore.ca

Email: info@accueilmutchmore.ca

Services: Community centre. * Collective kitchen. * Touchatou: stimulation workshop of fine motor skills. * Francization workshop. * Projet Multigénérationnel: various intergenerational activities. * Âllo-ADOS: sports and social activities for teenagers. * Sports activities: karate classes, fitness, yoga, zumba, skiing, swimming pool outings. * Opération habit de neige: distribution of winter clothing. * School supplies. * Tax clinic.

Eligibility: people and families on a low income, newcomers, seniors, neighbourhood residents, Opération habit de neige: families on a low income with children 2 to 13 years old

Coverage area: Mutchmore and Jean Proulx neighbourhoods of Gatineau

Hours: Monday to Friday 8h30 to 15h30, reception: 9h00 to 15h00

Fees: none, Opération habit de neige: \$20 per piece of clothing

Financing: Centraide Outaouais, municipal, provincial

Legal status: non-profit organization

MAISON DE L'AMITIÉ DE HULL

58 Hanson Street, Gatineau, Outaouais, QC, J8Y 3M5

819 772-6622 Fax: 819 772-2014

Email: maisonamitiehull@videotron.ca

Services: Community centre. * Neighbourhood intervention, accompaniment, citizen participation. * Individual and collective intervention, youth intervention. * Homework club. * Literacy. * Support in looking for employment, help writing a résumé. * Community garden. * Collective kitchen. * Community lunches. * Marché Mobile de Gatineau. * Respite for families with the organization Équipe soutien-famille. * Teenager program: March camp, summer camp, ski. * Educational activities. * Knitting workshops. * Swimming pool trips and community soccer. * Coffee Mondays. * Back-to-school sharing store. * Opération habit de neige: distribution of low-cost winter clothing. * Neighbourhood parties: summer, Halloween, Christmas.

Eligibility: people and families on a low income

Capacity: variable depending on the activity

Coverage area: Jean-Dallaire and surrounding areas in the Hull sector of Gatineau

Hours: reception: Monday to Friday 8h00 to 15h30, activities and intervention: evenings and weekends

Fees: variables

Financing: municipal, provincial, Centraide Outaouais

Legal status: non-profit organization

MAISON DE LA FAMILLE VALLÉE-DE-LA-LIÈVRE

321 Buckingham Avenue, Gatineau, Outaouais, QC, J8L 2G4

819 281-4359

Website: mdf-valleedelalievre.ca

Email: info@mdf-valleedelalievre.ca

Services: Family services. * Drop-in daycare for children 5 years old and under. * Stimulation activities for children 0 to 5 years old. * Games for children aged 6 to 12 years old on Saturdays. * Respite care. * Nobody's Perfect and Parents en couleur programs: parenting skills workshops. * Clothing assistance. * Matching gifts. * Annual golf tournament. * Warm Kids Program: low-cost snowsuits. * Sensory room. * Back to School: school supplies sharing store. * Christmas baskets.

Eligibility: families

Coverage area: Vallée-de-la-Lièvre urban village of Gatineau

Hours: Monday to Friday 9h00 to 16h00

Fees: variable

Financing: provincial, federal, grants

Legal status: non-profit organization

MAISON DES JEUNES ANTRADOS

10 Bériault Street, Gatineau, Outaouais, QC, J8X 1A3

819 778-0634

Website: www.avenuedesjeunes.com

Email: infomdj@avenuedesjeunes.com

Services: Animated meeting place for youth. * Individual and family support. * Workshop discussions: bullying, sexual safety, etc. * Homework help. * Various activities: painting, cooking, educational games, music initiation, sports, etc. * Outings: movies, trips and museum visits. * Participation and involvement in community events.

Eligibility: youth aged 13 to 17 living in the Outaouais region, youth experiencing personal or family problems

Coverage area: Outaouais

Fees: none

Financing: municipal, provincial, federal, Centraide Outaouais

Legal status: non-profit organization

MAISON DES JEUNES DU PARC DE L'ÎLE

94 Mance Street, Gatineau, Outaouais, QC, J8X 4A3

819 778-0634

Website: www.avenuedesjeunes.com

Email: infomdj@avenuedesjeunes.com

Services: Animated meeting place for youth. * Individual and family support. * Workshop discussions: bullying, sexual safety, etc. * Homework help. * Various activities: painting, cooking, educational games, music initiation, sports, etc. * Outings: movies, trips and museum visits. * Participation and involvement in community events.

Eligibility: youth aged 13 to 17 living in the Outaouais region, youth experiencing personal or family problems

Coverage area: Outaouais

Fees: none

Financing: municipal, provincial, federal, Centraide Outaouais

Legal status: non-profit organization

MAISON DES JEUNES LES DESCHÊNÉS

26 Arthur-Whelan Street, Gatineau, Outaouais, QC, J9H 2A5

819 778-0634

Website: www.avenuedesjeunes.com

Email: infomdj@avenuedesjeunes.com

Services: Animated meeting place for youth. * Individual and family support. * Workshop discussions: bullying, sexual safety, etc. * Homework help. * Various activities: painting, cooking, educational games, music initiation, sports, etc. * Outings: movies, trips and museum visits. * Participation and involvement in community events.

Eligibility: youth aged 13 to 17 living in the Outaouais region, youth experiencing personal or family problems

Coverage area: Outaouais

Fees: none

Financing: municipal, provincial, federal, Centraide Outaouais

Legal status: non-profit organization

MANI-JEUNES

86 Roy Street, Maniwaki, Outaouais, QC, J9E 3G9

819 449-6609

Email: direction@mani-jeunes.ca

Services: Meeting place for discussions and activities for youth. * Sporting, cultural and social activities. * Prevention and health promotion. * Healthy cooking workshops. * Special Outputs. * Exploring the passions.

Eligibility: people 12 to 17 years old, 1 evening per week: youth 8 to 12 years old

Coverage area: Maniwaki

Hours: Monday to Friday 15h30 to 19h30

Financing: provincial, self-financing

Legal status: non-profit organization

MASQUE DE FER (LE)

381 Maloney Boulevard East, Gatineau, Outaouais, QC, J8P 1E3

819 319-2792

Website: www.masquedefere.ca

Email: info@masquedefere.ca

Services: Mobile fencing sports club. * Training and promotion of the sport of fencing. * Fencing competition. * Online athlete training program. * Loan of equipment.

Eligibility: general public

Coverage area: Gatineau

Fees: registration: variable

Financing: self-financing

Legal status: non-profit organization

SAGA MAISON DES JEUNES (LA) - BEAUDRY

23a St-Alexandre Street, Gatineau, Outaouais, QC, J8V 1A8

819 561-1211

Email: direction@lasaga.ca

Services: Youth center.* Leisure and educational activities.

Eligibility: young people aged 11 to 17 years old

Coverage area: Gatineau

Financing: municipal

Legal status: non-profit organization

SOLIDARITÉ GATINEAU-OUEST

1096 Saint-Louis Street, Gatineau, Outaouais, QC, J8T 2R7

819 246-2029 Fax: 819 246-9819

Website: solidaritegatineauouest.ca

Email: s.g.o@videotron.ca

Services: Activities and support centre for individuals and families. Food services * Family parties and meals. * Collective kitchens. * Community gardens. * Christmas baskets. Youth and family * Drop-in daycare. * Day camp. * Jeux d'enfants: child development activities with parents. * Parenting skills workshops: Y'app, Gestion des émotions et du stress, Communication non violence parent-enfant. * Homework help and accompaniment. * Low-cost school supplies. Support services to individuals * Reception, accompaniment and helping relation. * Registration assistance for the Volunteer Centre's tax clinic. * Discussion group workshops. * Training in personal development. * Assistance with filling out forms.* French course. * Sewing course. * Thrift store. * Opération habit de neige: sale of children's snowsuits at low cost. * Internet access.* Volunteering.

Eligibility: people and families on a low income or in a vulnerable situation

Coverage area: Outaouais

Hours: Monday to Friday 9h00 to 16h00

Fees: Opération habit de neige: \$15 to \$20

Financing: provincial, municipal, Centraide Outaouais, donations

Legal status: non-profit organization

Day camps and specialized camps

ABORIGINAL COMMUNITY OF MANIWAKI

270 Notre-Dame Street, Maniwaki, Outaouais, QC, J9E 2J8

819 441-2444 Fax: 819 441-0755

Website: autochtones-maniwaki.com

Email: admin@autochtones-maniwaki.com

Services: Representation, community support, and defense of the interests of the Maniwaki Métis. * Camp Métis Abitibi and Coureur des bois: cottages, activities, training in orientation, tool sharpening, shelter building, bannock baking, forest hikes. * Mealtime gatherings. * Legal fight for the recognition of the community's ancestral rights by the Superior Court of Québec.

Eligibility: Métis, Camp Métis Abitibi: Métis who are identified or in the process of identification

Coverage area: Maniwaki

Hours: variable

Fees: members 60 years old and under: \$60 per two years and \$50 administration fee for membership (one time only), members over 60 years old: \$20 per two years, Camp Métis Abitibi: variable

Financing: self-financing, membership fees

Legal status: non-profit organization

AUMOND - MUNICIPALITÉ

664 Principale Street, Aumond, Outaouais, QC, J0W 1W0

819 449-4006 Fax: 819 449-7448

Website: aumond.ca/index_en.php

Email: info@aumond.ca

Services: Municipal service management. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.aumond.ca/index.php/citoyens/dechets-et-recyclage * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Automated emergency call system. * Recreation services: activities, day camp, etc. * Municipal library. * Rental of halls.

Eligibility: general public

Coverage area: Aumond

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

Financing: municipal

Legal status: municipal agency

BLUE SEA - MUNICIPALITY

10 Principale Street, Blue Sea, Outaouais, QC, J0X 1C0

819 463-2261

Website: www.blueseas.ca/index.php/en

Email: info@blueseas.ca

Services: Municipal service management. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.blueseas.ca/index.php/services/dechets-et-recyclage * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Recreation services: activities, day camp, etc. * Municipal library. * Rental of halls.

Eligibility: general public

Coverage area: Blue Sea

Hours: Monday to Friday 8h00 to 16h00

Financing: municipal

Legal status: municipal agency

BOIS-FRANC - MUNICIPALITÉ

466 Route 105, Bois-Franc, Outaouais, QC, J9E 3A9

819 449-2252 Fax: 819 449-4407

Website: www.bois-franc.ca

Email: info@bois-franc.ca

Services: Municipal service management. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.bois-franc.ca/index.php/page-4/dechets-et-recyclage * Ecocentre. * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Recreation services: activities, day camp, etc. * Municipal libraries. * Rental of halls.

Eligibility: general public

Coverage area: Bois-Franc

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

Financing: municipal

Legal status: municipal agency

BOUCHETTE - MUNICIPALITÉ

36 Principale Street, Bouchette, Outaouais, QC, J0X 1E0

819 465-2555 Fax: 819-465-2318

Website: www.bouchette.ca

Email: info@bouchette.ca

Services: Municipal service management. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.bouchette.ca/index.php/fr/services/dechets-et-recyclage * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Recreation services: activities, day camp, etc. * Municipal library. * Rental of halls.

Eligibility: general public

Coverage area: Bouchette

Hours: Monday to Friday 10h00 to 12h00 and 13h00 to 16h00

Financing: municipal

Legal status: municipal agency

CAYAMANT - MUNICIPALITY

6 Lachapelle Road, Cayamant, Outaouais, QC, J0X 1Y0

819 463-3587

Website: www.cayamant.ca

Email: info@cayamant.ca

Services: Municipal services management. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.cayamant.ca/index.php/citoyens/information-importante * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Recreation services: activities, day camp, etc. * Rental of halls.

Eligibility: general public

Coverage area: Cayamant

Financing: municipal

Legal status: municipal agency

CENTRE COMMUNAUTAIRE ENTRE-NOUS

175 Front Street, Gatineau, Outaouais, QC, J9H 5S9

819 684-2236

Website: centrecommunautaireentrenous.org/en

Email: ccenaccueil@gmail.com

Services: Community centre. Food * Collective kitchen. * Nurturing forest: fruit tree planting. Childhood and youth * Drop-in daycare for 0 to 5 years old. * Homework assistance. * Drop-in breastfeeding program. * Toy library: loan of games and toys. * Pandas playgroup (0 to 5 years old): parent-child workshops. * Petit cuisiniers: cooking classes for 6 to 12 years old. * Activities for 12 to 17 years old, in partnership with Avenue des jeunes. * Entre nous filles: discussion group for Grade 5 and 6 girls. * Day camp and spring break camp. Material assistance * Opération habit de neige: distribution of winter clothing. * Shared-store for school supplies. * Recovery of used clothing. Education * French courses. * Spanish courses. Social events * Café populaire, a space for socializing. * Social and recreational activities: sewing and knitting classes, karate classes, line dancing, board game group, danse cardio classes, physical activities for seniors. * Community parties.

Eligibility: people in vulnerable situations, children, teenagers, families, seniors

Coverage area: Gatineau: MacLeod neighbourhood and surrounding areas (primarily from the following neighbourhoods: MacLeod, Vieux-Aylmer, Des Cedres, La Seigneurie)

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

Financing: provincial, municipal, Centraide Outaouais, donations

Legal status: non-profit organization

CENTRE D'ACTIVITÉS PRÉSCOLAIRES ET FAMILIALES

122 Berri Street, Gatineau, Outaouais, QC, J8Y 4H8

819 776-0114

Website: centreprescolaire.ca

Email: capf@bellnet.ca

Services: Educational services to promote the global development of preschool age children. * Daycare. * Educational programs: development of self-esteem and sociability, dance and psychomotricity activities, initiation to reading and writing, initiation to English, preparation for kindergarten. * Classes: visual arts, drama, music, yoga and relaxation techniques, physical activities, zumba. * Summer day camp.

Eligibility: daycare: children 6 months to 5 years old, programs: children 2 to 5 years old depending on the program, classes: children 3 to 5 years old depending on the class, summer day camp: children 4 to 6 years old

Capacity: 16 kids per class

Coverage area: Outaouais

Hours: Monday to Friday 7h30 to 17h30

Fees: mandatory membership card: \$60 per year or \$20 per term, daycare: \$4.50 per hour and maximum \$37 per day, classes and programs: between 15 and \$18 per class for the entire term, day camp: \$40 for the term

Financing: self-financing

Legal status: non-profit organization

CENTRE D'ANIMATION FAMILIALE DE L'OUTAOUAIS

1312 Saint-Louis Street, Gatineau, Outaouais, QC, J8T 2M7

819 561-5196

Website: cafoutaouais.ca

Email: info@cafoutaouais.ca

Services: Neighbourhood house. Food * Collective kitchens. * Community garden. * Christmas baskets for members. * Food assistance for people participating in activities. Material assistance * Clothing assistance. * Opération habit de neige: distribution of winter clothing. * Back to School program: school supplies sharing store. * Bonhommes à Lunettes: glasses at affordable prices. Support * Homework assistance. * Drop-in daycare. * Reception, accompaniment and referral. * Individual meeting, listening and intervention. Activities * Developmental stimulation activities for children. * Workshop Au Petit Jardin: preparation for kindergarten. * Parent-child activities. * Daycare offered to participants during activities. * Jeux d'été: summer day camp. * Activities during pedagogical Fridays. * Coffee-meeting. * Crochet and knitting club. * Various events.

Eligibility: general public, adults, children, developmental stimulation activities: children 0 to 5 years old

Coverage area: Pointe-Gatineau district of Gatineau (Ruisseau, Saint-Rosaire, Jacques-Cartier and Laflèche neighborhoods of Gatineau)

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

Fees: variable

Financing: federal, provincial, municipal, Centraide Outaouais, grants, donations

Legal status: non-profit organization

CHOEUR CLASSIQUE DE L'OUTAOUAIS (LE)

799 Jacques-Cartier Street, Gatineau, Outaouais, QC, J8T 2W1

819 920-0350

Website: www.choeurclassiqueoutaouais.ca

Email: infos@choeurclassiqueoutaouais.ca

Services: Grouping of people with a passion for choral singing. * End-of-session performances: 2 sessions per year. * Rehearsals and practice. * Choir camp in the fall. * Financial assistance program for choir members.

Eligibility: general public, financial assistance program for choristers: people 18 years old and over

Coverage area: Gatineau

Hours: rehearsals: Tuesday 19h00 to 22h00, Sunday practice: 2 practices per session, choir camp: Friday evening to Sunday afternoon after Thanksgiving

Fees: annual membership: \$225, \$120 for people 18 to 30 years old, choir camp: \$225 to \$295, room and meals included

Financing: self-financing, membership fees, donations, municipal

Legal status: non-profit organization

DÉLÉAGE - MUNICIPALITY

175 Route 107, Maniwaki, Outaouais, QC, J9E 3A8

819 449-1979

Website: www.deleage.ca

Email: reception@deleage.ca

Services: Management of municipal services. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.deleage.ca/index.php/citoyens/cueillette-des-ordures-et-du-recyclage * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Recreation services: activities, day camp, etc. * Municipal library. * Rental of halls.

Eligibility: general public

Coverage area: Déleage

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

Financing: municipal

Legal status: municipal agency

DENHOLM - MUNICIPALITÉ

419 du Poisson Blanc Road, Denholm, Outaouais, QC, J8N 9C8

819 457-2992 Fax: 819 457-9862

Website: denholm.ca/index.php/en

Email: info@denholm.ca

Services: Management of municipal services. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.denholm.ca/fr/services-aux-citoyens/collectes-des-matieres-residuelles * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Recreation services: activities, day camp, etc. * Municipal libraries. * Rental of halls.

Eligibility: general public

Coverage area: Denholm

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

Financing: municipal

Legal status: municipal agency

EGAN-SUD - MUNICIPALITÉ

95 Road 105, Bois-Franc, Outaouais, QC, J9E 3A9

819 449-1702 Fax: 819 449-7423

Website: www.egan-sud.ca

Email: info@egan-sud.ca

Services: Management of municipal services. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.egan-sud.ca/index.php/services/dechets-compostage-et-recyclage * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Recreation services: activities, day camp, etc. * Welcoming immigrants. * Municipal library. * Rental of halls.

Eligibility: general public

Coverage area: Egan-Sud

Financing: municipal

Legal status: municipal agency

ENFANTS DE L'ESPOIR DE HULL (LES)

107 Dollard-Des Ormeaux Street, Gatineau, Outaouais, QC, J8X 3M2

343 204-3774 Fax: 819 778-7400

Website: www.enfantsdelespoirhull.org

Email: info@enfantsdelespoirhull.org

Services: Centre providing adapted help for families. * Toddlers: preparation for starting kindergarten and school, summer program with sports, artistic and cooking activities. * Children from 6 to 12 years old: after-school activities, school support, weekend activities at the swimming pool and of cross-country skiing, drama classes and free theater shows, March camp, summer camp. * Adults: collective kitchens, 0-5 parent-children workshops, art and sewing classes, creative workshops, self-esteem classes, parenting classes, food assistance, coffee-meetings. * Families: family meals and excursions, family and community events, sharing store, sports and cultural activities. * Opération habits de neige: new winter clothing for children 0 to 12 years old for \$20. * Christmas baskets.

Eligibility: children 0 to 12 years old and their parents, families in need

Coverage area: Hull Island (Sacré-Coeur, Vieux-Hull Est and Vieux-Hull Ouest neighbourhoods of Gatineau)

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

Fees: none

Financing: Centraide Outaouais, federal, provincial, municipal, foundations

Legal status: non-profit organization

ESPOIR ROSALIE DE GATINEAU

763 Saint-Louis Street, Gatineau, Outaouais, QC, J8T 2S9

819 243-7663 Fax: 819 243-7648

Website: www.espoirrosalie.org

Email: info@espoirrosalie.org

Services: Services for single mothers and their children. Women's Services * Individual follow-up: listening, accompaniment, support in the process, home visits, etc. * Parenting Skills Workshops. * Personal growth workshops, * Recreational activities. * Psychoeducational workshops on various topics. * Collective kitchen. * Food assistance. * Free mini thrift store. * Christmas sponsorships. * Snowsuit Program, in collaboration with Centraide. Children's Services * Daycare and drop-in, meals and snacks provided. * Individual follow-up. * Gross motor skills workshops for children from 0 to 5 years old. * Psychoeducational workshops for children from 6 to 12 years old. * Summer camp for children from 6 to 12 years old Family Services. * Workshops and mother-child activities. * Family Respite: stay in a cottage with the family.

Eligibility: single mothers, their children

Coverage area: Gatineau

Hours: Monday to Wednesday 8h30 to 15h30, Thursday 8h30 to 15h30 and 17h00 to 20h00, Saturday 8h30 to 15h30

Fees: none

Financing: provincial, Centraide Outaouais, foundations, donations

Legal status: non-profit organization

GRACEFIELD - MUNICIPALITY

351 Route 105, Gracefield, Outaouais, QC, J0X 1W0

819 463-3458 Fax: 819 463-4236

Website: www.gracefield.ca

Email: info@gracefield.ca

Services: Management of municipal services. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.gracefield.ca/index.php/citoyens/ordures-et-recyclage * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Recreation services: activities, day camp, etc. * Municipal library. * Rental of halls.

Eligibility: general public

Coverage area: Gracefield

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

Financing: municipal

Legal status: municipal agency

GRAND-REMOUS - MUNICIPALITÉ

1508 Trans-Canada Highway, Grand-Remous, Outaouais, QC, J0W 1E0

819 438-2877 Fax: 819 438-2364

Website: www.grandremous.ca

Email: info@grandremous.ca

Services: Municipal services management. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.grandremous.ca/citoyens/calendrier-des-collectes * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Welcome and integration services for new arrivals. * Recreation services: activities, day camp, etc. * Municipal library. * Rental of halls.

Eligibility: general public

Coverage area: Grand-Remous

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

Financing: municipal

Legal status: municipal agency

GROUPE COMMUNAUTAIRE DESCHÊNES

55 Vanier Road, Gatineau, Outaouais, QC, J9H 1X5

819 684-7999 Fax: 819 557-0771

Website: groupedeschenes.myfreesites.net

Email: gcd_intervenante@hotmail.com

Services: Meeting place and support for families. * Petits-Mousses: social activities for children and parents. * Drop-in daycare for young children. * Homework club. * Petits Cooks. * Collective kitchen. * Day camp: summer and spring break. * Neighbourhood parties. * Physical activities: zumba and tai chi. * Sharing store: low-cost school supplies. * Recovery of small used items: toys, books, clothing, kitchenware, etc. * Christmas baskets. * Snow suit. * Bonhomme à lunette service point: low-cost glasses.

Eligibility: families, adults, new arrivals, petits-mousses and drop-in daycare: children 0 to 5 years old, homework club, petits Cooks and summer day camp: children 6 to 12 years old

Coverage area: Gatineau: Aylmer district

Hours: Monday to Friday 9h00 to 17h00, Bonhomme à lunette: no appointment necessary, Wednesday 11h30 to 14h00

Financing: municipal, provincial, Centraide Outaouais

Legal status: non-profit organization

KAZABAZUA - MUNICIPALITY

30 Begley Road, Kazabazua, Outaouais, QC, J0X 1X0

819 467-2852 Fax: 819 467-3872

Website: www.kazabazua.ca

Email: infos@kazabazua.ca

Services: Management of municipal services. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.kazabazua.ca/index.php/fr/servicesauxcitoyens/dechets-recyclage-et-compostage * Ecocentre. * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Automated emergency call system. * Recreation services: activities, day camp, etc. * Municipal library. * Rental of halls.

Eligibility: general public

Coverage area: Kazabazua

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

Financing: municipal

Legal status: municipal agency

LAC-SAINTE-MARIE - MUNICIPALITY

106 Lac-Sainte-Marie Road, Lac-Sainte-Marie, Outaouais, QC, J0X 1Z0

819 467-5437 Fax: 819-467-3691

Website: www.lac-sainte-marie.com

Email: municipalite@lac-sainte-marie.com

Services: Municipal services management. * Practical information: water analysis, change of address, septic systems, etc. * Calendar for waste management: www.lac-sainte-marie.com/index.php/services-aux-citoyens/dechets-recyclage-encombrants-et-compostage#dechets * Ecocentres. * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Recreation services: activities, day camp, etc. * Municipal library. * Rental of halls.

Eligibility: general public

Coverage area: Lac-Sainte-Marie

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

Financing: municipal

Legal status: municipal agency

LOW - MUNICIPALITY

4A d'Amour Road, Low, Outaouais, QC, J0X 2C0

819 422-3528 Fax: 819 422-3796

Website: www.lowquebec.ca/index_en.php

Email: reception@lowquebec.ca

Services: Management of municipal services. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.lowquebec.ca/fr/services/services-aux-citoyens/collectes-des-matieres-residuelles * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Automated emergency call system. * Recreation services: activities, day camp, etc. * Municipal libraries. * Rental of halls.

Eligibility: general public

Coverage area: Low

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

Financing: municipal

Legal status: municipal agency

MAISON ALCIDE-CLÉMENT

132 Saint-Jacques Street, Gatineau, Outaouais, QC, J8X 2Z4

819 776-1306

Email: maisonalcideclement@videotron.ca

Services: Community and family living environment. * Stimulation activities for children aged 0 to 5. * Day camp. * Back-to-School sharing store. * Collective kitchens. * Relevailles: in-home postnatal support for babies aged 0 to 12 months. * Coffee meetings.

Eligibility: people 0 to 17, parents, families

Coverage area: Gatineau

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

Fees: annual membership: \$15

Financing: provincial

Legal status: non-profit organization

MAISON DE L'AMITIÉ DE HULL

58 Hanson Street, Gatineau, Outaouais, QC, J8Y 3M5

819 772-6622 Fax: 819 772-2014

Email: maisonamitiehull@videotron.ca

Services: Community centre. * Neighbourhood intervention, accompaniment, citizen participation. * Individual and collective intervention, youth intervention. * Homework club. * Literacy. * Support in looking for employment, help writing a résumé. * Community garden. * Collective kitchen. * Community lunches. * Marché Mobile de Gatineau. * Respite for families with the organization Équipe soutien-famille. * Teenager program: March camp, summer camp, ski. * Educational activities. * Knitting workshops. * Swimming pool trips and community soccer. * Coffee Mondays. * Back-to-school sharing store. * Opération habit de neige: distribution of low-cost winter clothing. * Neighbourhood parties: summer, Halloween, Christmas.

Eligibility: people and families on a low income

Capacity: variable depending on the activity

Coverage area: Jean-Dallaire and surrounding areas in the Hull sector of Gatineau

Hours: reception: Monday to Friday 8h00 to 15h30, activities and intervention: evenings and weekends

Fees: variables

Financing: municipal, provincial, Centraide Outaouais

Legal status: non-profit organization

MANIWAKI - MUNICIPALITY

186 Principale Street South, Maniwaki, Outaouais, QC, J9E 1Z9

819 449-2800 Fax: 819 449-7078

Website: www.ville.maniwaki.qc.ca

Email: maniwaki@ville.maniwaki.qc.ca

Services: Management of municipal services. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.ville.maniwaki.qc.ca/index.php/liensrapides/calendriercueillettes/residentiel-dechets-et-compostage * Ecocentre. * Community garden. * Reception and integration services for new arrivals. * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Recreation services: activities, day camp, etc. * Municipal libraries. * Rental of halls.

Eligibility: general public

Coverage area: Maniwaki

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

Financing: municipal

Legal status: municipal agency

MESSINES - MUNICIPALITY

70 Principale Street, Messines, Outaouais, QC, J0X 2J0

819 465-2323 Fax: 819 465-2943

Website: www.messines.ca

Email: info@messines.ca

Services: Management of municipal services. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.messines.ca/fr/services/hygiene-du-milieu/gestion-des-matieres-residuelles * Ecocentre. * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Recreation services: activities, day camp, etc. * Municipal libraries. * Rental of halls.

Eligibility: general public

Coverage area: Messines

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

Financing: municipal

Legal status: municipal agency

MONTCEF-LYTTON - MUNICIPALITY

18 Principale Street North, Montcerf-Lytton, Outaouais, QC, J0W 1N0

819 449-4578 Fax: 819 449-7310

Website: www.montcerf-lytton.com

Email: infos@montcerf-lytton.com

Services: Municipal services management. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.montcerf-lytton.com/fr/calendrier/calendrier-des-collectes * Ecocentre. * Fridge anti-waste. * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Recreation services: activities, day camp, etc. * Municipal libraries. * Rental of halls.

Eligibility: general public

Coverage area: Montcerf-Lytton

Hours: Monday and Tuesday 8h00 to 12h00 and 13h00 to 16h00, Wednesday 8h00 to 12h00 and 13h00 to 18h00, Thursday 8h00 to 12h00 and 13h00 to 16h00, Friday 8h00 to 13h00

Financing: municipal

Legal status: municipal agency

MULGRAVE-ET-DERRY - MUNICIPALITY

560, avenue de Buckingham, Gatineau, Outaouais, QC, J8L 2H1

819 986-9519 Fax: 819 986-9954

Website: www.mulgrave-derry.ca

Email: dg@mulgrave-derry.ca

Services: Municipal services management. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.mulgrave-derry.ca/services/?id=6#contn * Ecocentre. * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Automated emergency call system. * Recreation services: activities, day camp, etc. * Municipal library. * Rental of halls.

