



DIRECTORY OF SOCIAL AND COMMUNITY RESOURCES

OUTAOUAIS / MRC LA VALLÉE-DE-LA-GATINEAU / ALL CITIES



2-1-1



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Summary

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Child, Youth and Family

CHILD WELFARE

DAYCARE AND RESPITE

FAMILY SUPPORT

MATERNITY SUPPORT AND ADOPTION

PARENTING EDUCATION

RECREATIONAL ACTIVITIES

YOUTH CENTRES AND SUPPORT

YOUTH EMPLOYMENT

YOUTH SHELTERS AND SUPPORT

Child welfare

BUREAU D'AIDE JURIDIQUE - MANIWAKI

116 King Street, Suite C, Maniwaki, Outaouais, QC, J9E 2L3

819 449-4800 Fax: 819 449-6341

Website: www.aidejuridiqueoutaouais.ca

Email: bureaumaniwaki@ccjo.qc.ca

Services: Legal aid office in youth protection law, civil law, family law and criminal law. * Telephone consultation with a lawyer, available 24/7, for people who have been arrested or are being held in custody.

Eligibility: person 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: Maniwaki

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

Daycare and respite

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 children aged 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

Family Support

FAMILLES D'ABORD

8 Laramée Street, Lac-Sainte-Marie, Outaouais, QC, J0X 1Z0

819 463-4500

Email: famillesdabord2015@gmail.com

Services: * Game workshops for parent and children from 0 to 5 years old. * Support groups. * Respite. * Support for single women. * Awareness raising.

Eligibility: families

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

Hours: Monday to Thursday 08h30 to 16h00

Financing: self-financing

Legal status: non-profit organization

IMPACT RIVIÈRE GATINEAU

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

819 449-3077

Email: impactrivieregatineauorg@videotron.ca

Services: Family violence service centre. * Support for people involved in family violence. * Group therapy for childrens, teenagers, mens, parents, families. * Intervention. * Conflict management. * Emotional management. * Individual follow-up. * Individual consultation for people with specific needs: intellectual disabilities, mental health issues, etc. * 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 mental health issues

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

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 children aged 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

Maternity support and adoption**BUREAU D'AIDE JURIDIQUE - MANIWAKI**

116 King Street, Suite C, Maniwaki, Outaouais, QC, J9E 2L3

819 449-4800 Fax: 819 449-6341

Website: www.aidejuridiqueoutaouais.ca

Email: bureaumaniwaki@ccjo.qc.ca

Services: Legal aid office in youth protection law, civil law, family law and criminal law. * Telephone consultation with a lawyer, available 24/7, for people who have been arrested or are being held in custody.

Eligibility: person 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: Maniwaki

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

CLSC DE GRACEFIELD

12 Principale Street, Suite A, Gracefield, Outaouais, QC, J0X 1W0

819 463-2604

Website: www.cisss-outaouais.gouv.qc.ca/language/en/clsc-list/gracefield-clsc

Services: Frontline services for routine health and social services. * Sexual health clinic for youth 14 to 24 years old: screening, pregnancy testing, urgent contraception, prescription for a hormonal contraceptive. * Mental health services and psychosocial counselling. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Addiction care. * Common health services: removal of staples and stitches, wound care, injections, etc. * Adult vaccination. * Infant and child vaccination. * Support to pregnant women and new parents. * Breastfeeding tips. * Child nutrition and development. * Support for families and young people in difficulty. * Falls prevention program for seniors. * Support to people with a loss of autonomy and their caregivers. * Community organization support.

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

Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00, blood tests: Tuesday to Thursday 8h00 to 9h15

Financing: provincial

Legal status: parapublic organization

CLSC DE LOW

334 105 Road, Low, Outaouais, QC, J0X 2C0

819 422-3548

Website: www.cisss-outaouais.gouv.qc.ca/language/en/clsc-list/low-clsc

Services: Frontline services for routine health and social services. * Sexual health clinic for youth 14 to 24 years old: screening, pregnancy testing, urgent contraception, prescription for a hormonal contraceptive. * Mental health services and psychosocial counselling. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Addiction care. * Common health services: removal of staples and stitches, wound care, injections, etc. * Adult vaccination. * Infant and child vaccination. * Support to pregnant women and new parents. * Breastfeeding tips. * Child nutrition and development. * Support for families and young people in difficulty. * Falls prevention program for seniors. * Support to people with a loss of autonomy and their caregivers. * Community organization support.

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

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

Financing: provincial

Legal status: parapublic organization

CLSC DE MANIWAKI

149 Principale Street North, Maniwaki, Outaouais, QC, J9E 2B7

819 449-2513

Website: www.cisss-outaouais.gouv.qc.ca/language/en/clsc-list/maniwaki-clsc

Services: Frontline services for routine health and social services. * Sexual health clinic for youth 14 to 24 years old: screening, pregnancy testing, urgent contraception, prescription for a hormonal contraceptive. * Mental health services and psychosocial counselling. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Addiction care. * Common health services: removal of staples and stitches, wound care, injections, etc. * Adult vaccination. * Infant and child vaccination. * Support to pregnant women and new parents. * Breastfeeding tips. * Child nutrition and development. * Support for families and young people in difficulty. * Falls prevention program for seniors. * Support to people with a loss of autonomy and their caregivers. * Community organization support. * Chronic diseases and nutrition. * Help to quit smoking.

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

Hours: Monday to Friday 8h00 to 21h00

Financing: provincial

Legal status: parapublic organization

FAMILLES D'ABORD

8 Laramée Street, Lac-Sainte-Marie, Outaouais, QC, J0X 1Z0

819 463-4500

Email: famillesdabord2015@gmail.com

Services: * Game workshops for parent and children from 0 to 5 years old. * Support groups. * Respite. * Support for single women. * Awareness raising.

Eligibility: families

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

Hours: Monday to Thursday 08h30 to 16h00

Financing: 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: 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 children aged 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

Parenting Education**CLSC DE GRACEFIELD**

12 Principale Street, Suite A, Gracefield, Outaouais, QC, J0X 1W0

819 463-2604

Website: www.cisss-outaouais.gouv.qc.ca/language/en/clsc-list/gracefield-clsc

Services: Frontline services for routine health and social services. * Sexual health clinic for youth 14 to 24 years old: screening, pregnancy testing, urgent contraception, prescription for a hormonal contraceptive. * Mental health services and psychosocial counselling. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Addiction care. * Common health services: removal of staples and stitches, wound care, injections, etc. * Adult vaccination. * Infant and child vaccination. * Support to pregnant women and new parents. * Breastfeeding tips. * Child nutrition and development. * Support for families and young people in difficulty. * Falls prevention program for seniors. * Support to people with a loss of autonomy and their caregivers. * Community organization support.

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

Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00, blood tests: Tuesday to Thursday 8h00 to 9h15

Financing: provincial

Legal status: parapublic organization

CLSC DE LOW

334 105 Road, Low, Outaouais, QC, J0X 2C0

819 422-3548

Website: www.cisss-outaouais.gouv.qc.ca/language/en/clsc-list/low-clsc

Services: Frontline services for routine health and social services. * Sexual health clinic for youth 14 to 24 years old: screening, pregnancy testing, urgent contraception, prescription for a hormonal contraceptive. * Mental health services and psychosocial counselling. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Addiction care. * Common health services: removal of staples and stitches, wound care, injections, etc. * Adult vaccination. * Infant and child vaccination. * Support to pregnant women and new parents. * Breastfeeding tips. * Child nutrition and development. * Support for families and young people in difficulty. * Falls prevention program for seniors. * Support to people with a loss of autonomy and their caregivers. * Community organization support.

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

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

Financing: provincial

Legal status: parapublic organization

CLSC DE MANIWAKI

149 Principale Street North, Maniwaki, Outaouais, QC, J9E 2B7

819 449-2513

Website: www.cisss-outaouais.gouv.qc.ca/language/en/clsc-list/maniwaki-clsc

Services: Frontline services for routine health and social services. * Sexual health clinic for youth 14 to 24 years old: screening, pregnancy testing, urgent contraception, prescription for a hormonal contraceptive. * Mental health services and psychosocial counselling. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Addiction care. * Common health services: removal of staples and stitches, wound care, injections, etc. * Adult vaccination. * Infant and child vaccination. * Support to pregnant women and new parents. * Breastfeeding tips. * Child nutrition and development. * Support for families and young people in difficulty. * Falls prevention program for seniors. * Support to people with a loss of autonomy and their caregivers. * Community organization support. * Chronic diseases and nutrition. * Help to quit smoking.

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

Hours: Monday to Friday 8h00 to 21h00

Financing: provincial

Legal status: parapublic organization

FAMILLES D'ABORD

8 Laramée Street, Lac-Sainte-Marie, Outaouais, QC, J0X 1Z0

819 463-4500

Email: famillesdabord2015@gmail.com

Services: * Game workshops for parent and children from 0 to 5 years old. * Support groups. * Respite. * Support for single women. * Awareness raising.

Eligibility: families

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

Hours: Monday to Thursday 08h30 to 16h00

Financing: self-financing

Legal status: non-profit organization

HALTE-FEMME DE LA HAUTE-GATINEAU

209 Principale Street South, Maniwaki, Outaouais, QC, J9E 2A3

819 449-4545 Fax: 819 449-2555

Website: www.halte-femme.haute-gatineau.ca

Email: info@halte-femme.haute-gatineau.ca

Services: Housing and support for women who are victims of domestic violence or living with multiple social problems with or without children. * Reception and housing. * 24-hour telephone support, information and referrals. * Outpatient or post-housing follow-up. * Support and orientation. * Awareness and prevention. * Education and parental assistance. * Support group. * Help, support, accompaniment and referral.

Eligibility: women who are victims of domestic violence or living with multiple social problems with or without children

Coverage area: Maniwaki

Hours: 24 hours / 7 days

Fees: free

Financing: donations

Legal status: Select Legal Status

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 children aged 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

Recreational Activities

FAMILLES D'ABORD

8 Laramée Street, Lac-Sainte-Marie, Outaouais, QC, J0X 1Z0

819 463-4500

Email: famillesdabord2015@gmail.com

Services: * Game workshops for parent and children from 0 to 5 years old. * Support groups. * Respite. * Support for single women. * Awareness raising.

Eligibility: families

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

Hours: Monday to Thursday 08h30 to 16h00

Financing: 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: 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 children aged 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

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: cottages and activities. * Coureur des bois: activities and training in orientation, tool sharpening, shelter building, bannock baking, forest hikes. * 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: Coureur des bois: Saturdays after 13h30, Camp Métis Abitibi: always open

Fees: members: \$60 every two years and \$50 of administration fees when first registering, Camp Métis Abitibi: \$25 per year

Financing: self-financing, membership fees

Legal status: non-profit organization

JEUNESSE SANS FRONTIÈRES VALLÉE-DE-LA-GATINEAU

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

819 463-4030

Email: info@jsfvg.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 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 Fax: 819 449-5950

Email: direction@mani-jeunes.ca

Services: Meeting place for discussions and activities for youth. * Organization of sporting, cultural and social activities. * Homework assistance. * Prevention and health promotion. * Healthy cooking workshops.

Eligibility: youth aged 12 to 17 years old and their parents

Coverage area: Maniwaki

Hours: Monday to Friday 16h00 to 20h00

Financing: provincial, self-financing

Legal status: non-profit organization

MANIWAKI NATIVE FRIENDSHIP CENTRE

153 Laurier Street, Maniwaki, Outaouais, QC, J9E 2K6

819 892-0892 Fax: 819 892-0892

Website: www.rcaaq.info/les-centres/maniwaki

Email: charlottec@videotron.ca

Services: * Meeting place. * Information and reference. * Psychosocial intervention. * Consultation with health professionals. * Homework assistance. * Educational support. * Local transportation for youth. * Educational and cultural activities. * Powwow. * Traditional handicraft activities. * Advocacy and representation of interests.

Eligibility: Indigenous people

Coverage area: Maniwaki

Hours: Monday tu Wednesday 8h00 to 12h30 and 13h30 and 16h30, Thursday 8h00 to 12h30, 13h30 to 16h30 and 17h00 to 20h30, Friday 8h00 to 12h30, 13h30 to 16h30 and 18h00 to 21h00, Saturday 13h00 to 15h00 and 18h00 to 21h00

Financing: provincial, federal

Legal status: non-profit organization

Youth Employment

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 between 16 and 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: free

Financing: provincial, municipal, donations

Legal status: non-profit organization

Youth Shelters and Support

CLSC DE GRACEFIELD

12 Principale Street, Suite A, Gracefield, Outaouais, QC, J0X 1W0

819 463-2604

Website: www.cisss-outaouais.gouv.qc.ca/language/en/clsc-list/gracefield-clsc

Services: Frontline services for routine health and social services. * Sexual health clinic for youth 14 to 24 years old: screening, pregnancy testing, urgent contraception, prescription for a hormonal contraceptive. * Mental health services and psychosocial counselling. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Addiction care. * Common health services: removal of staples and stitches, wound care, injections, etc. * Adult vaccination. * Infant and child vaccination. * Support to pregnant women and new parents. * Breastfeeding tips. * Child nutrition and development. * Support for families and young people in difficulty. * Falls prevention program for seniors. * Support to people with a loss of autonomy and their caregivers. * Community organization support.

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

Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00, blood tests: Tuesday to Thursday 8h00 to 9h15

Financing: provincial

Legal status: parapublic organization

CLSC DE LOW

334 105 Road, Low, Outaouais, QC, J0X 2C0

819 422-3548

Website: www.cisss-outaouais.gouv.qc.ca/language/en/clsc-list/low-clsc

Services: Frontline services for routine health and social services. * Sexual health clinic for youth 14 to 24 years old: screening, pregnancy testing, urgent contraception, prescription for a hormonal contraceptive. * Mental health services and psychosocial counselling. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Addiction care. * Common health services: removal of staples and stitches, wound care, injections, etc. * Adult vaccination. * Infant and child vaccination. * Support to pregnant women and new parents. * Breastfeeding tips. * Child nutrition and development. * Support for families and young people in difficulty. * Falls prevention program for seniors. * Support to people with a loss of autonomy and their caregivers. * Community organization support.

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

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

Financing: provincial

Legal status: parapublic organization

CLSC DE MANIWAKI

149 Principale Street North, Maniwaki, Outaouais, QC, J9E 2B7

819 449-2513

Website: www.cisss-outaouais.gouv.qc.ca/language/en/clsc-list/maniwaki-clsc

Services: Frontline services for routine health and social services. * Sexual health clinic for youth 14 to 24 years old: screening, pregnancy testing, urgent contraception, prescription for a hormonal contraceptive. * Mental health services and psychosocial counselling. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Addiction care. * Common health services: removal of staples and stitches, wound care, injections, etc. * Adult vaccination. * Infant and child vaccination. * Support to pregnant women and new parents. * Breastfeeding tips. * Child nutrition and development. * Support for families and young people in difficulty. * Falls prevention program for seniors. * Support to people with a loss of autonomy and their caregivers. * Community organization support. * Chronic diseases and nutrition. * Help to quit smoking.