Eligibility: general public

Coverage area: Mulgrave-Et-Derry

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00, library: Wednesday 14h00 to 17h00, Saturday 9h00 to 12h00

Financing: municipal

Legal status: municipal agency

SOLIDARITÉ GATINEAU-OUEST

1096 Saint-Louis Street, Gatineau, Outaouais, QC, J8T 2R7

819 246-2029 Fax: 819 246-9819

Website: solidaritegatineauouest.ca

Email: s.g.o@videotron.ca

Services: Activities and support centre for individuals and families. Food services * Family parties and meals. * Collective kitchens. * Community gardens. * Christmas baskets. Youth and family * Drop-in daycare. * Day camp. * Jeux d'enfants: child development activities with parents. * Parenting skills workshops: Y'app, Gestion des émotions et du stress, Communication non violence parent-enfant. * Homework help and accompaniment. * Low-cost school supplies. Support services to individuals * Reception, accompaniment and helping relation. * Registration assistance for the Volunteer Centre's tax clinic. * Discussion group workshops. * Training in personal development. * Assistance with filling out forms.* French course. * Sewing course. * Thrift store. * Opération habit de neige: sale of children's snowsuits at low cost. * Internet access.* Volunteering.

Eligibility: people and families on a low income or in a vulnerable situation

Coverage area: Outaouais

Hours: Monday to Friday 9h00 to 16h00

Fees: Opération habit de neige: \$15 to \$20

Financing: provincial, municipal, Centraide Outaouais, donations

Legal status: non-profit organization

Hobbies

ABORIGINAL COMMUNITY OF MANIWAKI

270 Notre-Dame Street, Maniwaki, Outaouais, QC, J9E 2J8

819 441-2444 Fax: 819 441-0755

Website: autochtones-maniwaki.com

Email: admin@autochtones-maniwaki.com

Services: Representation, community support, and defense of the interests of the Maniwaki Métis. * Camp Métis Abitibi and Coureur des bois: cottages, activities, training in orientation, tool sharpening, shelter building, bannock baking, forest hikes. * Mealtime gatherings. * Legal fight for the recognition of the community's ancestral rights by the Superior Court of Québec.

Eligibility: Métis, Camp Métis Abitibi: Métis who are identified or in the process of identification

Coverage area: Maniwaki

Hours: variable

Fees: members 60 years old and under: \$60 per two years and \$50 administration fee for membership (one time only), members over 60 years old: \$20 per two years, Camp Métis Abitibi: variable

Financing: self-financing, membership fees

Legal status: non-profit organization

ACADÉMIE DES RETRAITÉS DE L'OUTAOUAIS

331 Cité-des-Jeunes Boulevard, Gatineau, Outaouais, QC, J8Y 6T3

819 776-5052

Website: <https://academiedesretraites.ca/>

Email: adjointe@academiedesretraites.caa

Services: Education centre for retirees. * Lectures on general culture, health, personal development, politics, sex education, history, economics. * Language courses: Spanish beginner, intermediate and advanced level, Italian. * Computer courses: introduction to Apple computers, tablets, telephones. * Exercise classes: Yoga, weight training, Qi gong, cardio, self-defense. * Art and crafts classes. * AROBAS theatre company. * Coeur Tournesol choir. * ARO'Band music group. * Social clubs: walking club, billiards club, Velosanté bicycle club, le Pixelliste photography club, book club, travelers club, golf club, ARO'mitié club for people who are alone. * Volunteer opportunities.

Eligibility: retired people

Coverage area: Outaouais

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

Fees: variable

Financing: grants

Legal status: non-profit organization

ACTION-QUARTIERS

2 Fortier Street, Gatineau, Outaouais, QC, J8Y 4P5

819 777-7815

Email: direction@actionquartiers.ca

Services: Neighbourhood centre. * Reception. * Thematic workshops for children: drawing, cooking, crafts. * Distribution of snowsuits for children. * Activities for teenagers: animated discussion group, social evenings. * Yoga classes. * Social café. * Neighbourhood parties. * Family activities: outings to the park, soccer, kick ball, etc. * Distribution of school supplies. * Christmas baskets.

Eligibility: children, adolescents, adults

Coverage area: Saint-Jean-Bosco and Wrightville neighbourhoods of Gatineau

Hours: Monday, Wednesday, Thursday and Friday 9h00 to 16h00, Tuesday 13h00 to 16h00

Financing: grants, municipal

Legal status: non-profit organization

AMICALE DES PERSONNES HANDICAPÉES PHYSIQUES DE L'OUTAOUAI (L')

405 Notre-Dame Street, Gatineau, Outaouais, QC, J8P 1L7

819 663-2999

Website: amicale.ca

Email: info@amicale.ca

Services: * Free dinners for members. * Social and recreational activities: painting classes, pottery classes, film screenings, bingo, etc. * Rental, sale and exchange of used adapted equipment: chairs, bath seats, crutches, etc. * Adapted community garden.

Eligibility: people living with a physical disability

Coverage area: Outaouais

Hours: Monday to Friday 9h00 to 15h00, lunches for members: Monday, Wednesday and Friday

Fees: membership card: \$10 per year

Financing: membership fees, provincial, grants

Legal status: non-profit organization

ANTRE-HULLOISES (L')

16 Bériault Street, Gatineau, Outaouais, QC, J8X 1A3

819 778-0997 Fax: 819 777-6311

Website: www.antrehullose.org

Email: antre.hullose@bellnet.ca

Services: Women's centre. * Reception, information and reference. * Help relationship. * Self-help group. * Telephone warmline. * Documentation centre. * Accompaniment in addiction and drug addiction, in partnership with the Association de la prévention de la toxicomanie et de l'alcoolisme chez les femmes en Outaouais. * Awareness and training workshops. * Prévenir, c'est agir Program: awareness and prevention of conjugal violence. * Les Cybercityennes: workshops for the development of pro-social, self-critical and safe behaviours in the use of technology. * Activities and thematic days. * Citizen involvement and action committees.

Eligibility: women, Cybercityennes: teenagers 12 to 17 years old

Coverage area: Outaouais

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

Fees: none

Financing: provincial

Legal status: non-profit organization

ASSOCIATION DE L'OUÏE DE L'OUTAOUAIS

15 du Sommet Street, Gatineau, Outaouais, QC, J8Z 3M2

819 777-6767

Website: www.adoo.ca

Email: adoo@adoo.ca

Services: Defending the interests of people living with deafness. * Referral to health and work assistance services. * Literacy workshops. * Quebec Sign Language courses. * Recreational and social activities: art, cooking, coffee meetings, cultural outings. * Internet café. * Advocacy of rights of people living with deafness. * Awareness of public and parapublic organizations, various trainings.

Eligibility: people living with deafness, such as people who have become deaf, parents of children with hearing loss, and people who are hard of hearing or have tinnitus

Coverage area: Outaouais

Hours: Monday to Friday 9h00 to 16h00

Fees: annual membership: \$10 per person or \$20 per family

Financing: membership fees

Legal status: non-profit organization

ATELIER ET FRIPERIE 3R

1079 Saint-Louis Street, Gatineau, Outaouais, QC, J8T 2S2

819 205-1984

Website: solidaritegatineauouest.ca/atelier-et-friperie-3r

Email: s.g.o@videotron.ca

Services: * Sale of used and new clothing and items at low cost. * Clothing repair. * Basic sewing course.

Eligibility: people and families on a low income

Coverage area: Outaouais

Hours: Monday to Friday 10h00 to 16h45

Fees: variable

Financing: provincial, municipal, Centraide Outaouais, donations

Legal status: non-profit organization

AURÉLIEN-DOUCET LIBRARY

207 du Mont-Bleu Boulevard, Gatineau, Outaouais, QC, J8Z 2M3

819 595-7460

Website: www.gatineau.ca/page.asp?p=quoi_faire/bibliotheque

Services: General services * Lending of books, videocassettes, CDs and CD-ROMs. * Children's activities: readiness to read (0-5 years), story time, teen bag (high school students), video game tournament, etc. * Activities for adults. * Conferences, art exhibitions, etc. Amenities and office services * Wireless Internet access and computers. * Loan of laptops and tablets for on-site use. * Photocopying, printing, faxing and scanning. * Workrooms, meeting rooms (2 to 4 people) and multi-purpose rooms (up to 40 people). * Return boxes. * Small electronics depot.

Eligibility: general public

Coverage area: Gatineau

Hours: Monday to Thursday 12h00 to 20h00, Friday 12h00 to 18h00, Saturday 11h00 to 17h00, public holidays: variable

Fees: subscription: free, photocopies and printing (black and white): \$0.25/page, color printing: \$1/page

Financing: municipal

Legal status: municipal agency

BERNARD-LONERGAN LIBRARY

181 Joseph Street, Gatineau, Outaouais, QC, J8L 1G6

819 595-7460

Website: www.gatineau.ca/page.asp?p=quoi_faire/bibliotheque

Services: General services * Lending of books, videocassettes, CDs and CD-ROMs. * Children's activities: readiness to read (0-5 years), story time, teen bag (high school students), video game tournament, etc. * Activities for adults. * Conferences, art exhibitions, etc. Amenities and office services * Wireless Internet access and computers. * Loan of laptops and tablets for on-site use. * Photocopying, printing, faxing and scanning. * Workrooms, meeting rooms (2 to 4 people) and multi-purpose rooms (up to 40 people). * Return boxes. * Small electronics depot.

Eligibility: general public

Coverage area: Gatineau

Hours: Monday 10h00 to 20h00, Tuesday to Friday 13h00 to 20h00, Saturday and Sunday 10h00 to 16h00

Fees: subscription: free, photocopies and printing (black and white): \$0.25/page, color printing: \$1/page

Financing: municipal

Legal status: municipal agency

CAMPUS 3

196 Notre-Dame Street, Gatineau, Outaouais, QC, J8P 0E6

819 663-3305

Website: campus3.ca

Email: info@campus3.ca

Services: Centre for seniors. Home care * Takeaway meals. * Day workshop for the preservation of autonomy and the respite of relatives. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * PADI program: day centre for seniors living with an intellectual disability. Housing * Housing Faubourg Jean-Marie-Vianney. * HébergeVac Centre: respite care. Leisure and community action * Intergenerational reading program. * Carpentry workshop, sale of handicrafts. * University of the Third Age. * Sports and creative activities and courses. * Room rental. * Catering service. * Volunteer opportunities.

Eligibility: people 50 years and older, housing: people 55 years and older on a low income, PADI: seniors living with an intellectual disability

Capacity: 130 units

Coverage area: Gatineau

Hours: Monday to Friday 8h00 to 16h00

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

Financing: Centraide Outaouais, municipal, provincial, grants

Legal status: non-profit organization

CENTRE ACTION GÉNÉRATIONS DES AÎNÉS DE LA VALLÉE-DE-LA-LIÈVRE

390 de Buckingham Avenue, Gatineau, Outaouais, QC, J8L 2G7

819 281-4343 Fax: 819 281-4344

Website: cavagl.ca

Services: Seniors' service centre. * Bouf'mobile: meals on wheels service, hot and frozen meals. * Information centre. * Friendly visits. * Friendly phone calls. * Support for seniors victims of abuse (SAVA): support and accompaniment of seniors victims of abuse, prevention of abuse and mistreatment, consultation. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Individual support for caregivers, on site or by telephone. * Support group for caregivers. * Coffee meetings. * Collective kitchens: groups for men, women, mixed group for culinary discoveries and mixed English-speaking group. * Assistance with government forms and income tax returns. * Conferences and information workshops. * Computer courses. * Recreational activity clubs: walking, scrabble, bridge and darts. * Transportation to medical and paramedical appointments. * Tax clinic.

Eligibility: seniors 50 years old and over, caregivers

Coverage area: Bowman, Masson-Angers and Buckingham sectors of Gatineau, L'ange-Gardien, Lochaber-Partie-Ouest, Mayo, Mulgrave-Et-Derry, Notre-Dame-De-La-Salette, Papineauville, Thurso, Val-Des-Bois, Poltmore sector of Val-Des-Monts, Bouf'mobile: hot meals for the Buckingham sector and within a radius of 10 km, frozen meals for the rest of the territory served, ITMAV: MRC Papineau, Masson-Angers and Buckingham sectors of Gatineau, L'Ange-Gardien, Notre-Dame-de-la-Salette

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

Fees: variable

Financing: provincial, Centraide Outaouais, donations, self-financing

Legal status: non-profit organization

CENTRE ALIMENTAIRE AYLMEER

67 Couvent Street, Gatineau, Outaouais, QC, J9H 6A2

819 684-0163 Fax: 819 684-4714

Website: www.centrealimentaireaylmer.org

Email: caaadmin@centrealimentaireaylmer.org

Services: Food assistance and mutual aid for disadvantaged individuals and families. * Food assistance. * Social and professional reintegration. * Helping relationship. * Homelessness prevention: accompaniment in finding and maintaining housing, referrals. * Collective kitchens. * Cooking workshop. * Bien au chaud program: collection and distribution of winter clothing for children. * Online video library: informative thematic videos. * Magasin-partage scolaire: distribution of school supplies. * Magasin partage de Noël: distribution of Christmas baskets for members. * Opération habit de neige: distribution of winter clothing.

Eligibility: people and families on a low income

Coverage area: Aylmer sector of Gatineau

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

Fees: variable

Financing: Centraide Outaouais, federal, provincial, foundations, donations

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE ENTRE-NOUS

175 Front Street, Gatineau, Outaouais, QC, J9H 5S9

819 684-2236

Website: centrecommunautaireentrenous.org/en

Email: ccenaccueil@gmail.com

Services: Community centre. Food * Collective kitchen. * Nurturing forest: fruit tree planting. Childhood and youth * Drop-in daycare for 0 to 5 years old. * Homework assistance. * Drop-in breastfeeding program. * Toy library: loan of games and toys. * Pandas playgroup (0 to 5 years old): parent-child workshops. * Petit cuisiniers: cooking classes for 6 to 12 years old. * Activities for 12 to 17 years old, in partnership with Avenue des jeunes. * Entre nous filles: discussion group for Grade 5 and 6 girls. * Day camp and spring break camp. Material assistance * Opération habit de neige: distribution of winter clothing. * Shared-store for school supplies. * Recovery of used clothing. Education * French courses. * Spanish courses. Social events * Café populaire, a space for socializing. * Social and recreational activities: sewing and knitting classes, karate classes, line dancing, board game group, danse cardio classes, physical activities for seniors. * Community parties.

Eligibility: people in vulnerable situations, children, teenagers, families, seniors

Coverage area: Gatineau: MacLeod neighbourhood and surrounding areas (primarily from the following neighbourhoods: MacLeod, Vieux-Aylmer, Des Cedres, La Seigneurie)

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

Financing: provincial, municipal, Centraide Outaouais, donations

Legal status: non-profit organization

CENTRE D'ANIMATION FAMILIALE DE L'OUTAOUAIS

1312 Saint-Louis Street, Gatineau, Outaouais, QC, J8T 2M7

819 561-5196

Website: cafoutaouais.ca

Email: info@cafoutaouais.ca

Services: Neighbourhood house. Food * Collective kitchens. * Community garden. * Christmas baskets for members. * Food assistance for people participating in activities. Material assistance * Clothing assistance. * Opération habit de neige: distribution of winter clothing. * Back to School program: school supplies sharing store. * Bonhommes à Lunettes: glasses at affordable prices. Support * Homework assistance. * Drop-in daycare. * Reception, accompaniment and referral. * Individual meeting, listening and intervention. Activities * Developmental stimulation activities for children. * Workshop Au Petit Jardin: preparation for kindergarten. * Parent-child activities. * Daycare offered to participants during activities. * Jeux d'été: summer day camp. * Activities during pedagogical Fridays. * Coffee-meeting. * Crochet and knitting club. * Various events.

Eligibility: general public, adults, children, developmental stimulation activities: children 0 to 5 years old

Coverage area: Pointe-Gatineau district of Gatineau (Ruisseau, Saint-Rosaire, Jacques-Cartier and Lafèche neighborhoods of Gatineau)

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

Fees: variable

Financing: federal, provincial, municipal, Centraide Outaouais, grants, donations

Legal status: non-profit organization

CLUB D'ÂGE D'OR DE SAINTE-THÉRÈSE-DE-GATINEAU

6 du Barrage Road, Sainte-Thérèse-De-La-Gatineau, Outaouais, QC, J0X 2X0

819 441-4783

Services: Social club for seniors. * Cultural and recreational activities: crafts, bingo, card games, etc. * Sports activities: pétanque, pocket games, etc. * Weekly coffee get-together. * Group outings: wild fruit picking, theatre, cirque du soleil, etc.

Eligibility: people aged 50 and over, coffee get-together: general public

Coverage area: MRC de la vallée-de-la-gatineau

Hours: September to May, variable

Fees: regional membership: \$30 for 1 year, \$50 for 2 years, club membership: \$25 for 1 year, \$45 for 2 years, bingo: 3 cards for \$0.25

Financing: self-financing, membership fees, donations, municipal

Legal status: non-profit organization

COMITÉ DE VIE DE QUARTIER DU VIEUX-GATINEAU

89 Jean-René-Monette Street, Gatineau, Outaouais, QC, J8P 5B8

819 893-4300

Website: cvqvg.ca

Email: info@cvqvg.ca

Services: Round table for improving neighborhood life, living conditions and community life. * Mobilization of the people and partnership with neighborhood organizations: community centre, community fair. * Committees: Vie communautaire et participation citoyenne, Concertation en itinérance du Vieux-Gatineau, Sécurité alimentaire, Exploration en logement and Familles de l'est. * Anti-waste fridge located outside the building. * Collective kitchens. * Free bicycle rental. * Bougeons ensemble: free courses promoting healthy lifestyle habits (zumba, yoga, nutrition workshops, meditation, anxiety management, etc.). * Activities in the park: cinema, art workshop, various games, etc. * Neighborhood party on Notre-Dame Street. * Place Noël: winter neighborhood party. * Neighborhood party on Gouin, Sabourin and Saint-René Street.

Eligibility: community organizations, families, general public

Coverage area: Old Gatineau, bounded to the south by the Ottawa River, to the north by Boulevard Saint-René Ouest, to the west by Montée Paiement and to the east by Lac Beauchamp

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00, anti-waste fridge: 24 hours / 7 days

Financing: municipal

Legal status: non-profit organization

DIABÈTE OUTAOUAIS

10 Noël Street, Gatineau, Outaouais, QC, J8Z 3G5

819 770-0442

Website: diabeteoutaouais.com

Email: info@diabeteoutaouais.com

Services: Information, awareness, and prevention of diabetes. * Culinary workshops. * Coffee-meetings and conferences. * Salon du diabète.

Eligibility: people with diabetes, general population

Coverage area: Outaouais

Hours: Monday to Thursday 8h30 to 15h30

Fees: members: annual fee of \$20

Financing: provincial, donations, fundraising campaigns

Legal status: non-profit organization

ENFANTS DE L'ESPOIR DE HULL (LES)

107 Dollard-Des Ormeaux Street, Gatineau, Outaouais, QC, J8X 3M2

343 204-3774 Fax: 819 778-7400

Website: www.enfantsdelespoirhull.org

Email: info@enfantsdelespoirhull.org

Services: Centre providing adapted help for families. * Toddlers: preparation for starting kindergarten and school, summer program with sports, artistic and cooking activities. * Children from 6 to 12 years old: after-school activities, school support, weekend activities at the swimming pool and of cross-country skiing, drama classes and free theater shows, March camp, summer camp. * Adults: collective kitchens, 0-5 parent-children workshops, art and sewing classes, creative workshops, self-esteem classes, parenting classes, food assistance, coffee-meetings. * Families: family meals and excursions, family and community events, sharing store, sports and cultural activities. * Opération habits de neige: new winter clothing for children 0 to 12 years old for \$20. * Christmas baskets.

Eligibility: children 0 to 12 years old and their parents, families in need

Coverage area: Hull Island (Sacré-Coeur, Vieux-Hull Est and Vieux-Hull Ouest neighbourhoods of Gatineau)

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

Fees: none

Financing: Centraide Outaouais, federal, provincial, municipal, foundations

Legal status: non-profit organization

ENTRE DEUX ROUES

124 Sainte-Marie Street, Gatineau, Outaouais, QC, J8Y 2B1

819 770-2233

Website: www.entredeuxroues.org

Email: entredeuxroues@videotron.ca

Services: Organization that works for the social integration of people with severe reduced mobility or multiple physical limitations, for their quality of life and autonomy improvement and for the support of their family. * Vivre chez soi: home living skills. * Autonomy, self help skills and empowerment program. * Water therapeutic bath, relaxation and sports activities adapted to different syndromes: yoga, aquafitness, boccia, etc. * Literacy and communication. * Internet café: electronics and social networks training. * Videoconferencing sessions and individual follow-ups program. * Group activities: community garden, board games, arts and crafts, occasional outings. * Collective and community meals.

Eligibility: people over 16 years old who live with a physical disability that is not related to aging, to an intellectual disability, to a behavioral problem or to other notable problem and who need physical care in their daily life

Coverage area: Outaouais

Hours: Monday, Tuesday, Thursday 8h30 to 17h00, Wednesday and Friday 8h30 to 20h00

Fees: community meals: shared fees

Financing: provincial, municipal, donations, Centraide Outaouais, fundraising campaigns

Legal status: non-profit organization

ESCALE SAINT-ROSAIRE (L')

5 Saint-Arthur Street, Gatineau, Outaouais, QC, J8T 3C2

819 561-7754

Services: Social club for seniors. * Recreational activities: card games, pocket baseball, dance classes, etc. * Summer activities: mini-putt, walking, petanque. * Active living: bi-weekly exercise group. * Monthly community lunches.

Eligibility: people 50 years old and over

Coverage area: Outaouais

Hours: active living: Tuesday and Thursday 9h15 to 10h15, community lunches: September to April, last Tuesday of the month

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

Financing: self-financing, donations, municipal

Legal status: non-profit organization

GATINEAU - MUNICIPALITÉ, BIBLIOTHÈQUE JEAN-MARIE-CARON

430 du Progrès Street, Gatineau, Outaouais, QC, J8M 1T3

819 986-1414

Website: www.gatineau.ca/page.asp?p=quoi_faire/bibliotheque

Services: General services * Lending of books, videocassettes, CDs and CD-ROMs. * Children's activities: readiness to read (0-5 years), story time, teen bag (high school students), video game tournament, etc. * Activities for adults. * Conferences, art exhibitions, etc. Amenities and office services * Wireless Internet access and computers. * Photocopying, printing, faxing and scanning. * Workrooms and meeting rooms (2 to 4 people). * Return boxes.

Eligibility: general public

Coverage area: Gatineau

Hours: Monday 17h00 to 20h00, Tuesday 16h00 to 20h00, Wednesday 14h30 to 20h00, Thursday 16h00 to 20h00, Friday 10h00 to 16h00, Saturday 12h00 to 16h00

Fees: subscription: free, photocopies and printing (black and white): \$0.25/page

Financing: municipal

Legal status: municipal agency

GATINEAU - MUNICIPALITÉ, BIBLIOTHÈQUE MANISE-MORIN

36, chemin de Montréal, Gatineau, Outaouais, QC, J8M 1E9

819 595-7460

Website: www.ville.gatineau.qc.ca/page.asp?p=quoi_faire/bibliotheque

Services: * Lending of books, videocassettes, CDs and CD-ROMs. * Children's activities: readiness to read (0-5 years), story time, teen bag (high school students), video game tournament, etc. * Activities for adults. * Conferences, art exhibitions, etc. Amenities and office services * Wireless Internet access and computers. * Photocopying, printing, faxing and scanning. * Workrooms and meeting rooms (2 to 4 people). * Return boxes.

Eligibility: general public

Coverage area: Gatineau

Hours: Monday and Tuesday 17h00 to 20h00, Wednesday 8h30 to 11h30 and 17h00 to 20h00, Saturday 12h00 to 16h00

Fees: subscription: free, photocopies and printing (black and white): \$0.25/page, color printing: \$1/page

Financing: municipal

Legal status: municipal agency

GROUPE COMMUNAUTAIRE DESCHÊNES

55 Vanier Road, Gatineau, Outaouais, QC, J9H 1X5

819 684-7999 Fax: 819 557-0771

Website: groupedeschenes.myfreesites.net

Email: gcd_intervenante@hotmail.com

Services: Meeting place and support for families. * Petits-Mousses: social activities for children and parents. * Drop-in daycare for young children. * Homework club. * Petits Cooks. * Collective kitchen. * Day camp: summer and spring break. * Neighbourhood parties. * Physical activities: zumba and tai chi. * Sharing store: low-cost school supplies. * Recovery of small used items: toys, books, clothing, kitchenware, etc. * Christmas baskets. * Snow suit. * Bonhomme à lunette service point: low-cost glasses.

Eligibility: families, adults, new arrivals, petits-mousses and drop-in daycare: children 0 to 5 years old, homework club, petits Cooks and summer day camp: children 6 to 12 years old

Coverage area: Gatineau: Aylmer district

Hours: Monday to Friday 9h00 to 17h00, Bonhomme à lunette: no appointment necessary, Wednesday 11h30 to 14h00

Financing: municipal, provincial, Centraide Outaouais

Legal status: non-profit organization

LATEKOE

85B du Portage Promenade, Gatineau, Outaouais, QC, J8X 2K2

819 685-2424

Website: cipp-fpic.com/en/home-2

Email: info@cipp-fpic.com

Services: Promotion of social and technological innovation by and with Indigenous people. * Educational workshops on various themes: Indigenous protocols and governance, Indigenous people in cities, bullying and indigenous people, Indigenous education etc. * FabLab ONAKI: collaborative digital fabrication workshop with access to knowledge and machinery. * ONAKI circles: Indigenous activities in primary and secondary schools.

Eligibility: general public

Coverage area: Outaouais

Hours: Monday to Friday 8h30 to 16h30, summer period 8h00 to 16h00

Fees: variable

Financing: donations, grants

Legal status: non-profit organization

LIBRARY DOCTEUR-JEAN-LORRAIN

20 Lorrain Boulevard, Gatineau, Outaouais, QC, J8P 2C8

819 595-7460

Website: www.ville.gatineau.qc.ca/page.asp?p=quoi_faire/bibliotheque

Services: General services * Lending of books, videocassettes, CDs and CD-ROMs. * Children's activities: readiness to read (0-5 years), story time, teen bag (high school students), video game tournament, etc. * Activities for adults. * Conferences, art exhibitions, etc. Amenities and office services * Wireless Internet access and computers. * Photocopying, printing, faxing and scanning. * Workrooms and meeting rooms (2 to 4 people). * Return boxes. * Small electronics depot.

Eligibility: general public

Coverage area: Gatineau

Hours: Monday to Thursday 16h00 to 20h00, Saturday 12h00 to 16h00

Fees: subscription: free, photocopies and printing (black and white): \$0.25/page

Financing: municipal

Legal status: municipal agency

LUCIEN-LALONDE LIBRARY

225 Berri Street, Gatineau, Outaouais, QC, J8Y 4K1

819 595-7460

Website: www.ville.gatineau.qc.ca/page.asp?p=quoi_faire/bibliotheque

Services: General services * Lending of books, videocassettes, CDs and CD-ROMs. * Children's activities: readiness to read (0-5 years), story time, teen bag (high school students), video game tournament, etc. * Activities for adults. * Conferences, art exhibitions, etc. Amenities and office services * Wireless Internet access and computers. * Loan of laptops and tablets for on-site use. * Photocopying, printing, faxing and scanning. * Workrooms, meeting rooms (2 to 4 people) and multi-purpose rooms (up to 40 people). * Return boxes. * Small electronics depot.

Eligibility: general public

Coverage area: QC - Outaouais County - Gatineau;

Hours: Monday to Thursday 10h00 to 20h00, Friday 10h00 to 18h00, Saturday and Sunday 10h00 to 17h00

Fees: subscription: free, photocopies and printing (black and white): \$0.25/page, color printing: \$1/page

Financing: municipal

Legal status: municipal agency

LUCY-FARIS LIBRARY

115 Principale Street, Gatineau, Outaouais, QC, J9H 3M2

819 595-7460

Website: www.ville.gatineau.qc.ca/page.asp?p=quoi_faire/bibliotheque

Services: General services * Lending of books, videocassettes, CDs and CD-ROMs. * Children's activities: readiness to read (0-5 years), story time, teen bag (high school students), video game tournament, etc. * Activities for adults. * Conferences, art exhibitions, etc. Amenities and office services * Wireless Internet access and computers. * Loan of laptops and tablets for on-site use. * Photocopying, printing, faxing and scanning. * Workrooms, meeting rooms (2 to 4 people) and multi-purpose rooms (up to 40 people). * Return boxes. * Small electronics depot.

Eligibility: general public

Coverage area: Gatineau

Hours: Monday to Thursday 12h00 to 20h00, Friday 12h00 to 18h00, Saturday 10h00 to 17h00

Fees: subscription: free, photocopies and printing (black and white): \$0.25/page, color printing: \$1/page

Financing: municipal

Legal status: municipal agency

MAISON COMMUNAUTAIRE DANIEL-JOHNSON

22 Arthur-Buies Street, Gatineau, Outaouais, QC, J8Z 1P5

819 772-6625

Email: mcdj@bellnet.ca

Services: Community centre. * Access to a computer, Internet, and fax. * Social and recreational activities: for teenagers, families, parents-children. * Social café. * Homework club. * Collective kitchen. * Community breakfast. * Knitting and crochet circle. * Introduction to cross-country for youth 9 to 12 years old. * Operation Snowsuit Outaouais: winter clothing for children. * Cooking workshops minis-chefs 8 to 12 years old. * Back to school program: store-sharing school supplies. * Women's circle. * Halloween and Christmas celebrations. * Neighbourhood party.

Eligibility: citizens of the Daniel-Johnson neighbourhood in the Hull sector of Gatineau

Coverage area: Daniel-Johnson neighbourhood in the Hull sector of Gatineau

Hours: Tuesday to Thursday 9h00 to 12h00 and 13h00 to 16h30

Financing: donations

Legal status: non-profit organization

MAISON DE L'AMITIÉ DE HULL

58 Hanson Street, Gatineau, Outaouais, QC, J8Y 3M5

819 772-6622 Fax: 819 772-2014

Email: maisonamitiehull@videotron.ca

Services: Community centre. * Neighbourhood intervention, accompaniment, citizen participation. * Individual and collective intervention, youth intervention. * Homework club. * Literacy. * Support in looking for employment, help writing a résumé. * Community garden. * Collective kitchen. * Community lunches. * Marché Mobile de Gatineau. * Respite for families with the organization Équipe soutien-famille. * Teenager program: March camp, summer camp, ski. * Educational activities. * Knitting workshops. * Swimming pool trips and community soccer. * Coffee Mondays. * Back-to-school sharing store. * Opération habit de neige: distribution of low-cost winter clothing. * Neighbourhood parties: summer, Halloween, Christmas.

Eligibility: people and families on a low income

Capacity: variable depending on the activity

Coverage area: Jean-Dallaire and surrounding areas in the Hull sector of Gatineau

Hours: reception: Monday to Friday 8h00 to 15h30, activities and intervention: evenings and weekends

Fees: variables

Financing: municipal, provincial, Centraide Outaouais

Legal status: non-profit organization

MAISON DE LA FAMILLE - CENTRE DE PÉDIATRIE SOCIALE LA VALLÉE-DE-LA-GATINEAU

251 Cartier Street, Maniwaki, Outaouais, QC, J9E 1R4

819 441-0282 Fax: 819 441-0283

Website: mdf-cps-vg.com

Email: maisondefamillevg@gmail.com

Services: Family services. * Drop-in daycare. * Breastfeeding services: mentoring, breastfeeding group. * Perinatal grief support group. * Twinning for families with children between 0 and 5 years old. * Parent-child workshops: reading and writing, cooking, crafts, yoga, baby carrying, exercises, etc.. * Thematic workshops on family life: discipline, self-esteem, relationship between siblings, etc. * Baby puree preparation group, collective kitchen. * Sewing and craft workshop. * Cardiopulmonary resuscitation for babies and children classes. * Social cafes, community meals. * Social pediatry. * Birth accompaniment. * Playground. * Car seat checks. * Back-to-school sharing store.

Eligibility: families with a child 0 to 17 years old

Coverage area: MRC La Vallée-de-la-Gatineau

Hours: Monday to Thursday 9h00 to 16h00

Fees: variable

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

Legal status: non-profit organization

MAISON-DU-CITOYEN LIBRARY

25 Laurier Street, Gatineau, Outaouais, QC, J8X 4C8

819 595-7460

Website: www.ville.gatineau.qc.ca/page.asp?p=quoi_faire/bibliotheque

Services: General services * Lending of books, videocassettes, CDs and CD-ROMs. * Children's activities: readiness to read (0-5 years), story time, teen bag (high school students), video game tournament, etc. * Activities for adults. * Conferences, art exhibitions, etc. * Battery depots. Amenities and office services * Wireless Internet access and computers. * Loan of laptops and tablets for on-site use. * Photocopying, printing, faxing and scanning. * Workrooms, meeting rooms (2 to 4 people) and multi-purpose rooms (up to 40 people). * Return boxes. * Small electronics depot.

Eligibility: general public

Coverage area: Gatineau

Hours: Monday to Thursday 10h00 to 20h00, Friday 10h00 to 18h00, Saturday 11h00 to 17h00

Fees: subscription: free, photocopies and printing (black and white): \$0.25/page, color printing: \$1/page

Financing: municipal

Legal status: municipal agency

OPTION FEMMES

365 Gréber Boulevard, Suite 203, Gatineau, Outaouais, QC, J8T 5R3

819 246-1725 Fax: 819 246-3884

Website: www.optionfemmes.ca

Email: info@optionfemmes.ca

Services: Personalized employment assistance for women. * Support and accompaniment. * Skills assessment: 4 weeks in duration, job search assistance, return to school, etc. * Employment preparation program: 11 weeks in duration, job search assistance, return to school, exploration of traditionally male professions. * Computer rooms with internet.

Eligibility: women 18 years and over

Coverage area: Outaouais

Hours: Monday to Friday 8h30 to 16h30, every other Wednesday 8h30 to 20h30

Financing: provincial, grants

Legal status: non-profit organization

OUTAOUAIS CULTURE

327 Saint-Joseph Boulevard, Gatineau, Outaouais, QC, J8Y 3Z1

1 855 595-2601

Website: cultureoutaouais.org

Email: communication@cultureoutaouais.org

Services: Accompaniment and support for artists, writers, cultural workers and cultural organizations in the Outaouais. * Training: ongoing training and development program. * Toutculture platform of cultural events in the Outaouais: www.toutculture.ca

Eligibility: active members: artists, writers, cultural workers and cultural organizations, associate members: companies, educational institutions, municipalities, MRC

Coverage area: Outaouais

Hours: by appointment

Fees: active members: artists and cultural workers: \$20, cultural organizations under \$100,000: \$50, over \$100,000: \$75, associate members: friends of Culture Outaouais: \$20, businesses: \$85, educational institutions: \$100, MRCs: \$250, municipalities with 30,000 inhabitants or less: \$125, 30,000 inhabitants or more: \$1000

Financing: municipal, provincial

Legal status: non-profit organization

RIVIERA LIBRARY

12 de Picardie Street, Gatineau, Outaouais, QC, J8T 1N9

819 595-7460

Website: www.ville.gatineau.qc.ca/page.asp?p=quoi_faire/bibliotheque

Services: General services * Lending of books, videocassettes, CDs and CD-ROMs. * Children's activities: readiness to read (0-5 years), story time, teen bag (high school students), video game tournament, etc. * Activities for adults. * Conferences, art exhibitions, etc. Amenities and office services * Wireless Internet access and computers. * Photocopying, printing, faxing and scanning. * Workrooms and meeting rooms (2 to 4 people). * Return boxes.

Eligibility: general public

Coverage area: Gatineau

Hours: Monday to Thursday 16h00 to 20h00, Saturday 12h00 to 16h00

Fees: subscription: free, photocopies and printing (black and white): \$0.25/page

Financing: municipal

Legal status: municipal agency

TREMLIN DES LECTEURS (LE)

160 Maloney Boulevard East, Unit 12, Gatineau, Outaouais, QC, J8P 1C1

819 643-0745

Website: www.tremlindeslecteurs.org

Email: tremlindeslecteurs@hotmail.com

Services: Basic education in French, mathematics and computer utilization for adults over 16 years old, in order to facilitate their return to studies or on the job market. * Classes offered: French, mathematics, computer, literacy.

Eligibility: adults over 16 years old, immigrants

Coverage area: Gatineau

Hours: administration: Monday to Thursday 9h00 to 16h00

Fees: administrative registration fee: \$20, French and maths: free, computing: fees apply

Financing: municipal, provincial

Legal status: non-profit organization

VENT DANS LES LETTRES (LE)

797 Jacques-Cartier Street, Gatineau, Outaouais, QC, J8T 2W1

819 561-5473

Website: www.ventdansleslettres.ca

Email: ventdansleslettres@videotron.ca

Services: Popular education in literacy with workshops in reading, writing and arithmetic. * Basic arithmetic workshops. * French workshops. * Literacy-cooking workshops. * Coffee-meetings: housing and healthcare rights, information on health and nutrition. * Cultural and recreational outings.

Eligibility: adults

Coverage area: Gatineau

Hours: Monday to Thursday 8h00 to 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

Libraries**AUMOND - MUNICIPALITÉ**

664 Principale Street, Aumond, Outaouais, QC, J0W 1W0

819 449-4006 Fax: 819 449-7448

Website: aumond.ca/index_en.php

Email: info@aumond.ca

Services: Municipal service management. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.aumond.ca/index.php/citoyens/dechets-et-recyclage * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Automated emergency call system. * Recreation services: activities, day camp, etc. * Municipal library. * Rental of halls.

Eligibility: general public

Coverage area: Aumond

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

Financing: municipal

Legal status: municipal agency

AURÉLIEN-DOUCET LIBRARY

207 du Mont-Bleu Boulevard, Gatineau, Outaouais, QC, J8Z 2M3

819 595-7460

Website: www.gatineau.ca/page.asp?p=quoi_faire/bibliotheque

Services: General services * Lending of books, videocassettes, CDs and CD-ROMs. * Children's activities: readiness to read (0-5 years), story time, teen bag (high school students), video game tournament, etc. * Activities for adults. * Conferences, art exhibitions, etc. Amenities and office services * Wireless Internet access and computers. * Loan of laptops and tablets for on-site use. * Photocopying, printing, faxing and scanning. * Workrooms, meeting rooms (2 to 4 people) and multi-purpose rooms (up to 40 people). * Return boxes. * Small electronics depot.

Eligibility: general public

Coverage area: Gatineau

Hours: Monday to Thursday 12h00 to 20h00, Friday 12h00 to 18h00, Saturday 11h00 to 17h00, public holidays: variable

Fees: subscription: free, photocopies and printing (black and white): \$0.25/page, color printing: \$1/page

Financing: municipal

Legal status: municipal agency

BERNARD-LONERGAN LIBRARY

181 Joseph Street, Gatineau, Outaouais, QC, J8L 1G6

819 595-7460

Website: www.gatineau.ca/page.asp?p=quoi_faire/bibliotheque

Services: General services * Lending of books, videocassettes, CDs and CD-ROMs. * Children's activities: readiness to read (0-5 years), story time, teen bag (high school students), video game tournament, etc. * Activities for adults. * Conferences, art exhibitions, etc. Amenities and office services * Wireless Internet access and computers. * Loan of laptops and tablets for on-site use. * Photocopying, printing, faxing and scanning. * Workrooms, meeting rooms (2 to 4 people) and multi-purpose rooms (up to 40 people). * Return boxes. * Small electronics depot.

Eligibility: general public

Coverage area: Gatineau

Hours: Monday 10h00 to 20h00, Tuesday to Friday 13h00 to 20h00, Saturday and Sunday 10h00 to 16h00

Fees: subscription: free, photocopies and printing (black and white): \$0.25/page, color printing: \$1/page

Financing: municipal

Legal status: municipal agency

BLUE SEA - MUNICIPALITY

10 Principale Street, Blue Sea, Outaouais, QC, J0X 1C0

819 463-2261

Website: www.blueseas.ca/index.php/en

Email: info@blueseas.ca

Services: Municipal service management. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.blueseas.ca/index.php/services/dechets-et-recyclage * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Recreation services: activities, day camp, etc. * Municipal library. * Rental of halls.

Eligibility: general public

Coverage area: Blue Sea

Hours: Monday to Friday 8h00 to 16h00

Financing: municipal

Legal status: municipal agency

BOIS-FRANC - MUNICIPALITÉ

466 Route 105, Bois-Franc, Outaouais, QC, J9E 3A9

819 449-2252 Fax: 819 449-4407

Website: www.bois-franc.ca

Email: info@bois-franc.ca

Services: Municipal service management. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.bois-franc.ca/index.php/page-4/dechets-et-recyclage * Ecocentre. * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Recreation services: activities, day camp, etc. * Municipal libraries. * Rental of halls.

Eligibility: general public

Coverage area: Bois-Franc

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

Financing: municipal

Legal status: municipal agency

BOUCHETTE - MUNICIPALITÉ

36 Principale Street, Bouchette, Outaouais, QC, J0X 1E0

819 465-2555 Fax: 819-465-2318

Website: www.bouchette.ca

Email: info@bouchette.ca

Services: Municipal service management. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.bouchette.ca/index.php/fr/services/dechets-et-recyclage * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Recreation services: activities, day camp, etc. * Municipal library. * Rental of halls.

Eligibility: general public

Coverage area: Bouchette

Hours: Monday to Friday 10h00 to 12h00 and 13h00 to 16h00

Financing: municipal

Legal status: municipal agency

DÉLÉAGE - MUNICIPALITY

175 Route 107, Maniwaki, Outaouais, QC, J9E 3A8

819 449-1979

Website: www.deleage.ca

Email: reception@deleage.ca

Services: Management of municipal services. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.deleage.ca/index.php/citoyens/cueillette-des-ordures-et-du-recyclage * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Recreation services: activities, day camp, etc. * Municipal library. * Rental of halls.

Eligibility: general public

Coverage area: Déléage

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

Financing: municipal

Legal status: municipal agency

DENHOLM - MUNICIPALITÉ

419 du Poisson Blanc Road, Denholm, Outaouais, QC, J8N 9C8

819 457-2992 Fax: 819 457-9862

Website: denholm.ca/index.php/en

Email: info@denholm.ca

Services: Management of municipal services. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.denholm.ca/fr/services-aux-citoyens/collectes-des-matieres-residuelles * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Recreation services: activities, day camp, etc. * Municipal libraries. * Rental of halls.

Eligibility: general public

Coverage area: Denholm

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

Financing: municipal

Legal status: municipal agency

EGAN-SUD - MUNICIPALITÉ

95 Road 105, Bois-Franc, Outaouais, QC, J9E 3A9

819 449-1702 Fax: 819 449-7423

Website: www.egan-sud.ca

Email: info@egan-sud.ca

Services: Management of municipal services. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.egan-sud.ca/index.php/services/dechets-compostage-et-recyclage
* Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Recreation services: activities, day camp, etc. * Welcoming immigrants. * Municipal library. * Rental of halls.

Eligibility: general public

Coverage area: Egan-Sud

Financing: municipal

Legal status: municipal agency

GATINEAU - MUNICIPALITÉ, BIBLIOTHÈQUE JEAN-MARIE-CARON

430 du Progrès Street, Gatineau, Outaouais, QC, J8M 1T3

819 986-1414

Website: www.gatineau.ca/page.asp?p=quoi_faire/bibliotheque

Services: General services * Lending of books, videocassettes, CDs and CD-ROMs. * Children's activities: readiness to read (0-5 years), story time, teen bag (high school students), video game tournament, etc. * Activities for adults. * Conferences, art exhibitions, etc. Amenities and office services * Wireless Internet access and computers. * Photocopying, printing, faxing and scanning. * Workrooms and meeting rooms (2 to 4 people). * Return boxes.

Eligibility: general public

Coverage area: Gatineau

Hours: Monday 17h00 to 20h00, Tuesday 16h00 to 20h00, Wednesday 14h30 to 20h00, Thursday 16h00 to 20h00, Friday 10h00 to 16h00, Saturday 12h00 to 16h00

Fees: subscription: free, photocopies and printing (black and white): \$0.25/page

Financing: municipal

Legal status: municipal agency

GATINEAU - MUNICIPALITÉ, BIBLIOTHÈQUE MANISE-MORIN

36, chemin de Montréal, Gatineau, Outaouais, QC, J8M 1E9

819 595-7460

Website: www.ville.gatineau.qc.ca/page.asp?p=quoi_faire/bibliotheque

Services: * Lending of books, videocassettes, CDs and CD-ROMs. * Children's activities: readiness to read (0-5 years), story time, teen bag (high school students), video game tournament, etc. * Activities for adults. * Conferences, art exhibitions, etc. Amenities and office services * Wireless Internet access and computers. * Photocopying, printing, faxing and scanning. * Workrooms and meeting rooms (2 to 4 people). * Return boxes.

Eligibility: general public

Coverage area: Gatineau

Hours: Monday and Tuesday 17h00 to 20h00, Wednesday 8h30 to 11h30 and 17h00 to 20h00, Saturday 12h00 to 16h00

Fees: subscription: free, photocopies and printing (black and white): \$0.25/page, color printing: \$1/page

Financing: municipal

Legal status: municipal agency

GRACEFIELD - MUNICIPALITY

351 Route 105, Gracefield, Outaouais, QC, J0X 1W0

819 463-3458 Fax: 819 463-4236

Website: www.gracefield.ca

Email: info@gracefield.ca

Services: Management of municipal services. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.gracefield.ca/index.php/citoyens/ordures-et-recyclage * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Recreation services: activities, day camp, etc. * Municipal library. * Rental of halls.

Eligibility: general public

Coverage area: Gracefield

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

Financing: municipal

Legal status: municipal agency

GRAND-REMOUS - MUNICIPALITÉ

1508 Trans-Canada Highway, Grand-Remous, Outaouais, QC, J0W 1E0

819 438-2877 Fax: 819 438-2364

Website: www.grandremous.ca

Email: info@grandremous.ca

Services: Municipal services management. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.grandremous.ca/citoyens/calendrier-des-collectes * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Welcome and integration services for new arrivals. * Recreation services: activities, day camp, etc. * Municipal library. * Rental of halls.

Eligibility: general public

Coverage area: Grand-Remous

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

Financing: municipal

Legal status: municipal agency

KAZABAZUA - MUNICIPALITY

30 Begley Road, Kazabazua, Outaouais, QC, J0X 1X0

819 467-2852 Fax: 819 467-3872

Website: www.kazabazua.ca

Email: infos@kazabazua.ca

Services: Management of municipal services. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.kazabazua.ca/index.php/fr/servicesauxcitoyens/dechets-recyclage-et-compostage * Ecocentre. * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Automated emergency call system. * Recreation services: activities, day camp, etc. * Municipal library. * Rental of halls.

Eligibility: general public

Coverage area: Kazabazua

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

Financing: municipal

Legal status: municipal agency

LAC-SAINTE-MARIE - MUNICIPALITY

106 Lac-Sainte-Marie Road, Lac-Sainte-Marie, Outaouais, QC, J0X 1Z0

819 467-5437 Fax: 819-467-3691

Website: www.lac-sainte-marie.com

Email: municipalite@lac-sainte-marie.com

Services: Municipal services management. * Practical information: water analysis, change of address, septic systems, etc. * Calendar for waste management: www.lac-sainte-marie.com/index.php/services-aux-citoyens/dechets-recyclage-encombrants-et-compostage#dechets * Ecocentres. * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Recreation services: activities, day camp, etc. * Municipal library. * Rental of halls.

Eligibility: general public

Coverage area: Lac-Sainte-Marie

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

Financing: municipal

Legal status: municipal agency

LATEKOE

85B du Portage Promenade, Gatineau, Outaouais, QC, J8X 2K2

819 685-2424

Website: cipp-fpic.com/en/home-2

Email: info@cipp-fpic.com

Services: Promotion of social and technological innovation by and with Indigenous people. * Educational workshops on various themes: Indigenous protocols and governance, Indigenous people in cities, bullying and indigenous people, Indigenous education etc. * FabLab ONAKI: collaborative digital fabrication workshop with access to knowledge and machinery. * ONAKI circles: Indigenous activities in primary and secondary schools.

Eligibility: general public

Coverage area: Outaouais

Hours: Monday to Friday 8h30 to 16h30, summer period 8h00 to 16h00

Fees: variable

Financing: donations, grants

Legal status: non-profit organization

LIBRARY DOCTEUR-JEAN-LORRAIN

20 Lorrain Boulevard, Gatineau, Outaouais, QC, J8P 2C8

819 595-7460

Website: www.ville.gatineau.qc.ca/page.asp?p=quoi_faire/bibliotheque

Services: General services * Lending of books, videocassettes, CDs and CD-ROMs. * Children's activities: readiness to read (0-5 years), story time, teen bag (high school students), video game tournament, etc. * Activities for adults. * Conferences, art exhibitions, etc. Amenities and office services * Wireless Internet access and computers. * Photocopying, printing, faxing and scanning. * Workrooms and meeting rooms (2 to 4 people). * Return boxes. * Small electronics depot.

Eligibility: general public

Coverage area: Gatineau

Hours: Monday to Thursday 16h00 to 20h00, Saturday 12h00 to 16h00

Fees: subscription: free, photocopies and printing (black and white): \$0.25/page

Financing: municipal

Legal status: municipal agency

LOW - MUNICIPALITY

4A d'Amour Road, Low, Outaouais, QC, J0X 2C0

819 422-3528 Fax: 819 422-3796

Website: www.lowquebec.ca/index_en.php

Email: reception@lowquebec.ca

Services: Management of municipal services. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.lowquebec.ca/fr/services/services-aux-citoyens/collectes-des-matieres-residuelles * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Automated emergency call system. * Recreation services: activities, day camp, etc. * Municipal libraries. * Rental of halls.

Eligibility: general public

Coverage area: Low

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

Financing: municipal

Legal status: municipal agency

LUCIEN-LALONDE LIBRARY

225 Berri Street, Gatineau, Outaouais, QC, J8Y 4K1

819 595-7460

Website: www.ville.gatineau.qc.ca/page.asp?p=quoi_faire/bibliotheque

Services: General services * Lending of books, videocassettes, CDs and CD-ROMs. * Children's activities: readiness to read (0-5 years), story time, teen bag (high school students), video game tournament, etc. * Activities for adults. * Conferences, art exhibitions, etc. Amenities and office services * Wireless Internet access and computers. * Loan of laptops and tablets for on-site use. * Photocopying, printing, faxing and scanning. * Workrooms, meeting rooms (2 to 4 people) and multi-purpose rooms (up to 40 people). * Return boxes. * Small electronics depot.

Eligibility: general public

Coverage area: QC - Outaouais County - Gatineau;

Hours: Monday to Thursday 10h00 to 20h00, Friday 10h00 to 18h00, Saturday and Sunday 10h00 to 17h00

Fees: subscription: free, photocopies and printing (black and white): \$0.25/page, color printing: \$1/page

Financing: municipal

Legal status: municipal agency

LUCY-FARIS LIBRARY

115 Principale Street, Gatineau, Outaouais, QC, J9H 3M2

819 595-7460

Website: www.ville.gatineau.qc.ca/page.asp?p=quoi_faire/bibliotheque

Services: General services * Lending of books, videocassettes, CDs and CD-ROMs. * Children's activities: readiness to read (0-5 years), story time, teen bag (high school students), video game tournament, etc. * Activities for adults. * Conferences, art exhibitions, etc. Amenities and office services * Wireless Internet access and computers. * Loan of laptops and tablets for on-site use. * Photocopying, printing, faxing and scanning. * Workrooms, meeting rooms (2 to 4 people) and multi-purpose rooms (up to 40 people). * Return boxes. * Small electronics depot.

Eligibility: general public

Coverage area: Gatineau

Hours: Monday to Thursday 12h00 to 20h00, Friday 12h00 to 18h00, Saturday 10h00 to 17h00

Fees: subscription: free, photocopies and printing (black and white): \$0.25/page, color printing: \$1/page

Financing: municipal

Legal status: municipal agency

MAISON DE LA FAMILLE DE GATINEAU

101 Gatineau Avenue, Gatineau, Outaouais, QC, J8T 4J4

819 568-6830 Fax: 819 568-2520

Website: www.maisonfg.org

Email: info@maisonfg.org

Services: Education and prevention services and activities for families. * Information and referrals. * Drop-in daycare with parent-children activities. * Accompaniment and readaptation for children with developmental conditions, as well as their close ones. * Kindergarten preparation program. * Workshops and activities: www.app.amilia.com/store/en/maisondelafamiliedegatineau/shop/programs * Evening conferences on various themes related to family. * Sharing store: sale of school supplies at a low cost. * Family bazaar: purchase and sale of maternity items and items for children 0 to 12 years old. * Book-sharing box. * Christmas party and Christmas baskets. * Opération habit de neige: distribution of winter clothing.

Eligibility: families, drop-in daycare: children 5 years old and under. their parents, preparation for kindergarten: children who will enter kindergarten the following year, accompaniment and readaptation program: children 2 to 5 years old with a diagnosis of an intellectual disability or of an autism spectrum disorder, sharing store: families on a low income

Coverage area: Gatineau, Cantley, Chelsea, Val-des-Monts, Denholm, L'Ange-Gardien, La Pêche, Pontiac, Ottawa

Hours: Monday to Friday in the morning, workshops and conferences: consult the program on the website, drop-in daycare: Tuesday or Friday morning for a 3 hour period and Saturday for a 5 hour period, as well as during the programmed activities

Fees: free, sharing store: 25% of the regular price

Financing: provincial, municipal

Legal status: non-profit organization

MAISON-DU-CITOYEN LIBRARY

25 Laurier Street, Gatineau, Outaouais, QC, J8X 4C8

819 595-7460

Website: www.ville.gatineau.qc.ca/page.asp?p=quoi_faire/bibliotheque

Services: General services * Lending of books, videocassettes, CDs and CD-ROMs. * Children's activities: readiness to read (0-5 years), story time, teen bag (high school students), video game tournament, etc. * Activities for adults. * Conferences, art exhibitions, etc. * Battery depots. Amenities and office services * Wireless Internet access and computers. * Loan of laptops and tablets for on-site use. * Photocopying, printing, faxing and scanning. * Workrooms, meeting rooms (2 to 4 people) and multi-purpose rooms (up to 40 people). * Return boxes. * Small electronics depot.

Eligibility: general public

Coverage area: Gatineau

Hours: Monday to Thursday 10h00 to 20h00, Friday 10h00 to 18h00, Saturday 11h00 to 17h00

Fees: subscription: free, photocopies and printing (black and white): \$0.25/page, color printing: \$1/page

Financing: municipal

Legal status: municipal agency

MANIWAKI - MUNICIPALITY

186 Principale Street South, Maniwaki, Outaouais, QC, J9E 1Z9

819 449-2800 Fax: 819 449-7078

Website: www.ville.maniwaki.qc.ca

Email: maniwaki@ville.maniwaki.qc.ca

Services: Management of municipal services. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste

management:www.ville.maniwaki.qc.ca/index.php/liensrapides/calendriercueillettes/residentiel-dechets-et-compostage * Ecocentre. * Community garden. * Reception and integration services for new arrivals. * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Recreation services: activities, day camp, etc. * Municipal libraries. * Rental of halls.

Eligibility: general public

Coverage area: Maniwaki

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

Financing: municipal

Legal status: municipal agency

MESSINES - MUNICIPALITY

70 Principale Street, Messines, Outaouais, QC, J0X 2J0

819 465-2323 Fax: 819 465-2943

Website: www.messines.ca

Email: info@messines.ca

Services: Management of municipal services. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.messines.ca/fr/services/hygiene-du-milieu/gestion-des-matieres-residuelles * Ecocentre. * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Recreation services: activities, day camp, etc. * Municipal libraries. * Rental of halls.

Eligibility: general public

Coverage area: Messines

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

Financing: municipal

Legal status: municipal agency

MONTCERF-LYTTON - MUNICIPALITY

18 Principale Street North, Montcerf-Lytton, Outaouais, QC, J0W 1N0

819 449-4578 Fax: 819 449-7310

Website: www.montcerf-lytton.com

Email: infos@montcerf-lytton.com

Services: Municipal services management. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.montcerf-lytton.com/fr/calendrier/calendrier-des-collectes * Ecocentre. * Fridge anti-waste. * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Recreation services: activities, day camp, etc. * Municipal libraries. * Rental of halls.

Eligibility: general public

Coverage area: Montcerf-Lytton

Hours: Monday and Tuesday 8h00 to 12h00 and 13h00 to 16h00, Wednesday 8h00 to 12h00 and 13h00 to 18h00, Thursday 8h00 to 12h00 and 13h00 to 16h00, Friday 8h00 to 13h00

Financing: municipal

Legal status: municipal agency

MULGRAVE-ET-DERRY - MUNICIPALITY

560, avenue de Buckingham, Gatineau, Outaouais, QC, J8L 2H1

819 986-9519 Fax: 819 986-9954

Website: www.mulgrave-derry.ca

Email: dg@mulgrave-derry.ca

Services: Municipal services management. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.mulgrave-derry.ca/services/?id=6#contn * Ecocentre. * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Automated emergency call system. * Recreation services: activities, day camp, etc. * Municipal library. * Rental of halls.

Eligibility: general public

Coverage area: Mulgrave-Et-Derry

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00, library: Wednesday 14h00 to 17h00, Saturday 9h00 to 12h00

Financing: municipal

Legal status: municipal agency

RÉSEAU BIBLIO DE L'OUTAOUAIS

2295 Saint-Louis Street, Gatineau, Outaouais, QC, J8T 5L8

819 561-6008 Fax: 819 561-6767

Website: www.reseaubibliooutaouais.qc.ca/fr

Email: biblio@crsbpo.qc.ca

Services: Regional network of municipal public libraries. * Loans of physical and digital documents. * Online educational, cultural and leisure resources. * Activities, learning and introductory reading kits. * Book clubs for adults and children. * Story time.

Eligibility: general public

Coverage area: Outaouais, excluding Gatineau

Hours: administration: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, library opening times: see website

Fees: subscription for residents of Network member municipalities (excluding Gatineau): free

Financing: municipal

Legal status: municipal agency

RIVIERA LIBRARY

12 de Picardie Street, Gatineau, Outaouais, QC, J8T 1N9

819 595-7460

Website: www.ville.gatineau.qc.ca/page.asp?p=quoi_faire/bibliotheque

Services: General services * Lending of books, videocassettes, CDs and CD-ROMs. * Children's activities: readiness to read (0-5 years), story time, teen bag (high school students), video game tournament, etc. * Activities for adults. * Conferences, art exhibitions, etc. Amenities and office services * Wireless Internet access and computers. * Photocopying, printing, faxing and scanning. * Workrooms and meeting rooms (2 to 4 people). * Return boxes.