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

Hours: Monday to Friday 8h00 to 21h00

Financing: provincial

Legal status: parapublic organization

Community Action

INFORMATION AND REFERRAL

Information and referral

IMPACT RIVIÈRE GATINEAU

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

819 449-3077

Email: impactrivieregatineauorg@videotron.ca

Services: Family violence service centre. * Support for people involved in family violence. * Group therapy for childrens, teenagers, mens, parents, families. * Intervention. * Conflict management. * Emotional management. * Individual follow-up. * Individual consultation for people with specific needs: intellectual disabilities, mental health issues, etc. * 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 mental health issues

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

Disability

ADAPTED WORK AND EMPLOYABILITY SUPPORT

AUTISM, PDD, ADHD

MOBILITY AIDS

PARATRANSIT

RESPITE SERVICES AND HOUSING

RESPITE, CHILD CARE AND HOUSING

SUPPORT ASSOCIATIONS

Adapted work and employability support

CENTRE JEAN BOSCO DE MANIWAKI

204 Laurier Street, Maniwaki, Outaouais, QC, J9E 2K9

819 449-4057 Fax: 819 449-1900

Email: centrebosco@videotron.ca

Services: Adapted work center. * 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 12h00 and 13h00 to 16h00

Fees: none, thrift store: variable

Financing: provincial, Centraide Outaouais

Legal status: non-profit organization

Autism, PDD, ADHD

CENTRE JEAN BOSCO DE MANIWAKI

204 Laurier Street, Maniwaki, Outaouais, QC, J9E 2K9

819 449-4057 Fax: 819 449-1900

Email: centrebosco@videotron.ca

Services: Adapted work center. * 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 12h00 and 13h00 to 16h00

Fees: none, thrift store: variable

Financing: provincial, Centraide Outaouais

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: voix.solidarite.vg@hotmail.com

Services: Support for caregivers. * Listening, information and psychosocial support by phone and in person. * Support group. * Respite at home. * Coffee-meetings. * Training. * Conferences. * Defense of rights and interests.

Eligibility: caregivers, general public, respite: caregivers of seniors, caregivers of people 18 years and over living with an intellectual or physical disability or an autism spectrum disorder

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

Hours: Monday to Friday 9h00 to 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

Mobility aids

CLSC DE GRACEFIELD

12 Principale Street, Suite A, Gracefield, Outaouais, QC, J0X 1W0

819 463-2604

Website: www.cisss-outaouais.gouv.qc.ca/language/en/clsc-list/gracefield-clsc

Services: Frontline services for routine health and social services. * Sexual health clinic for youth 14 to 24 years old: screening, pregnancy testing, urgent contraception, prescription for a hormonal contraceptive. * Mental health services and psychosocial counselling. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Addiction care. * Common health services: removal of staples and stitches, wound care, injections, etc. * Adult vaccination. * Infant and child vaccination. * Support to pregnant women and new parents. * Breastfeeding tips. * Child nutrition and development. * Support for families and young people in difficulty. * Falls prevention program for seniors. * Support to people with a loss of autonomy and their caregivers. * Community organization support.

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

Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00, blood tests: Tuesday to Thursday 8h00 to 9h15

Financing: provincial

Legal status: parapublic organization

CLSC DE LOW

334 105 Road, Low, Outaouais, QC, J0X 2C0

819 422-3548

Website: www.cisss-outaouais.gouv.qc.ca/language/en/clsc-list/low-clsc

Services: Frontline services for routine health and social services. * Sexual health clinic for youth 14 to 24 years old: screening, pregnancy testing, urgent contraception, prescription for a hormonal contraceptive. * Mental health services and psychosocial counselling. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Addiction care. * Common health services: removal of staples and stitches, wound care, injections, etc. * Adult vaccination. * Infant and child vaccination. * Support to pregnant women and new parents. * Breastfeeding tips. * Child nutrition and development. * Support for families and young people in difficulty. * Falls prevention program for seniors. * Support to people with a loss of autonomy and their caregivers. * Community organization support.

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

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

Financing: provincial

Legal status: parapublic organization

CLSC DE MANIWAKI

149 Principale Street North, Maniwaki, Outaouais, QC, J9E 2B7

819 449-2513

Website: www.cisss-outaouais.gouv.qc.ca/language/en/clsc-list/maniwaki-clsc

Services: Frontline services for routine health and social services. * Sexual health clinic for youth 14 to 24 years old: screening, pregnancy testing, urgent contraception, prescription for a hormonal contraceptive. * Mental health services and psychosocial counselling. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Addiction care. * Common health services: removal of staples and stitches, wound care, injections, etc. * Adult vaccination. * Infant and child vaccination. * Support to pregnant women and new parents. * Breastfeeding tips. * Child nutrition and development. * Support for families and young people in difficulty. * Falls prevention program for seniors. * Support to people with a loss of autonomy and their caregivers. * Community organization support. * Chronic diseases and nutrition. * Help to quit smoking.

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

Hours: Monday to Friday 8h00 to 21h00

Financing: provincial

Legal status: parapublic 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/le-gutac

Email: gutac.vg@hotmail.com

Services: One-stop source for collective transportation, including adapted transportation. * Adapted transportation for people with a disability or with loss of autonomy. * Medical transportation. * Collective transportation.

Eligibility: residents, seniors, people 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

Respite services and housing

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: voix.solidarite.vg@hotmail.com

Services: Support for caregivers. * Listening, information and psychosocial support by phone and in person. * Support group. * Respite at home. * Coffee-meetings. * Training. * Conferences. * Defense of rights and interests.

Eligibility: caregivers, general public, respite: caregivers of seniors, caregivers of people 18 years and over living with an intellectual or physical disability or an autism spectrum disorder

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

Hours: Monday to Friday 9h00 to 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

Respite, child care and housing

ALBATROS VALLÉE-DE-LA-GATINEAU (MANIWAKI)

15 Principale Street North, Montcerf-Lytton, Outaouais, QC, J0W 1N0

819 449-4540

Website: www.albatrosvgl.ca

Email: albatrosmaniwaki@gmail.com

Services: Voluntary 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

CLSC DE GRACEFIELD

12 Principale Street, Suite A, Gracefield, Outaouais, QC, J0X 1W0

819 463-2604

Website: www.cisss-outaouais.gouv.qc.ca/language/en/clsc-list/gracefield-clsc

Services: Frontline services for routine health and social services. * Sexual health clinic for youth 14 to 24 years old: screening, pregnancy testing, urgent contraception, prescription for a hormonal contraceptive. * Mental health services and psychosocial counselling. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Addiction care. * Common health services: removal of staples and stitches, wound care, injections, etc. * Adult vaccination. * Infant and child vaccination. * Support to pregnant women and new parents. * Breastfeeding tips. * Child nutrition and development. * Support for families and young people in difficulty. * Falls prevention program for seniors. * Support to people with a loss of autonomy and their caregivers. * Community organization support.

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

Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00, blood tests: Tuesday to Thursday 8h00 to 9h15

Financing: provincial

Legal status: parapublic organization

CLSC DE LOW

334 105 Road, Low, Outaouais, QC, J0X 2C0

819 422-3548

Website: www.cisss-outaouais.gouv.qc.ca/language/en/clsc-list/low-clsc

Services: Frontline services for routine health and social services. * Sexual health clinic for youth 14 to 24 years old: screening, pregnancy testing, urgent contraception, prescription for a hormonal contraceptive. * Mental health services and psychosocial counselling. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Addiction care. * Common health services: removal of staples and stitches, wound care, injections, etc. * Adult vaccination. * Infant and child vaccination. * Support to pregnant women and new parents. * Breastfeeding tips. * Child nutrition and development. * Support for families and young people in difficulty. * Falls prevention program for seniors. * Support to people with a loss of autonomy and their caregivers. * Community organization support.

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

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

Financing: provincial

Legal status: parapublic organization

CLSC DE MANIWAKI

149 Principale Street North, Maniwaki, Outaouais, QC, J9E 2B7

819 449-2513

Website: www.cisss-outaouais.gouv.qc.ca/language/en/clsc-list/maniwaki-clsc

Services: Frontline services for routine health and social services. * Sexual health clinic for youth 14 to 24 years old: screening, pregnancy testing, urgent contraception, prescription for a hormonal contraceptive. * Mental health services and psychosocial counselling. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Addiction care. * Common health services: removal of staples and stitches, wound care, injections, etc. * Adult vaccination. * Infant and child vaccination. * Support to pregnant women and new parents. * Breastfeeding tips. * Child nutrition and development. * Support for families and young people in difficulty. * Falls prevention program for seniors. * Support to people with a loss of autonomy and their caregivers. * Community organization support. * Chronic diseases and nutrition. * Help to quit smoking.

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

Hours: Monday to Friday 8h00 to 21h00

Financing: provincial

Legal status: parapublic 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., deep seasonal cleaning, 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, between \$25 and \$35 per hour

Financing: provincial

Legal status: cooperative

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: md-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 children aged 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

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: voix.solidarite.vg@hotmail.com

Services: Support for caregivers. * Listening, information and psychosocial support by phone and in person. * Support group. * Respite at home. * Coffee-meetings. * Training. * Conferences. * Defense of rights and interests.

Eligibility: caregivers, general public, respite: caregivers of seniors, caregivers of people 18 years and over living with an intellectual or physical disability or an autism spectrum disorder

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

Hours: Monday to Friday 9h00 to 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

Support Associations

CLSC DE GRACEFIELD

12 Principale Street, Suite A, Gracefield, Outaouais, QC, J0X 1W0

819 463-2604

Website: www.cisss-outaouais.gouv.qc.ca/language/en/clsc-list/gracefield-clsc

Services: Frontline services for routine health and social services. * Sexual health clinic for youth 14 to 24 years old: screening, pregnancy testing, urgent contraception, prescription for a hormonal contraceptive. * Mental health services and psychosocial counselling. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Addiction care. * Common health services: removal of staples and stitches, wound care, injections, etc. * Adult vaccination. * Infant and child vaccination. * Support to pregnant women and new parents. * Breastfeeding tips. * Child nutrition and development. * Support for families and young people in difficulty. * Falls prevention program for seniors. * Support to people with a loss of autonomy and their caregivers. * Community organization support.

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

Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00, blood tests: Tuesday to Thursday 8h00 to 9h15

Financing: provincial

Legal status: parapublic organization

CLSC DE LOW

334 105 Road, Low, Outaouais, QC, J0X 2C0

819 422-3548

Website: www.cisss-outaouais.gouv.qc.ca/language/en/clsc-list/low-clsc

Services: Frontline services for routine health and social services. * Sexual health clinic for youth 14 to 24 years old: screening, pregnancy testing, urgent contraception, prescription for a hormonal contraceptive. * Mental health services and psychosocial counselling. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Addiction care. * Common health services: removal of staples and stitches, wound care, injections, etc. * Adult vaccination. * Infant and child vaccination. * Support to pregnant women and new parents. * Breastfeeding tips. * Child nutrition and development. * Support for families and young people in difficulty. * Falls prevention program for seniors. * Support to people with a loss of autonomy and their caregivers. * Community organization support.

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

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

Financing: provincial

Legal status: parapublic organization

CLSC DE MANIWAKI

149 Principale Street North, Maniwaki, Outaouais, QC, J9E 2B7

819 449-2513

Website: www.cisss-outaouais.gouv.qc.ca/language/en/clsc-list/maniwaki-clsc

Services: Frontline services for routine health and social services. * Sexual health clinic for youth 14 to 24 years old: screening, pregnancy testing, urgent contraception, prescription for a hormonal contraceptive. * Mental health services and psychosocial counselling. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Addiction care. * Common health services: removal of staples and stitches, wound care, injections, etc. * Adult vaccination. * Infant and child vaccination. * Support to pregnant women and new parents. * Breastfeeding tips. * Child nutrition and development. * Support for families and young people in difficulty. * Falls prevention program for seniors. * Support to people with a loss of autonomy and their caregivers. * Community organization support. * Chronic diseases and nutrition. * Help to quit smoking.

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

Hours: Monday to Friday 8h00 to 21h00

Financing: provincial

Legal status: parapublic organization

FAMILLES D'ABORD

8 Laramée Street, Lac-Sainte-Marie, Outaouais, QC, J0X 1Z0

819 463-4500

Email: famillesdabord2015@gmail.com

Services: * Game workshops for parent and children from 0 to 5 years old. * Support groups. * Respite. * Support for single women. * Awareness raising.

Eligibility: families

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

Hours: Monday to Thursday 08h30 to 16h00

Financing: self-financing

Legal status: non-profit organization

IMPACT RIVIÈRE GATINEAU

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

819 449-3077

Email: impactrivieregatineauorg@videotron.ca

Services: Family violence service centre. * Support for people involved in family violence. * Group therapy for childrens, teenagers, mens, parents, families. * Intervention. * Conflict management. * Emotional management. * Individual follow-up. * Individual consultation for people with specific needs: intellectual disabilities, mental health issues, etc. * 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 mental health issues

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

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 children aged 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

Education and Literacy

ACADEMIC AND VOCATIONAL GUIDANCE

HOMEWORK ASSISTANCE AND TUTORING

LITERACY

PUBLIC EDUCATION

SCHOOL PERSEVERANCE

Academic and vocational guidance

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 between 16 and 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: free

Financing: provincial, municipal, donations

Legal status: non-profit organization

Homework assistance and tutoring

MANI-JEUNES

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

819 449-6609 Fax: 819 449-5950

Email: direction@mani-jeunes.ca

Services: Meeting place for discussions and activities for youth. * Organization of sporting, cultural and social activities. * Homework assistance. * Prevention and health promotion. * Healthy cooking workshops.

Eligibility: youth aged 12 to 17 years old and their parents

Coverage area: Maniwaki

Hours: Monday to Friday 16h00 to 20h00

Financing: provincial, self-financing

Legal status: non-profit organization

MANIWAKI NATIVE FRIENDSHIP CENTRE

153 Laurier Street, Maniwaki, Outaouais, QC, J9E 2K6

819 892-0892 Fax: 819 892-0892

Website: www.rcaaq.info/les-centres/maniwaki

Email: charlottec@videotron.ca

Services: * Meeting place. * Information and reference. * Psychosocial intervention. * Consultation with health professionals. * Homework assistance. * Educational support. * Local transportation for youth. * Educational and cultural activities. * Powwow. * Traditional handicraft activities. * Advocacy and representation of interests.