Eligibility: general public

Coverage area: Gatineau

Hours: Monday to Thursday 16h00 to 20h00, Saturday 12h00 to 16h00

Fees: subscription: free, photocopies and printing (black and white): \$0.25/page

Financing: municipal

Legal status: municipal agency

SAINTE-THÉRÈSE-DE-LA-GATINEAU - MUNICIPALITY

27, chemin Principal, Sainte-Thérèse-De-La-Gatineau, Outaouais, QC, J0X 2X0

819 449-4134 Fax: 819 449-2194

Website: www.sainte-therese-de-la-gatineau.ca

Email: info@sainte-therese-de-la-gatineau.ca

Services: Municipal services management. * Practical information: pets, change of address, septic systems, etc. * Calendar of recycling and garbage collection and information on waste management: www.sainte-therese-de-la-gatineau.ca/fr/services-aux-citoyens/matieres-residuelles * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Recreation services: sports center, activities, day camp. * Municipal libraries. * Rental of halls.

Eligibility: general public

Coverage area: Sainte-Thérèse-De-La-Gatineau

Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, Friday 8h00 to 12h00

Financing: municipal

Legal status: municipal agency

Municipal sports and recreation services

KAZABAZUA - MUNICIPALITY

30 Begley Road, Kazabazua, Outaouais, QC, J0X 1X0

819 467-2852 Fax: 819 467-3872

Website: www.kazabazua.ca

Email: infos@kazabazua.ca

Services: Management of municipal services. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.kazabazua.ca/index.php/fr/servicesauxcitoyens/dechets-recyclage-et-compostage * Ecocentre. * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Automated emergency call system. * Recreation services: activities, day camp, etc. * Municipal library. * Rental of halls.

Eligibility: general public

Coverage area: Kazabazua

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

Financing: municipal

Legal status: municipal agency

LOW - MUNICIPALITY

4A d'Amour Road, Low, Outaouais, QC, J0X 2C0

819 422-3528 Fax: 819 422-3796

Website: www.lowquebec.ca/index_en.php

Email: reception@lowquebec.ca

Services: Management of municipal services. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.lowquebec.ca/fr/services/services-aux-citoyens/collectes-des-matieres-residuelles * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Automated emergency call system. * Recreation services: activities, day camp, etc. * Municipal libraries. * Rental of halls.

Eligibility: general public

Coverage area: Low

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

Financing: municipal

Legal status: municipal agency

MANIWAKI - MUNICIPALITY

186 Principale Street South, Maniwaki, Outaouais, QC, J9E 1Z9

819 449-2800 Fax: 819 449-7078

Website: www.ville.maniwaki.qc.ca

Email: maniwaki@ville.maniwaki.qc.ca

Services: Management of municipal services. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.ville.maniwaki.qc.ca/index.php/liensrapides/calendriercueillettes/residentiel-dechets-et-compostage * Ecocentre. * Community garden. * Reception and integration services for new arrivals. * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Recreation services: activities, day camp, etc. * Municipal libraries. * Rental of halls.

Eligibility: general public

Coverage area: Maniwaki

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

Financing: municipal

Legal status: municipal agency

MESSINES - MUNICIPALITY

70 Principale Street, Messines, Outaouais, QC, J0X 2J0

819 465-2323 Fax: 819 465-2943

Website: www.messines.ca

Email: info@messines.ca

Services: Management of municipal services. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.messines.ca/fr/services/hygiene-du-milieu/gestion-des-matieres-residuelles * Ecocentre. * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Recreation services: activities, day camp, etc. * Municipal libraries. * Rental of halls.

Eligibility: general public

Coverage area: Messines

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

Financing: municipal

Legal status: municipal agency

MONTCERF-LYTTON - MUNICIPALITY

18 Principale Street North, Montcerf-Lytton, Outaouais, QC, J0W 1N0

819 449-4578 Fax: 819 449-7310

Website: www.montcerf-lytton.com

Email: infos@montcerf-lytton.com

Services: Municipal services management. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.montcerf-lytton.com/fr/calendrier/calendrier-des-collectes * Ecocentre. * Fridge anti-waste. * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Recreation services: activities, day camp, etc. * Municipal libraries. * Rental of halls.

Eligibility: general public

Coverage area: Montcerf-Lytton

Hours: Monday and Tuesday 8h00 to 12h00 and 13h00 to 16h00, Wednesday 8h00 to 12h00 and 13h00 to 18h00, Thursday 8h00 to 12h00 and 13h00 to 16h00, Friday 8h00 to 13h00

Financing: municipal

Legal status: municipal agency

MULGRAVE-ET-DERRY - MUNICIPALITY

560, avenue de Buckingham, Gatineau, Outaouais, QC, J8L 2H1

819 986-9519 Fax: 819 986-9954

Website: www.mulgrave-derry.ca

Email: dg@mulgrave-derry.ca

Services: Municipal services management. * Practical information: pets, change of address, septic systems, etc. * Calendar for waste management: www.mulgrave-derry.ca/services/?id=6#contn * Ecocentre. * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Automated emergency call system. * Recreation services: activities, day camp, etc. * Municipal library. * Rental of halls.

Eligibility: general public

Coverage area: Mulgrave-Et-Derry

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00, library: Wednesday 14h00 to 17h00, Saturday 9h00 to 12h00

Financing: municipal

Legal status: municipal agency

SAINTE-THÉRÈSE-DE-LA-GATINEAU - MUNICIPALITY

27, chemin Principal, Sainte-Thérèse-De-La-Gatineau, Outaouais, QC, J0X 2X0

819 449-4134 Fax: 819 449-2194

Website: www.sainte-therese-de-la-gatineau.ca

Email: info@sainte-therese-de-la-gatineau.ca

Services: Municipal services management. * Practical information: pets, change of address, septic systems, etc. * Calendar of recycling and garbage collection and information on waste management: www.sainte-therese-de-la-gatineau.ca/fr/services-aux-citoyens/matieres-residuelles * Payment of municipal taxes. * Building permits, complaints and requests. * Fire department. * Recreation services: sports center, activities, day camp. * Municipal libraries. * Rental of halls.

Eligibility: general public

Coverage area: Sainte-Thérèse-De-La-Gatineau

Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, Friday 8h00 to 12h00

Financing: municipal

Legal status: municipal agency

Sport

ABORIGINAL COMMUNITY OF MANIWAKI

270 Notre-Dame Street, Maniwaki, Outaouais, QC, J9E 2J8

819 441-2444 Fax: 819 441-0755

Website: autochtones-maniwaki.com

Email: admin@autochtones-maniwaki.com

Services: Representation, community support, and defense of the interests of the Maniwaki Métis. * Camp Métis Abitibi and Coureur des bois: cottages, activities, training in orientation, tool sharpening, shelter building, bannock baking, forest hikes. * Mealtime gatherings. * Legal fight for the recognition of the community's ancestral rights by the Superior Court of Québec.

Eligibility: Métis, Camp Métis Abitibi: Métis who are identified or in the process of identification

Coverage area: Maniwaki

Hours: variable

Fees: members 60 years old and under: \$60 per two years and \$50 administration fee for membership (one time only), members over 60 years old: \$20 per two years, Camp Métis Abitibi: variable

Financing: self-financing, membership fees

Legal status: non-profit organization

ACADÉMIE DES RETRAITÉS DE L'OUTAOUAIS

331 Cité-des-Jeunes Boulevard, Gatineau, Outaouais, QC, J8Y 6T3

819 776-5052

Website: <https://academiedesretraites.ca/>

Email: adjointe@academiedesretraites.caa

Services: Education centre for retirees. * Lectures on general culture, health, personal development, politics, sex education, history, economics. * Language courses: Spanish beginner, intermediate and advanced level, Italian. * Computer courses: introduction to Apple computers, tablets, telephones. * Exercise classes: Yoga, weight training, Qi gong, cardio, self-defense. * Art and crafts classes. * AROBAS theatre company. * Coeur Tournesol choir. * ARO'Band music group. * Social clubs: walking club, billiards club, Velosanté bicycle club, le Pixelliste photography club, book club, travelers club, golf club, ARO'mitié club for people who are alone. * Volunteer opportunities.

Eligibility: retired people

Coverage area: Outaouais

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

Fees: variable

Financing: grants

Legal status: non-profit organization

ACTION-QUARTIERS

2 Fortier Street, Gatineau, Outaouais, QC, J8Y 4P5

819 777-7815

Email: direction@actionquartiers.ca

Services: Neighbourhood centre. * Reception. * Thematic workshops for children: drawing, cooking, crafts. * Distribution of snowsuits for children. * Activities for teenagers: animated discussion group, social evenings. * Yoga classes. * Social café. * Neighbourhood parties. * Family activities: outings to the park, soccer, kick ball, etc. * Distribution of school supplies. * Christmas baskets.

Eligibility: children, adolescents, adults

Coverage area: Saint-Jean-Bosco and Wrightville neighbourhoods of Gatineau

Hours: Monday, Wednesday, Thursday and Friday 9h00 to 16h00, Tuesday 13h00 to 16h00

Financing: grants, municipal

Legal status: non-profit organization

COMITÉ DE VIE DE QUARTIER DU VIEUX-GATINEAU

89 Jean-René-Monette Street, Gatineau, Outaouais, QC, J8P 5B8

819 893-4300

Website: cvqvg.ca

Email: info@cvqvg.ca

Services: Round table for improving neighborhood life, living conditions and community life. * Mobilization of the people and partnership with neighborhood organizations: community centre, community fair. * Committees: Vie communautaire et participation citoyenne, Concertation en itinérance du Vieux-Gatineau, Sécurité alimentaire, Exploration en logement and Familles de l'est. * Anti-waste fridge located outside the building. * Collective kitchens. * Free bicycle rental. * Bougeons ensemble: free courses promoting healthy lifestyle habits (zumba, yoga, nutrition workshops, meditation, anxiety management, etc.). * Activities in the park: cinema, art workshop, various games, etc. * Neighborhood party on Notre-Dame Street. * Place Noël: winter neighborhood party. * Neighborhood party on Gouin, Sabourin and Saint-René Street.

Eligibility: community organizations, families, general public

Coverage area: Old Gatineau, bounded to the south by the Ottawa River, to the north by Boulevard Saint-René Ouest, to the west by Montée Paiement and to the east by Lac Beauchamp

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00, anti-waste fridge: 24 hours / 7 days

Financing: municipal

Legal status: non-profit organization

ENTRE DEUX ROUES

124 Sainte-Marie Street, Gatineau, Outaouais, QC, J8Y 2B1

819 770-2233

Website: www.entredeuxroues.org

Email: entredeuxroues@videotron.ca

Services: Organization that works for the social integration of people with severe reduced mobility or multiple physical limitations, for their quality of life and autonomy improvement and for the support of their family. * Vivre chez soi: home living skills. * Autonomy, self help skills and empowerment program. * Water therapeutic bath, relaxation and sports activities adapted to different syndromes: yoga, aquafitness, boccia, etc. * Literacy and communication. * Internet café: electronics and social networks training. * Videoconferencing sessions and individual follow-ups program. * Group activities: community garden, board games, arts and crafts, occasional outings. * Collective and community meals.

Eligibility: people over 16 years old who live with a physical disability that is not related to aging, to an intellectual disability, to a behavioral problem or to other notable problem and who need physical care in their daily life

Coverage area: Outaouais

Hours: Monday, Tuesday, Thursday 8h30 to 17h00, Wednesday and Friday 8h30 to 20h00

Fees: community meals: shared fees

Financing: provincial, municipal, donations, Centraide Outaouais, fundraising campaigns

Legal status: non-profit organization

EXCELLENCE SPORTIVE OUTAOUAIS

850, rue de la Gappe, Gatineau, Outaouais, QC, J8T 0B4

819 243-2345 ext. 2821

Website: sportoutaouais.ca

Email: communication@sportoutaouais.ca

Services: Provides athletes, coaches, and sports stakeholders with front-line services to establish conditions conducive to the development of skills, competencies, and values related to the practices of sport to foster optimal performance on the provincial, national, and international scenes. * Equipment, training room, and sports accessories. * Nutrition. * Sports psychology. * Physical preparation, sports medicine services, kinesiology, and massage therapy.

Eligibility: athletes, coaches, and sports stakeholders

Coverage area: Outaouais

Hours: Monday to Friday 9h00 to 17h00

Fees: variable

Financing: municipal, provincial

Legal status: non-profit organization

LOISIR SPORT OUTAOUAIS

390 de Buckingham Avenue, Gatineau, Outaouais, QC, J8L 2G7

819 663-2575

Website: www.urlso.qc.ca

Email: info@urlso.qc.ca

Services: Stimulates regional development in leisure, sport and outdoor activities. * Training: welcoming and leisure activities for people with a disability, planning and development of a program of activities, finding partners, understanding grant applications, etc. * Secondaire en spectacle: development of youth through the practice of cultural leisure activities in the school environment. * Jeux du Québec: development of competitive sports. * Mes Premiers Jeux: introducing youth to the pleasures of competitive sports and putting them in contact with sports clubs in their region. * Expertises: outdoor activities, recreation for people with a disability, municipal, school and community recreation, day camps, volunteer work, etc. * Financial assistance programs: projects promoting physical activities, projects for people with a disability, projects related to volunteering in leisure, sport and outdoor activities, etc.

Eligibility: general public

Coverage area: Outaouais

Hours: Monday to Friday 9h00 to 16h00

Fees: annual membership: free for citizens, variable for organizations

Financing: contributions, provincial, self-financing

Legal status: non-profit organization

MAISON D'ACCUEIL MUTCHMORE

142 Mutchmore Street, Gatineau, Outaouais, QC, J8Y 3T7

819 770-0788

Website: accueilmutchmore.ca

Email: info@accueilmutchmore.ca

Services: Community centre. * Collective kitchen. * Touchatou: stimulation workshop of fine motor skills. * Francization workshop. * Projet Multigénérationnel: various intergenerational activities. * Âllo-ADOS: sports and social activities for teenagers. * Sports activities: karate classes, fitness, yoga, zumba, skiing, swimming pool outings. * Opération habit de neige: distribution of winter clothing. * School supplies. * Tax clinic.

Eligibility: people and families on a low income, newcomers, seniors, neighbourhood residents, Opération habit de neige: families on a low income with children 2 to 13 years old

Coverage area: Mutchmore and Jean Proulx neighbourhoods of Gatineau

Hours: Monday to Friday 8h30 to 15h30, reception: 9h00 to 15h00

Fees: none, Opération habit de neige: \$20 per piece of clothing

Financing: Centraide Outaouais, municipal, provincial

Legal status: non-profit organization

MAISON DE LA FAMILLE - CENTRE DE PÉDIATRIE SOCIALE LA VALLÉE-DE-LA-GATINEAU

251 Cartier Street, Maniwaki, Outaouais, QC, J9E 1R4

819 441-0282 Fax: 819 441-0283

Website: mdf-cps-vg.com

Email: maisondelafamillevg@gmail.com

Services: Family services. * Drop-in daycare. * Breastfeeding services: mentoring, breastfeeding group. * Perinatal grief support group. * Twinning for families with children between 0 and 5 years old. * Parent-child workshops: reading and writing, cooking, crafts, yoga, baby carrying, exercises, etc.. * Thematic workshops on family life: discipline, self-esteem, relationship between siblings, etc. * Baby puree preparation group, collective kitchen. * Sewing and craft workshop. * Cardiopulmonary resuscitation for babies and children classes. * Social cafes, community meals. * Social pediatry. * Birth accompaniment. * Playground. * Car seat checks. * Back-to-school sharing store.

Eligibility: families with a child 0 to 17 years old

Coverage area: MRC La Vallée-de-la-Gatineau

Hours: Monday to Thursday 9h00 to 16h00

Fees: variable

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

Legal status: non-profit organization

MASQUE DE FER (LE)

381 Maloney Boulevard East, Gatineau, Outaouais, QC, J8P 1E3

819 319-2792

Website: www.masquedefere.ca

Email: info@masquedefere.ca

Services: Mobile fencing sports club. * Training and promotion of the sport of fencing. * Fencing competition. * Online athlete training program. * Loan of equipment.

Eligibility: general public

Coverage area: Gatineau

Fees: registration: variable

Financing: self-financing

Legal status: non-profit organization

Sports and recreation for people with a disability

ALZHEIMER SOCIETY OUTAOUAIS

440 Maloney West Boulevard, Gatineau, Outaouais, QC, J8P 6W2

819 777-4232 Fax: 819 893-1397

Website: alzheimeroutaouais.com

Email: info@alzheimeroutaouais.com

Services: Accompaniment of people affected by Alzheimer's disease. * Support, information, referral and advice. * Phone counselling. * Individual and family counselling in person. * Day and respite centres: social and stimulation activities. * Accompaniment and respite at home. * Training workshops. * Support groups. * Brain stimulation workshops. * Information and awareness workshops. * Conferences. * Professional training program. * Reference platform for health care workers: <http://referenceaidancequebec.ca>

Eligibility: people living with Alzheimer's disease or any other major neurodegenerative disorder, their family, caregivers, health professionals or any other professionals related to the people affected by the disease

Coverage area: Outaouais

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

Fees: variable

Financing: fédéral, provincial, dons

Legal status: non-profit organization

AMICALE DES PERSONNES HANDICAPÉES PHYSIQUES DE L'OUTAOUAIS (L')

405 Notre-Dame Street, Gatineau, Outaouais, QC, J8P 1L7

819 663-2999

Website: amicale.ca

Email: info@amicale.ca

Services: * Free dinners for members. * Social and recreational activities: painting classes, pottery classes, film screenings, bingo, etc. * Rental, sale and exchange of used adapted equipment: chairs, bath seats, crutches, etc. * Adapted community garden.

Eligibility: people living with a physical disability

Coverage area: Outaouais

Hours: Monday to Friday 9h00 to 15h00, lunches for members: Monday, Wednesday and Friday

Fees: membership card: \$10 per year

Financing: membership fees, provincial, grants

Legal status: non-profit organization

ASSOCIATION DE L'OUÏE DE L'OUTAOUAIS

15 du Sommet Street, Gatineau, Outaouais, QC, J8Z 3M2

819 777-6767

Website: www.adoo.ca

Email: adoo@adoo.ca

Services: Defending the interests of people living with deafness. * Referral to health and work assistance services. * Literacy workshops. * Quebec Sign Language courses. * Recreational and social activities: art, cooking, coffee meetings, cultural outings. * Internet café. * Advocacy of rights of people living with deafness. * Awareness of public and parapublic organizations, various trainings.

Eligibility: people living with deafness, such as people who have become deaf, parents of children with hearing loss, and people who are hard of hearing or have tinnitus

Coverage area: Outaouais

Hours: Monday to Friday 9h00 to 16h00

Fees: annual membership: \$10 per person or \$20 per family

Financing: membership fees

Legal status: non-profit organization

ASSOCIATION POUR L'INTÉGRATION COMMUNAUTAIRE DE L'OUTAOUAIS

405 Maloney Boulevard East, Gatineau, Outaouais, QC, J8P 6Z8

819 669-6219 Fax: 819 669-7967

Website: apico.ca

Email: info@apico.ca

Services: Support, information, mutual aid and recreational activities offered to people living with an intellectual disability and their families in order to promote and facilitate their social and community inclusion. * Civic support. * Parent group. * Social integration. * Awareness. * Daytime activities.

Eligibility: people living with an intellectual disability, their families

Coverage area: Outaouais

Hours: 7 days, variable schedule

Financing: provincial, self-financing, Centraide Outaouais

Legal status: non-profit organization

BOULEV'ART DE LA VALLÉE (LE)

132 MacLaren Street, Gatineau, Outaouais, QC, J8L 1K1

819 281-0680 ext. 226 Fax: 819 281-2170

Website: www.boulev-art.ca

Email: directeur@boulev-art.ca

Services: Services for people living with mental health problems * Housing: supervised apartments. * Work experience program: pre-employability experience in an adapted work environment. * Mutual aid group. * Support. * Recreational and social activities. Daytime environment * Collective kitchen. * Tai chi classes. * Public computers. * Social cafes. * Recreational and social activities. * Community dinners. * Collective garden.

Eligibility: people experiencing mental health problems

Coverage area: MRC La Vallée-de-la-Gatineau

Hours: Monday, Tuesday, Thursday and Friday 8h30 to 15h30, Wednesday 10h30 to 15h30

Fees: none

Financing: provincial

Legal status: non-profit organization

CAFÉ LE RENDEZ-VOUS

116 Saint-Joseph Boulevard, Gatineau, Outaouais, QC, J8Y 3W8

819 771-7272 poste 223 Fax: 819 771-4791

Website: www.maisonrealite.org

Email: info@maisonrealite.org

Services: Day centre in mental health. * Leisure, sporting and cultural activities. * Arts workshops. * Personal development workshops. * Group outings and visits to local organizations.

Eligibility: people 18 years and over living with a mental health disorder

Coverage area: Gatineau

Hours: Monday to Friday 10h00 to 15h00

Fees: variable

Financing: provincial

Legal status: non-profit organization

ENTRE DEUX ROUES

124 Sainte-Marie Street, Gatineau, Outaouais, QC, J8Y 2B1

819 770-2233

Website: www.entredeuxroues.org

Email: entredeuxroues@videotron.ca

Services: Organization that works for the social integration of people with severe reduced mobility or multiple physical limitations, for their quality of life and autonomy improvement and for the support of their family. * Vivre chez soi: home living skills. * Autonomy, self help skills and empowerment program. * Water therapeutic bath, relaxation and sports activities adapted to different syndromes: yoga, aquafitness, boccia, etc. * Literacy and communication. * Internet café: electronics and social networks training. * Videoconferencing sessions and individual follow-ups program. * Group activities: community garden, board games, arts and crafts, occasional outings. * Collective and community meals.

Eligibility: people over 16 years old who live with a physical disability that is not related to aging, to an intellectual disability, to a behavioral problem or to other notable problem and who need physical care in their daily life

Coverage area: Outaouais

Hours: Monday, Tuesday, Thursday 8h30 to 17h00, Wednesday and Friday 8h30 to 20h00

Fees: community meals: shared fees

Financing: provincial, municipal, donations, Centraide Outaouais, fundraising campaigns

Legal status: non-profit organization

GRENIER D'APPRENTISSAGE JACQUES L. CHARBONNEAU

477 Bélanger Street, Gatineau, Outaouais, QC, J8L 2M3

819 281-6470 Fax: 819 281-6470

Email: legrenierdapprentissage@videotron.ca

Services: Day centre. * Workshops for socio-affective, language, cognitive, motor and autonomy development. * Literacy, mathematics. * Cultural outings. * Family activities. * Educational and recreational workshops: multicultural cuisine, anatomy, history, geography.

Eligibility: people 18 years and older with an intellectual disability

Capacity: 16 people

Coverage area: Gatineau

Hours: Monday to Friday 8h00 to 15h00

Fees: membership card: \$10 per year

Financing: provincial, grants, membership fees

Legal status: non-profit organization

LOISIR SPORT OUTAOUAIS

390 de Buckingham Avenue, Gatineau, Outaouais, QC, J8L 2G7

819 663-2575

Website: www.urlso.qc.ca

Email: info@urlso.qc.ca

Services: Stimulates regional development in leisure, sport and outdoor activities. * Training: welcoming and leisure activities for people with a disability, planning and development of a program of activities, finding partners, understanding grant applications, etc. * Secondaire en spectacle: development of youth through the practice of cultural leisure activities in the school environment. * Jeux du Québec: development of competitive sports. * Mes Premiers Jeux: introducing youth to the pleasures of competitive sports and putting them in contact with sports clubs in their region. * Expertises: outdoor activities, recreation for people with a disability, municipal, school and community recreation, day camps, volunteer work, etc. * Financial assistance programs: projects promoting physical activities, projects for people with a disability, projects related to volunteering in leisure, sport and outdoor activities, etc.

Eligibility: general public

Coverage area: Outaouais

Hours: Monday to Friday 9h00 to 16h00

Fees: annual membership: free for citizens, variable for organizations

Financing: contributions, provincial, self-financing

Legal status: non-profit organization

MAISON AMITIÉ DE LA HAUTE-GATINEAU

108, du Christ-Roi Street, Maniwaki, Outaouais, QC, J9E 1C3

819 449-6777 Fax: 819 449-7484

Website: www.rocsmo.ca/membres/maison-amitie-de-la-haute-gatineau

Email: maisonamitie@videotron.ca

Services: Organization that aims to break isolation and facilitate social reintegration of people with temporary or persistent mental health issues. * Temporary and long-term housing (address: 108, du Christ-Roi Street, J9E 1C3). * Day centre. * Psychosocial support. * Internal support program: accompaniment for medical appointments, follow-up, budgeting support, etc. * Literacy. * Sports, creative and socio-recreational group activities. * Conferences and information workshops.

Eligibility: adults with temporary or persistent mental health issues

Coverage area: MRC La Vallée-de-la-Gatineau

Hours: Day Centre: Tuesday, Wednesday, Thursday 8h30 to 15h30

Fees: long-term housing: \$530 per month with an annual increase on April 1

Financing: provincial, donations

Legal status: non-profit organization

MAISON RÉALITÉ

10 Jeanne-d'Arc Street, Gatineau, Outaouais, QC, J8Y 2H2

819 776-1214 Fax: 819 776-5955

Website: www.maisonrealite.org

Email: info@maisonrealite.org

Services: Support and psychosocial rehabilitation in mental health. * Shelter aimed at autonomy and social reintegration (three to eighteen months). * Support in the community: interventions and individualized follow-ups in the person's living environment. * Educational and recreational activities.

Eligibility: people 18 years and over with a mental health disorder

Coverage area: Gatineau

Hours: 24 hours / 7 days

Fees: shelter: variable, activities and support: none

Financing: provincial

Legal status: non-profit organization

SOCIÉTÉ CANADIENNE DE LA SCLÉROSE EN PLAQUES - DIVISION DU QUÉBEC - SECTION OUTAOUAIS

10 Noël Street, Suite 112, Gatineau, Outaouais, QC, J8Z 3G5

1 819 778-1450 Fax: 1 819 778-7058

Website: mscanada.ca/ms-canada-outaouais

Email: info.outaouais@scleroseenplaques.ca

Services: * Information, documentation and referral. * Psychological support. * Self-help group. * Day activity centre. * Home and hospital visits. * Civic support service: help with filling out forms, accompaniment to go vote, budget management. * Recreational and social activities. * Equipment loan. * Promotion and defence of rights. * Conferences.

Eligibility: people with multiple sclerosis, their relatives

Coverage area: Outaouais

Hours: Monday to Friday 8h00 to 15h00

Financing: donations, fundraising campaigns

Legal status: non-profit organization

TRAIT D'UNION OUTAOUAIS

109 Wright Street, Suite 109, Gatineau, Outaouais, QC, J8X 2G7

819 595-1290

Website: www.traitudunionoutaouais.com/en/

Email: info@traitudunionoutaouais.com

Services: Social integration for autistic people. Family services * Daytime, evening and weekend respite. * Support group for parents. * Thematic activities on autism. * Family social activities. * Support and information for families and entourage. * Adapted material production room: color photocopier, laminating, machine, pictogram software, sheets and cardboard. Services for children with autism * Educational and social activities. * Day camp in summer. Services for adults with autism * Leisure activities. * Support group. * Social outings. * Various themed workshops. Services for everyone * Info-Advice line. * Media library and documentation centre: loan of books and DVDs. * Autism-Friendly Program: an autism awareness and training program for various environments.

Eligibility: people diagnosed with autism, their relatives, training: leisure environments, awareness: schools, general population

Coverage area: Outaouais

Hours: Monday to Friday 8h00 to 15h00

Fees: variable

Financing: provincial, self-financing

Legal status: non-profit organization

Thrift store and material aid

CLOTHING

DONATION PICK-UPS

SCHOOL SUPPLIES

THRIFT STORES

Clothing

ACCOMPAGNEMENT DES FEMMES IMMIGRANTES DE L'OUTAOUAIS

109 Wright Street, Unit 9, Gatineau, Outaouais, QC, J8X 2G7

819 776-6764

Website: afio.ca

Email: info@afio.ca

Services: Accompaniment of immigrant women in a process of cultural, economic and social integration in Outaouais. * Information sessions on the first steps of settlement: important documents to obtain, opening a bank account, looking for housing, childcare services and school registration, the Québec school system, financial aid and income tax returns, services offered by community organizations, diploma equivalencies, employability services, etc. * French classes for women and their families. * Administering oaths for documents. * Individual psychosocial support for immigrant women and women who are victims of violence. *

Accompaniment in administrative procedures. * Valorization of immigrant women who are entrepreneurs and promotion of their products. * Babel: group for seniors to break isolation through group activities, physical activity, basic English courses, etc. * Espace parent: group discussion workshops for parents on the education system in Québec, the DPJ, children integration, etc. * Workshops on democratic and Quebecois values. * Subsidized daycare in Hull and Cantley. * New winter clothes at low cost. * Ready for back to school: distribution of school supplies at low cost. * Coffee-meetings.

Eligibility: immigrant women and their families, immigrant individuals, French classes: immigrant women and men 17 years old and over and born outside Canada, Babel: women 55 years old and over, winter clothes: migrant families on a low income

Coverage area: Outaouais

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, summer: Friday 8h30 to 13h00, specific hours for certain activities

Fees: none

Financing: municipal, provincial, Centraide Outaouais

Legal status: non-profit organization

ACTION-QUARTIERS

2 Fortier Street, Gatineau, Outaouais, QC, J8Y 4P5

819 777-7815

Email: direction@actionquartiers.ca

Services: Neighbourhood centre. * Reception. * Thematic workshops for children: drawing, cooking, crafts. * Distribution of snowsuits for children. * Activities for teenagers: animated discussion group, social evenings. * Yoga classes. * Social café. * Neighbourhood parties. * Family activities: outings to the park, soccer, kick ball, etc. * Distribution of school supplies. * Christmas baskets.