Eligibility: Indigenous people

Coverage area: Maniwaki

Hours: Monday tu Wednesday 8h00 to 12h30 and 13h30 and 16h30, Thursday 8h00 to 12h30, 13h30 to 16h30 and 17h00 to 20h30, Friday 8h00 to 12h30, 13h30 to 16h30 and 18h00 to 21h00, Saturday 13h00 to 15h00 and 18h00 to 21h00

Financing: provincial, federal

Legal status: non-profit organization

Literacy

MAISON AMITIÉ DE LA HAUTE-GATINEAU

125, Laurier Street, Maniwaki, Outaouais, QC, J9E 2K5

819 449-6777 Fax: 819 449-7484

Website: www.rocsmo.ca/membres/maison-amitie-de-la-haute-gatineau

Email: prochon174@hotmail.com

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 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 children aged 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

Public education

FAMILLES D'ABORD

8 Laramée Street, Lac-Sainte-Marie, Outaouais, QC, J0X 1Z0

819 463-4500

Email: famillesdabord2015@gmail.com

Services: * Game workshops for parent and children from 0 to 5 years old. * Support groups. * Respite. * Support for single women. * Awareness raising.

Eligibility: families

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

Hours: Monday to Thursday 08h30 to 16h00

Financing: self-financing

Legal status: non-profit organization

School perseverance

MANIWAKI NATIVE FRIENDSHIP CENTRE

153 Laurier Street, Maniwaki, Outaouais, QC, J9E 2K6

819 892-0892 Fax: 819 892-0892

Website: www.rcaaq.info/les-centres/maniwaki

Email: charlottec@videotron.ca

Services: * Meeting place. * Information and reference. * Psychosocial intervention. * Consultation with health professionals. * Homework assistance. * Educational support. * Local transportation for youth. * Educational and cultural activities. * Powwow. * Traditional handicraft activities. * Advocacy and representation of interests.

Eligibility: Indigenous people

Coverage area: Maniwaki

Hours: Monday tu Wednesday 8h00 to 12h30 and 13h30 and 16h30, Thursday 8h00 to 12h30, 13h30 to 16h30 and 17h00 to 20h30, Friday 8h00 to 12h30, 13h30 to 16h30 and 18h00 to 21h00, Saturday 13h00 to 15h00 and 18h00 to 21h00

Financing: provincial, federal

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 YOUTH

VOCATIONAL REHABILITATION AND DISABILITY-RELATED EMPLOYMENT

Advocacy for workers and unemployed

BUREAU D'AIDE JURIDIQUE - MANIWAKI

116 King Street, Suite C, Maniwaki, Outaouais, QC, J9E 2L3

819 449-4800 Fax: 819 449-6341

Website: www.aidejuridiqueoutaouais.ca

Email: bureaumaniwaki@ccjo.qc.ca

Services: Legal aid office in youth protection law, civil law, family law and criminal law. * Telephone consultation with a lawyer, available 24/7, for people who have been arrested or are being held in custody.

Eligibility: person 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: Maniwaki

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

Budget management and consumption

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 between 16 and 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: free

Financing: provincial, municipal, donations

Legal status: non-profit organization

Business development

SERVICES QUÉBEC - MANIWAKI

100 Principale Street South, Suite 240, Maniwaki, Outaouais, QC, J9E 3L4

819 449-4284 Fax: 819 449-7362

Website: www.quebec.ca/en/government/services-quebec

Services: * Info-emploi counter: job bank that can be consulted on site. * Job search assistance: redaction of resume and preparation to interview. * Multiservices room: access to phone, fax, computers and printing machines. * Workplace learning program. * Training programs aiming professional skills development for enterprises and specific client group: students, women, youth, young mothers, older workers, disabled people, immigrants or visible minorities. * Business assistance: advices and financial support in human resources management. * Last-resort financial and social assistance for people with severe or temporary restrictions on employment or occupational disabilities. * Last-resort financial and social assistance. * Administration of oath. * Information on government programs and services and accompaniment in administrative procedures. * Services related to Directeur de l'état civil, Régie du bâtiment and Registre foncier.

Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Maniwaki

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

Financing: provincial

Legal status: provincial government agency

Employment support and training

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 between 16 and 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: free

Financing: provincial, municipal, donations

Legal status: non-profit organization

SERVICES QUÉBEC - MANIWAKI

100 Principale Street South, Suite 240, Maniwaki, Outaouais, QC, J9E 3L4

819 449-4284 Fax: 819 449-7362

Website: www.quebec.ca/en/government/services-quebec

Services: * Info-emploi counter: job bank that can be consulted on site. * Job search assistance: redaction of resume and preparation to interview. * Multiservices room: access to phone, fax, computers and printing machines. * Workplace learning program. * Training programs aiming professional skills development for enterprises and specific client group: students, women, youth, young mothers, older workers, disabled people, immigrants or visible minorities. * Business assistance: advices and financial support in human resources management. * Last-resort financial and social assistance for people with severe or temporary restrictions on employment or occupational disabilities. * Last-resort financial and social assistance. * Administration of oath. * Information on government programs and services and accompaniment in administrative procedures. * Services related to Directeur de l'état civil, Régie du bâtiment and Registre foncier.

Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Maniwaki

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

Financing: provincial

Legal status: provincial government agency

Employment support for immigrants

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 between 16 and 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: free

Financing: provincial, municipal, donations

Legal status: non-profit organization

SERVICE CANADA CENTRE - MANIWAKI

100 Principale Street South, Suite 220, Maniwaki, Outaouais, QC, J9E 1Z6

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

Website: www.canada.ca

Services: Service centre bringing together programs, services and benefits at the federal level. * Applications for Social Insurance Number. * Information on the labor market. * Job bank. * Record of Employment. * Annuities. * Retirement pension from Canada Pension Plan. * Guaranteed Income Supplement, Old Age Security. * International Benefits. * Career Transition Services for veterans. * Allowance Program. * Special Benefits. * Employment Insurance Regular Benefits. * Career Planning. * Wage Earner Protection Program. * Canada Summer Jobs (CSJ) for youth and students. * Orientation on foreign credentials. * Receiving agents of passports. * Office of complaints. * Employer service centre. * Prevention and reporting of fraud. * Savings plan. * Income support for parents of murdered or missing children.

Coverage area: Maniwaki

Hours: Monday to Friday 8h30 to 16h00

Financing: federal

Legal status: federal government agency

Employment support for youth

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 between 16 and 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: free

Financing: provincial, municipal, donations

Legal status: non-profit organization

Vocational rehabilitation and disability-related employment

CENTRE JEAN BOSCO DE MANIWAKI

204 Laurier Street, Maniwaki, Outaouais, QC, J9E 2K9

819 449-4057 Fax: 819 449-1900

Email: centrebosco@videotron.ca

Services: Adapted work center. * 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 12h00 and 13h00 to 16h00

Fees: none, thrift store: variable

Financing: provincial, Centraide Outaouais

Legal status: non-profit organization

SERVICE CANADA CENTRE - MANIWAKI

100 Principale Street South, Suite 220, Maniwaki, Outaouais, QC, J9E 1Z6

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

Website: www.canada.ca

Services: Service centre bringing together programs, services and benefits at the federal level. * Applications for Social Insurance Number. * Information on the labor market. * Job bank. * Record of Employment. * Annuities. * Retirement pension from Canada Pension Plan. * Guaranteed Income Supplement, Old Age Security. * International Benefits. * Career Transition Services for veterans. * Allowance Program. * Special Benefits. * Employment Insurance Regular Benefits. * Career Planning. * Wage Earner Protection Program. * Canada Summer Jobs (CSJ) for youth and students. * Orientation on foreign credentials. * Receiving agents of passports. * Office of complaints. * Employer service centre. * Prevention and reporting of fraud. * Savings plan. * Income support for parents of murdered or missing children.

Coverage area: Maniwaki

Hours: Monday to Friday 8h30 to 16h00

Financing: federal

Legal status: federal government agency

SERVICES QUÉBEC - MANIWAKI

100 Principale Street South, Suite 240, Maniwaki, Outaouais, QC, J9E 3L4

819 449-4284 Fax: 819 449-7362

Website: www.quebec.ca/en/government/services-quebec

Services: * Info-emploi counter: job bank that can be consulted on site. * Job search assistance: redaction of resume and preparation to interview. * Multiservices room: access to phone, fax, computers and printing machines. * Workplace learning program. * Training programs aiming professional skills development for enterprises and specific client group: students, women, youth, young mothers, older workers, disabled people, immigrants or visible minorities. * Business assistance: advices and financial support in human resources management. * Last-resort financial and social assistance for people with severe or temporary restrictions on employment or occupational disabilities. * Last-resort financial and social assistance. * Administration of oath. * Information on government programs and services and accompaniment in administrative procedures. * Services related to Directeur de l'état civil, Régie du bâtiment and Registre foncier.

Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Maniwaki

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

Financing: provincial

Legal status: provincial government agency

Food

CHRISTMAS BASKET

COLLECTIVE KITCHENS AND COOKING WORKSHOPS

FOOD ASSISTANCE

FOOD AID FOR PREGNANT WOMEN AND CHILDREN

LOW COST OR FREE MEALS

PREPARED MEALS AND MEALS-ON-WHEELS

Christmas basket

CENTRE DE PLACEMENT SPÉCIALISÉ DU PORTAGE - MANIWAKI

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

1 844 284-0066 Fax: 819 776-3024

Website: www.cpsp.ca

Email: projets@cpsp.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 résumé 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. * Christmas baskets.

Eligibility: people who have been in contact with the criminal justice system, with or without a criminal record, over 18 years old save 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

PAIN QUOTIDIEN (LE)

128 Christ-Roy 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: 20 people per day

Coverage area: Maniwaki

Hours: first week of the month on Tuesday, next two weeks on Tuesday and Wednesday, fourth week on Wednesday, 9h30 to 10h45

Fees: \$4

Financing: municipal, donations

Legal status: non-profit organization

Collective kitchens and cooking workshops

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 children aged 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

AUX GOÛTS DU JOUR (LES OEUVRES DE CHARITÉ)

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

819 463-1469

Services: * Food assistance. * Thrift store: recuperation and sale of clothing.

Eligibility: people in need

Coverage area: southern sector of the MRC Vallée-de-la-Gatineau: Blue Sea, Bouchette, Gracefield, Denholm, Kazabazua, Lac-Sainte-Marie, Low

Hours: food assistance: only on appointment, call before Wednesday 12h00, distribution on Friday morning, thrift store: Tuesday to Friday 10h00 to 15h00

Fees: variable

Financing: Centraide Outaouais, donations

Legal status: non-profit organization

CENTRE DE PLACEMENT SPÉCIALISÉ DU PORTAGE - MANIWAKI

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

1 844 284-0066 Fax: 819 776-3024

Website: www.cpsp.ca

Email: projets@cpsp.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 résumé 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. * Christmas baskets.

Eligibility: people who have been in contact with the criminal justice system, with or without a criminal record, over 18 years old save 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

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

PAIN QUOTIDIEN (LE)

128 Christ-Roy 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: 20 people per day

Coverage area: Maniwaki

Hours: first week of the month on Tuesday, next two weeks on Tuesday and Wednesday, fourth week on Wednesday, 9h30 to 10h45

Fees: \$4

Financing: municipal, donations

Legal status: non-profit organization

Food aid for pregnant women and children

CLSC DE GRACEFIELD

12 Principale Street, Suite A, Gracefield, Outaouais, QC, J0X 1W0

819 463-2604

Website: www.cisss-outaouais.gouv.qc.ca/language/en/clsc-list/gracefield-clsc

Services: Frontline services for routine health and social services. * Sexual health clinic for youth 14 to 24 years old: screening, pregnancy testing, urgent contraception, prescription for a hormonal contraceptive. * Mental health services and psychosocial counselling. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Addiction care. * Common health services: removal of staples and stitches, wound care, injections, etc. * Adult vaccination. * Infant and child vaccination. * Support to pregnant women and new parents. * Breastfeeding tips. * Child nutrition and development. * Support for families and young people in difficulty. * Falls prevention program for seniors. * Support to people with a loss of autonomy and their caregivers. * Community organization support.

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

Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00, blood tests: Tuesday to Thursday 8h00 to 9h15

Financing: provincial

Legal status: parapublic organization

CLSC DE LOW

334 105 Road, Low, Outaouais, QC, J0X 2C0

819 422-3548

Website: www.cisss-outaouais.gouv.qc.ca/language/en/clsc-list/low-clsc

Services: Frontline services for routine health and social services. * Sexual health clinic for youth 14 to 24 years old: screening, pregnancy testing, urgent contraception, prescription for a hormonal contraceptive. * Mental health services and psychosocial counselling. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Addiction care. * Common health services: removal of staples and stitches, wound care, injections, etc. * Adult vaccination. * Infant and child vaccination. * Support to pregnant women and new parents. * Breastfeeding tips. * Child nutrition and development. * Support for families and young people in difficulty. * Falls prevention program for seniors. * Support to people with a loss of autonomy and their caregivers. * Community organization support.

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

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

Financing: provincial

Legal status: parapublic organization

CLSC DE MANIWAKI

149 Principale Street North, Maniwaki, Outaouais, QC, J9E 2B7

819 449-2513

Website: www.cisss-outaouais.gouv.qc.ca/language/en/clsc-list/maniwaki-clsc

Services: Frontline services for routine health and social services. * Sexual health clinic for youth 14 to 24 years old: screening, pregnancy testing, urgent contraception, prescription for a hormonal contraceptive. * Mental health services and psychosocial counselling. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Addiction care. * Common health services: removal of staples and stitches, wound care, injections, etc. * Adult vaccination. * Infant and child vaccination. * Support to pregnant women and new parents. * Breastfeeding tips. * Child nutrition and development. * Support for families and young people in difficulty. * Falls prevention program for seniors. * Support to people with a loss of autonomy and their caregivers. * Community organization support. * Chronic diseases and nutrition. * Help to quit smoking.

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

Hours: Monday to Friday 8h00 to 21h00

Financing: provincial

Legal status: parapublic 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 children aged 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

Low cost or free meals**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 children aged 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

Prepared meals and Meals-on-wheels

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

MUNICIPAL SERVICES

OFFICIAL DOCUMENTS

PROVINCIAL SERVICES

Federal services

SERVICE CANADA CENTRE - MANIWAKI

100 Principale Street South, Suite 220, Maniwaki, Outaouais, QC, J9E 1Z6

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

Website: www.canada.ca

Services: Service centre bringing together programs, services and benefits at the federal level. * Applications for Social Insurance Number. * Information on the labor market. * Job bank. * Record of Employment. * Annuities. * Retirement pension from Canada Pension Plan. * Guaranteed Income Supplement, Old Age Security. * International Benefits. * Career Transition Services for veterans. * Allowance Program. * Special Benefits. * Employment Insurance Regular Benefits. * Career Planning. * Wage Earner Protection Program. * Canada Summer Jobs (CSJ) for youth and students. * Orientation on foreign credentials. * Receiving agents of passports. * Office of complaints. * Employer service centre. * Prevention and reporting of fraud. * Savings plan. * Income support for parents of murdered or missing children.

Coverage area: Maniwaki

Hours: Monday to Friday 8h30 to 16h00

Financing: federal

Legal status: federal government 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. * Payment of municipal taxes. * Collection of residual materials. * Urban-planning department: construction permits.

Coverage area: Aumond

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

Financing: municipal

Legal status: municipal agency

BLUE SEA - MUNICIPALITÉ

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

819 463-2261 Fax: 819 463-4345

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

Email: info@blueseas.ca

Services: Municipal service management. * Payment of municipal taxes. * Collection of residual materials. * Urban-planning department: construction permits. * Fire department.

Coverage area: Blue Sea

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. * Payment of municipal taxes. * Collection of residual materials. * Industrial kitchen for food processing specialists. * Fire department. * Room rental.

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. * Payment of municipal taxes. * Collection of residual materials. * Urban-planning department: construction permits. * Fire department. * Room rental.

Coverage area: Bouchette

Hours: Monday to Thursday 10h00 to 12h00 and 13h00 to 17h00, Friday 10h00 to 12h00 and 13h00 to 16h00

Financing: municipal

Legal status: municipal agency

DÉLÉAGE - MUNICIPALITY

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

819 449-1979

Website: www.deleage.ca

Email: reception@deleage.ca

Services: Management of municipal services. * Municipal counter: information on permits, grants and taxes, payment of taxes. * Calendar of recyclable and garbage collections and information on waste management: www.deleage.ca/index.php/citoyens/cueillette-des-ordures-et-du-recyclage * Public security: fire department. * Animal licenses.

Coverage area: Déléage

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

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: * Budget and taxes. * Waste and recycling. * Environment and urbanism. * Municipal evaluation. * Fire safety. * Public works. * Library.

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: * Budget and taxes. * Waste and recycling. * Planning and urbanism. * Housing and roads. * Community, cultural and recreational development. * Urban public transportation. * Sewage treatment. * Library.

Coverage area: Egan-Sud

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. * Municipal counter: information on permits, grants and taxes, payment of taxes. * Calendar of recyclable and garbage collections and information on waste management: www.gracefield.ca/index.php/citoyens/ordures-et-recyclage * Public security: fire department. * Animal licenses.

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. * Management and payment of municipal taxes. * Information and collection of compost, residual and recyclable wastes according to the calendar: www.grandremous.ca/images/Calendrier_collecte_2021.pdf * Urban-planning department: construction permits. * Fire department. * Property assessment.

Coverage area: Grand-Remous

Hours: Monday and Tuesday 8h00 to 12h00 and 13h00 to 16h00, Wednesday 8h00 to 12h00 and 13h00 to 18h00, Thursday and Friday 8h00 to 12h00 and 13h00 to 16h00

Financing: municipal

Legal status: municipal agency

KAZABAZUA - MUNICIPALITY

30 Begley Street, Kazabazua, Outaouais, QC, J0X 1X0

819 467-2852 Fax: 819 467-3872

Website: www.kazabazua.ca

Email: infos@kazabazua.ca

Services: Municipal services management. * Management and payment of municipal taxes. * Information and collection of compost, residual and recyclable wastes according to the calendar: www.kazabazua.ca/fr/dechets.shtml. * Urban-planning department: construction permits. * Fire department. * Property assessment. * Dog license. * Automated emergency notification system.

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, Denholm, 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. * Municipal counter: information on permits, grants and taxes, payment of taxes. * Waste management. * Public security: fire department. * Animal licenses.

Coverage area: Low

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

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. * Municipal counter: information on permits, grants and taxes, payment of taxes. * Calendar of recyclable and garbage collections and information on waste management: www.ville.maniwaki.qc.ca/index.php/services/dechets-et-recyclage * Automated call service for boil water advisories, watermain breakage, emergency work and emergency measures: www.ville.maniwaki.qc.ca/index.php/portail-citoyens * Public security: fire department. * Animal licenses. * Library.

Coverage area: Maniwaki

Hours: September 1 to May 31: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, June 1 to August 31: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00

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. * Urbanism: construction and renovation permits. * Planification, installation and emptying septic tanks. * Waste management: household garbage, furniture, mattresses and sofas. * Public works: snow removal and road levelling. * Fire department. * Public safety.

Coverage area: Messines

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

Financing: municipal

Legal status: municipal agency

SAINT-GABRIEL-DE-BRANDON - MUNICIPALITÉ

5111 du Lac Road, Bois-Franc, Outaouais, QC, J0K 2N0

450 835-3494 Fax: 450 835-3495

Website: saintgabrieldebrandon.com

Email: secretaire@munstgab.com

Services: Municipal service management. * Payment of municipal taxes. * Collection of residual materials. * Industrial kitchen for food processing specialists. * Fire department. * Room rental.

Coverage area: Saint-Gabriel-de-Brandon

Hours: Monday 9h00 to 12h00 and 13h00 to 17h00, Tuesday to Thursday 8h00 to 12h00 and 13h00 to 17h00, Friday 8h00 to 12h00

Financing: municipal

Legal status: municipal 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

Official documents

SERVICE CANADA CENTRE - MANIWAKI

100 Principale Street South, Suite 220, Maniwaki, Outaouais, QC, J9E 1Z6

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

Website: www.canada.ca

Services: Service centre bringing together programs, services and benefits at the federal level. * Applications for Social Insurance Number. * Information on the labor market. * Job bank. * Record of Employment. * Annuities. * Retirement pension from Canada Pension Plan. * Guaranteed Income Supplement, Old Age Security. * International Benefits. * Career Transition Services for veterans. * Allowance Program. * Special Benefits. * Employment Insurance Regular Benefits. * Career Planning. * Wage Earner Protection Program. * Canada Summer Jobs (CSJ) for youth and students. * Orientation on foreign credentials. * Receiving agents of passports. * Office of complaints. * Employer service centre. * Prevention and reporting of fraud. * Savings plan. * Income support for parents of murdered or missing children.

Coverage area: Maniwaki

Hours: Monday to Friday 8h30 to 16h00

Financing: federal

Legal status: federal government agency

Provincial services

BUREAU D'AIDE JURIDIQUE - MANIWAKI

116 King Street, Suite C, Maniwaki, Outaouais, QC, J9E 2L3

819 449-4800 Fax: 819 449-6341

Website: www.aidejuridiqueoutaouais.ca

Email: bureaumaniwaki@ccjo.qc.ca

Services: Legal aid office in youth protection law, civil law, family law and criminal law. * Telephone consultation with a lawyer, available 24/7, for people who have been arrested or are being held in custody.

Eligibility: person 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: Maniwaki

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

SERVICES QUÉBEC - MANIWAKI

100 Principale Street South, Suite 240, Maniwaki, Outaouais, QC, J9E 3L4

819 449-4284 Fax: 819 449-7362

Website: www.quebec.ca/en/government/services-quebec

Government services

Services: * Info-emploi counter: job bank that can be consulted on site. * Job search assistance: redaction of resume and preparation to interview. * Multiservices room: access to phone, fax, computers and printing machines. * Workplace learning program. * Training programs aiming professional skills development for enterprises and specific client group: students, women, youth, young mothers, older workers, disabled people, immigrants or visible minorities. * Business assistance: advices and financial support in human resources management. * Last-resort financial and social assistance for people with severe or temporary restrictions on employment or occupational disabilities. * Last-resort financial and social assistance. * Administration of oath. * Information on government programs and services and accompaniment in administrative procedures. * Services related to Directeur de l'état civil, Régie du bâtiment and Registre foncier.

Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Maniwaki

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

Health

FAMILY PLANNING

HOME CARE

HOSPITALS, CLSC AND COMMUNITY CLINICS

PALLIATIVE CARE

PATIENT SUPPORT ASSOCIATIONS

PUBLIC HEALTH

Family planning

CLSC DE GRACEFIELD

12 Principale Street, Suite A, Gracefield, Outaouais, QC, J0X 1W0

819 463-2604

Website: www.cisss-outaouais.gouv.qc.ca/language/en/clsc-list/gracefield-clsc

Services: Frontline services for routine health and social services. * Sexual health clinic for youth 14 to 24 years old: screening, pregnancy testing, urgent contraception, prescription for a hormonal contraceptive. * Mental health services and psychosocial counselling. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Addiction care. * Common health services: removal of staples and stitches, wound care, injections, etc. * Adult vaccination. * Infant and child vaccination. * Support to pregnant women and new parents. * Breastfeeding tips. * Child nutrition and development. * Support for families and young people in difficulty. * Falls prevention program for seniors. * Support to people with a loss of autonomy and their caregivers. * Community organization support.

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

Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00, blood tests: Tuesday to Thursday 8h00 to 9h15

Financing: provincial

Legal status: parapublic organization

CLSC DE LOW

334 105 Road, Low, Outaouais, QC, J0X 2C0

819 422-3548

Website: www.cisss-outaouais.gouv.qc.ca/language/en/clsc-list/low-clsc

Services: Frontline services for routine health and social services. * Sexual health clinic for youth 14 to 24 years old: screening, pregnancy testing, urgent contraception, prescription for a hormonal contraceptive. * Mental health services and psychosocial counselling. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Addiction care. * Common health services: removal of staples and stitches, wound care, injections, etc. * Adult vaccination. * Infant and child vaccination. * Support to pregnant women and new parents. * Breastfeeding tips. * Child nutrition and development. * Support for families and young people in difficulty. * Falls prevention program for seniors. * Support to people with a loss of autonomy and their caregivers. * Community organization support.

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

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

Financing: provincial

Legal status: parapublic organization

CLSC DE MANIWAKI

149 Principale Street North, Maniwaki, Outaouais, QC, J9E 2B7

819 449-2513

Website: www.cisss-outaouais.gouv.qc.ca/language/en/clsc-list/maniwaki-clsc

Services: Frontline services for routine health and social services. * Sexual health clinic for youth 14 to 24 years old: screening, pregnancy testing, urgent contraception, prescription for a hormonal contraceptive. * Mental health services and psychosocial counselling. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Addiction care. * Common health services: removal of staples and stitches, wound care, injections, etc. * Adult vaccination. * Infant and child vaccination. * Support to pregnant women and new parents. * Breastfeeding tips. * Child nutrition and development. * Support for families and young people in difficulty. * Falls prevention program for seniors. * Support to people with a loss of autonomy and their caregivers. * Community organization support. * Chronic diseases and nutrition. * Help to quit smoking.

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

Hours: Monday to Friday 8h00 to 21h00

Financing: provincial

Legal status: parapublic organization

Home care

CLSC DE GRACEFIELD

12 Principale Street, Suite A, Gracefield, Outaouais, QC, J0X 1W0

819 463-2604

Website: www.cisss-outaouais.gouv.qc.ca/language/en/clsc-list/gracefield-clsc

Services: Frontline services for routine health and social services. * Sexual health clinic for youth 14 to 24 years old: screening, pregnancy testing, urgent contraception, prescription for a hormonal contraceptive. * Mental health services and psychosocial counselling. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Addiction care. * Common health services: removal of staples and stitches, wound care, injections, etc. * Adult vaccination. * Infant and child vaccination. * Support to pregnant women and new parents. * Breastfeeding tips. * Child nutrition and development. * Support for families and young people in difficulty. * Falls prevention program for seniors. * Support to people with a loss of autonomy and their caregivers. * Community organization support.

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

Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00, blood tests: Tuesday to Thursday 8h00 to 9h15

Financing: provincial

Legal status: parapublic organization

CLSC DE LOW

334 105 Road, Low, Outaouais, QC, J0X 2C0

819 422-3548

Website: www.cisss-outaouais.gouv.qc.ca/language/en/clsc-list/low-clsc

Services: Frontline services for routine health and social services. * Sexual health clinic for youth 14 to 24 years old: screening, pregnancy testing, urgent contraception, prescription for a hormonal contraceptive. * Mental health services and psychosocial counselling. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Addiction care. * Common health services: removal of staples and stitches, wound care, injections, etc. * Adult vaccination. * Infant and child vaccination. * Support to pregnant women and new parents. * Breastfeeding tips. * Child nutrition and development. * Support for families and young people in difficulty. * Falls prevention program for seniors. * Support to people with a loss of autonomy and their caregivers. * Community organization support.

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

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

Financing: provincial

Legal status: parapublic organization

Hospitals, CLSC and community clinics

CLSC DE GRACEFIELD

12 Principale Street, Suite A, Gracefield, Outaouais, QC, J0X 1W0

819 463-2604

Website: www.cisss-outaouais.gouv.qc.ca/language/en/clsc-list/gracefield-clsc

Services: Frontline services for routine health and social services. * Sexual health clinic for youth 14 to 24 years old: screening, pregnancy testing, urgent contraception, prescription for a hormonal contraceptive. * Mental health services and psychosocial counselling. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Addiction care. * Common health services: removal of staples and stitches, wound care, injections, etc. * Adult vaccination. * Infant and child vaccination. * Support to pregnant women and new parents. * Breastfeeding tips. * Child nutrition and development. * Support for families and young people in difficulty. * Falls prevention program for seniors. * Support to people with a loss of autonomy and their caregivers. * Community organization support.

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

Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00, blood tests: Tuesday to Thursday 8h00 to 9h15

Financing: provincial

Legal status: parapublic organization

CLSC DE LOW

334 105 Road, Low, Outaouais, QC, J0X 2C0

819 422-3548

Website: www.cisss-outaouais.gouv.qc.ca/language/en/clsc-list/low-clsc

Services: Frontline services for routine health and social services. * Sexual health clinic for youth 14 to 24 years old: screening, pregnancy testing, urgent contraception, prescription for a hormonal contraceptive. * Mental health services and psychosocial counselling. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Addiction care. * Common health services: removal of staples and stitches, wound care, injections, etc. * Adult vaccination. * Infant and child vaccination. * Support to pregnant women and new parents. * Breastfeeding tips. * Child nutrition and development. * Support for families and young people in difficulty. * Falls prevention program for seniors. * Support to people with a loss of autonomy and their caregivers. * Community organization support.

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

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

Financing: provincial

Legal status: parapublic organization

CLSC DE MANIWAKI

149 Principale Street North, Maniwaki, Outaouais, QC, J9E 2B7

819 449-2513

Website: www.cisss-outaouais.gouv.qc.ca/language/en/clsc-list/maniwaki-clsc

Services: Frontline services for routine health and social services. * Sexual health clinic for youth 14 to 24 years old: screening, pregnancy testing, urgent contraception, prescription for a hormonal contraceptive. * Mental health services and psychosocial counselling. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Addiction care. * Common health services: removal of staples and stitches, wound care, injections, etc. * Adult vaccination. * Infant and child vaccination. * Support to pregnant women and new parents. * Breastfeeding tips. * Child nutrition and development. * Support for families and young people in difficulty. * Falls prevention program for seniors. * Support to people with a loss of autonomy and their caregivers. * Community organization support. * Chronic diseases and nutrition. * Help to quit smoking.

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

Hours: Monday to Friday 8h00 to 21h00

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.