Eligibility: children, adolescents, adults

Coverage area: Saint-Jean-Bosco and Wrightville neighbourhoods of Gatineau

Hours: Monday, Wednesday, Thursday and Friday 9h00 to 16h00, Tuesday 13h00 to 16h00

Financing: grants, municipal

Legal status: non-profit organization

CENTRE ALIMENTAIRE AYLNER

67 Couvent Street, Gatineau, Outaouais, QC, J9H 6A2

819 684-0163 Fax: 819 684-4714

Website: www.centrealimentaireaylmer.org

Email: caaadmin@centrealimentaireaylmer.org

Services: Food assistance and mutual aid for disadvantaged individuals and families. * Food assistance. * Social and professional reintegration. * Helping relationship. * Homelessness prevention: accompaniment in finding and maintaining housing, referrals. * Collective kitchens. * Cooking workshop. * Bien au chaud program: collection and distribution of winter clothing for children. * Online video library: informative thematic videos. * Magasin-partage scolaire: distribution of school supplies. * Magasin partage de Noël: distribution of Christmas baskets for members. * Opération habit de neige: distribution of winter clothing.

Eligibility: people and families on a low income

Coverage area: Aylmer sector of Gatineau

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

Fees: variable

Financing: Centraide Outaouais, federal, provincial, foundations, donations

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE ENTRE-NOUS

175 Front Street, Gatineau, Outaouais, QC, J9H 5S9

819 684-2236

Website: centrecommunautaireentrenous.org/en

Email: cceenaccueil@gmail.com

Services: Community centre. Food * Collective kitchen. * Nurturing forest: fruit tree planting. Childhood and youth * Drop-in daycare for 0 to 5 years old. * Homework assistance. * Drop-in breastfeeding program. * Toy library: loan of games and toys. * Pandas playgroup (0 to 5 years old): parent-child workshops. * Petit cuisiniers: cooking classes for 6 to 12 years old. * Activities for 12 to 17 years old, in partnership with Avenue des jeunes. * Entre nous filles: discussion group for Grade 5 and 6 girls. * Day camp and spring break camp. Material assistance * Opération habit de neige: distribution of winter clothing. * Shared-store for school supplies. * Recovery of used clothing. Education * French courses. * Spanish courses. Social events * Café populaire, a space for socializing. * Social and recreational activities: sewing and knitting classes, karate classes, line dancing, board game group, danse cardio classes, physical activities for seniors. * Community parties.

Eligibility: people in vulnerable situations, children, teenagers, families, seniors

Coverage area: Gatineau: MacLeod neighbourhood and surrounding areas (primarily from the following neighbourhoods: MacLeod, Vieux-Aylmer, Des Cedres, La Seigneurie)

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

Financing: provincial, municipal, Centraide Outaouais, donations

Legal status: non-profit organization

CENTRE D'ANIMATION FAMILIALE DE L'OUTAOUAIS

1312 Saint-Louis Street, Gatineau, Outaouais, QC, J8T 2M7

819 561-5196

Website: cafoutaouais.ca

Email: info@cafoutaouais.ca

Services: Neighbourhood house. Food * Collective kitchens. * Community garden. * Christmas baskets for members. * Food assistance for people participating in activities. Material assistance * Clothing assistance. * Opération habit de neige: distribution of winter clothing. * Back to School program: school supplies sharing store. * Bonhommes à Lunettes: glasses at affordable prices. Support * Homework assistance. * Drop-in daycare. * Reception, accompaniment and referral. * Individual meeting, listening and intervention. Activities * Developmental stimulation activities for children. * Workshop Au Petit Jardin: preparation for kindergarten. * Parent-child activities. * Daycare offered to participants during activities. * Jeux d'été: summer day camp. * Activities during pedagogical Fridays. * Coffee-meeting. * Crochet and knitting club. * Various events.

Eligibility: general public, adults, children, developmental stimulation activities: children 0 to 5 years old

Coverage area: Pointe-Gatineau district of Gatineau (Ruisseau, Saint-Rosaire, Jacques-Cartier and Lafèche neighborhoods of Gatineau)

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

Fees: variable

Financing: federal, provincial, municipal, Centraide Outaouais, grants, donations

Legal status: non-profit organization

COMITÉ PARTAGE SAINT-PIERRE-CHANEL

17 Des Groseilliers Street, Gatineau, Outaouais, QC, J8Z 1M4

819 776-3030

Email: comitepartage.spc@gmail.com

Thrift store and material aid

Services: * Monthly delivery of food aid. * Delivery of Christmas baskets. * Collection and donation of household items and clothing: kitchen utensils, small appliances, household items, bedding, winter clothing, children's clothing, adult clothing, etc. * Starter kit for infants.

Eligibility: individuals and families with low incomes

Coverage area: Paroisse Saint-Pierre-Chanel

Hours: lundi au vendredi 9h00 à 17h00, by appointment

Fees: none

Financing: donations, self-financing, fundraising campaigns

Legal status: non-profit organization

ENFANTS DE L'ESPOIR DE HULL (LES)

107 Dollard-Des Ormeaux Street, Gatineau, Outaouais, QC, J8X 3M2

343 204-3774 Fax: 819 778-7400

Website: www.enfantsdelespoirhull.org

Email: info@enfantsdelespoirhull.org

Services: Centre providing adapted help for families. * Toddlers: preparation for starting kindergarten and school, summer program with sports, artistic and cooking activities. * Children from 6 to 12 years old: after-school activities, school support, weekend activities at the swimming pool and of cross-country skiing, drama classes and free theater shows, March camp, summer camp. * Adults: collective kitchens, 0-5 parent-children workshops, art and sewing classes, creative workshops, self-esteem classes, parenting classes, food assistance, coffee-meetings. * Families: family meals and excursions, family and community events, sharing store, sports and cultural activities. * Opération habits de neige: new winter clothing for children 0 to 12 years old for \$20. * Christmas baskets.

Eligibility: children 0 to 12 years old and their parents, families in need

Coverage area: Hull Island (Sacré-Coeur, Vieux-Hull Est and Vieux-Hull Ouest neighbourhoods of Gatineau)

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

Fees: none

Financing: Centraide Outaouais, federal, provincial, municipal, foundations

Legal status: non-profit organization

ESPOIR ROSALIE DE GATINEAU

763 Saint-Louis Street, Gatineau, Outaouais, QC, J8T 2S9

819 243-7663 Fax: 819 243-7648

Website: www.espoirrosalie.org

Email: info@espoirrosalie.org

Services: Services for single mothers and their children. Women's Services * Individual follow-up: listening, accompaniment, support in the process, home visits, etc. * Parenting Skills Workshops. * Personal growth workshops, * Recreational activities. * Psychoeducational workshops on various topics. * Collective kitchen. * Food assistance. * Free mini thrift store. * Christmas sponsorships. * Snowsuit Program, in collaboration with Centraide. Children's Services * Daycare and drop-in, meals and snacks provided. * Individual follow-up. * Gross motor skills workshops for children from 0 to 5 years old. * Psychoeducational workshops for children from 6 to 12 years old. * Summer camp for children from 6 to 12 years old Family Services. * Workshops and mother-child activities. * Family Respite: stay in a cottage with the family.

Eligibility: single mothers, their children

Coverage area: Gatineau

Hours: Monday to Wednesday 8h30 to 15h30, Thursday 8h30 to 15h30 and 17h00 to 20h00, Saturday 8h30 to 15h30

Fees: none

Financing: provincial, Centraide Outaouais, foundations, donations

Legal status: non-profit organization

GÎTE AMI (LE)

85 Morin Street, Gatineau, Outaouais, QC, J8X 0A1

819 776-0134 Fax: 819 776-9916

Website: www.legiteami.org

Email: accueil@legiteami.org

Services: * Emergency shelter accommodation for people in difficulty including meals, clothing counter, laundry, showers and psychological support. * Transitional housing aimed at residential stability and social integration. * Counselling, support, accompaniment and referral. * Distribution of Naloxone kits, consumption material, hygiene products and clothing.

Eligibility: people 18 and over who are homeless or in difficulty

Capacity: emergency shelter: 60 beds

Coverage area: Outaouais

Hours: 24 hours / 7 days

Fees: emergency shelter: \$5 per day

Financing: Centraide Outaouais, provincial, federal, donations

Legal status: non-profit organization

GROUPE COMMUNAUTAIRE DESCHÊNES

55 Vanier Road, Gatineau, Outaouais, QC, J9H 1X5

819 684-7999 Fax: 819 557-0771

Website: groupedeschenes.myfreesites.net

Email: gcd_intervenante@hotmail.com

Services: Meeting place and support for families. * Petits-Mousses: social activities for children and parents. * Drop-in daycare for young children. * Homework club. * Petits Cooks. * Collective kitchen. * Day camp: summer and spring break. * Neighbourhood parties. * Physical activities: zumba and tai chi. * Sharing store: low-cost school supplies. * Recovery of small used items: toys, books, clothing, kitchenware, etc. * Christmas baskets. * Snow suit. * Bonhomme à lunette service point: low-cost glasses.

Eligibility: families, adults, new arrivals, petits-mousses and drop-in daycare: children 0 to 5 years old, homework club, petits Cooks and summer day camp: children 6 to 12 years old

Coverage area: Gatineau: Aylmer district

Hours: Monday to Friday 9h00 to 17h00, Bonhomme à lunette: no appointment necessary, Wednesday 11h30 to 14h00

Financing: municipal, provincial, Centraide Outaouais

Legal status: non-profit organization

MAISON ALCIDE-CLÉMENT

132 Saint-Jacques Street, Gatineau, Outaouais, QC, J8X 2Z4

819 776-1306

Email: maisonalcideclement@videotron.ca

Services: Community and family living environment. * Stimulation activities for children aged 0 to 5. * Day camp. * Back-to-School sharing store. * Collective kitchens. * Relevailles: in-home postnatal support for babies aged 0 to 12 months. * Coffee meetings.

Eligibility: people 0 to 17, parents, families

Coverage area: Gatineau

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

Fees: annual membership: \$15

Financing: provincial

Legal status: non-profit organization

MAISON COMMUNAUTAIRE DANIEL-JOHNSON

22 Arthur-Buies Street, Gatineau, Outaouais, QC, J8Z 1P5

819 772-6625

Email: mcdj@bellnet.ca

Thrift store and material aid

Services: Community centre. * Access to a computer, Internet, and fax. * Social and recreational activities: for teenagers, families, parents-children. * Social café. * Homework club. * Collective kitchen. * Community breakfast. * Knitting and crochet circle. * Introduction to cross-country for youth 9 to 12 years old. * Operation Snowsuit Outaouais: winter clothing for children. * Cooking workshops minis-chefs 8 to 12 years old. * Back to school program: store-sharing school supplies. * Women's circle. * Halloween and Christmas celebrations. * Neighbourhood party.

Eligibility: citizens of the Daniel-Johnson neighbourhood in the Hull sector of Gatineau

Coverage area: Daniel-Johnson neighbourhood in the Hull sector of Gatineau

Hours: Tuesday to Thursday 9h00 to 12h00 and 13h00 to 16h30

Financing: donations

Legal status: non-profit organization

MAISON D'ACCUEIL MUTCHMORE

142 Mutchmore Street, Gatineau, Outaouais, QC, J8Y 3T7

819 770-0788

Website: accueilmutchmore.ca

Email: info@accueilmutchmore.ca

Services: Community centre. * Collective kitchen. * Touchatou: stimulation workshop of fine motor skills. * Francization workshop. * Projet Multigénérationnel: various intergenerational activities. * Âllo-ADOS: sports and social activities for teenagers. * Sports activities: karate classes, fitness, yoga, zumba, skiing, swimming pool outings. * Opération habit de neige: distribution of winter clothing. * School supplies. * Tax clinic.

Eligibility: people and families on a low income, newcomers, seniors, neighbourhood residents, Opération habit de neige: families on a low income with children 2 to 13 years old

Coverage area: Mutchmore and Jean Proulx neighbourhoods of Gatineau

Hours: Monday to Friday 8h30 to 15h30, reception: 9h00 to 15h00

Fees: none, Opération habit de neige: \$20 per piece of clothing

Financing: Centraide Outaouais, municipal, provincial

Legal status: non-profit organization

MAISON DE L'AMITIÉ DE HULL

58 Hanson Street, Gatineau, Outaouais, QC, J8Y 3M5

819 772-6622 Fax: 819 772-2014

Email: maisonamitiehull@videotron.ca

Services: Community centre. * Neighbourhood intervention, accompaniment, citizen participation. * Individual and collective intervention, youth intervention. * Homework club. * Literacy. * Support in looking for employment, help writing a résumé. * Community garden. * Collective kitchen. * Community lunches. * Marché Mobile de Gatineau. * Respite for families with the organization Équipe soutien-famille. * Teenager program: March camp, summer camp, ski. * Educational activities. * Knitting workshops. * Swimming pool trips and community soccer. * Coffee Mondays. * Back-to-school sharing store. * Opération habit de neige: distribution of low-cost winter clothing. * Neighbourhood parties: summer, Halloween, Christmas.

Eligibility: people and families on a low income

Capacity: variable depending on the activity

Coverage area: Jean-Dallaire and surrounding areas in the Hull sector of Gatineau

Hours: reception: Monday to Friday 8h00 to 15h30, activities and intervention: evenings and weekends

Fees: variables

Financing: municipal, provincial, Centraide Outaouais

Legal status: non-profit organization

MAISON DE LA FAMILLE DE GATINEAU

101 Gatineau Avenue, Gatineau, Outaouais, QC, J8T 4J4

819 568-6830 Fax: 819 568-2520

Website: www.maisonfg.org

Email: info@maisonfg.org

Services: Education and prevention services and activities for families. * Information and referrals. * Drop-in daycare with parent-children activities. * Accompaniment and readaptation for children with developmental conditions, as well as their close ones. * Kindergarten preparation program. * Workshops and activities: www.app.amilia.com/store/en/maisondelafamiliedegatineau/shop/programs * Evening conferences on various themes related to family. * Sharing store: sale of school supplies at a low cost. * Family bazaar: purchase and sale of maternity items and items for children 0 to 12 years old. * Book-sharing box. * Christmas party and Christmas baskets. * Opération habit de neige: distribution of winter clothing.

Eligibility: families, drop-in daycare: children 5 years old and under. their parents, preparation for kindergarten: children who will enter kindergarten the following year, accompaniment and readaptation program: children 2 to 5 years old with a diagnosis of an intellectual disability or of an autism spectrum disorder, sharing store: families on a low income

Coverage area: Gatineau, Cantley, Chelsea, Val-des-Monts, Denholm, L'Ange-Gardien, La Pêche, Pontiac, Ottawa

Hours: Monday to Friday in the morning, workshops and conferences: consult the program on the website, drop-in daycare: Tuesday or Friday morning for a 3 hour period and Saturday for a 5 hour period, as well as during the programmed activities

Fees: free, sharing store: 25% of the regular price

Financing: provincial, municipal

Legal status: non-profit organization

MAISON DE LA FAMILLE VALLÉE-DE-LA-LIÈVRE

321 Buckingham Avenue, Gatineau, Outaouais, QC, J8L 2G4

819 281-4359

Website: mdf-valleedelalievre.ca

Email: info@mdf-valleedelalievre.ca

Services: Family services. * Drop-in daycare for children 5 years old and under. * Stimulation activities for children 0 to 5 years old. * Games for children aged 6 to 12 years old on Saturdays. * Respite care. * Nobody's Perfect and Parents en couleur programs: parenting skills workshops. * Clothing assistance. * Matching gifts. * Annual golf tournament. * Warm Kids Program: low-cost snowsuits. * Sensory room. * Back to School: school supplies sharing store. * Christmas baskets.

Eligibility: families

Coverage area: Vallée-de-la-Lièvre urban village of Gatineau

Hours: Monday to Friday 9h00 to 16h00

Fees: variable

Financing: provincial, federal, grants

Legal status: non-profit organization

MAISON DE QUARTIER NOTRE-DAME

280 Maloney Boulevard East, Gatineau, Outaouais, QC, J8P 1C6

819 893-6763

Email: intervenant.mqnd@gmail.com

Services: * Participation in Opération habit de neige: distribution of snowsuits for children. * School supplies sharing store. * Book club. * Social activities.

Coverage area: Notre-Dame neighbourhood of Gatineau

Hours: Monday to Thursday 9h00 to 16h00, Friday 9h00 to 12h00

Financing: self-financing

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - COMPTOIR RIVIERA

165 de Gatineau Avenue, Gatineau, Outaouais, QC, J8T 4J7

819 561-1622

Email: comptoir.riviera@videotron.ca

Services: * Thrift store: clothing, housewares, furniture, appliances, toys and books. * Emergency clothing assistance.

Coverage area: Gatineau

Hours: Monday to Friday 9h00 to 17h00, Saturday 9h00 to 16h00

Fees: variable

Financing: self-financing

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - COMPTOIR RIVIERA - COMPTOIR DE LA BASSE-LIÈVRE

438 de Buckingham Avenue, Gatineau, Outaouais, QC, J8L 2G7

819 281-3636

Email: comptoir.riviera@videotron.ca

Services: * Thrift store: clothing, housewares, furniture, appliances, toys and books. * Emergency clothing assistance.

Coverage area: Gatineau

Hours: Monday to Friday 9h00 to 17h00, Saturday 9h00 to 16h00

Fees: variable

Financing: self-financing

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - CONFÉRENCE SAINT-PAUL

117 Front Street, Gatineau, Outaouais, QC, J9H 5S9

819 685-1343

Website: ssvp.ca

Email: ssvp2006@hotmail.com

Services: * Donations of food, vouchers for grocery stores, clothes, household appliances, bedding and furniture, delivered home by a volunteer. * Christmas baskets.

Eligibility: people on a low income

Coverage area: Aylmer

Hours: voicemail: 24 hours / 7 days

Fees: none

Financing: donations, fundraising campaigns

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - SAINT MARK THE EVANGELIST CONFERENCE

160 Principale Street, Gatineau, Outaouais, QC, J9H 3M8

819 685-1343

Website: ssvp.ca

Email: national@ssvp.ca

Services: * Donation of food, vouchers for local grocery stores, clothing, school lunches and supplies, appliances, bedding and furniture. * Donations are delivered at home by volunteers. * Paniers de Noël. * Christmas meal.

Eligibility: english community of Aylmer

Coverage area: Aylmer sector of Gatineau

Hours: helpline: 24 hours / 7 days, your call will be returned the next day

Fees: none

Financing: donations

Legal status: non-profit organization

SOLIDARITÉ GATINEAU-OUEST

1096 Saint-Louis Street, Gatineau, Outaouais, QC, J8T 2R7

819 246-2029 Fax: 819 246-9819

Website: solidaritegatineauouest.ca

Email: s.g.o@videotron.ca

Services: Activities and support centre for individuals and families. Food services * Family parties and meals. * Collective kitchens. * Community gardens. * Christmas baskets. Youth and family * Drop-in daycare. * Day camp. * Jeux d'enfants: child development activities with parents. * Parenting skills workshops: Y'app, Gestion des émotions et du stress, Communication non violence parent-enfant. * Homework help and accompaniment. * Low-cost school supplies. Support services to individuals * Reception, accompaniment and helping relation. * Registration assistance for the Volunteer Centre's tax clinic. * Discussion group workshops. * Training in personal development. * Assistance with filling out forms. * French course. * Sewing course. * Thrift store. * Opération habit de neige: sale of children's snowsuits at low cost. * Internet access. * Volunteering.

Eligibility: people and families on a low income or in a vulnerable situation

Coverage area: Outaouais

Hours: Monday to Friday 9h00 to 16h00

Fees: Opération habit de neige: \$15 to \$20

Financing: provincial, municipal, Centraide Outaouais, donations

Legal status: non-profit organization

Donation pick-ups

CHIFFONNIERS-BATISSEURS D'EMMAUS DE HULL (LES)

175 Eddy Street, Gatineau, Outaouais, QC, J8X 2X1

819 771-5309

Services: * Sale of used items at low prices: clothing, appliances, furniture, etc. * Home delivery. * Home collection of furniture, clothing and other items.

Eligibility: general public

Coverage area: Gatineau

Hours: Monday to Friday 9h00 to 16h00, Saturday 9h00 to 13h00

Fees: variable, delivery: \$35

Financing: donations, self-financing

Legal status: non-profit organization

COMPTOIR EMMAUS - BUCKINGHAM

346 Charles Street, Gatineau, Outaouais, QC, J8L 2J9

819 986-7432

Services: * Sale of used items at low prices: clothing, appliances, furniture, etc. * Home delivery. * Home collection of furniture, clothing and other items.

Eligibility: general public

Coverage area: Gatineau

Hours: Monday to Saturday 9h30 to 16h00

Fees: variable, delivery: \$35

Financing: donations, self-financing

Legal status: non-profit organization

ENTRAIDE FAMILIALE DE L'OUTAOUAIS - USED ITEMS RECOVERY

276-A Saint-Joseph Boulevard, Gatineau, Outaouais, QC, J8Y 3Y3

819 525-6886 ext. 227 Fax: 819 525-6134

Website: www.entraidefamiliale.com

Email: communications.efo@gmail.com

Services: * Home collection of donated furniture, small and large household appliances, beds, mattresses and baby furniture.

Eligibility: general public

Coverage area: Outaouais

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h00, Friday 8h30 to 11h30, donations pick-up: by appointment

Fees: furniture pick-up: \$20

Financing: Centraide Outaouais, provincial, federal, donations

Legal status: non-profit organization

RELANCE (LA)

270 des Allumettières Boulevard, Gatineau, Outaouais, QC, J8X 1N3

819 770-6444 Fax: 819 770-5328

Website: larelance.ca/en

Email: info@larelance.ca

Services: Employment assistance centre. Employment integration program * Paid 20-week internship in one of the companies of La Relance's companies: Hebdo Ménage, Service technologique La Relance. * Psychosocial accompaniment. * Support for skills development. * Workshops and special activities to the job search. * Training technique. * Individualized 24-month follow-up at the end of the program. Job finding club * Group training of 3 weeks. * Writing a CV, cover letter and a business card. * Interview simulation. * Job search and communication strategy. Job finding strategy * Individual or group training sessions lasting 4 days. * Job search strategies and tools update. * Interview simulation, CV and cover letter writing. * Accompaniment by a counselor for 4 weeks after the program. Specialized labour service * Individual consultations. * Job search assistance. * Professional integration and follow-up. Evolution service * Individual intervention or group workshops for men lasting 6 months to 1 year. * Personalized accompaniment in job search and integration. * Development of skills, self-knowledge activities. * Follow-up for job retention. Services to companies * Support in staff recruitment. * Personalized accompaniment. * Advice and training. Services offered by integration companies * Full commercial and industrial cleaning services. * Recovery and refurbishment of computers and IT equipment from public institutions and the private sector. * Free or low-cost distribution of computer equipment to schools, non-profit organizations, childcare centres and indigenous communities.

Eligibility: employment integration program: people 16 years and over with difficulties finding or keeping a job and who are not attending school full time, job finding club: people 16 years and over, job finding strategy: people 16 years and over who are job-ready and already have job search skills, specialized labour service: people 16 years and over with one or more disabilities with supporting written medical evidence, evolution service: men 35 years and over with difficulties in finding, integrating and maintaining employment, technical work experience program: graduates 16 to 30 years old with a college diploma or having completed at least one semester of a post-secondary program, preferably in a computer-related field, business services: companies looking for workers, computer hardware recovery: public institutions, businesses, computer hardware distribution: schools, non-profit organizations, indigenous communities

Coverage area: Outaouais

Hours: Monday to Friday 8h30 to 16h30

Fees: variable

Financing: federal, provincial, self-financing

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - COMPTOIR RIVIERA - USED ITEMS RECOVERY

165 de Gatineau Avenue, Gatineau, Outaouais, QC, J8T 4J7

819 561-1622

Website: comptoirsvpriviera.ca

Email: comptoir.riviera@videotron.ca

Services: * On-site collection of used items: clothing, household items, furniture, appliances, toys and books. * Home collection of furniture, appliances and other heavy items. * Other address at Comptoir de la Basse-Lièvre, 438 de Buckingham Avenue, Gatineau, J8L 2G7.

Coverage area: Gatineau

Hours: Comptoir Riviera: Monday to Saturday 9h00 to 17h00, Comptoir de la Basse-Lièvre: Monday to Friday 9h00 to 17h00, Saturday 9h00 to 16h00

Financing: self-financing

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - COMPTOIR SAINT-VINCENT DE PAUL DE HULL - USED ITEMS RECOVERY

102 Eddy Street, Gatineau, Outaouais, QC, J8X 2W4

819 776-1068 Fax: 819 776-4216

Website: www.comptoirsvincentdepaulhull.org

Email: csvdp@qc.aira.com

Services: * On-site pick-up and home collection of used items: clothing, furniture, appliances, mattresses, electrical appliances, toys and books.

Coverage area: Gatineau, Hull and Aylmer sectors of Gatineau

Hours: Monday to Friday 9h00 to 16h30, Saturday 9h00 to 16h30, Sunday 10h30 to 16h30

Fees: none

Financing: self-financing

Legal status: non-profit organization

School supplies

ACCOMPAGNEMENT DES FEMMES IMMIGRANTES DE L'OUTAOUAIS

109 Wright Street, Unit 9, Gatineau, Outaouais, QC, J8X 2G7

819 776-6764

Website: afio.ca

Email: info@afio.ca

Services: Accompaniment of immigrant women in a process of cultural, economic and social integration in Outaouais. * Information sessions on the first steps of settlement: important documents to obtain, opening a bank account, looking for housing, childcare services and school registration, the Québec school system, financial aid and income tax returns, services offered by community organizations, diploma equivalencies, employability services, etc. * French classes for women and their families. * Administering oaths for documents. * Individual psychosocial support for immigrant women and women who are victims of violence. *

Accompaniment in administrative procedures. * Valorization of immigrant women who are entrepreneurs and promotion of their products. * Babel: group for seniors to break isolation through group activities, physical activity, basic English courses, etc. * Espace parent: group discussion workshops for parents on the education system in Québec, the DPJ, children integration, etc. * Workshops on democratic and Quebecois values. * Subsidized daycare in Hull and Cantley. * New winter clothes at low cost. * Ready for back to school: distribution of school supplies at low cost. * Coffee-meetings.

Eligibility: immigrant women and their families, immigrant individuals, French classes: immigrant women and men 17 years old and over and born outside Canada, Babel: women 55 years old and over, winter clothes: migrant families on a low income

Coverage area: Outaouais

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, summer: Friday 8h30 to 13h00, specific hours for certain activities

Fees: none

Financing: municipal, provincial, Centraide Outaouais

Legal status: non-profit organization

ACTION-QUARTIERS

2 Fortier Street, Gatineau, Outaouais, QC, J8Y 4P5

819 777-7815

Email: direction@actionquartiers.ca

Services: Neighbourhood centre. * Reception. * Thematic workshops for children: drawing, cooking, crafts. * Distribution of snowsuits for children. * Activities for teenagers: animated discussion group, social evenings. * Yoga classes. * Social café. * Neighbourhood parties. * Family activities: outings to the park, soccer, kick ball, etc. * Distribution of school supplies. * Christmas baskets.

Eligibility: children, adolescents, adults

Coverage area: Saint-Jean-Bosco and Wrightville neighbourhoods of Gatineau

Hours: Monday, Wednesday, Thursday and Friday 9h00 to 16h00, Tuesday 13h00 to 16h00

Financing: grants, municipal

Legal status: non-profit organization

APPART ADOJEUNE (L')

1133 Maloney Street East, Gatineau, Outaouais, QC, J8P 1H8

819 439-1010

Website: adojeune.org

Email: coordoappart@adojeune.org

Services: * Emergency shelter for a minimum of 14 and up to 21 days. * Support group for parents of housed children. * Workshops and community activities.

Eligibility: people 12 to 17 years old, their parents

Capacity: 9 beds, 1 overflow bed

Coverage area: Outaouais

Hours: 24 hours / 7 days

Financing: provincial, Centraide Outaouais, foundations

Legal status: non-profit organization

CENTRE ALIMENTAIRE AYLMEYER

67 Couvent Street, Gatineau, Outaouais, QC, J9H 6A2

819 684-0163 Fax: 819 684-4714

Website: www.centrealimentaireaylmer.org

Email: caaadmin@centrealimentaireaylmer.org

Services: Food assistance and mutual aid for disadvantaged individuals and families. * Food assistance. * Social and professional reintegration. * Helping relationship. * Homelessness prevention: accompaniment in finding and maintaining housing, referrals. * Collective kitchens. * Cooking workshop. * Bien au chaud program: collection and distribution of winter clothing for children. * Online video library: informative thematic videos. * Magasin-partage scolaire: distribution of school supplies. * Magasin partage de Noël: distribution of Christmas baskets for members. * Opération habit de neige: distribution of winter clothing.