Coverage area: Outaouais

Hours: 24 hours / 7 days, visiting hours: Monday to Sunday 8h00 to 20h00

Financing: provincial

Legal status: parapublic organization

Palliative care

ALBATROS VALLÉE-DE-LA-GATINEAU (MANIWAKI)

15 Principale Street North, Montcerf-Lytton, Outaouais, QC, J0W 1N0

819 449-4540

Website: www.albatrosvglml.ca

Email: albatrosmaniwaki@gmail.com

Services: Voluntary 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

CLSC DE GRACEFIELD

12 Principale Street, Suite A, Gracefield, Outaouais, QC, J0X 1W0

819 463-2604

Website: www.cisss-outaouais.gouv.qc.ca/language/en/clsc-list/gracefield-clsc

Services: Frontline services for routine health and social services. * Sexual health clinic for youth 14 to 24 years old: screening, pregnancy testing, urgent contraception, prescription for a hormonal contraceptive. * Mental health services and psychosocial counselling. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Addiction care. * Common health services: removal of staples and stitches, wound care, injections, etc. * Adult vaccination. * Infant and child vaccination. * Support to pregnant women and new parents. * Breastfeeding tips. * Child nutrition and development. * Support for families and young people in difficulty. * Falls prevention program for seniors. * Support to people with a loss of autonomy and their caregivers. * Community organization support.

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

Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00, blood tests: Tuesday to Thursday 8h00 to 9h15

Financing: provincial

Legal status: parapublic organization

CLSC DE LOW

334 105 Road, Low, Outaouais, QC, J0X 2C0

819 422-3548

Website: www.cisss-outaouais.gouv.qc.ca/language/en/clsc-list/low-clsc

Services: Frontline services for routine health and social services. * Sexual health clinic for youth 14 to 24 years old: screening, pregnancy testing, urgent contraception, prescription for a hormonal contraceptive. * Mental health services and psychosocial counselling. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Addiction care. * Common health services: removal of staples and stitches, wound care, injections, etc. * Adult vaccination. * Infant and child vaccination. * Support to pregnant women and new parents. * Breastfeeding tips. * Child nutrition and development. * Support for families and young people in difficulty. * Falls prevention program for seniors. * Support to people with a loss of autonomy and their caregivers. * Community organization support.

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

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

Financing: provincial

Legal status: parapublic organization

CLSC DE MANIWAKI

149 Principale Street North, Maniwaki, Outaouais, QC, J9E 2B7

819 449-2513

Website: www.cisss-outaouais.gouv.qc.ca/language/en/clsc-list/maniwaki-clsc

Services: Frontline services for routine health and social services. * Sexual health clinic for youth 14 to 24 years old: screening, pregnancy testing, urgent contraception, prescription for a hormonal contraceptive. * Mental health services and psychosocial counselling. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Addiction care. * Common health services: removal of staples and stitches, wound care, injections, etc. * Adult vaccination. * Infant and child vaccination. * Support to pregnant women and new parents. * Breastfeeding tips. * Child nutrition and development. * Support for families and young people in difficulty. * Falls prevention program for seniors. * Support to people with a loss of autonomy and their caregivers. * Community organization support. * Chronic diseases and nutrition. * Help to quit smoking.

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

Hours: Monday to Friday 8h00 to 21h00

Financing: provincial

Legal status: parapublic organization

Patient support associations**CLSC DE GRACEFIELD**

12 Principale Street, Suite A, Gracefield, Outaouais, QC, J0X 1W0

819 463-2604

Website: www.cisss-outaouais.gouv.qc.ca/language/en/clsc-list/gracefield-clsc

Services: Frontline services for routine health and social services. * Sexual health clinic for youth 14 to 24 years old: screening, pregnancy testing, urgent contraception, prescription for a hormonal contraceptive. * Mental health services and psychosocial counselling. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Addiction care. * Common health services: removal of staples and stitches, wound care, injections, etc. * Adult vaccination. * Infant and child vaccination. * Support to pregnant women and new parents. * Breastfeeding tips. * Child nutrition and development. * Support for families and young people in difficulty. * Falls prevention program for seniors. * Support to people with a loss of autonomy and their caregivers. * Community organization support.

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

Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00, blood tests: Tuesday to Thursday 8h00 to 9h15

Financing: provincial

Legal status: parapublic organization

CLSC DE LOW

334 105 Road, Low, Outaouais, QC, J0X 2C0

819 422-3548

Website: www.cisss-outaouais.gouv.qc.ca/language/en/clsc-list/low-clsc

Services: Frontline services for routine health and social services. * Sexual health clinic for youth 14 to 24 years old: screening, pregnancy testing, urgent contraception, prescription for a hormonal contraceptive. * Mental health services and psychosocial counselling. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Addiction care. * Common health services: removal of staples and stitches, wound care, injections, etc. * Adult vaccination. * Infant and child vaccination. * Support to pregnant women and new parents. * Breastfeeding tips. * Child nutrition and development. * Support for families and young people in difficulty. * Falls prevention program for seniors. * Support to people with a loss of autonomy and their caregivers. * Community organization support.

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

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

Financing: provincial

Legal status: parapublic organization

CLSC DE MANIWAKI

149 Principale Street North, Maniwaki, Outaouais, QC, J9E 2B7

819 449-2513

Website: www.cisss-outaouais.gouv.qc.ca/language/en/clsc-list/maniwaki-clsc

Services: Frontline services for routine health and social services. * Sexual health clinic for youth 14 to 24 years old: screening, pregnancy testing, urgent contraception, prescription for a hormonal contraceptive. * Mental health services and psychosocial counselling. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Addiction care. * Common health services: removal of staples and stitches, wound care, injections, etc. * Adult vaccination. * Infant and child vaccination. * Support to pregnant women and new parents. * Breastfeeding tips. * Child nutrition and development. * Support for families and young people in difficulty. * Falls prevention program for seniors. * Support to people with a loss of autonomy and their caregivers. * Community organization support. * Chronic diseases and nutrition. * Help to quit smoking.

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

Hours: Monday to Friday 8h00 to 21h00

Financing: provincial

Legal status: parapublic organization

IMPACT RIVIÈRE GATINEAU

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

819 449-3077

Email: impactrivieregatineauorg@videotron.ca

Services: Family violence service centre. * Support for people involved in family violence. * Group therapy for childrens, teenagers, mens, parents, families. * Intervention. * Conflict management. * Emotional management. * Individual follow-up. * Individual consultation for people with specific needs: intellectual disabilities, mental health issues, etc. * 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 mental health issues

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

Public Health**CLSC DE GRACEFIELD**

12 Principale Street, Suite A, Gracefield, Outaouais, QC, J0X 1W0

819 463-2604

Website: www.cisss-outaouais.gouv.qc.ca/language/en/clsc-list/gracefield-clsc

Services: Frontline services for routine health and social services. * Sexual health clinic for youth 14 to 24 years old: screening, pregnancy testing, urgent contraception, prescription for a hormonal contraceptive. * Mental health services and psychosocial counselling. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Addiction care. * Common health services: removal of staples and stitches, wound care, injections, etc. * Adult vaccination. * Infant and child vaccination. * Support to pregnant women and new parents. * Breastfeeding tips. * Child nutrition and development. * Support for families and young people in difficulty. * Falls prevention program for seniors. * Support to people with a loss of autonomy and their caregivers. * Community organization support.

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

Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00, blood tests: Tuesday to Thursday 8h00 to 9h15

Financing: provincial

Legal status: parapublic organization

CLSC DE LOW

334 105 Road, Low, Outaouais, QC, J0X 2C0

819 422-3548

Website: www.cisss-outaouais.gouv.qc.ca/language/en/clsc-list/low-clsc

Services: Frontline services for routine health and social services. * Sexual health clinic for youth 14 to 24 years old: screening, pregnancy testing, urgent contraception, prescription for a hormonal contraceptive. * Mental health services and psychosocial counselling. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Addiction care. * Common health services: removal of staples and stitches, wound care, injections, etc. * Adult vaccination. * Infant and child vaccination. * Support to pregnant women and new parents. * Breastfeeding tips. * Child nutrition and development. * Support for families and young people in difficulty. * Falls prevention program for seniors. * Support to people with a loss of autonomy and their caregivers. * Community organization support.

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

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

Financing: provincial

Legal status: parapublic organization

CLSC DE MANIWAKI

149 Principale Street North, Maniwaki, Outaouais, QC, J9E 2B7

819 449-2513

Website: www.cisss-outaouais.gouv.qc.ca/language/en/clsc-list/maniwaki-clsc

Services: Frontline services for routine health and social services. * Sexual health clinic for youth 14 to 24 years old: screening, pregnancy testing, urgent contraception, prescription for a hormonal contraceptive. * Mental health services and psychosocial counselling. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Addiction care. * Common health services: removal of staples and stitches, wound care, injections, etc. * Adult vaccination. * Infant and child vaccination. * Support to pregnant women and new parents. * Breastfeeding tips. * Child nutrition and development. * Support for families and young people in difficulty. * Falls prevention program for seniors. * Support to people with a loss of autonomy and their caregivers. * Community organization support. * Chronic diseases and nutrition. * Help to quit smoking.

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

Hours: Monday to Friday 8h00 to 21h00

Financing: provincial

Legal status: parapublic 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 children aged 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

MOBILE UNITS AND STREET WORK

TRANSITIONAL HOUSING

Mobile units and street work

CLSC DE GRACEFIELD

12 Principale Street, Suite A, Gracefield, Outaouais, QC, J0X 1W0

819 463-2604

Website: www.cisss-outaouais.gouv.qc.ca/language/en/clsc-list/gracefield-clsc

Services: Frontline services for routine health and social services. * Sexual health clinic for youth 14 to 24 years old: screening, pregnancy testing, urgent contraception, prescription for a hormonal contraceptive. * Mental health services and psychosocial counselling. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Addiction care. * Common health services: removal of staples and stitches, wound care, injections, etc. * Adult vaccination. * Infant and child vaccination. * Support to pregnant women and new parents. * Breastfeeding tips. * Child nutrition and development. * Support for families and young people in difficulty. * Falls prevention program for seniors. * Support to people with a loss of autonomy and their caregivers. * Community organization support.

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

Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00, blood tests: Tuesday to Thursday 8h00 to 9h15

Financing: provincial

Legal status: parapublic organization

CLSC DE LOW

334 105 Road, Low, Outaouais, QC, J0X 2C0

819 422-3548

Website: www.cisss-outaouais.gouv.qc.ca/language/en/clsc-list/low-clsc

Services: Frontline services for routine health and social services. * Sexual health clinic for youth 14 to 24 years old: screening, pregnancy testing, urgent contraception, prescription for a hormonal contraceptive. * Mental health services and psychosocial counselling. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Addiction care. * Common health services: removal of staples and stitches, wound care, injections, etc. * Adult vaccination. * Infant and child vaccination. * Support to pregnant women and new parents. * Breastfeeding tips. * Child nutrition and development. * Support for families and young people in difficulty. * Falls prevention program for seniors. * Support to people with a loss of autonomy and their caregivers. * Community organization support.

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

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

Financing: provincial

Legal status: parapublic organization

CLSC DE MANIWAKI

149 Principale Street North, Maniwaki, Outaouais, QC, J9E 2B7

819 449-2513

Website: www.cisss-outaouais.gouv.qc.ca/language/en/clsc-list/maniwaki-clsc

Services: Frontline services for routine health and social services. * Sexual health clinic for youth 14 to 24 years old: screening, pregnancy testing, urgent contraception, prescription for a hormonal contraceptive. * Mental health services and psychosocial counselling. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Addiction care. * Common health services: removal of staples and stitches, wound care, injections, etc. * Adult vaccination. * Infant and child vaccination. * Support to pregnant women and new parents. * Breastfeeding tips. * Child nutrition and development. * Support for families and young people in difficulty. * Falls prevention program for seniors. * Support to people with a loss of autonomy and their caregivers. * Community organization support. * Chronic diseases and nutrition. * Help to quit smoking.

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

Hours: Monday to Friday 8h00 to 21h00

Financing: provincial

Legal status: parapublic organization

Transitional housing

HALTE-FEMME DE LA HAUTE-GATINEAU

209 Principale Street South, Maniwaki, Outaouais, QC, J9E 2A3

819 449-4545 Fax: 819 449-2555

Website: www.halte-femme.haute-gatineau.ca

Email: info@halte-femme.haute-gatineau.ca

Services: Housing and support for women who are victims of domestic violence or living with multiple social problems with or without children. * Reception and housing. * 24-hour telephone support, information and referrals. * Outpatient or post-housing follow-up. * Support and orientation. * Awareness and prevention. * Education and parental assistance. * Support group. * Help, support, accompaniment and referral.

Eligibility: women who are victims of domestic violence or living with multiple social problems with or without children

Coverage area: Maniwaki

Hours: 24 hours / 7 days

Fees: free

Financing: donations

Legal status: Select Legal Status

Housing

ADVOCACY FOR HOUSING

EMERGENCY

HOUSING COOPERATIVES AND CORPORATIONS

SOCIAL HOUSING AND HOUSING COOPERATIVES

Advocacy for housing

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 9h00 to 12h00 and 13h00 to 16h00

Financing: provincial

Legal status: parapublic organization

Emergency

KAZABAZUA - MUNICIPALITY

30 Begley Street, Kazabazua, Outaouais, QC, J0X 1X0

819 467-2852 Fax: 819 467-3872

Website: www.kazabazua.ca

Email: infos@kazabazua.ca

Services: Municipal services management. * Management and payment of municipal taxes. * Information and collection of compost, residual and recyclable wastes according to the calendar:

www.kazabazua.ca/fr/dechets.shtml. * Urban-planning department: construction permits. * Fire department. *

Property assessment. * Dog license. * Automated emergency notification system.

Coverage area: Kazabazua

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

Financing: municipal

Legal status: municipal agency

Housing cooperatives and corporations

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 9h00 to 12h00 and 13h00 to 16h00

Financing: provincial

Legal status: parapublic organization

Social housing and housing cooperatives

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 9h00 to 12h00 and 13h00 to 16h00

Financing: provincial

Legal status: parapublic organization

Immigration and cultural communities

MULTICULTURAL ORGANIZATIONS

PREVENTION AND FIGHT AGAINST RACISM

RECOGNITION OF PRIOR LEARNING AND DIPLOMAS

SETTLEMENT SERVICES FOR NEWCOMERS

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: cottages and activities. * Coureur des bois: activities and training in orientation, tool sharpening, shelter building, bannock baking, forest hikes. * 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: Coureur des bois: Saturdays after 13h30, Camp Métis Abitibi: always open

Fees: members: \$60 every two years and \$50 of administration fees when first registering, Camp Métis Abitibi: \$25 per year

Financing: self-financing, membership fees

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: cottages and activities. * Coureur des bois: activities and training in orientation, tool sharpening, shelter building, bannock baking, forest hikes. * 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: Coureur des bois: Saturdays after 13h30, Camp Métis Abitibi: always open

Fees: members: \$60 every two years and \$50 of administration fees when first registering, Camp Métis Abitibi: \$25 per year

Financing: self-financing, membership fees

Legal status: non-profit organization

MANIWAKI NATIVE FRIENDSHIP CENTRE

153 Laurier Street, Maniwaki, Outaouais, QC, J9E 2K6

819 892-0892 Fax: 819 892-0892

Website: www.rcaaq.info/les-centres/maniwaki

Email: charlottec@videotron.ca

Services: * Meeting place. * Information and reference. * Psychosocial intervention. * Consultation with health professionals. * Homework assistance. * Educational support. * Local transportation for youth. * Educational and cultural activities. * Powwow. * Traditional handicraft activities. * Advocacy and representation of interests.

Eligibility: Indigenous people

Coverage area: Maniwaki

Hours: Monday tu Wednesday 8h00 to 12h30 and 13h30 and 16h30, Thursday 8h00 to 12h30, 13h30 to 16h30 and 17h00 to 20h30, Friday 8h00 to 12h30, 13h30 to 16h30 and 18h00 to 21h00, Saturday 13h00 to 15h00 and 18h00 to 21h00

Financing: provincial, federal

Legal status: non-profit organization

Recognition of prior learning and diplomas

SERVICE CANADA CENTRE - MANIWAKI

100 Principale Street South, Suite 220, Maniwaki, Outaouais, QC, J9E 1Z6

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

Website: www.canada.ca

Services: Service centre bringing together programs, services and benefits at the federal level. * Applications for Social Insurance Number. * Information on the labor market. * Job bank. * Record of Employment. * Annuities. * Retirement pension from Canada Pension Plan. * Guaranteed Income Supplement, Old Age Security. * International Benefits. * Career Transition Services for veterans. * Allowance Program. * Special Benefits. * Employment Insurance Regular Benefits. * Career Planning. * Wage Earner Protection Program. * Canada Summer Jobs (CSJ) for youth and students. * Orientation on foreign credentials. * Receiving agents of passports. * Office of complaints. * Employer service centre. * Prevention and reporting of fraud. * Savings plan. * Income support for parents of murdered or missing children.

Coverage area: Maniwaki

Hours: Monday to Friday 8h30 to 16h00

Financing: federal

Legal status: federal government agency

Settlement services for newcomers

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 between 16 and 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: free

Financing: provincial, municipal, donations

Legal status: non-profit organization

Indigenous Peoples

COMMUNITY SUPPORT

GOVERNMENT SERVICES

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: cottages and activities. * Coureur des bois: activities and training in orientation, tool sharpening, shelter building, bannock baking, forest hikes. * 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: Coureur des bois: Saturdays after 13h30, Camp Métis Abitibi: always open

Fees: members: \$60 every two years and \$50 of administration fees when first registering, Camp Métis Abitibi: \$25 per year

Financing: self-financing, membership fees

Legal status: non-profit organization

MANIWAKI NATIVE FRIENDSHIP CENTRE

153 Laurier Street, Maniwaki, Outaouais, QC, J9E 2K6

819 892-0892 Fax: 819 892-0892

Website: www.rcaaq.info/les-centres/maniwaki

Email: charlottec@videotron.ca

Services: * Meeting place. * Information and reference. * Psychosocial intervention. * Consultation with health professionals. * Homework assistance. * Educational support. * Local transportation for youth. * Educational and cultural activities. * Powwow. * Traditional handicraft activities. * Advocacy and representation of interests.

Eligibility: Indigenous people

Coverage area: Maniwaki

Hours: Monday tu Wednesday 8h00 to 12h30 and 13h30 and 16h30, Thursday 8h00 to 12h30, 13h30 to 16h30 and 17h00 to 20h30, Friday 8h00 to 12h30, 13h30 to 16h30 and 18h00 to 21h00, Saturday 13h00 to 15h00 and 18h00 to 21h00

Financing: provincial, federal

Legal status: non-profit organization

Government services

SERVICE CANADA CENTRE - MANIWAKI

100 Principale Street South, Suite 220, Maniwaki, Outaouais, QC, J9E 1Z6

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

Website: www.canada.ca

Services: Service centre bringing together programs, services and benefits at the federal level. * Applications for Social Insurance Number. * Information on the labor market. * Job bank. * Record of Employment. * Annuities. * Retirement pension from Canada Pension Plan. * Guaranteed Income Supplement, Old Age Security. * International Benefits. * Career Transition Services for veterans. * Allowance Program. * Special Benefits. * Employment Insurance Regular Benefits. * Career Planning. * Wage Earner Protection Program. * Canada Summer Jobs (CSJ) for youth and students. * Orientation on foreign credentials. * Receiving agents of passports. * Office of complaints. * Employer service centre. * Prevention and reporting of fraud. * Savings plan. * Income support for parents of murdered or missing children.

Coverage area: Maniwaki

Hours: Monday to Friday 8h30 to 16h00

Financing: federal

Legal status: federal government agency

SERVICES QUÉBEC - MANIWAKI

100 Principale Street South, Suite 240, Maniwaki, Outaouais, QC, J9E 3L4

819 449-4284 Fax: 819 449-7362

Website: www.quebec.ca/en/government/services-quebec

Services: * Info-emploi counter: job bank that can be consulted on site. * Job search assistance: redaction of resume and preparation to interview. * Multiservices room: access to phone, fax, computers and printing machines. * Workplace learning program. * Training programs aiming professional skills development for enterprises and specific client group: students, women, youth, young mothers, older workers, disabled people, immigrants or visible minorities. * Business assistance: advices and financial support in human resources management. * Last-resort financial and social assistance for people with severe or temporary restrictions on employment or occupational disabilities. * Last-resort financial and social assistance. * Administration of oath. * Information on government programs and services and accompaniment in administrative procedures. * Services related to Directeur de l'état civil, Régie du bâtiment and Registre foncier.

Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low income, employers and companies, people 16 years and over coping with a long term occupational disability (physical or mental health, physical or intellectual disabilities)

Coverage area: Maniwaki

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

Financing: provincial

Legal status: provincial government agency

Justice and Advocacy

ADVOCACY GROUPS

CONSUMER PROTECTION AND COMPLAINTS

COURTHOUSES AND TRIBUNALS

LEGAL ASSISTANCE AND INFORMATION

SUPPORT FOR OFFENDERS

Advocacy groups

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: cottages and activities. * Coureur des bois: activities and training in orientation, tool sharpening, shelter building, bannock baking, forest hikes. * 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: Coureur des bois: Saturdays after 13h30, Camp Métis Abitibi: always open

Fees: members: \$60 every two years and \$50 of administration fees when first registering, Camp Métis Abitibi: \$25 per year

Financing: self-financing, membership fees

Legal status: non-profit organization

CENTRE D'AIDE ET DE LUTTE CONTRE LES AGRESSIONS SEXUELLES - MANIWAKI

Confidential Address

819 441-2111

Email: contact@calacsvg.com

Services: Assistance and accompaniment for women 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: women 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

MANIWAKI NATIVE FRIENDSHIP CENTRE

153 Laurier Street, Maniwaki, Outaouais, QC, J9E 2K6

819 892-0892 Fax: 819 892-0892

Website: www.rcaaq.info/les-centres/maniwaki

Email: charlottec@videotron.ca

Services: * Meeting place. * Information and reference. * Psychosocial intervention. * Consultation with health professionals. * Homework assistance. * Educational support. * Local transportation for youth. * Educational and cultural activities. * Powwow. * Traditional handicraft activities. * Advocacy and representation of interests.

Eligibility: Indigenous people

Coverage area: Maniwaki

Hours: Monday tu Wednesday 8h00 to 12h30 and 13h30 and 16h30, Thursday 8h00 to 12h30, 13h30 to 16h30 and 17h00 to 20h30, Friday 8h00 to 12h30, 13h30 to 16h30 and 18h00 to 21h00, Saturday 13h00 to 15h00 and 18h00 to 21h00

Financing: provincial, federal

Legal status: non-profit organization

Consumer protection and complaints

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 9h00 to 12h00 and 13h00 to 16h00

Financing: provincial

Legal status: parapublic organization

SERVICE CANADA CENTRE - MANIWAKI

100 Principale Street South, Suite 220, Maniwaki, Outaouais, QC, J9E 1Z6

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

Website: www.canada.ca

Services: Service centre bringing together programs, services and benefits at the federal level. * Applications for Social Insurance Number. * Information on the labor market. * Job bank. * Record of Employment. * Annuities. * Retirement pension from Canada Pension Plan. * Guaranteed Income Supplement, Old Age Security. * International Benefits. * Career Transition Services for veterans. * Allowance Program. * Special Benefits. * Employment Insurance Regular Benefits. * Career Planning. * Wage Earner Protection Program. * Canada Summer Jobs (CSJ) for youth and students. * Orientation on foreign credentials. * Receiving agents of passports. * Office of complaints. * Employer service centre. * Prevention and reporting of fraud. * Savings plan. * Income support for parents of murdered or missing children.

Coverage area: Maniwaki

Hours: Monday to Friday 8h30 to 16h00

Financing: federal

Legal status: federal government agency

Courthouses and tribunals

MANIWAKI COURTHOUSE

266 Notre-Dame Street, 1st floor, Maniwaki, Outaouais, QC, J9E 2J8

819 449-3222 Fax: 819 449-6085

Website: www.justice.gouv.qc.ca/en/join-us/find-a-courthouse/maniwaki-courthouse

Services: Administration of court services of Maniwaki. * Support to various courts constituting the judicial system of Québec and some specialized courts. * Judicial services: divorce and separation, civil wedding and partnership, family mediation.

Coverage area: Labelle judicial district

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

Financing: provincial

Legal status: provincial government agency

Legal assistance and information

BUREAU D'AIDE JURIDIQUE - MANIWAKI

116 King Street, Suite C, Maniwaki, Outaouais, QC, J9E 2L3

819 449-4800 Fax: 819 449-6341

Website: www.aidejuridiqueoutaouais.ca

Email: bureaumaniwaki@ccjo.qc.ca

Services: Legal aid office in youth protection law, civil law, family law and criminal law. * Telephone consultation with a lawyer, available 24/7, for people who have been arrested or are being held in custody.

Eligibility: person 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: Maniwaki

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

IMPACT RIVIÈRE GATINEAU

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

819 449-3077

Email: impactriviereregatineauorg@videotron.ca

Services: Family violence service centre. * Support for people involved in family violence. * Group therapy for childrens, teenagers, mens, parents, families. * Intervention. * Conflict management. * Emotional management. * Individual follow-up. * Individual consultation for people with specific needs: intellectual disabilities, mental health issues, etc. * 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 mental health issues

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 offenders

BUREAU D'AIDE JURIDIQUE - MANIWAKI

116 King Street, Suite C, Maniwaki, Outaouais, QC, J9E 2L3

819 449-4800 Fax: 819 449-6341

Website: www.aidejuridiqueoutaouais.ca

Email: bureaumaniwaki@ccjo.qc.ca

Services: Legal aid office in youth protection law, civil law, family law and criminal law. * Telephone consultation with a lawyer, available 24/7, for people who have been arrested or are being held in custody.

Eligibility: person 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: Maniwaki

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 PLACEMENT SPÉCIALISÉ DU PORTAGE - MANIWAKI

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

1 844 284-0066 Fax: 819 776-3024

Website: www.cpsp.ca

Email: projets@cpsp.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 résumé 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. * Christmas baskets.

Eligibility: people who have been in contact with the criminal justice system, with or without a criminal record, over 18 years old save 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

Addiction prevention

CLSC DE GRACEFIELD

12 Principale Street, Suite A, Gracefield, Outaouais, QC, J0X 1W0

819 463-2604

Website: www.cisss-outaouais.gouv.qc.ca/language/en/clsc-list/gracefield-clsc

Services: Frontline services for routine health and social services. * Sexual health clinic for youth 14 to 24 years old: screening, pregnancy testing, urgent contraception, prescription for a hormonal contraceptive. * Mental health services and psychosocial counselling. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Addiction care. * Common health services: removal of staples and stitches, wound care, injections, etc. * Adult vaccination. * Infant and child vaccination. * Support to pregnant women and new parents. * Breastfeeding tips. * Child nutrition and development. * Support for families and young people in difficulty. * Falls prevention program for seniors. * Support to people with a loss of autonomy and their caregivers. * Community organization support.

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

Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00, blood tests: Tuesday to Thursday 8h00 to 9h15

Financing: provincial

Legal status: parapublic organization

CLSC DE LOW

334 105 Road, Low, Outaouais, QC, J0X 2C0

819 422-3548

Website: www.cisss-outaouais.gouv.qc.ca/language/en/clsc-list/low-clsc

Services: Frontline services for routine health and social services. * Sexual health clinic for youth 14 to 24 years old: screening, pregnancy testing, urgent contraception, prescription for a hormonal contraceptive. * Mental health services and psychosocial counselling. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Addiction care. * Common health services: removal of staples and stitches, wound care, injections, etc. * Adult vaccination. * Infant and child vaccination. * Support to pregnant women and new parents. * Breastfeeding tips. * Child nutrition and development. * Support for families and young people in difficulty. * Falls prevention program for seniors. * Support to people with a loss of autonomy and their caregivers. * Community organization support.

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

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

Financing: provincial

Legal status: parapublic organization

CLSC DE MANIWAKI

149 Principale Street North, Maniwaki, Outaouais, QC, J9E 2B7

819 449-2513

Website: www.cisss-outaouais.gouv.qc.ca/language/en/clsc-list/maniwaki-clsc

Services: Frontline services for routine health and social services. * Sexual health clinic for youth 14 to 24 years old: screening, pregnancy testing, urgent contraception, prescription for a hormonal contraceptive. * Mental health services and psychosocial counselling. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Addiction care. * Common health services: removal of staples and stitches, wound care, injections, etc. * Adult vaccination. * Infant and child vaccination. * Support to pregnant women and new parents. * Breastfeeding tips. * Child nutrition and development. * Support for families and young people in difficulty. * Falls prevention program for seniors. * Support to people with a loss of autonomy and their caregivers. * Community organization support. * Chronic diseases and nutrition. * Help to quit smoking.

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

Hours: Monday to Friday 8h00 to 21h00

Financing: provincial

Legal status: parapublic organization

Addiction treatment

CLSC DE GRACEFIELD

12 Principale Street, Suite A, Gracefield, Outaouais, QC, J0X 1W0

819 463-2604

Website: www.cisss-outaouais.gouv.qc.ca/language/en/clsc-list/gracefield-clsc

Services: Frontline services for routine health and social services. * Sexual health clinic for youth 14 to 24 years old: screening, pregnancy testing, urgent contraception, prescription for a hormonal contraceptive. * Mental health services and psychosocial counselling. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Addiction care. * Common health services: removal of staples and stitches, wound care, injections, etc. * Adult vaccination. * Infant and child vaccination. * Support to pregnant women and new parents. * Breastfeeding tips. * Child nutrition and development. * Support for families and young people in difficulty. * Falls prevention program for seniors. * Support to people with a loss of autonomy and their caregivers. * Community organization support.