Eligibility: people and families on a low income

Coverage area: Aylmer sector of Gatineau

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

Fees: variable

Financing: Centraide Outaouais, federal, provincial, foundations, donations

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE ENTRE-NOUS

175 Front Street, Gatineau, Outaouais, QC, J9H 5S9

819 684-2236

Website: centrecommunautaireentrenous.org/en

Email: ccenaccueil@gmail.com

Services: Community centre. Food * Collective kitchen. * Nurturing forest: fruit tree planting. Childhood and youth * Drop-in daycare for 0 to 5 years old. * Homework assistance. * Drop-in breastfeeding program. * Toy library: loan of games and toys. * Pandas playgroup (0 to 5 years old): parent-child workshops. * Petit cuisiniers: cooking classes for 6 to 12 years old. * Activities for 12 to 17 years old, in partnership with Avenue des jeunes. * Entre nous filles: discussion group for Grade 5 and 6 girls. * Day camp and spring break camp. Material assistance * Opération habit de neige: distribution of winter clothing. * Shared-store for school supplies. * Recovery of used clothing. Education * French courses. * Spanish courses. Social events * Café populaire, a space for socializing. * Social and recreational activities: sewing and knitting classes, karate classes, line dancing, board game group, danse cardio classes, physical activities for seniors. * Community parties.

Eligibility: people in vulnerable situations, children, teenagers, families, seniors

Coverage area: Gatineau: MacLeod neighbourhood and surrounding areas (primarily from the following neighbourhoods: MacLeod, Vieux-Aylmer, Des Cedres, La Seigneurie)

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

Financing: provincial, municipal, Centraide Outaouais, donations

Legal status: non-profit organization

ENFANTS DE L'ESPOIR DE HULL (LES)

107 Dollard-Des Ormeaux Street, Gatineau, Outaouais, QC, J8X 3M2

343 204-3774 Fax: 819 778-7400

Website: www.enfantsdelespoirhull.org

Email: info@enfantsdelespoirhull.org

Services: Centre providing adapted help for families. * Toddlers: preparation for starting kindergarten and school, summer program with sports, artistic and cooking activities. * Children from 6 to 12 years old: after-school activities, school support, weekend activities at the swimming pool and of cross-country skiing, drama classes and free theater shows, March camp, summer camp. * Adults: collective kitchens, 0-5 parent-children workshops, art and sewing classes, creative workshops, self-esteem classes, parenting classes, food assistance, coffee-meetings. * Families: family meals and excursions, family and community events, sharing store, sports and cultural activities. * Opération habits de neige: new winter clothing for children 0 to 12 years old for \$20. * Christmas baskets.

Eligibility: children 0 to 12 years old and their parents, families in need

Coverage area: Hull Island (Sacré-Coeur, Vieux-Hull Est and Vieux-Hull Ouest neighbourhoods of Gatineau)

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

Fees: none

Financing: Centraide Outaouais, federal, provincial, municipal, foundations

Legal status: non-profit organization

GROUPE COMMUNAUTAIRE DESCHÊNES

55 Vanier Road, Gatineau, Outaouais, QC, J9H 1X5

819 684-7999 Fax: 819 557-0771

Website: groupedeschenes.myfreesites.net

Email: gcd_intervenante@hotmail.com

Services: Meeting place and support for families. * Petits-Mousses: social activities for children and parents. * Drop-in daycare for young children. * Homework club. * Petits Cooks. * Collective kitchen. * Day camp: summer and spring break. * Neighbourhood parties. * Physical activities: zumba and tai chi. * Sharing store: low-cost school supplies. * Recovery of small used items: toys, books, clothing, kitchenware, etc. * Christmas baskets. * Snow suit. * Bonhomme à lunette service point: low-cost glasses.

Eligibility: families, adults, new arrivals, petits-mousses and drop-in daycare: children 0 to 5 years old, homework club, petits Cooks and summer day camp: children 6 to 12 years old

Coverage area: Gatineau: Aylmer district

Hours: Monday to Friday 9h00 to 17h00, Bonhomme à lunette: no appointment necessary, Wednesday 11h30 to 14h00

Financing: municipal, provincial, Centraide Outaouais

Legal status: non-profit organization

MAISON ALCIDE-CLÉMENT

132 Saint-Jacques Street, Gatineau, Outaouais, QC, J8X 2Z4

819 776-1306

Email: maisonalcideclement@videotron.ca

Services: Community and family living environment. * Stimulation activities for children aged 0 to 5. * Day camp. * Back-to-School sharing store. * Collective kitchens. * Relevailles: in-home postnatal support for babies aged 0 to 12 months. * Coffee meetings.

Eligibility: people 0 to 17, parents, families

Coverage area: Gatineau

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

Fees: annual membership: \$15

Financing: provincial

Legal status: non-profit organization

MAISON COMMUNAUTAIRE DANIEL-JOHNSON

22 Arthur-Buies Street, Gatineau, Outaouais, QC, J8Z 1P5

819 772-6625

Email: mcdj@bellnet.ca

Services: Community centre. * Access to a computer, Internet, and fax. * Social and recreational activities: for teenagers, families, parents-children. * Social café. * Homework club. * Collective kitchen. * Community breakfast. * Knitting and crochet circle. * Introduction to cross-country for youth 9 to 12 years old. * Operation Snowsuit Outaouais: winter clothing for children. * Cooking workshops minis-chefs 8 to 12 years old. * Back to school program: store-sharing school supplies. * Women's circle. * Halloween and Christmas celebrations. * Neighbourhood party.

Eligibility: citizens of the Daniel-Johnson neighbourhood in the Hull sector of Gatineau

Coverage area: Daniel-Johnson neighbourhood in the Hull sector of Gatineau

Hours: Tuesday to Thursday 9h00 to 12h00 and 13h00 to 16h30

Financing: donations

Legal status: non-profit organization

MAISON D'ACCUEIL MUTCHMORE

142 Mutchmore Street, Gatineau, Outaouais, QC, J8Y 3T7

819 770-0788

Website: accueilmutchmore.ca

Email: info@accueilmutchmore.ca

Services: Community centre. * Collective kitchen. * Touchatou: stimulation workshop of fine motor skills. * Francization workshop. * Projet Multigénérationnel: various intergenerational activities. * Âllo-ADOS: sports and social activities for teenagers. * Sports activities: karate classes, fitness, yoga, zumba, skiing, swimming pool outings. * Opération habit de neige: distribution of winter clothing. * School supplies. * Tax clinic.

Eligibility: people and families on a low income, newcomers, seniors, neighbourhood residents, Opération habit de neige: families on a low income with children 2 to 13 years old

Coverage area: Mutchmore and Jean Proulx neighbourhoods of Gatineau

Hours: Monday to Friday 8h30 to 15h30, reception: 9h00 to 15h00

Fees: none, Opération habit de neige: \$20 per piece of clothing

Financing: Centraide Outaouais, municipal, provincial

Legal status: non-profit organization

MAISON DE L'AMITIÉ DE HULL

58 Hanson Street, Gatineau, Outaouais, QC, J8Y 3M5

819 772-6622 Fax: 819 772-2014

Email: maisonamitiehull@videotron.ca

Services: Community centre. * Neighbourhood intervention, accompaniment, citizen participation. * Individual and collective intervention, youth intervention. * Homework club. * Literacy. * Support in looking for employment, help writing a résumé. * Community garden. * Collective kitchen. * Community lunches. * Marché Mobile de Gatineau. * Respite for families with the organization Équipe soutien-famille. * Teenager program: March camp, summer camp, ski. * Educational activities. * Knitting workshops. * Swimming pool trips and community soccer. * Coffee Mondays. * Back-to-school sharing store. * Opération habit de neige: distribution of low-cost winter clothing. * Neighbourhood parties: summer, Halloween, Christmas.

Eligibility: people and families on a low income

Capacity: variable depending on the activity

Coverage area: Jean-Dallaire and surrounding areas in the Hull sector of Gatineau

Hours: reception: Monday to Friday 8h00 to 15h30, activities and intervention: evenings and weekends

Fees: variables

Financing: municipal, provincial, Centraide Outaouais

Legal status: non-profit organization

MAISON DE LA FAMILLE - CENTRE DE PÉDIATRIE SOCIALE LA VALLÉE-DE-LA-GATINEAU

251 Cartier Street, Maniwaki, Outaouais, QC, J9E 1R4

819 441-0282 Fax: 819 441-0283

Website: mdf-cps-vg.com

Email: maisondelafamillevg@gmail.com

Services: Family services. * Drop-in daycare. * Breastfeeding services: mentoring, breastfeeding group. * Perinatal grief support group. * Twinning for families with children between 0 and 5 years old. * Parent-child workshops: reading and writing, cooking, crafts, yoga, baby carrying, exercises, etc.. * Thematic workshops on family life: discipline, self-esteem, relationship between siblings, etc. * Baby puree preparation group, collective kitchen. * Sewing and craft workshop. * Cardiopulmonary resuscitation for babies and children classes. * Social cafes, community meals. * Social pediatry. * Birth accompaniment. * Playground. * Car seat checks. * Back-to-school sharing store.

Eligibility: families with a child 0 to 17 years old

Coverage area: MRC La Vallée-de-la-Gatineau

Hours: Monday to Thursday 9h00 to 16h00

Fees: variable

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

Legal status: non-profit organization

MAISON DE LA FAMILLE DE GATINEAU

101 Gatineau Avenue, Gatineau, Outaouais, QC, J8T 4J4

819 568-6830 Fax: 819 568-2520

Website: www.maisonfg.org

Email: info@maisonfg.org

Services: Education and prevention services and activities for families. * Information and referrals. * Drop-in daycare with parent-children activities. * Accompaniment and readaptation for children with developmental conditions, as well as their close ones. * Kindergarten preparation program. * Workshops and activities: www.app.amilia.com/store/en/maisondelafamillegatineau/shop/programs * Evening conferences on various themes related to family. * Sharing store: sale of school supplies at a low cost. * Family bazaar: purchase and sale of maternity items and items for children 0 to 12 years old. * Book-sharing box. * Christmas party and Christmas baskets. * Opération habit de neige: distribution of winter clothing.

Eligibility: families, drop-in daycare: children 5 years old and under. their parents, preparation for kindergarten: children who will enter kindergarten the following year, accompaniment and readaptation program: children 2 to 5 years old with a diagnosis of an intellectual disability or of an autism spectrum disorder, sharing store: families on a low income

Coverage area: Gatineau, Cantley, Chelsea, Val-des-Monts, Denholm, L'Ange-Gardien, La Pêche, Pontiac, Ottawa

Hours: Monday to Friday in the morning, workshops and conferences: consult the program on the website, drop-in daycare: Tuesday or Friday morning for a 3 hour period and Saturday for a 5 hour period, as well as during the programmed activities

Fees: free, sharing store: 25% of the regular price

Financing: provincial, municipal

Legal status: non-profit organization

MAISON DE LA FAMILLE VALLÉE-DE-LA-LIÈVRE

321 Buckingham Avenue, Gatineau, Outaouais, QC, J8L 2G4

819 281-4359

Website: mdf-valleedelalievre.ca

Email: info@mdf-valleedelalievre.ca

Services: Family services. * Drop-in daycare for children 5 years old and under. * Stimulation activities for children 0 to 5 years old. * Games for children aged 6 to 12 years old on Saturdays. * Respite care. * Nobody's Perfect and Parents en couleur programs: parenting skills workshops. * Clothing assistance. * Matching gifts. * Annual golf tournament. * Warm Kids Program: low-cost snowsuits. * Sensory room. * Back to School: school supplies sharing store. * Christmas baskets.

Eligibility: families

Coverage area: Vallée-de-la-Lièvre urban village of Gatineau

Hours: Monday to Friday 9h00 to 16h00

Fees: variable

Financing: provincial, federal, grants

Legal status: non-profit organization

MAISON DE QUARTIER NOTRE-DAME

280 Maloney Boulevard East, Gatineau, Outaouais, QC, J8P 1C6

819 893-6763

Email: intervenant.mqnd@gmail.com

Services: * Participation in Opération habit de neige: distribution of snowsuits for children. * School supplies sharing store. * Book club. * Social activities.

Coverage area: Notre-Dame neighbourhood of Gatineau

Hours: Monday to Thursday 9h00 to 16h00, Friday 9h00 to 12h00

Financing: self-financing

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - SAINT MARK THE EVANGELIST CONFERENCE

160 Principale Street, Gatineau, Outaouais, QC, J9H 3M8

819 685-1343

Website: ssvp.ca

Email: national@ssvp.ca

Services: * Donation of food, vouchers for local grocery stores, clothing, school lunches and supplies, appliances, bedding and furniture. * Donations are delivered at home by volunteers. * Paniers de Noël. * Christmas meal.

Eligibility: english community of Aylmer

Coverage area: Aylmer sector of Gatineau

Hours: helpline: 24 hours / 7 days, your call will be returned the next day

Fees: none

Financing: donations

Legal status: non-profit organization

Thrift Stores

ATELIER ET FRIPERIE 3R

1079 Saint-Louis Street, Gatineau, Outaouais, QC, J8T 2S2

819 205-1984

Website: solidaritegatineauouest.ca/atelier-et-friperie-3r

Email: s.g.o@videotron.ca

Services: * Sale of used and new clothing and items at low cost. * Clothing repair. * Basic sewing course.

Eligibility: people and families on a low income

Coverage area: Outaouais

Hours: Monday to Friday 10h00 to 16h45

Fees: variable

Financing: provincial, municipal, Centraide Outaouais, donations

Legal status: non-profit organization

CENTRE JEAN BOSCO DE MANIWAKI

204 Laurier Street, Maniwaki, Outaouais, QC, J9E 2K9

819 449-4057 Fax: 819 449-1900

Email: daniel.corbeil@centrejeanbosco.ca

Thrift store and material aid

Services: Adapted work centre. * Work experience opportunities: le Carro thrift store, document shredding service and recovery of non-hazardous residual materials. * Le Carro thrift store. * Social and professional integration and reintegration.

Eligibility: people living with an intellectual disability, an autism spectrum disorder or a physical disability

Coverage area: MRC La Vallée-de-la-Gatineau

Hours: Monday to Friday 8h00 to 16h00

Fees: none, thrift store: variable

Financing: Centraide Outaouais, provincial

Legal status: non-profit organization

CHIFFONNIERS-BATISSEURS D'EMMAUS DE HULL (LES)

175 Eddy Street, Gatineau, Outaouais, QC, J8X 2X1

819 771-5309

Services: * Sale of used items at low prices: clothing, appliances, furniture, etc. * Home delivery. * Home collection of furniture, clothing and other items.

Eligibility: general public

Coverage area: Gatineau

Hours: Monday to Friday 9h00 to 16h00, Saturday 9h00 to 13h00

Fees: variable, delivery: \$35

Financing: donations, self-financing

Legal status: non-profit organization

COMPTOIR EMMAUS - BUCKINGHAM

346 Charles Street, Gatineau, Outaouais, QC, J8L 2J9

819 986-7432

Services: * Sale of used items at low prices: clothing, appliances, furniture, etc. * Home delivery. * Home collection of furniture, clothing and other items.

Eligibility: general public

Coverage area: Gatineau

Hours: Monday to Saturday 9h30 to 16h00

Fees: variable, delivery: \$35

Financing: donations, self-financing

Legal status: non-profit organization

FAMILLES D'ABORD

38 Principale Street, Gracefield, Outaouais, QC, J0X 1W0

819 463-4500

Website: famillesdabord.com

Email: famillesdabord2015@gmail.com

Services: * Comptoir familial de Gracefield thrift store. * Game workshops for parent and children from 0 to 5 years old. * Support groups. * Respite. * Support for single women. * Awareness raising.

Eligibility: families

Capacity: 30 places

Coverage area: La Vallée-de-la-Gatineau, Collines-de-l'Outaouais

Hours: Monday to Thursday 8h00 to 16h00

Fees: none

Financing: self-financing, grants

Legal status: non-profit organization

MAISON DE LA FAMILLE DE GATINEAU

101 Gatineau Avenue, Gatineau, Outaouais, QC, J8T 4J4

819 568-6830 Fax: 819 568-2520

Website: www.maisonfg.org

Email: info@maisonfg.org

Services: Education and prevention services and activities for families. * Information and referrals. * Drop-in daycare with parent-children activities. * Accompaniment and readaptation for children with developmental conditions, as well as their close ones. * Kindergarten preparation program. * Workshops and activities: www.app.amilia.com/store/en/maisondelafamiliedegatineau/shop/programs * Evening conferences on various themes related to family. * Sharing store: sale of school supplies at a low cost. * Family bazaar: purchase and sale of maternity items and items for children 0 to 12 years old. * Book-sharing box. * Christmas party and Christmas baskets. * Opération habit de neige: distribution of winter clothing.

Eligibility: families, drop-in daycare: children 5 years old and under. their parents, preparation for kindergarten: children who will enter kindergarten the following year, accompaniment and readaptation program: children 2 to 5 years old with a diagnosis of an intellectual disability or of an autism spectrum disorder, sharing store: families on a low income

Coverage area: Gatineau, Cantley, Chelsea, Val-des-Monts, Denholm, L'Ange-Gardien, La Pêche, Pontiac, Ottawa

Hours: Monday to Friday in the morning, workshops and conferences: consult the program on the website, drop-in daycare: Tuesday or Friday morning for a 3 hour period and Saturday for a 5 hour period, as well as during the programmed activities

Fees: free, sharing store: 25% of the regular price

Financing: provincial, municipal

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - COMPTOIR FAMILIAL ST-VINCENT-DE-PAUL, POINTE-GATINEAU

1291 Saint-Louis Street, Gatineau, Outaouais, QC, J8T 2M4

819 561-1553

Email: comptoirssvpgat@videotron.ca

Services: * Food assistance. * Thrift store: clothing, books and toys. * Used items recovery on site. * Christmas baskets or shopping vouchers.

Eligibility: people on a low income

Coverage area: Gatineau

Hours: Monday to Saturday 9h00 to 16h00

Financing: self-financing

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - COMPTOIR NOTRE-DAME D'AYLMER

56 Principale Street, Gatineau, Outaouais, QC, J9H 3L3

819 684-0754

Email: comptoirnotredame@videotron.ca

Services: * Thrift store. * On-site collection of used items: clothing, dishes, books, toys, sports equipment, small appliances and electronics.

Eligibility: people on a low income

Coverage area: Gatineau

Hours: Monday to Saturday 9h00 to 17h00, Sunday 12h00 to 17h00

Fees: variable

Financing: donations

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - COMPTOIR RIVIERA

165 de Gatineau Avenue, Gatineau, Outaouais, QC, J8T 4J7

819 561-1622

Email: comptoir.riviera@videotron.ca

Services: * Thrift store: clothing, housewares, furniture, appliances, toys and books. * Emergency clothing assistance.

Coverage area: Gatineau

Hours: Monday to Friday 9h00 to 17h00, Saturday 9h00 to 16h00

Fees: variable

Financing: self-financing

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - COMPTOIR RIVIERA - COMPTOIR DE LA BASSE-LIÈVRE

438 de Buckingham Avenue, Gatineau, Outaouais, QC, J8L 2G7

819 281-3636

Email: comptoir.riviera@videotron.ca

Services: * Thrift store: clothing, housewares, furniture, appliances, toys and books. * Emergency clothing assistance.

Coverage area: Gatineau

Hours: Monday to Friday 9h00 to 17h00, Saturday 9h00 to 16h00

Fees: variable

Financing: self-financing

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - COMPTOIR SAINT-VINCENT DE PAUL DE HULL

102 Eddy Street, Gatineau, Outaouais, QC, J8X 2W4

819 776-1068 Fax: 819 776-4216

Website: www.comptoirstvincentdepaulhull.org

Email: csvdp@qc.aira.com

Services: * Thrift store, with the possibility of delivery for heavy items: clothing, furniture, appliances, mattresses, electrical appliances, toys and books. * Home collection and on-site recovery of used items.

Coverage area: Gatineau

Hours: Monday to Friday 9h00 to 16h30, Saturday 9h00 to 16h30, Sunday 10h30 to 16h30

Fees: variable

Financing: self-financing

Legal status: non-profit organization

Transportation

ACCOMPANIED TRANSPORT

ACCOMPANIED TRANSPORT FOR MEDICAL REASONS

PARATRANSIT

PUBLIC TRANSPORTATION

Accompanied transport

CENTRE ACTION GÉNÉRATIONS DES AÎNÉS DE LA VALLÉE-DE-LA-LIÈVRE - ACCOMPANIMENT-TRANSPORTATION

390 de Buckingham Avenue, Gatineau, Outaouais, QC, J8L 2G7

819 281-4343 Fax: 819 281-4344

Email: centreactiongenerationsdesaines@videotron.ca

Services: * Transportation and accompaniment to medical appointments by volunteers.

Eligibility: seniors

Coverage area: Bowman, Masson-Angers and Buckingham sectors of Gatineau, L'ange-Gardien, Lochaber-Partie-Ouest, Mayo, Mulgrave-Et-Derry, Notre-Dame-De-La-Salette, Papineauville, Thurso, Val-Des-Bois, Poltimore sector of Val-Des-Monts

Hours: administration: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00, transportation: 7 days, by appointment

Fees: \$0.43 per km, minimum fee of \$9

Financing: provincial, municipal, Centraide Outaouais, donations, self-financing

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE ACCÈS - ACCOMPANIMENT-TRANSPORTATION

67 Principale Street, Gatineau, Outaouais, QC, J9H 3L4

819 684-2242 Fax: 819 682-2641

Website: cabaccès.ca

Email: info@cabaccès.ca

Services: * Transportation and accompaniment to medical appointments and to the grocery store by volunteers.

Eligibility: seniors, vulnerable people with no other means of transportation

Coverage area: Gatineau, Ottawa

Hours: Friday morning

Fees: membership: \$30 per year, accompaniment: \$15 for Aylmer, \$25 for Hull, \$35 for Gatineau or Ottawa

Financing: provincial, Centraide Outaouais, membership fees, self-financing

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE DE GATINEAU (LE) - ACCOMPANIMENT-TRANSPORTATION

42 Gatineau Avenue, Gatineau, Outaouais, QC, J8T 4J3

819 568-0747

Website: www.cabgatineau.com

Email: transport@cabgatineau.com

Services: * Transportation and accompaniment for errands and medical appointments by volunteers.

Eligibility: people in need

Coverage area: Gatineau sector of Gatineau, accompaniment and transportation: Gatineau

Hours: Monday to Friday 8h30 to 12h00 and 12h30 to 15h30

Fees: variable

Financing: donations, self-financing

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE DE HULL - ACCOMPANIMENT-TRANSPORTATION

12 Brodeur Street, Gatineau, Outaouais, QC, J8Y 2P4

819 778-2900 ext. 2

Website: cabhull.org/services/accompagnement-transport

Email: popote@benevoles-outaouais.org

Services: * Accompaniment and transportation by volunteers for medical appointments. * Accompaniment and transportation by volunteers for essential services (financial institutions, grocery stores, drugstores, community, social and legal resources).

Eligibility: people who require physical assistance, comfort or surveillance

Coverage area: Hull sector of Gatineau

Hours: Monday to Friday 8h30 to 15h30

Fees: transportation in Hull: \$15, to Gatineau, Alymer or Ottawa: \$25, to Buckingham, Masson-Angers, Orléans or other parts of Ottawa: \$40, contact the organization for interregional transportation (fees are for round-trips)

Financing: provincial, donations

Legal status: non-profit organization

CENTRE D'ENTRAIDE AUX AÎNÉS - ACCOMPANIMENT-TRANSPORTATION

331 de la Cité-des-Jeunes Boulevard, Suite 101, Gatineau, Outaouais, QC, J8Y 6T3

819 771-6609

Website: www.entraideauxaines.ca

Email: reception@entraideauxaines.ca

Services: * Accompaniment and transportation to medical appointments and special needs by volunteers. *

Grocery shopping day: accompaniment and transportation to grocery shopping by volunteers.

Eligibility: seniors 65 years and over with a slight loss of autonomy

Coverage area: accompaniment-transportation: Gatineau, Ottawa, grocery shopping day: Gatineau

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

Fees: accompaniment-transportation: variable according to distance, grocery shopping day: \$5

Financing: provincial, Centraide Outaouais

Legal status: non-profit organization

COOPÉRATIVE DE SOLIDARITÉ D'AIDE DOMESTIQUE DE LA VALLÉE-DE-LA-GATINEAU

131 King Street, Maniwaki, Outaouais, QC, J9E 2L2

819 441-0227 Fax: 819 441-0236

Website: csadvq.ca

Email: csadvq@videotron.ca

Services: Home support for seniors and people with loss of autonomy. * Help in domestic life: groceries and errands, meal preparation without diet, housekeeping, washing of bedding and clothing., raking of leaves. * Respite for caregivers. * Help with transportation. * Home care and hygiene assistance: incontinence care, help eating and getting dressed, reminder to take medication. * At-home supervision.

Eligibility: seniors, people with loss of autonomy

Coverage area: MRC La-Vallée-de-la-Gatineau

Hours: office: Monday to Friday 8h00 to 16h00, customer service representative: Thursday 8h00 to 16h00 at the Gracefield CLSC

Fees: variable according to income

Financing: provincial

Legal status: cooperative

GUICHET UNIQUE DES TRANSPORTS COLLECTIF ET ADAPTÉ DE LA VALLÉE-DE-LA-GATINEAU

198 Notre-Dame Street, Suite 104, Maniwaki, Outaouais, QC, J9E 2J5

819 449-7666 Fax: 819 306-1611

Website: www.mrcvg.qc.ca/index.php/en/the-gutac

Email: gutac.vg@hotmail.com

Services: One-stop source for collective transportation, including adapted transportation. * Adapted transportation for people living with a disability or with loss of autonomy. * Medical transportation. * Collective transportation.

Eligibility: residents, seniors, people living with a disability or with loss of autonomy, people on a low income, youth and all people who need a transportation service

Coverage area: MRC La Vallée-de-la-Gatineau

Hours: Monday to Friday 8h00 to 16h00

Fees: variable depending on distance

Financing: municipal, provincial
Legal status: non-profit organization

HABITATIONS PARTAGÉES DE L'OUTAOUAIS (LES)

331 de la Cité-des-Jeunes Boulevard, Suite 109, Gatineau, Outaouais, QC, J8Y 6T3

819 771-6576

Website: habitationspartagees.ca

Email: hpou@videotron.ca

Services: Home care for seniors and improvement of their quality of life. * Pairing in cohabitation. * Help in the private residence search process and assisting in filling out forms. * Distribution of moving boxes and assistance in packing and unpacking.

Eligibility: people 18 years old and over

Coverage area: Outaouais

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

Fees: annual membership: \$20

Financing: provincial

Legal status: None or unknown

REGROUPEMENT DES CLUBS D'ÂGE D'OR DE LA VALLÉE-DE-LA-GATINEAU - ACCOMPAGNEMENT-TRANSPORT

198 Notre-Dame Street, Maniwaki, Outaouais, QC, J9E 2J5

1 866 463-1777 Fax: 819 306-1611

Email: agedorgatineau@gutacvg.ca

Services: Homecare services for seniors or people with a lost in autonomy. * Accompaniment and transportation by volunteers.

Eligibility: seniors, people with a loss of autonomy

Coverage area: Bouchette, Blue sea, Cayamant, Deynholm, Gracefield, Kazabazua, Lac-Sainte-Marie, Low

Hours: Monday to Friday 8h00 to 16h00

Fees: according to distance travelled

Financing: provincial

Legal status: non-profit organization

Accompanied transport for medical reasons

CENTRE ACTION GÉNÉRATIONS DES AÎNÉS DE LA VALLÉE-DE-LA-LIÈVRE - ACCOMPANIMENT-TRANSPORTATION

390 de Buckingham Avenue, Gatineau, Outaouais, QC, J8L 2G7

819 281-4343 Fax: 819 281-4344

Email: centreactiongenerationsdesaines@videotron.ca

Services: * Transportation and accompaniment to medical appointments by volunteers.

Eligibility: seniors

Coverage area: Bowman, Masson-Angers and Buckingham sectors of Gatineau, L'ange-Gardien, Lochaber-Partie-Ouest, Mayo, Mulgrave-Et-Derry, Notre-Dame-De-La-Salette, Papineauville, Thurso, Val-Des-Bois, Poltimore sector of Val-Des-Monts

Hours: administration: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00, transportation: 7 days, by appointment

Fees: \$0.43 per km, minimum fee of \$9

Financing: provincial, municipal, Centraide Outaouais, donations, self-financing

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE ACCÈS - ACCOMPANIMENT-TRANSPORTATION

67 Principale Street, Gatineau, Outaouais, QC, J9H 3L4

819 684-2242 Fax: 819 682-2641

Website: cabaccès.ca

Email: info@cabaccès.ca

Services: * Transportation and accompaniment to medical appointments and to the grocery store by volunteers.

Eligibility: seniors, vulnerable people with no other means of transportation

Coverage area: Gatineau, Ottawa

Hours: Friday morning

Fees: membership: \$30 per year, accompaniment: \$15 for Aylmer, \$25 for Hull, \$35 for Gatineau or Ottawa

Financing: provincial, Centraide Outaouais, membership fees, self-financing

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE DE GATINEAU (LE) - ACCOMPANIMENT-TRANSPORTATION

42 Gatineau Avenue, Gatineau, Outaouais, QC, J8T 4J3

819 568-0747

Website: www.cabgatineau.com

Email: transport@cabgatineau.com

Services: * Transportation and accompaniment for errands and medical appointments by volunteers.

Eligibility: people in need

Coverage area: Gatineau sector of Gatineau, accompaniment and transportation: Gatineau

Hours: Monday to Friday 8h30 to 12h00 and 12h30 to 15h30

Fees: variable

Financing: donations, self-financing

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE DE HULL - ACCOMPANIMENT-TRANSPORTATION

12 Brodeur Street, Gatineau, Outaouais, QC, J8Y 2P4

819 778-2900 ext. 2

Website: cabhull.org/services/accompagnement-transport

Email: popote@benevoles-outaouais.org

Services: * Accompaniment and transportation by volunteers for medical appointments. * Accompaniment and transportation by volunteers for essential services (financial institutions, grocery stores, drugstores, community, social and legal resources).