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

Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00, blood tests: Tuesday to Thursday 8h00 to 9h15

Financing: provincial

Legal status: parapublic organization

CLSC DE LOW

334 105 Road, Low, Outaouais, QC, J0X 2C0

819 422-3548

Website: www.cisss-outaouais.gouv.qc.ca/language/en/clsc-list/low-clsc

Services: Frontline services for routine health and social services. * Sexual health clinic for youth 14 to 24 years old: screening, pregnancy testing, urgent contraception, prescription for a hormonal contraceptive. * Mental health services and psychosocial counselling. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Addiction care. * Common health services: removal of staples and stitches, wound care, injections, etc. * Adult vaccination. * Infant and child vaccination. * Support to pregnant women and new parents. * Breastfeeding tips. * Child nutrition and development. * Support for families and young people in difficulty. * Falls prevention program for seniors. * Support to people with a loss of autonomy and their caregivers. * Community organization support.

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

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

Financing: provincial

Legal status: parapublic organization

CLSC DE MANIWAKI

149 Principale Street North, Maniwaki, Outaouais, QC, J9E 2B7

819 449-2513

Website: www.cisss-outaouais.gouv.qc.ca/language/en/clsc-list/maniwaki-clsc

Services: Frontline services for routine health and social services. * Sexual health clinic for youth 14 to 24 years old: screening, pregnancy testing, urgent contraception, prescription for a hormonal contraceptive. * Mental health services and psychosocial counselling. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Addiction care. * Common health services: removal of staples and stitches, wound care, injections, etc. * Adult vaccination. * Infant and child vaccination. * Support to pregnant women and new parents. * Breastfeeding tips. * Child nutrition and development. * Support for families and young people in difficulty. * Falls prevention program for seniors. * Support to people with a loss of autonomy and their caregivers. * Community organization support. * Chronic diseases and nutrition. * Help to quit smoking.

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

Hours: Monday to Friday 8h00 to 21h00

Financing: provincial

Legal status: parapublic organization

Community support in mental health

MAISON AMITIÉ DE LA HAUTE-GATINEAU

125, Laurier Street, Maniwaki, Outaouais, QC, J9E 2K5

819 449-6777 Fax: 819 449-7484

Website: www.rocsmo.ca/membres/maison-amitie-de-la-haute-gatineau

Email: prochon174@hotmail.com

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

Crisis centres and suicide prevention

MAISON AMITIÉ DE LA HAUTE-GATINEAU

125, Laurier Street, Maniwaki, Outaouais, QC, J9E 2K5

819 449-6777 Fax: 819 449-7484

Website: www.rocsmo.ca/membres/maison-amitie-de-la-haute-gatineau

Email: prochon174@hotmail.com

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

SUICIDE DÉTOUR

181 Notre-Dame Street, Maniwaki, Outaouais, QC, J9E 2J6

1 866 277-3553

Website: suicidedetour.org

Email: administration@suicidedetour.org

Services: Suicide prevention. * 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: Monday to Friday 9h00 to 16h00

Fees: none

Financing: Centraide Outaouais

Legal status: non-profit organization

Helplines

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: voix.solidarite.vg@hotmail.com

Services: Support for caregivers. * Listening, information and psychosocial support by phone and in person. * Support group. * Respite at home. * Coffee-meetings. * Training. * Conferences. * Defense of rights and interests.

Eligibility: caregivers, general public, respite: caregivers of seniors, caregivers of people 18 years and over living with an intellectual or physical disability or an autism spectrum disorder

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

Hours: Monday to Friday 9h00 to 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

Mental health advocacy groups

CLSC DE GRACEFIELD

12 Principale Street, Suite A, Gracefield, Outaouais, QC, J0X 1W0

819 463-2604

Website: www.cisss-outaouais.gouv.qc.ca/language/en/clsc-list/gracefield-clsc

Services: Frontline services for routine health and social services. * Sexual health clinic for youth 14 to 24 years old: screening, pregnancy testing, urgent contraception, prescription for a hormonal contraceptive. * Mental health services and psychosocial counselling. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Addiction care. * Common health services: removal of staples and stitches, wound care, injections, etc. * Adult vaccination. * Infant and child vaccination. * Support to pregnant women and new parents. * Breastfeeding tips. * Child nutrition and development. * Support for families and young people in difficulty. * Falls prevention program for seniors. * Support to people with a loss of autonomy and their caregivers. * Community organization support.

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

Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00, blood tests: Tuesday to Thursday 8h00 to 9h15

Financing: provincial

Legal status: parapublic organization

CLSC DE LOW

334 105 Road, Low, Outaouais, QC, J0X 2C0

819 422-3548

Website: www.cisss-outaouais.gouv.qc.ca/language/en/clsc-list/low-clsc

Services: Frontline services for routine health and social services. * Sexual health clinic for youth 14 to 24 years old: screening, pregnancy testing, urgent contraception, prescription for a hormonal contraceptive. * Mental health services and psychosocial counselling. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Addiction care. * Common health services: removal of staples and stitches, wound care, injections, etc. * Adult vaccination. * Infant and child vaccination. * Support to pregnant women and new parents. * Breastfeeding tips. * Child nutrition and development. * Support for families and young people in difficulty. * Falls prevention program for seniors. * Support to people with a loss of autonomy and their caregivers. * Community organization support.

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

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

Financing: provincial

Legal status: parapublic organization

CLSC DE MANIWAKI

149 Principale Street North, Maniwaki, Outaouais, QC, J9E 2B7

819 449-2513

Website: www.cisss-outaouais.gouv.qc.ca/language/en/clsc-list/maniwaki-clsc

Services: Frontline services for routine health and social services. * Sexual health clinic for youth 14 to 24 years old: screening, pregnancy testing, urgent contraception, prescription for a hormonal contraceptive. * Mental health services and psychosocial counselling. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Addiction care. * Common health services: removal of staples and stitches, wound care, injections, etc. * Adult vaccination. * Infant and child vaccination. * Support to pregnant women and new parents. * Breastfeeding tips. * Child nutrition and development. * Support for families and young people in difficulty. * Falls prevention program for seniors. * Support to people with a loss of autonomy and their caregivers. * Community organization support. * Chronic diseases and nutrition. * Help to quit smoking.

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

Hours: Monday to Friday 8h00 to 21h00

Financing: provincial

Legal status: parapublic organization

MAISON AMITIÉ DE LA HAUTE-GATINEAU

125, Laurier Street, Maniwaki, Outaouais, QC, J9E 2K5

819 449-6777 Fax: 819 449-7484

Website: www.rocsmo.ca/membres/maison-amitie-de-la-haute-gatineau

Email: prochon174@hotmail.com

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

Mental health housing

MAISON AMITIÉ DE LA HAUTE-GATINEAU

125, Laurier Street, Maniwaki, Outaouais, QC, J9E 2K5

819 449-6777 Fax: 819 449-7484

Website: www.rocsmo.ca/membres/maison-amitie-de-la-haute-gatineau

Email: prochon174@hotmail.com

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

Mental Health and addictions

Fees: long-term housing: \$530 per month with an annual increase on April 1

Financing: provincial, donations

Legal status: non-profit organization

Seniors

CAREGIVERS

DAY CENTRES AND RESPITE

HOME SUPPORT

HOUSING FOR SENIORS

INTERGENERATIONAL ACTIVITIES

MEALS ON WHEELS

SENIORS' ADVOCACY AND ASSISTANCE ASSOCIATIONS

VOLUNTEER TRANSPORTATION

Caregivers

ALBATROS VALLÉE-DE-LA-GATINEAU (MANIWAKI)

15 Principale Street North, Montcerf-Lytton, Outaouais, QC, J0W 1N0

819 449-4540

Website: www.albatrosvgl.ca

Email: albatrosmaniwaki@gmail.com

Services: Voluntary 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

CLSC DE GRACEFIELD

12 Principale Street, Suite A, Gracefield, Outaouais, QC, J0X 1W0

819 463-2604

Website: www.cisss-outaouais.gouv.qc.ca/language/en/clsc-list/gracefield-clsc

Services: Frontline services for routine health and social services. * Sexual health clinic for youth 14 to 24 years old: screening, pregnancy testing, urgent contraception, prescription for a hormonal contraceptive. * Mental health services and psychosocial counselling. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Addiction care. * Common health services: removal of staples and stitches, wound care, injections, etc. * Adult vaccination. * Infant and child vaccination. * Support to pregnant women and new parents. * Breastfeeding tips. * Child nutrition and development. * Support for families and young people in difficulty. * Falls prevention program for seniors. * Support to people with a loss of autonomy and their caregivers. * Community organization support.

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

Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00, blood tests: Tuesday to Thursday 8h00 to 9h15

Financing: provincial

Legal status: parapublic organization

CLSC DE LOW

334 105 Road, Low, Outaouais, QC, J0X 2C0

819 422-3548

Website: www.cisss-outaouais.gouv.qc.ca/language/en/clsc-list/low-clsc

Services: Frontline services for routine health and social services. * Sexual health clinic for youth 14 to 24 years old: screening, pregnancy testing, urgent contraception, prescription for a hormonal contraceptive. * Mental health services and psychosocial counselling. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Addiction care. * Common health services: removal of staples and stitches, wound care, injections, etc. * Adult vaccination. * Infant and child vaccination. * Support to pregnant women and new parents. * Breastfeeding tips. * Child nutrition and development. * Support for families and young people in difficulty. * Falls prevention program for seniors. * Support to people with a loss of autonomy and their caregivers. * Community organization support.

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

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

Financing: provincial

Legal status: parapublic organization

CLSC DE MANIWAKI

149 Principale Street North, Maniwaki, Outaouais, QC, J9E 2B7

819 449-2513

Website: www.cisss-outaouais.gouv.qc.ca/language/en/clsc-list/maniwaki-clsc

Services: Frontline services for routine health and social services. * Sexual health clinic for youth 14 to 24 years old: screening, pregnancy testing, urgent contraception, prescription for a hormonal contraceptive. * Mental health services and psychosocial counselling. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Addiction care. * Common health services: removal of staples and stitches, wound care, injections, etc. * Adult vaccination. * Infant and child vaccination. * Support to pregnant women and new parents. * Breastfeeding tips. * Child nutrition and development. * Support for families and young people in difficulty. * Falls prevention program for seniors. * Support to people with a loss of autonomy and their caregivers. * Community organization support. * Chronic diseases and nutrition. * Help to quit smoking.

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

Hours: Monday to Friday 8h00 to 21h00

Financing: provincial

Legal status: parapublic 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., deep seasonal cleaning, 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, between \$25 and \$35 per hour

Financing: provincial

Legal status: cooperative

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: voix.solidarite.vg@hotmail.com

Services: Support for caregivers. * Listening, information and psychosocial support by phone and in person. * Support group. * Respite at home. * Coffee-meetings. * Training. * Conferences. * Defense of rights and interests.

Eligibility: caregivers, general public, respite: caregivers of seniors, caregivers of people 18 years and over living with an intellectual or physical disability or an autism spectrum disorder

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

Hours: Monday to Friday 9h00 to 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

Day centres and respite

CLSC DE GRACEFIELD

12 Principale Street, Suite A, Gracefield, Outaouais, QC, J0X 1W0

819 463-2604

Website: www.cisss-outaouais.gouv.qc.ca/language/en/clsc-list/gracefield-clsc

Services: Frontline services for routine health and social services. * Sexual health clinic for youth 14 to 24 years old: screening, pregnancy testing, urgent contraception, prescription for a hormonal contraceptive. * Mental health services and psychosocial counselling. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Addiction care. * Common health services: removal of staples and stitches, wound care, injections, etc. * Adult vaccination. * Infant and child vaccination. * Support to pregnant women and new parents. * Breastfeeding tips. * Child nutrition and development. * Support for families and young people in difficulty. * Falls prevention program for seniors. * Support to people with a loss of autonomy and their caregivers. * Community organization support.

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

Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00, blood tests: Tuesday to Thursday 8h00 to 9h15

Financing: provincial

Legal status: parapublic organization

CLSC DE LOW

334 105 Road, Low, Outaouais, QC, J0X 2C0

819 422-3548

Website: www.cisss-outaouais.gouv.qc.ca/language/en/clsc-list/low-clsc

Services: Frontline services for routine health and social services. * Sexual health clinic for youth 14 to 24 years old: screening, pregnancy testing, urgent contraception, prescription for a hormonal contraceptive. * Mental health services and psychosocial counselling. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Addiction care. * Common health services: removal of staples and stitches, wound care, injections, etc. * Adult vaccination. * Infant and child vaccination. * Support to pregnant women and new parents. * Breastfeeding tips. * Child nutrition and development. * Support for families and young people in difficulty. * Falls prevention program for seniors. * Support to people with a loss of autonomy and their caregivers. * Community organization support.

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

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

Financing: provincial

Legal status: parapublic organization

CLSC DE MANIWAKI

149 Principale Street North, Maniwaki, Outaouais, QC, J9E 2B7

819 449-2513

Website: www.cisss-outaouais.gouv.qc.ca/language/en/clsc-list/maniwaki-clsc

Services: Frontline services for routine health and social services. * Sexual health clinic for youth 14 to 24 years old: screening, pregnancy testing, urgent contraception, prescription for a hormonal contraceptive. * Mental health services and psychosocial counselling. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Addiction care. * Common health services: removal of staples and stitches, wound care, injections, etc. * Adult vaccination. * Infant and child vaccination. * Support to pregnant women and new parents. * Breastfeeding tips. * Child nutrition and development. * Support for families and young people in difficulty. * Falls prevention program for seniors. * Support to people with a loss of autonomy and their caregivers. * Community organization support. * Chronic diseases and nutrition. * Help to quit smoking.

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

Hours: Monday to Friday 8h00 to 21h00

Financing: provincial

Legal status: parapublic organization

Home support

CLSC DE GRACEFIELD

12 Principale Street, Suite A, Gracefield, Outaouais, QC, J0X 1W0

819 463-2604

Website: www.cisss-outaouais.gouv.qc.ca/language/en/clsc-list/gracefield-clsc

Services: Frontline services for routine health and social services. * Sexual health clinic for youth 14 to 24 years old: screening, pregnancy testing, urgent contraception, prescription for a hormonal contraceptive. * Mental health services and psychosocial counselling. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Addiction care. * Common health services: removal of staples and stitches, wound care, injections, etc. * Adult vaccination. * Infant and child vaccination. * Support to pregnant women and new parents. * Breastfeeding tips. * Child nutrition and development. * Support for families and young people in difficulty. * Falls prevention program for seniors. * Support to people with a loss of autonomy and their caregivers. * Community organization support.