Eligibility: people who require physical assistance, comfort or surveillance

Coverage area: Hull sector of Gatineau

Hours: Monday to Friday 8h30 to 15h30

Fees: transportation in Hull: \$15, to Gatineau, Aylmer or Ottawa: \$25, to Buckingham, Masson-Angers, Orléans or other parts of Ottawa: \$40, contact the organization for interregional transportation (fees are for round-trips)

Financing: provincial, donations

Legal status: non-profit organization

CENTRE D'ENTRAIDE AUX AÎNÉS - ACCOMPANIMENT-TRANSPORTATION

331 de la Cité-des-Jeunes Boulevard, Suite 101, Gatineau, Outaouais, QC, J8Y 6T3

819 771-6609

Website: www.entraideauxaines.ca

Email: reception@entraideauxaines.ca

Services: * Accompaniment and transportation to medical appointments and special needs by volunteers. * Grocery shopping day: accompaniment and transportation to grocery shopping by volunteers.

Eligibility: seniors 65 years and over with a slight loss of autonomy

Coverage area: accompaniment-transportation: Gatineau, Ottawa, grocery shopping day: Gatineau

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

Fees: accompaniment-transportation: variable according to distance, grocery shopping day: \$5

Financing: provincial, Centraide Outaouais

Legal status: non-profit organization

GUICHET UNIQUE DES TRANSPORTS COLLECTIF ET ADAPTÉ DE LA VALLÉE-DE-LA-GATINEAU

198 Notre-Dame Street, Suite 104, Maniwaki, Outaouais, QC, J9E 2J5

819 449-7666 Fax: 819 306-1611

Website: www.mrcvg.qc.ca/index.php/en/the-gutac

Email: gutac.vg@hotmail.com

Services: One-stop source for collective transportation, including adapted transportation. * Adapted transportation for people living with a disability or with loss of autonomy. * Medical transportation. * Collective transportation.

Eligibility: residents, seniors, people living with a disability or with loss of autonomy, people on a low income, youth and all people who need a transportation service

Coverage area: MRC La Vallée-de-la-Gatineau

Hours: Monday to Friday 8h00 to 16h00

Fees: variable depending on distance

Financing: municipal, provincial

Legal status: non-profit organization

REGROUPEMENT DES CLUBS D'ÂGE D'OR DE LA VALLÉE-DE-LA-GATINEAU - ACCOMPAGNEMENT-TRANSPORT

198 Notre-Dame Street, Maniwaki, Outaouais, QC, J9E 2J5

1 866 463-1777 Fax: 819 306-1611

Email: agedorgatineau@gutacvg.ca

Services: Homecare services for seniors or people with a lost in autonomy. * Accompaniment and transportation by volunteers.

Eligibility: seniors, people with a loss of autonomy

Coverage area: Bouchette, Blue sea, Cayamant, Deynholm, Gracefield, Kazabazua, Lac-Sainte-Marie, Low

Hours: Monday to Friday 8h00 to 16h00

Fees: according to distance travelled

Financing: provincial

Legal status: non-profit organization

Paratransit

GUICHET UNIQUE DES TRANSPORTS COLLECTIF ET ADAPTÉ DE LA VALLÉE-DE-LA-GATINEAU

198 Notre-Dame Street, Suite 104, Maniwaki, Outaouais, QC, J9E 2J5

819 449-7666 Fax: 819 306-1611

Website: www.mrcvg.qc.ca/index.php/en/the-gutac

Email: gutac.vg@hotmail.com

Services: One-stop source for collective transportation, including adapted transportation. * Adapted transportation for people living with a disability or with loss of autonomy. * Medical transportation. * Collective transportation.

Eligibility: residents, seniors, people living with a disability or with loss of autonomy, people on a low income, youth and all people who need a transportation service

Coverage area: MRC La Vallée-de-la-Gatineau

Hours: Monday to Friday 8h00 to 16h00

Fees: variable depending on distance

Financing: municipal, provincial

Legal status: non-profit organization

SOCIÉTÉ DE TRANSPORT DE L'OUTAOUAIS - SERVICE DU TRANSPORT ADAPTÉ

111 Jean-Proulx Street, Gatineau, Outaouais, QC, J8Z 1T4

819 773-2222 option 1

Website: www.sto.ca/index.php?id=transportadapte&L=en

Email: admission.ta@sto.ca

Services: * Paratransit with a reservation. * Book or modify a trip. * Revision admission file:

www.quebec.ca/transports/transport-adapte/admissibilite-transport-adapte

Eligibility: people living with a significant and persistent impairment (physical or mental) (inability to walk 400 metres on level ground, inability to climb a 35-centimetre step with support or to descend a step without support, inability to complete a trip using regular public transit, inability to orient oneself in time or space, inability to control situations or behaviours that could be detrimental to one's own safety or that of others)

Coverage area: Gatineau, reasons for travel in STO territory: all reasons (except school and inter-institutional transportation), reasons for travel in Ontario territory: work, post-secondary studies, health care (occupational therapy, physiotherapy and medical appointments) (Ottawa Hospital, Children's Hospital of Eastern Ontario, Royal Ottawa Rehabilitation Centre, Montfort Hospital), cultural and recreational activities (bounded by King Edward Street to the east, Queensway to the south, Booth to the west and Rivière Outaouais to the north)

Hours: customer relations: Monday to Friday 6h00 to 21h00, Saturday and Sunday 7h30 to 21h00, transportation: Monday to Sunday 6h15 to 00h30, in person: Monday to Friday 8h30 to 16h30

Fees: variable (the same fares as for regular public transit)

Financing: provincial, self-financing

Legal status: parapublic organization

Public Transportation**CANADIAN TRANSPORTATION AGENCY**

Confidential Address

1 888 222-2592 Fax: 819 997-6727 **TTY:** 1 800 669-5575

Website: otc-cta.gc.ca/eng

Email: info@otc-cta.gc.ca

Services: Quasi-judicial court ruling on air, sea and train transportation. * Issuing of air carrier licenses and certificates of aptitude for air, sea and rail carriers. * Rules complaints on transportation pricing and services. * Ensures the availability of transportation services for people with disabilities.

Eligibility: travelers, shippers of the air, sea and rail transportation industry

Coverage area: Canada

Financing: federal

Legal status: federal government agency

MAISON OXYGÈNE OUTAOUAIS

Confidential Address

819 205-1451 Fax: 819 205-4458

Website: www.dtuc.org/maison-oxygene-outaouais

Email: liaison.info@donnetoiunechance.org

Services: Help for fathers in difficulty and their children. * Temporary housing for fathers and their children. * Community and psychosocial support. * Accompaniment in the process. * Reinforcement of parenting skills. * Food assistance. * Father-child activities. * Support for positive co-parenting.

Eligibility: fathers experiencing personal, marital or family difficulties, their children

Capacity: housing: 4 rooms, 17 beds

Coverage area: Outaouais

Financing: membership fees, donations, grants

Legal status: non-profit organization

SOCIÉTÉ DE TRANSPORT DE L'OUTAOUAIS

111 Jean-Proulx Street, Gatineau, Outaouais, QC, J8Z 1T4

819 770-3242

Website: www.sto.ca/en

Services: Public transit service. * Plan a trip, timetables and interactive map. * Reload your card online. * Locate your nearest sales outlet. * Network status notification system. * Transit application: cellular application for tracking buses in real time. * Lost object recovery.

Eligibility: general public

Coverage area: Outaouais

Hours: office: Monday to Friday 8h30 to 17h30, Saturday 10h30 to 17h00, customer relations: Monday to Friday 7h00 to 20h30, Saturday 8h00 to 20h00, Sunday 9h30 to 20h00, lost and found: Monday to Friday 8h30 to 20h00, Saturday 10h30 to 19h30, Sunday 9h30 to 19h30

Fees: variable

Financing: provincial, self-financing

Legal status: parapublic 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

CAP SANTÉ OUTAOUAIS

92, Saint-Raymond Boulevard, Suite 304, Gatineau, Outaouais, QC, J8Y 1S7

819 771-2277

Website: capsante-outaouais.org

Email: info@capsante-outaouais.org

Services: Promoting mental health and well-being for people and collectivities. * Tools and workshops for a good mental health. * Trainings to promote well-being in personal and relational abilities. * Information and referral service towards mutual aid and support groups in Outaouais: www.capsante-outaouais.org/groupes * Help with the creation of new mutual aid groups and support for existing groups: training, visibility, free loan of facilities, etc. * Pacifique program: support for schools in training, implementing and maintaining a program of pacific conducts and prevention of violence. * Pacific and safe neighbourhood program: citizen involvement in neighbourhoods to promote healthy relationships.

Eligibility: general population, mutual aid workers, professionals, schools

Coverage area: Outaouais

Hours: by appointment only

Fees: variable

Financing: provincial, donations

Legal status: non-profit organization

CENTRE D'INTERVENTION EN ABUS SEXUELS POUR LA FAMILLE

92 Saint-Raymond Boulevard, Suite 400-A, Gatineau, Outaouais, QC, J8Y 1S7

819 595-1905 Fax: 819 595-3487

Website: www.ciasf.org

Email: info@ciasf.org

Services: Psychosocial and psychotherapeutic group intervention for families and people confronted with child sexual abuse. * Prevention and intervention groups for child victims 3 to 5 years old from at-risk environments. * Prevention groups for child victims 6 to 8 years old and 9 to 12 years old. * Therapeutic groups for sexually abused adolescents 12 to 17 years old. * Specialized prevention groups for adolescents 12 to 17 years old with risk factors related to sexual exploitation. * Intervention groups for parents whose child has been sexually abused. * Therapeutic groups for men who have been sexually abused in their childhood. * Treatment groups for adolescents and adults who have sexually abused a child.

Eligibility: children, adolescents, parents, families, adults, organisations, institutions, partners working with minor victims and their families, perpetrators of sexual abuse and their families

Coverage area: Outaouais

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: federal, provincial, Centraide Outaouais, donations

Legal status: non-profit organization

DONNE-TOI UNE CHANCE

1939 Saint-Louis Street, Suite 4, Gatineau, Outaouais, QC, J8T 4H5

819 205-1451 Fax: 819 205-4458

Website: www.dtuc.org

Email: liaison.info@donnetoiunechance.org

Services: Support for men with issues relating to their interpersonal relations, to a period of loss or separation, or to a dynamic of domestic violence. * Information, reference, and accompaniment. * Exploratory meeting: introduction to the organism, interventions, establishing a trajectory. * Je me reconstruis: re-education program in domestic and familial violence, anger and stress management workshops. * Je me donne la chance: assistance and prevention program for men in crisis situations. * Pour moi: development of self-esteem. * Self-help and support group for male survivors of childhood sexual abuse. * Group for men experiencing a break-up. * Telephone support and occasional meetings for various needs. * Food assistance. * Accommodation for fathers and children in Maison Oxygène Outaouais. * Pour moi et mes enfants: program to improve parenting skills and the father-child relationship. * Father-child activities.

Eligibility: men and fathers in a vulnerable or crisis situation, men with violent conducts

Coverage area: Outaouais

Hours: office: Monday to Thursday 9h00 to 20h00, Friday 9h00 to 16h00

Fees: member card: \$10 per year

Financing: provincial, donations

Legal status: non-profit organization

ÉQUIPE SOUTIEN-FAMILLE

343 Notre-Dame Street, Gatineau, Outaouais, QC, J8P 1L3

819 682-2037

Website: equipesoutienfamille.com/en

Email: info@equipesoutienfamille.com

Services: Parental support and respite for families in difficulty to prevent child abuse and neglect. * Respite for children. * Accompaniment and support visits. * Support for families in difficulty.

Eligibility: respite service: families with children aged 18 months to 5 years old

Coverage area: Aylmer and Hull sectors of Gatineau

Hours: Monday to Friday 8h30 to 16h30, respite: Monday to Wednesday 8h30 to 14h30

Fees: none

Financing: Centraide Outaouais, federal, provincial

Legal status: non-profit organization

ESPACE OUTAOUAIS

10 Noël Street, Suite 107, Gatineau, Outaouais, QC, J8Z 3G5

819 771-1546 Fax: 819 771-7491

Website: espacesansviolence.org/outaouais

Email: info@espaceoutaouais.org

Services: Prevention of all forms of violence against children. * ESPACE program: workshops for children and adults to address all forms of violence, recognize manipulation techniques, develop protective strategies, increase the self-confidence of children. * Adapted workshops for children with special needs. * Phone line and referrals. * Concertation with other actors on prevention of violence against children.

Eligibility: children, adults, schools, ESPACE program: children 3 to 12 years old and the adults in their environment, adapted workshops: children with special needs

Capacity: unlimited

Coverage area: Outaouais

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

Fees: none

Financing: provincial, Centraide Outaouais

Legal status: non-profit organization

Domestic violence: shelters and support

ACCOMPAGNEMENT DES FEMMES IMMIGRANTES DE L'OUTAOUAIS

109 Wright Street, Unit 9, Gatineau, Outaouais, QC, J8X 2G7

819 776-6764

Website: afio.ca

Email: info@afio.ca

Services: Accompaniment of immigrant women in a process of cultural, economic and social integration in Outaouais. * Information sessions on the first steps of settlement: important documents to obtain, opening a bank account, looking for housing, childcare services and school registration, the Québec school system, financial aid and income tax returns, services offered by community organizations, diploma equivalencies, employability services, etc. * French classes for women and their families. * Administering oaths for documents. * Individual psychosocial support for immigrant women and women who are victims of violence. * Accompaniment in administrative procedures. * Valorization of immigrant women who are entrepreneurs and promotion of their products. * Babel: group for seniors to break isolation through group activities, physical activity, basic English courses, etc. * Espace parent: group discussion workshops for parents on the education system in Québec, the DPJ, children integration, etc. * Workshops on democratic and Quebecois values. * Subsidized daycare in Hull and Cantley. * New winter clothes at low cost. * Ready for back to school: distribution of school supplies at low cost. * Coffee-meetings.

Eligibility: immigrant women and their families, immigrant individuals, French classes: immigrant women and men 17 years old and over and born outside Canada, Babel: women 55 years old and over, winter clothes: migrant families on a low income

Coverage area: Outaouais

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, summer: Friday 8h30 to 13h00, specific hours for certain activities

Fees: none

Financing: municipal, provincial, Centraide Outaouais

Legal status: non-profit organization

ANTRE-HULLOISES (L')

16 Bériault Street, Gatineau, Outaouais, QC, J8X 1A3

819 778-0997 Fax: 819 777-6311

Website: www.antrehullose.org

Email: antre.hullose@bellnet.ca

Services: Women's centre. * Reception, information and reference. * Help relationship. * Self-help group. * Telephone warmline. * Documentation centre. * Accompaniment in addiction and drug addiction, in partnership with the Association de la prévention de la toxicomanie et de l'alcoolisme chez les femmes en Outaouais. * Awareness and training workshops. * Prévenir, c'est agir Program: awareness and prevention of conjugal violence. * Les Cybercitoyennes: workshops for the development of pro-social, self-critical and safe behaviours in the use of technology. * Activities and thematic days. * Citizen involvement and action committees.

Eligibility: women, Cybercitoyennes: teenagers 12 to 17 years old

Coverage area: Outaouais

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

Fees: none

Financing: provincial

Legal status: non-profit organization

BUREAU D'AIDE JURIDIQUE - GATINEAU - SECTEUR AYLMEYER

204 Aylmer Road, Suite B-403, Gatineau, Outaouais, QC, J9H 1A1

819 684-0333 Fax: 819 684-5075

Website: www.aidejuridiqueoutaouais.ca

Email: bureauaylmer@ccjo.qc.ca

Services: Legal aid office in civil and family law.

Eligibility: people or non-profit organizations residing in Québec or forced to remain in Québec, financially eligible, and whose legal services are covered by the Law

Coverage area: Outaouais

Hours: Monday to Friday 8h30 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

BUREAU D'AIDE JURIDIQUE - GATINEAU - SECTEUR GATINEAU

365 Greber Boulevard, Suite 202, Gatineau, Outaouais, QC, J8T 5R3

819 568-0990 Fax: 819 568-4727

Website: www.aidejuridiqueoutaouais.ca

Email: bureaugatineau@ccjo.qc.ca

Services: Legal aid office in civil and family law.

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

Coverage area: Outaouais

Hours: Monday to Friday 8h30 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

BUREAU D'AIDE JURIDIQUE - GATINEAU - SECTEUR HULL

768 St-Joseph Boulevard, Suite 210, Gatineau, Outaouais, QC, J8Y 4B8

819 772-3011 Fax: 819 772-3764

Website: www.aidejuridiqueoutaouais.ca

Email: bureaucivil-famille@ccjo.qc.ca

Services: Legal aid office in civil law, family law and youth protection law.

Eligibility: people or non-profit organizations residing in Québec or forced to remain in Québec, financially eligible, and whose legal services are covered by the Law

Coverage area: Outaouais

Hours: Monday to Friday 8h30 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

CENTRE COMMUNAUTAIRE JURIDIQUE DE L'OUTAOUAIS - BUREAU ADMINISTRATIF

510 Maloney Boulevard East, Suite 201, Gatineau, Outaouais, QC, J8P 1E7

819 669-2382 Fax: 819 669-9309

Website: www.aidejuridiqueoutaouais.ca

Email: bureauadministration@ccjo.qc.ca

Services: Legal aid services lawyers who practice family law, criminal and penal law, youth protection law, immigration law, civil law, administrative law (social aid, SAAQ, CSST), child support, health rights, housing law, bankrupt and prison law. * Representation by a lawyer before a court of first instance or a court of appeal, as plaintiff or defendant. * Assistance from a lawyer in certain cases expressly provided in the Legal Aid Act. * Legal consultation with a lawyer. * Telephone consultation with a lawyer, available 24/7, for people who have been arrested or are being held in custody. * Legal information regarding the rights and obligations of legal aid recipients. * Some services may be rendered by a notary. * Complaints reception.

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

Coverage area: Outaouais

Hours: Monday to Friday 8h30 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

DONNE-TOI UNE CHANCE

1939 Saint-Louis Street, Suite 4, Gatineau, Outaouais, QC, J8T 4H5

819 205-1451 Fax: 819 205-4458

Website: www.dtuc.org

Email: liaison.info@donnetoiunechance.org

Services: Support for men with issues relating to their interpersonal relations, to a period of loss or separation, or to a dynamic of domestic violence. * Information, reference, and accompaniment. * Exploratory meeting: introduction to the organism, interventions, establishing a trajectory. * Je me reconstruis: re-education program in domestic and familial violence, anger and stress management workshops. * Je me donne la chance: assistance and prevention program for men in crisis situations. * Pour moi: development of self-esteem. * Self-help and support group for male survivors of childhood sexual abuse. * Group for men experiencing a break-up. * Telephone support and occasional meetings for various needs. * Food assistance. * Accommodation for fathers and children in Maison Oxygène Outaouais. * Pour moi et mes enfants: program to improve parenting skills and the father-child relationship. * Father-child activities.

Eligibility: men and fathers in a vulnerable or crisis situation, men with violent conducts

Coverage area: Outaouais

Hours: office: Monday to Thursday 9h00 to 20h00, Friday 9h00 to 16h00

Fees: member card: \$10 per year

Financing: provincial, donations

Legal status: non-profit organization

IMPACT RIVIÈRE GATINEAU

270 Notre-Dame Street, Maniwaki, Outaouais, QC, J9E 2J8

1 877 449-3077

Email: impactrivieregatineauorg@videotron.ca

Services: Family violence service centre. * Support for people involved in family violence. * Group therapy for childrens, teenagers, men, parents, families. * Individual, couple, or family intervention. * Conflict management. * Emotional management. * Individual consultation for people with specific needs: intellectual disabilities and mental health issues. * Concertation and awareness among the community regarding family violence.

Eligibility: people involved in domestic violence, victims of domestic violence, people with intellectual disabilities, people living with a mental health issue

Coverage area: MRC Vallée-de-la-Gatineau, MRC des Collines-de-l'Outaouais

Hours: Monday to Thursday 9h00 to 17h30

Fees: none

Financing: donations, provincial

Legal status: non-profit organization

Elder abuse

CENTRE ACTION GÉNÉRATIONS DES AÎNÉS DE LA VALLÉE-DE-LA-LIÈVRE

390 de Buckingham Avenue, Gatineau, Outaouais, QC, J8L 2G7

819 281-4343 Fax: 819 281-4344

Website: cavagl.ca

Services: Seniors' service centre. * Bouf'mobile: meals on wheels service, hot and frozen meals. * Information centre. * Friendly visits. * Friendly phone calls. * Support for seniors victims of abuse (SAVA): support and accompaniment of seniors victims of abuse, prevention of abuse and mistreatment, consultation. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Individual support for caregivers, on site or by telephone. * Support group for caregivers. * Coffee meetings. * Collective kitchens: groups for men, women, mixed group for culinary discoveries and mixed English-speaking group. * Assistance with government forms and income tax returns. * Conferences and information workshops. * Computer courses. * Recreational activity clubs: walking, scrabble, bridge and darts. * Transportation to medical and paramedical appointments. * Tax clinic.

Eligibility: seniors 50 years old and over, caregivers

Coverage area: Bowman, Masson-Angers and Buckingham sectors of Gatineau, L'ange-Gardien, Lochaber-Partie-Ouest, Mayo, Mulgrave-Et-Derry, Notre-Dame-De-La-Salette, Papineauville, Thurso, Val-Des-Bois, Poltimore sector of Val-Des-Monts, Bouf'mobile: hot meals for the Buckingham sector and within a radius of 10 km, frozen meals for the rest of the territory served, ITMAV: MRC Papineau, Masson-Angers and Buckingham sectors of Gatineau, L'Ange-Gardien, Notre-Dame-de-la-Salette

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

Fees: variable

Financing: provincial, Centraide Outaouais, donations, self-financing

Legal status: non-profit organization

CLSC SAINT-RÉDEMPTEUR

85 Saint-Rédempteur Street, Gatineau, Outaouais, QC, J8X 4E6

819 966-6510

Website: https://sante.gouv.qc.ca/repertoire-ressources/ressource/?nofiche=53349&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=7&ch_rayon=0&ch_code=&page=1

Services: * Help for abused seniors. * Health insurance card authentication. * Birth control. * Youth Clinic. * Emergency oral contraception. * Prenatal classes. * Screening. * Distribution of new injection equipment to people who use drugs (free service). * Recovery of used syringes and needles. * Vaccination.

Coverage area: Outaouais

Hours: 8h30 to 21h00

Financing: provincial

Legal status: parapublic organization

Help lines related to violence and abuse

CENTRE D'AIDE ET DE LUTTE CONTRE LES AGRESSIONS SEXUELLES - MANIWAKI

Confidential Address

819 441-2111

Website: calacsvg.com

Email: contact@calacsvg.com

Services: Assistance and accompaniment for victims of sexual assault. * Individual counseling. * Support group. * Coffee-meeting. * Accompaniment during legal, medical, social and police procedures. * Emergency accompaniment to the Hospital Centre. * Phone support and information. * Prevention, awareness and training workshops.

Eligibility: survivors of sexual assault aged 12 years and over, emergency accompaniment: people 13 years and over who have experienced a recent sexual assault (5 days or less), workshops: community organizations, institutions, teaching environments

Coverage area: Maniwaki

Hours: Monday to Friday 8h00 to 16h00

Fees: none

Financing: Centraide Outaouais, provincial

Legal status: non-profit organization

CENTRE D'AIDE ET DE LUTTE CONTRE LES AGRESSIONS SEXUELLES - OUTAOUAIS

Confidential Address

1 866 757-7757 Fax: 819 771-6233**Website:** calas.ca/en/**Email:** info@calas.ca

Services: Assistance and accompaniment for women victims of sexual assault. * Individual counselling. * Phone support and information. * Support group. * Support for victims of sexual exploitation. * Support in leaving prostitution. * Accompaniment during legal, medical, social and police procedures. * Coffee-meeting. * Prevention, awareness and training workshops.

Eligibility: survivors of sexual assault 12 years and over, workshops: community organizations, institutions, teaching environments

Coverage area: Outaouais**Hours:** Monday to Friday 8h30 to 16h30**Fees:** none**Financing:** Centraide Outaouais, provincial**Legal status:** non-profit organization**ESPACE OUTAOUAIS**

10 Noël Street, Suite 107, Gatineau, Outaouais, QC, J8Z 3G5

819 771-1546 Fax: 819 771-7491**Website:** espacesansviolence.org/outaouais**Email:** info@espaceoutaouais.org

Services: Prevention of all forms of violence against children. * ESPACE program: workshops for children and adults to address all forms of violence, recognize manipulation techniques, develop protective strategies, increase the self-confidence of children. * Adapted workshops for children with special needs. * Phone line and referrals. * Concertation with other actors on prevention of violence against children.

Eligibility: children, adults, schools, ESPACE program: children 3 to 12 years old and the adults in their environment, adapted workshops: children with special needs

Capacity: unlimited**Coverage area:** Outaouais**Hours:** Monday to Thursday 8h00 to 12h00 and 13h00 to 16h00**Fees:** none**Financing:** provincial, Centraide Outaouais**Legal status:** non-profit organization**Prevention of violence and crime****ANTRE-HULLOISES (L')**

16 Bériault Street, Gatineau, Outaouais, QC, J8X 1A3

819 778-0997 Fax: 819 777-6311**Website:** www.antrehullose.org**Email:** antrehullose@bellnet.ca

Services: Women's centre. * Reception, information and reference. * Help relationship. * Self-help group. * Telephone warmline. * Documentation centre. * Accompaniment in addiction and drug addiction, in partnership with the Association de la prévention de la toxicomanie et de l'alcoolisme chez les femmes en Outaouais. * Awareness and training workshops. * Prévenir, c'est agir Program: awareness and prevention of conjugal violence. * Les Cybercitoyennes: workshops for the development of pro-social, self-critical and safe behaviours in the use of technology. * Activities and thematic days. * Citizen involvement and action committees.

Eligibility: women, Cybercitoyennes: teenagers 12 to 17 years old

Coverage area: Outaouais**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30**Fees:** none

Financing: provincial

Legal status: non-profit organization

APPART ADOJEUNE (L')

1133 Maloney Street East, Gatineau, Outaouais, QC, J8P 1H8

819 439-1010

Website: adojeune.org

Email: coordoappart@adojeune.org

Services: * Emergency shelter for a minimum of 14 and up to 21 days. * Support group for parents of housed children. * Workshops and community activities.

Eligibility: people 12 to 17 years old, their parents

Capacity: 9 beds, 1 overflow bed

Coverage area: Outaouais

Hours: 24 hours / 7 days

Financing: provincial, Centraide Outaouais, foundations

Legal status: non-profit organization

DONNE-TOI UNE CHANCE

1939 Saint-Louis Street, Suite 4, Gatineau, Outaouais, QC, J8T 4H5

819 205-1451 Fax: 819 205-4458

Website: www.dtuc.org

Email: liaison.info@donnetoiunechance.org

Services: Support for men with issues relating to their interpersonal relations, to a period of loss or separation, or to a dynamic of domestic violence. * Information, reference, and accompaniment. * Exploratory meeting: introduction to the organism, interventions, establishing a trajectory. * Je me reconstruis: re-education program in domestic and familial violence, anger and stress management workshops. * Je me donne la chance: assistance and prevention program for men in crisis situations. * Pour moi: development of self-esteem. * Self-help and support group for male survivors of childhood sexual abuse. * Group for men experiencing a break-up. * Telephone support and occasional meetings for various needs. * Food assistance. * Accommodation for fathers and children in Maison Oxygène Outaouais. * Pour moi et mes enfants: program to improve parenting skills and the father-child relationship. * Father-child activities.

Eligibility: men and fathers in a vulnerable or crisis situation, men with violent conducts

Coverage area: Outaouais

Hours: office: Monday to Thursday 9h00 to 20h00, Friday 9h00 to 16h00

Fees: member card: \$10 per year

Financing: provincial, donations

Legal status: non-profit organization

IMPACT RIVIÈRE GATINEAU

270 Notre-Dame Street, Maniwaki, Outaouais, QC, J9E 2J8

1 877 449-3077

Email: impactrivieregatineauorg@videotron.ca

Services: Family violence service centre. * Support for people involved in family violence. * Group therapy for childrens, teenagers, men, parents, families. * Individual, couple, or family intervention. * Conflict management. * Emotional management. * Individual consultation for people with specific needs: intellectual disabilities and mental health issues. * Concertation and awareness among the community regarding family violence.

Eligibility: people involved in domestic violence, victims of domestic violence, people with intellectual disabilities, people living with a mental health issue

Coverage area: MRC Vallée-de-la-Gatineau, MRC des Collines-de-l'Outaouais

Hours: Monday to Thursday 9h00 to 17h30

Fees: none

Financing: donations, provincial

Legal status: non-profit organization

Sexual assault and incest

CENTRE D'AIDE ET DE LUTTE CONTRE LES AGRESSIONS SEXUELLES - MANIWAKI

Confidential Address

819 441-2111

Website: calacsvg.com

Email: contact@calacsvg.com

Services: Assistance and accompaniment for victims of sexual assault. * Individual counseling. * Support group. * Coffee-meeting. * Accompaniment during legal, medical, social and police procedures. * Emergency accompaniment to the Hospital Centre. * Phone support and information. * Prevention, awareness and training workshops.

Eligibility: survivors of sexual assault aged 12 years and over, emergency accompaniment: people 13 years and over who have experienced a recent sexual assault (5 days or less), workshops: community organizations, institutions, teaching environments

Coverage area: Maniwaki

Hours: Monday to Friday 8h00 to 16h00

Fees: none

Financing: Centraide Outaouais, provincial

Legal status: non-profit organization

CENTRE D'AIDE ET DE LUTTE CONTRE LES AGRESSIONS SEXUELLES - OUTAOUAIS

Confidential Address

1 866 757-7757 Fax: 819 771-6233

Website: calas.ca/en/

Email: info@calas.ca

Services: Assistance and accompaniment for women victims of sexual assault. * Individual counselling. * Phone support and information. * Support group. * Support for victims of sexual exploitation. * Support in leaving prostitution. * Accompaniment during legal, medical, social and police procedures. * Coffee-meeting. * Prevention, awareness and training workshops.

Eligibility: survivors of sexual assault 12 years and over, workshops: community organizations, institutions, teaching environments

Coverage area: Outaouais

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: Centraide Outaouais, provincial

Legal status: non-profit organization

CENTRE D'INTERVENTION EN ABUS SEXUELS POUR LA FAMILLE

92 Saint-Raymond Boulevard, Suite 400-A, Gatineau, Outaouais, QC, J8Y 1S7

819 595-1905 Fax: 819 595-3487

Website: www.ciasf.org

Email: info@ciasf.org

Services: Psychosocial and psychotherapeutic group intervention for families and people confronted with child sexual abuse. * Prevention and intervention groups for child victims 3 to 5 years old from at-risk environments. * Prevention groups for child victims 6 to 8 years old and 9 to 12 years old. * Therapeutic groups for sexually abused adolescents 12 to 17 years old. * Specialized prevention groups for adolescents 12 to 17 years old with risk factors related to sexual exploitation. * Intervention groups for parents whose child has been sexually abused. * Therapeutic groups for men who have been sexually abused in their childhood. * Treatment groups for adolescents and adults who have sexually abused a child.

Eligibility: children, adolescents, parents, families, adults, organisations, institutions, partners working with minor victims and their families, perpetrators of sexual abuse and their families

Coverage area: Outaouais

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: federal, provincial, Centraide Outaouais, donations

Legal status: non-profit organization

CLINIQUE DES FEMMES DE L'OUTAOUAIS (LA)

228 Saint-Joseph Boulevard, Suite 201, Gatineau, Outaouais, QC, J8Y 3X4

819 778-2055

Website: www.cliniquedesfemmes.com/en

Email: infaccueil@cliniquedesfemmes.com

Services: Reproductive health information and services. * Termination of pregnancy. * Information on contraception. * Contraception service for people without a family doctor. * Medical and social intervention in cases of sexual assault. * Menopause and peri-menopause consultations. * Pap tests for people without a family doctor. * IUD insertion. * Nexplanon contraceptive implant insertion. * Emergency contraception service.

Eligibility: women, trans people, non-binary people

Coverage area: Outaouais

Hours: Monday to Thursday 8h00 to 16h00, Friday 8h00 to 15h00

Fees: variable, 100% covered by the RAMQ

Financing: donations

Legal status: non-profit organization

Support for perpetrators of violence and their families

CENTRE D'INTERVENTION EN ABUS SEXUELS POUR LA FAMILLE

92 Saint-Raymond Boulevard, Suite 400-A, Gatineau, Outaouais, QC, J8Y 1S7

819 595-1905 Fax: 819 595-3487

Website: www.ciasf.org

Email: info@ciasf.org

Services: Psychosocial and psychotherapeutic group intervention for families and people confronted with child sexual abuse. * Prevention and intervention groups for child victims 3 to 5 years old from at-risk environments. * Prevention groups for child victims 6 to 8 years old and 9 to 12 years old. * Therapeutic groups for sexually abused adolescents 12 to 17 years old. * Specialized prevention groups for adolescents 12 to 17 years old with risk factors related to sexual exploitation. * Intervention groups for parents whose child has been sexually abused. * Therapeutic groups for men who have been sexually abused in their childhood. * Treatment groups for adolescents and adults who have sexually abused a child.

Eligibility: children, adolescents, parents, families, adults, organisations, institutions, partners working with minor victims and their families, perpetrators of sexual abuse and their families

Coverage area: Outaouais

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: federal, provincial, Centraide Outaouais, donations

Legal status: non-profit organization

CONNEXIONS RESOURCE CENTER

67 du Couvent Street, Gatineau, Outaouais, QC, J9H 6A2

819 557-0615

Website: centreconnexions.org

Email: info@centreconnexions.org

Services: Resource centre for the English-speaking population. * Information and referral to health and social services, community organizations, legal information, employability, etc. * Programs, activities, conferences and workshops for all age groups. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Playgroup hosted at Cégep Heritage College. * Online resource directories: seniors and caregivers, youth, women, men, families, people in vulnerable situations and families with a member living with a disability. * Discussion and support groups: parents, youth, caregivers, men. * Online documentation: articles and videos. * Online anger management support group for men.

Eligibility: English-speaking people, seniors, caregivers, families, youth

Coverage area: Outaouais, ITMAV outreach work: Aylmer area of the city of Gatineau

Hours: Monday to Friday 8h00 to 16h00

Fees: none

Financing: federal, provincial

Legal status: non-profit organization

DONNE-TOI UNE CHANCE

1939 Saint-Louis Street, Suite 4, Gatineau, Outaouais, QC, J8T 4H5

819 205-1451 Fax: 819 205-4458

Website: www.dtuc.org

Email: liaison.info@donnetoiunechance.org

Services: Support for men with issues relating to their interpersonal relations, to a period of loss or separation, or to a dynamic of domestic violence. * Information, reference, and accompaniment. * Exploratory meeting: introduction to the organism, interventions, establishing a trajectory. * Je me reconstruis: re-education program in domestic and familial violence, anger and stress management workshops. * Je me donne la chance: assistance and prevention program for men in crisis situations. * Pour moi: development of self-esteem. * Self-help and support group for male survivors of childhood sexual abuse. * Group for men experiencing a break-up. * Telephone support and occasional meetings for various needs. * Food assistance. * Accommodation for fathers and children in Maison Oxygène Outaouais. * Pour moi et mes enfants: program to improve parenting skills and the father-child relationship. * Father-child activities.

Eligibility: men and fathers in a vulnerable or crisis situation, men with violent conducts

Coverage area: Outaouais

Hours: office: Monday to Thursday 9h00 to 20h00, Friday 9h00 to 16h00

Fees: member card: \$10 per year

Financing: provincial, donations

Legal status: non-profit organization

IMPACT RIVIÈRE GATINEAU

270 Notre-Dame Street, Maniwaki, Outaouais, QC, J9E 2J8

1 877 449-3077

Email: impactrivieregatineauorg@videotron.ca

Services: Family violence service centre. * Support for people involved in family violence. * Group therapy for childrens, teenagers, men, parents, families. * Individual, couple, or family intervention. * Conflict management. * Emotional management. * Individual consultation for people with specific needs: intellectual disabilities and mental health issues. * Concertation and awareness among the community regarding family violence.

Eligibility: people involved in domestic violence, victims of domestic violence, people with intellectual disabilities, people living with a mental health issue

Coverage area: MRC Vallée-de-la-Gatineau, MRC des Collines-de-l'Outaouais

Hours: Monday to Thursday 9h00 to 17h30

Fees: none

Financing: donations, provincial

Legal status: non-profit organization

Support for victims and their families

ALTERNATIVE OUTAOUAIS (L')

885 de la Carrière Boulevard, Suite 201, Gatineau, Outaouais, QC, J8Y 6S6

819 595-1106 Fax: 819 595-1139

Website: www.laltou.com/en

Email: info@laltou.com

Services: Services in alternative and restorative justice. * Application of extrajudicial measures and sanctions: accompaniment in compensatory and community work, Jeunes citoyens awareness group, restitution, letter of apology, donations, letter of reflection, victimization group, peer influence group. * Consultation with victims of a crime committed by a person between 12 and 17 years old. * Mediation between victims and teenage offenders. * Neighbourhood mediation. * Awareness.

Eligibility: adults, families, teenagers, victims, offenders teenagers

Coverage area: Outaouais

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

Financing: grants

Legal status: non-profit organization

CENTRE D'AIDE ET DE LUTTE CONTRE LES AGRESSIONS SEXUELLES - MANIWAKI

Confidential Address

819 441-2111

Website: calacsvg.com

Email: contact@calacsvg.com

Services: Assistance and accompaniment for victims of sexual assault. * Individual counseling. * Support group. * Coffee-meeting. * Accompaniment during legal, medical, social and police procedures. * Emergency accompaniment to the Hospital Centre. * Phone support and information. * Prevention, awareness and training workshops.

Eligibility: survivors of sexual assault aged 12 years and over, emergency accompaniment: people 13 years and over who have experienced a recent sexual assault (5 days or less), workshops: community organizations, institutions, teaching environments

Coverage area: Maniwaki

Hours: Monday to Friday 8h00 to 16h00

Fees: none

Financing: Centraide Outaouais, provincial

Legal status: non-profit organization

CENTRE D'AIDE ET DE LUTTE CONTRE LES AGRESSIONS SEXUELLES - OUTAOUAIS

Confidential Address

1 866 757-7757 Fax: 819 771-6233

Website: calas.ca/en/

Email: info@calas.ca

Services: Assistance and accompaniment for women victims of sexual assault. * Individual counselling. * Phone support and information. * Support group. * Support for victims of sexual exploitation. * Support in leaving prostitution. * Accompaniment during legal, medical, social and police procedures. * Coffee-meeting. * Prevention, awareness and training workshops.

Eligibility: survivors of sexual assault 12 years and over, workshops: community organizations, institutions, teaching environments

Coverage area: Outaouais

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: Centraide Outaouais, provincial

Legal status: non-profit organization

CRIME VICTIMS ASSISTANCE CENTRE OF OUTAOUAIS

729 Saint-Joseph Boulevard, Suite 104, Gatineau, Outaouais, QC, J8Y 4B6

1 800 331-2311 Fax: 819 778-3260

Website: www.cavac.qc.ca/contact/joindre-un-cavac/#outaouais

Email: info@cavacoutaouais.ca

Services: Confidential frontline services adapted to every step of the legal process. * Needs assessment. * Support and accompaniment in the steps. * Information about legal process, rights and remedies of victims. * Referral to specialized services such as legal, medical, social and community resources. * Assistance and technical help to fill in the forms.

Eligibility: people victims of crime, their relatives

Coverage area: Outaouais

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

CRIME VICTIMS ASSISTANCE CENTRE OF OUTAOUAIS - GATINEAU COURTHOUSE

17 Laurier Street, Gatineau, Outaouais, QC, J8X 4C1

819 776-8111 ext. 60418

Website: www.cavac.qc.ca/contact/joindre-un-cavac/#outaouais

Email: info@cavacoutaouais.ca

Services: Confidential frontline services adapted to every step of the legal process. * Needs assessment. * Support and accompaniment in the steps. * Information about legal process, rights and remedies of victims. * Referral to specialized services such as legal, medical, social and community resources. * Assistance and technical help to fill in the forms.

Eligibility: people victims of crime, their relatives

Coverage area: Outaouais

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

CRIME VICTIMS ASSISTANCE CENTRE OF OUTAOUAIS - MANIWAKI COURTHOUSE

266 Notre-Dame Street, 1st floor, Maniwaki, Outaouais, QC, J9E 2J8

819 449-3222 Fax: 819 449-6085

Website: www.cavac.qc.ca/contact/joindre-un-cavac/#outaouais

Email: info@cavacoutaouais.ca

Services: Confidential frontline services adapted to every step of the legal process. * Needs assessment. * Support and accompaniment in the steps. * Information about legal process, rights and remedies of victims. * Referral to specialized services such as legal, medical, social and community resources. * Assistance and technical help to fill in the forms.

Eligibility: people victims of crime, their relatives

Coverage area: Outaouais

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

SERVICE CANADA CENTRE - GATINEAU-EST

455 de l'Hôpital Boulevard, Gatineau, Outaouais, QC, J8T 7X7

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

Website: www.canada.ca

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

Eligibility: general public

Coverage area: Gatineau

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

SERVICE CANADA CENTRE - GATINEAU-HULL

210 Champlain Street, Gatineau, Outaouais, QC, J8X 3R5

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

Website: www.canada.ca

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

Eligibility: general public

Coverage area: Gatineau

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

SERVICE CANADA CENTRE - MANIWAKI

100 Principale Street South, Suite 220, Maniwaki, Outaouais, QC, J9E 3L4

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

Website: www.canada.ca

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

Eligibility: general public

Coverage area: Maniwaki

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

Therapy and counselling

ACCOMPAGNEMENT DES FEMMES IMMIGRANTES DE L'OUTAOUAIS

109 Wright Street, Unit 9, Gatineau, Outaouais, QC, J8X 2G7

819 776-6764

Website: afio.ca

Email: info@afio.ca

Services: Accompaniment of immigrant women in a process of cultural, economic and social integration in Outaouais. * Information sessions on the first steps of settlement: important documents to obtain, opening a bank account, looking for housing, childcare services and school registration, the Québec school system, financial aid and income tax returns, services offered by community organizations, diploma equivalencies, employability services, etc. * French classes for women and their families. * Administering oaths for documents. * Individual psychosocial support for immigrant women and women who are victims of violence. * Accompaniment in administrative procedures. * Valorization of immigrant women who are entrepreneurs and promotion of their products. * Babel: group for seniors to break isolation through group activities, physical activity, basic English courses, etc. * Espace parent: group discussion workshops for parents on the education system in Québec, the DPJ, children integration, etc. * Workshops on democratic and Quebecois values. * Subsidized daycare in Hull and Cantley. * New winter clothes at low cost. * Ready for back to school: distribution of school supplies at low cost. * Coffee-meetings.

Eligibility: immigrant women and their families, immigrant individuals, French classes: immigrant women and men 17 years old and over and born outside Canada, Babel: women 55 years old and over, winter clothes: migrant families on a low income

Coverage area: Outaouais

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, summer: Friday 8h30 to 13h00, specific hours for certain activities

Fees: none

Financing: municipal, provincial, Centraide Outaouais

Legal status: non-profit organization

AIRE OUVERTE DE L'OUTAOUAIS

92 St-Raymond Boulevard, Room 403, Gatineau, Outaouais, QC, J8Y 1S7

819 966-6220

Website: cisss-outaouais.gouv.qc.ca/aire-ouverte

Email: 07.aire_ouverte@ssss.gouv.qc.ca

Services: Various confidential services, with or without appointment, for young people aged 12 to 25. * Meetings with specialists in mental health, physical health, and sexual health. * On-site counsellors.

Eligibility: youth from 12 to 25 years old

Coverage area: Outaouais

Hours: Monday and Friday: by appointment only, Tuesday and Thursday 11h00 to 19h00, Wednesday 9h00 to 12h00 and 13h00 to 17h00, Sunday 11h00 to 16h00 and 17h00 to 19h00

Fees: none

Financing: provincial

Legal status: provincial government agency

ALBATROS VALLÉE-DE-LA-GATINEAU (MANIWAKI)

15 Principale Street North, Montcerf-Lytton, Outaouais, QC, J0W 1N0

819 449-4540

Website: www.albatrosvglml.ca

Email: isabelleoconnor777@gmail.com

Services: Volunteer accompaniment of people with severe or terminal illnesses. * Accompaniment, telephone helpline and support. * Training for caregivers: grief, family dynamics and terminal phase.

Eligibility: people with a severe or terminal illness, their relatives

Coverage area: MRC La Vallée-de-la-Gatineau

Hours: 9h00 to 21h00, 7 days

Fees: none

Financing: donations

Legal status: non-profit organization

CAFÉ LE RENDEZ-VOUS

116 Saint-Joseph Boulevard, Gatineau, Outaouais, QC, J8Y 3W8

819 771-7272 poste 223 Fax: 819 771-4791

Website: www.maisonrealite.org

Email: info@maisonrealite.org

Services: Day centre in mental health. * Leisure, sporting and cultural activities. * Arts workshops. * Personal development workshops. * Group outings and visits to local organizations.

Eligibility: people 18 years and over living with a mental health disorder

Coverage area: Gatineau

Hours: Monday to Friday 10h00 to 15h00

Fees: variable

Financing: provincial

Legal status: non-profit organization

CENTRE ACTU-ELLE

501 des Pins Street, Gatineau, Outaouais, QC, J8L 2L2

819 986-9713

Website: www.centreactuelle.ca

Email: info@actuelle.ca

Services: * Listening and individual support service. * Social and educational activities: various workshops. * Conferences. * Collective kitchen. * Drop-in daycare. * High school academic training service.

Eligibility: women

Coverage area: Gatineau city: Buckingham sector, Masson-Anger sector and MRC Papineau

Hours: Monday to Thursday 8h30 to 16h00, Buckingham sector drop-in daycare: Monday to Friday 9h00 to 3h00, MRC Papineau sector drop-in daycare: Monday to Thursday 9h00 to 3h00

Fees: annual registration: \$5, drop-in daycare: \$5 for one child, \$8 for 2 children, \$2 per additional child, collective kitchen: \$5, most activities: free

Financing: provincial, federal, Centraide Outaouais, donations

Legal status: non-profit organization

CENTRE D'ANIMATION FAMILIALE DE L'OUTAOUAIS

1312 Saint-Louis Street, Gatineau, Outaouais, QC, J8T 2M7

819 561-5196

Website: cafoutaouais.ca

Email: info@cafoutaouais.ca

Services: Neighbourhood house. Food * Collective kitchens. * Community garden. * Christmas baskets for members. * Food assistance for people participating in activities. Material assistance * Clothing assistance. * Opération habit de neige: distribution of winter clothing. * Back to School program: school supplies sharing store. * Bonhommes à Lunettes: glasses at affordable prices. Support * Homework assistance. * Drop-in daycare. * Reception, accompaniment and referral. * Individual meeting, listening and intervention. Activities * Developmental stimulation activities for children. * Workshop Au Petit Jardin: preparation for kindergarten. * Parent-child activities. * Daycare offered to participants during activities. * Jeux d'été: summer day camp. * Activities during pedagogical Fridays. * Coffee-meeting. * Crochet and knitting club. * Various events.

Eligibility: general public, adults, children, developmental stimulation activities: children 0 to 5 years old

Coverage area: Pointe-Gatineau district of Gatineau (Ruisseau, Saint-Rosaire, Jacques-Cartier and Laflèche neighborhoods of Gatineau)

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

Fees: variable

Financing: federal, provincial, municipal, Centraide Outaouais, grants, donations

Legal status: non-profit organization

CENTRE DE PÉDIATRIE SOCIALE DE GATINEAU - SECTEUR HULL

39 Frontenac Street, Gatineau, Outaouais, QC, J8X 1Y9

819 600-1661 Fax: 873 800-1051

Website: www.pediatriesociale.gatineau.com/en

Email: info@pediatriesociale.gatineau.com

Services: * Reception. * Evaluation and orientation. * Individual follow-ups. * Therapies. * Pregnancy follow-up. * Group activities.

Eligibility: families, children from 0 to 17 years old, pregnant women

Coverage area: Hull sector of Gatineau

Hours: Monday to Friday 8h30 to 16h00

Fees: none

Financing: donations, foundations

Legal status: non-profit organization

CENTRE INTER-SECTION

1232 Saint-René Boulevard West, Gatineau, Outaouais, QC, J8T 6H3

819 568-4555

Website: www.inter-section.ca

Email: info@inter-section.ca

Services: Centre for recovery and support in mental health for rehabilitation and social reintegration. * Psychosocial support and accompaniment. * Mourning after suicide: support group and individual follow-up. * Recovery activities and support group. * Employability development program. * Socioprofessional support. * Community housing. * Leisure and training activities. * Conferences.

Eligibility: people living with a mental health problem, people bereaved by suicide

Capacity: variable

Coverage area: Outaouais

Hours: Monday to Friday 9h00 to 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

COMITÉ DE VIE DE QUARTIER DU VIEUX-GATINEAU

89 Jean-René-Monette Street, Gatineau, Outaouais, QC, J8P 5B8

819 893-4300

Website: cvqvg.ca

Email: info@cvqvg.ca

Services: Round table for improving neighborhood life, living conditions and community life. * Mobilization of the people and partnership with neighborhood organizations: community centre, community fair. * Committees: Vie communautaire et participation citoyenne, Concertation en itinérance du Vieux-Gatineau, Sécurité alimentaire, Exploration en logement and Familles de l'est. * Anti-waste fridge located outside the building. * Collective kitchens. * Free bicycle rental. * Bougeons ensemble: free courses promoting healthy lifestyle habits (zumba, yoga, nutrition workshops, meditation, anxiety management, etc.). * Activities in the park: cinema, art workshop, various games, etc. * Neighborhood party on Notre-Dame Street. * Place Noël: winter neighborhood party. * Neighborhood party on Gouin, Sabourin and Saint-René Street.

Eligibility: community organizations, families, general public

Coverage area: Old Gatineau, bounded to the south by the Ottawa River, to the north by Boulevard Saint-René Ouest, to the west by Montée Paiement and to the east by Lac Beauchamp

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h00, anti-waste fridge: 24 hours / 7 days

Financing: municipal

Legal status: non-profit organization

DONNE-TOI UNE CHANCE

1939 Saint-Louis Street, Suite 4, Gatineau, Outaouais, QC, J8T 4H5

819 205-1451 Fax: 819 205-4458

Website: www.dtuc.org

Email: liaison.info@donnetoiunechance.org

Services: Support for men with issues relating to their interpersonal relations, to a period of loss or separation, or to a dynamic of domestic violence. * Information, reference, and accompaniment. * Exploratory meeting: introduction to the organism, interventions, establishing a trajectory. * Je me reconstruis: re-education program in domestic and familial violence, anger and stress management workshops. * Je me donne la chance: assistance and prevention program for men in crisis situations. * Pour moi: development of self-esteem. * Self-help and support group for male survivors of childhood sexual abuse. * Group for men experiencing a break-up. * Telephone support and occasional meetings for various needs. * Food assistance. * Accommodation for fathers and children in Maison Oxygène Outaouais. * Pour moi et mes enfants: program to improve parenting skills and the father-child relationship. * Father-child activities.

Eligibility: men and fathers in a vulnerable or crisis situation, men with violent conducts

Coverage area: Outaouais

Hours: office: Monday to Thursday 9h00 to 20h00, Friday 9h00 to 16h00

Fees: member card: \$10 per year

Financing: provincial, donations

Legal status: non-profit organization

ENTRAIDE-DEUIL DE L'OUTAOUAIS

115 Sacré-Coeur Boulevard, Suite 204, Gatineau, Outaouais, QC, J8X 1C5

819 770-4814 Fax: 819 770-8176

Website: entraide-deuil.qc.ca

Email: direction@entraide-deuil.qc.ca

Services: Organization that aims to improve the well-being and the autonomy of bereaved people through support and information. * Mutual aid groups for adults: weekly meeting program or two days condensed program for the loss of a child, the loss of a spouse or the loss of a loved one. * Partager pour mieux grandir: mutual aid groups program for teenagers. * J'écoute ma toute petite voix: mutual aid groups program for children. * Regular and condensed program for pet bereavement. * One on one: temporary and short-term individual support by a volunteer. * Mon premier Noël sans toi: activity to help bereaved people to experience the holiday gatherings better. * Mutual aid and sharing evenings: thematic evenings. * Documentation centre on site and referrals available on the website. * Presentations to the community on request. * Volunteer training for the animation of the mutual aid groups.

Eligibility: adults, teenagers from 13 to 18 years old, children from 6 to 12 years old

Capacity: 10 people per meeting, children mutual aid group: 8

Coverage area: Outaouais

Hours: Monday to Friday 8h30 to 16h30, Mon premier Noël sans toi: first Saturday of December

Fees: suggested contribution of \$10 per meeting

Financing: provincial, municipal, self-financing

Legal status: non-profit organization

GROUPE ENTRE-FEMMES DE L'OUTAOUAIS

115 Sacré-Coeur Boulevard, Suite 208, Gatineau, Outaouais, QC, J8X 1C5

819 776-3694

Website: www.entre-femmes.ca

Email: info@entre-femmes.ca

Services: Organizes activities to bring women out of isolation. * Welcoming, information and referrals. * Courses, workshops and training: self-knowledge, crafts, autonomy, etc. * Coffee meetings and discussions. * Collective kitchen. * Christmas meal. * Animal therapy. * Outings: museum, strawberry picking, lunches, etc. * Conferences.

Eligibility: women 14 years old and over

Coverage area: Gatineau and surrounding area

Hours: September to June, Monday to Friday 9h00 to 16h00, activities: variable with possible evenings and weekends

Fees: free, certain activities and Christmas party: variable

Financing: provincial

Legal status: non-profit organization

JEUNESSE IDEM

109, Wright Street, Suite 007, Gatineau, Outaouais, QC, J8X 2G7

819 776-1445

Website: jeunesseidem.org

Email: jeunesseidem@gmail.com

Services: * Individual contact and intervention. * Weekly discussion group for youth: 7 to 13, 14 to 17, 18 to 35. * Social activities. * Workshops to demystify sexual orientation, gender identity, fight against homophobia and transphobia. * Training for professionals in youth environments. * Information booths. * Support for parents and relatives.

Eligibility: young people aged 7 to 35 who are gay, lesbian, bisexual, transgender, transsexual, questioning

Coverage area: Outaouais

Hours: Monday to Friday 9h00 to 17h00, discussion group: evening

Fees: none

Financing: grants

Legal status: non-profit organization

MAISON ALONZO WRIGHT

2425 A Saint-Louis Street, Gatineau, Outaouais, QC, J8V 1E7

819 246-7277 Fax: 819 246-7277

Website: www.maisonalonzowright.com

Email: administration@maisonalonzowright.ca

Services: Professional services in relation to psychological help. * Individual, conjugal or family help relationship, in medium or long term. * Personalized group interventions: stress management and relaxation, anger management. * Hall rental.

Eligibility: people, families or couples experiencing transient or recurring difficulties or a mental health problem

Coverage area: Gatineau

Hours: Monday to Friday 9h00 to 16h00

Fees: depending on income, minimum \$35 per hour

Financing: self-financing, donations, fundraising campaigns

Legal status: non-profit organization

OEUVRES ISIDORE OSTIGUY (LES)

95 Lois Street, Gatineau, Outaouais, QC, J8Y 3R5

819 778-1325 Fax: 819 778-1874

Website: les-oeuvres-isidore-ostiguy.ca

Email: info@loio.ca

Services: Housing assistance and support for families. * Emergency housing with an occupancy period of a few weeks to several months. * Transitional apartments. * Accompaniment and support. * Psychosocial evaluation. * Personalized assistance in the search for housing. * Post-placement follow-up.

Eligibility: families with children on a low income and in difficulty with housing or homeless

Capacity: 30 beds

Coverage area: Outaouais

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

Fees: accompaniment: none, housing: variable

Financing: Centraide Outaouais, federal, provincial

Legal status: non-profit organization

RÉSEAU OUTAOUAIS ISP

109 Wright Street, Suite 200, Gatineau, Outaouais, QC, J8X 2G7

819 770-7129 Fax: 819 771-1769

Website: www.reseauoutaouais.qc.ca

Email: info@roisp.org

Services: Assistance for social and professional integration. * Employment assistance: psychosocial evaluation and socio-professional accompaniment including needs assessment and referrals. * Social assistance and support program Action: group integration activities in personal development and job search. * Community activities: insertion internship in a community organization, between 15 and 20 hours per week.

Eligibility: unemployed people with a problem of physical or mental health, under-qualification, under-employment or socio-economic integration

Coverage area: Gatineau, Hull sector

Hours: Monday to Friday 9h00 to 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

RÉSEAU OUTAOUAIS ISP - POINT DE SERVICE SECTEUR BUCKINGHAM

132 Maclaren Street East, Gatineau, Outaouais, QC, J8L 1K1

819 986-7771 Fax: 819 771-1769

Website: www.reseauoutaouais.qc.ca

Email: info@roisp.org

Services: Assistance for social and professional integration. * Employment assistance: psychosocial evaluation and socio-professional accompaniment including needs assessment and referrals. * Social assistance and support program Action: group integration activities in personal development and job search. * Community activities: insertion internship in a community organization, between 15 and 20 hours per week. * Job search centre: community access to internet and computers and documentation centre.

Eligibility: unemployed people living with a of physical or mental health, under-qualification, under-employment or socio-economic integration problem

Coverage area: Gatineau, Buckingham sector

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

RÉSEAU OUTAOUAIS ISP - POINT DE SERVICE SECTEUR GATINEAU

109 Wright Street, Suite 200, Gatineau, Outaouais, QC, J8X 2G7

819 770-7129 Fax: 819 771-1769

Website: www.reseauoutaouais.qc.ca

Email: info@roisp.org

Services: Assistance for social and professional integration. * Employment assistance: psychosocial evaluation and socio-professional accompaniment including needs assessment and referral. * Social assistance and support program ACTION: group integration activities in personal development and job search. * Community activities: insertion internship in a community organization, between 15 and 20 hours per week. * Job search centre: community access to Internet, computers and documentation centre.

Eligibility: unemployed people living with a physical or mental health issues, under-qualification, under-employment or socio-economic integration problem

Coverage area: Gatineau

Hours: Monday to Friday 8h00 to 16h00

Fees: none

Financing: provincial

Legal status: None or unknown

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