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

Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00, blood tests: Tuesday to Thursday 8h00 to 9h15

Financing: provincial

Legal status: parapublic organization

CLSC DE LOW

334 105 Road, Low, Outaouais, QC, J0X 2C0

819 422-3548

Website: www.cisss-outaouais.gouv.qc.ca/language/en/clsc-list/low-clsc

Services: Frontline services for routine health and social services. * Sexual health clinic for youth 14 to 24 years old: screening, pregnancy testing, urgent contraception, prescription for a hormonal contraceptive. * Mental health services and psychosocial counselling. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Addiction care. * Common health services: removal of staples and stitches, wound care, injections, etc. * Adult vaccination. * Infant and child vaccination. * Support to pregnant women and new parents. * Breastfeeding tips. * Child nutrition and development. * Support for families and young people in difficulty. * Falls prevention program for seniors. * Support to people with a loss of autonomy and their caregivers. * Community organization support.

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

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

Financing: provincial

Legal status: parapublic 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., deep seasonal cleaning, 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, between \$25 and \$35 per hour

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

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: voix.solidarite.vg@hotmail.com

Services: Support for caregivers. * Listening, information and psychosocial support by phone and in person. * Support group. * Respite at home. * Coffee-meetings. * Training. * Conferences. * Defense of rights and interests.

Eligibility: caregivers, general public, respite: caregivers of seniors, caregivers of people 18 years and over living with an intellectual or physical disability or an autism spectrum disorder

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

Hours: Monday to Friday 9h00 to 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

Housing for seniors**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 9h00 to 12h00 and 13h00 to 16h00

Financing: provincial

Legal status: parapublic organization

Intergenerational activities

MANI-JEUNES

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

819 449-6609 Fax: 819 449-5950

Email: direction@mani-jeunes.ca

Services: Meeting place for discussions and activities for youth. * Organization of sporting, cultural and social activities. * Homework assistance. * Prevention and health promotion. * Healthy cooking workshops.

Eligibility: youth aged 12 to 17 years old and their parents

Coverage area: Maniwaki

Hours: Monday to Friday 16h00 to 20h00

Financing: provincial, self-financing

Legal status: non-profit organization

Meals on Wheels

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

BUREAU D'AIDE JURIDIQUE - MANIWAKI

116 King Street, Suite C, Maniwaki, Outaouais, QC, J9E 2L3

819 449-4800 Fax: 819 449-6341

Website: www.aidejuridiqueoutaouais.ca

Email: bureaumaniwaki@ccjo.qc.ca

Services: Legal aid office in youth protection law, civil law, family law and criminal law. * Telephone consultation with a lawyer, available 24/7, for people who have been arrested or are being held in custody.

Eligibility: person 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: Maniwaki

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

Volunteer Transportation

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., deep seasonal cleaning, 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, between \$25 and \$35 per hour

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/le-gutac

Email: gutac.vg@hotmail.com

Services: One-stop source for collective transportation, including adapted transportation. * Adapted transportation for people with a disability or with loss of autonomy. * Medical transportation. * Collective transportation.

Eligibility: residents, seniors, people 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

MANIWAKI NATIVE FRIENDSHIP CENTRE

153 Laurier Street, Maniwaki, Outaouais, QC, J9E 2K6

819 892-0892 Fax: 819 892-0892

Website: www.rcaaq.info/les-centres/maniwaki

Email: charlottec@videotron.ca

Services: * Meeting place. * Information and reference. * Psychosocial intervention. * Consultation with health professionals. * Homework assistance. * Educational support. * Local transportation for youth. * Educational and cultural activities. * Powwow. * Traditional handicraft activities. * Advocacy and representation of interests.

Eligibility: Indigenous people

Coverage area: Maniwaki

Hours: Monday tu Wednesday 8h00 to 12h30 and 13h30 and 16h30, Thursday 8h00 to 12h30, 13h30 to 16h30 and 17h00 to 20h30, Friday 8h00 to 12h30, 13h30 to 16h30 and 18h00 to 21h00, Saturday 13h00 to 15h00 and 18h00 to 21h00

Financing: provincial, federal

Legal status: non-profit organization

Sports, Recreation and Culture

ARTS AND CULTURE

CLUBS AND SOCIAL EVENTS

COMMUNITY RECREATION CENTRES

HOBBIES

LIBRARIES

SPORT

SPORTS AND RECREATION FOR PEOPLE WITH A DISABILITY

Arts and culture

KITIGAN ZIBI - CULTURAL CENTRE

54 Makwa Mikan, Maniwaki, Outaouais, QC, J9E 3B1

819 441-1655 Fax: 819 441-2665

Website: www.kzadmin.com/CulturalTours.aspx

Email: kzacec@kza.qc.ca

Services: * Visits, conferences, encounters and events. * Facility rentals. * Cultural workshops: beading, jewelry making, small birch bark crafts, painting and charcoal art, drumming, dancing, etc. * Cultural demonstrations: outdoor cooking of bannock, cedar and mint tea, drying moose meat and fish, making taffy, learning about and picking sacred medicine plants, etc.

Coverage area: Kitigan Zibi

Hours: June 1 to August 31: 7 days 8h30 to 15h30, September 1 to May 31: Monday to Friday 8h30 to 15h30

Fees: variable

Financing: municipal

Legal status: municipal agency

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: cottages and activities. * Coureur des bois: activities and training in orientation, tool sharpening, shelter building, bannock baking, forest hikes. * 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: Coureur des bois: Saturdays after 13h30, Camp Métis Abitibi: always open

Fees: members: \$60 every two years and \$50 of administration fees when first registering, Camp Métis Abitibi: \$25 per year

Financing: self-financing, membership fees

Legal status: non-profit organization

Community recreation centres

JEUNESSE SANS FRONTIÈRES VALLÉE-DE-LA-GATINEAU

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

819 463-4030

Email: info@jsfvg.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 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 Fax: 819 449-5950

Email: direction@mani-jeunes.ca

Services: Meeting place for discussions and activities for youth. * Organization of sporting, cultural and social activities. * Homework assistance. * Prevention and health promotion. * Healthy cooking workshops.

Eligibility: youth aged 12 to 17 years old and their parents

Coverage area: Maniwaki

Hours: Monday to Friday 16h00 to 20h00

Financing: provincial, self-financing

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: cottages and activities. * Coureur des bois: activities and training in orientation, tool sharpening, shelter building, bannock baking, forest hikes. * 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: Coureur des bois: Saturdays after 13h30, Camp Métis Abitibi: always open

Fees: members: \$60 every two years and \$50 of administration fees when first registering, Camp Métis Abitibi: \$25 per year

Financing: self-financing, membership fees

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 children aged 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

Libraries

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: * Budget and taxes. * Waste and recycling. * Environment and urbanism. * Municipal evaluation. * Fire safety. * Public works. * Library.

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: * Budget and taxes. * Waste and recycling. * Planning and urbanism. * Housing and roads. * Community, cultural and recreational development. * Urban public transportation. * Sewage treatment. * Library.

Coverage area: Egan-Sud

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: cottages and activities. * Coureur des bois: activities and training in orientation, tool sharpening, shelter building, bannock baking, forest hikes. * 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: Coureur des bois: Saturdays after 13h30, Camp Métis Abitibi: always open

Fees: members: \$60 every two years and \$50 of administration fees when first registering, Camp Métis Abitibi: \$25 per year

Financing: self-financing, membership fees

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 children aged 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

Sports and recreation for people with a disability

MAISON AMITIÉ DE LA HAUTE-GATINEAU

125, Laurier Street, Maniwaki, Outaouais, QC, J9E 2K5

819 449-6777 Fax: 819 449-7484

Website: www.rocsmo.ca/membres/maison-amitie-de-la-haute-gatineau

Email: prochon174@hotmail.com

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

Thrift store and material aid

SCHOOL SUPPLIES

THRIFT STORES

USED ITEM DONATION RECOVERY PROGRAMS

School supplies

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 children aged 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

Thrift Stores

AUX GOÛTS DU JOUR (LES OEUVRES DE CHARITÉ)

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

819 463-1469

Services: * Food assistance. * Thrift store: recuperation and sale of clothing.

Eligibility: people in need

Coverage area: southern sector of the MRC Vallée-de-la-Gatineau: Blue Sea, Bouchette, Gracefield, Denholm, Kazabazua, Lac-Sainte-Marie, Low

Hours: food assistance: only on appointment, call before Wednesday 12h00, distribution on Friday morning, thrift store: Tuesday to Friday 10h00 to 15h00

Fees: variable

Financing: 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: centrejbosco@videotron.ca

Services: Adapted work center. * 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 12h00 and 13h00 to 16h00

Fees: none, thrift store: variable

Financing: provincial, Centraide Outaouais

Legal status: non-profit organization

Used item donation recovery programs

AUX GOÛTS DU JOUR (LES OEUVRES DE CHARITÉ)

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

819 463-1469

Services: * Food assistance. * Thrift store: recuperation and sale of clothing.

Eligibility: people in need

Coverage area: southern sector of the MRC Vallée-de-la-Gatineau: Blue Sea, Bouchette, Gracefield, Denholm, Kazabazua, Lac-Sainte-Marie, Low

Hours: food assistance: only on appointment, call before Wednesday 12h00, distribution on Friday morning, thrift store: Tuesday to Friday 10h00 to 15h00

Fees: variable

Financing: 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: centrejbosco@videotron.ca

Services: Adapted work center. * 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 12h00 and 13h00 to 16h00

Fees: none, thrift store: variable

Financing: provincial, Centraide Outaouais

Legal status: non-profit organization

Transportation

ACCOMPANIED TRANSPORT

ACCOMPANIED TRANSPORT FOR MEDICAL REASONS

PARATRANSIT

Accompanied transport

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., deep seasonal cleaning, 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, between \$25 and \$35 per hour

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/le-gutac

Email: gutac.vg@hotmail.com

Services: One-stop source for collective transportation, including adapted transportation. * Adapted transportation for people with a disability or with loss of autonomy. * Medical transportation. * Collective transportation.

Eligibility: residents, seniors, people 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

MANIWAKI NATIVE FRIENDSHIP CENTRE

153 Laurier Street, Maniwaki, Outaouais, QC, J9E 2K6

819 892-0892 Fax: 819 892-0892

Website: www.rcaaq.info/les-centres/maniwaki

Email: charlottec@videotron.ca

Services: * Meeting place. * Information and reference. * Psychosocial intervention. * Consultation with health professionals. * Homework assistance. * Educational support. * Local transportation for youth. * Educational and cultural activities. * Powwow. * Traditional handicraft activities. * Advocacy and representation of interests.

Eligibility: Indigenous people

Coverage area: Maniwaki

Hours: Monday tu Wednesday 8h00 to 12h30 and 13h30 and 16h30, Thursday 8h00 to 12h30, 13h30 to 16h30 and 17h00 to 20h30, Friday 8h00 to 12h30, 13h30 to 16h30 and 18h00 to 21h00, Saturday 13h00 to 15h00 and 18h00 to 21h00

Financing: provincial, federal

Legal status: non-profit organization

Accompanied transport for medical reasons

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/le-gutac

Email: gutac.vg@hotmail.com

Services: One-stop source for collective transportation, including adapted transportation. * Adapted transportation for people with a disability or with loss of autonomy. * Medical transportation. * Collective transportation.

Eligibility: residents, seniors, people 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

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/le-gutac

Email: gutac.vg@hotmail.com

Services: One-stop source for collective transportation, including adapted transportation. * Adapted transportation for people with a disability or with loss of autonomy. * Medical transportation. * Collective transportation.

Eligibility: residents, seniors, people 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

Violence and abuse**DOMESTIC VIOLENCE: SHELTERS AND SUPPORT****HELP LINES RELATED TO VIOLENCE AND ABUSE****PREVENTION OF VIOLENCE AND CRIME****SEXUAL ASSAULT AND INCEST****SUPPORT FOR PERPETRATORS OF VIOLENCE AND THEIR FAMILIES****SUPPORT FOR VICTIMS AND THEIR FAMILIES****THERAPY AND COUNSELLING**

Domestic violence: shelters and support

BUREAU D'AIDE JURIDIQUE - MANIWAKI

116 King Street, Suite C, Maniwaki, Outaouais, QC, J9E 2L3

819 449-4800 Fax: 819 449-6341

Website: www.aidejuridiqueoutaouais.ca

Email: bureaumaniwaki@ccjo.qc.ca

Services: Legal aid office in youth protection law, civil law, family law and criminal law. * Telephone consultation with a lawyer, available 24/7, for people who have been arrested or are being held in custody.

Eligibility: person 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: Maniwaki

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

HALTE-FEMME DE LA HAUTE-GATINEAU

209 Principale Street South, Maniwaki, Outaouais, QC, J9E 2A3

819 449-4545 Fax: 819 449-2555

Website: www.halte-femme.haute-gatineau.ca

Email: info@halte-femme.haute-gatineau.ca

Services: Housing and support for women who are victims of domestic violence or living with multiple social problems with or without children. * Reception and housing. * 24-hour telephone support, information and referrals. * Outpatient or post-housing follow-up. * Support and orientation. * Awareness and prevention. * Education and parental assistance. * Support group. * Help, support, accompaniment and referral.

Eligibility: women who are victims of domestic violence or living with multiple social problems with or without children

Coverage area: Maniwaki

Hours: 24 hours / 7 days

Fees: free

Financing: donations

Legal status: Select Legal Status

IMPACT RIVIÈRE GATINEAU

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

819 449-3077

Email: impactrivieregatineauorg@videotron.ca

Services: Family violence service centre. * Support for people involved in family violence. * Group therapy for childrens, teenagers, mens, parents, families. * Intervention. * Conflict management. * Emotional management. * Individual follow-up. * Individual consultation for people with specific needs: intellectual disabilities, mental health issues, etc. * 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 mental health issues

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

Help lines related to violence and abuse

CENTRE D'AIDE ET DE LUTTE CONTRE LES AGRESSIONS SEXUELLES - MANIWAKI

Confidential Address

819 441-2111

Email: contact@calacsvg.com

Services: Assistance and accompaniment for women 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: women 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

HALTE-FEMME DE LA HAUTE-GATINEAU

209 Principale Street South, Maniwaki, Outaouais, QC, J9E 2A3

819 449-4545 Fax: 819 449-2555

Website: www.halte-femme.haute-gatineau.ca

Email: info@halte-femme.haute-gatineau.ca

Services: Housing and support for women who are victims of domestic violence or living with multiple social problems with or without children. * Reception and housing. * 24-hour telephone support, information and referrals. * Outpatient or post-housing follow-up. * Support and orientation. * Awareness and prevention. * Education and parental assistance. * Support group. * Help, support, accompaniment and referral.

Eligibility: women who are victims of domestic violence or living with multiple social problems with or without children

Coverage area: Maniwaki

Hours: 24 hours / 7 days

Fees: free

Financing: donations

Legal status: Select Legal Status

Prevention of violence and crime

HALTE-FEMME DE LA HAUTE-GATINEAU

209 Principale Street South, Maniwaki, Outaouais, QC, J9E 2A3

819 449-4545 Fax: 819 449-2555

Website: www.halte-femme.haute-gatineau.ca

Email: info@halte-femme.haute-gatineau.ca

Services: Housing and support for women who are victims of domestic violence or living with multiple social problems with or without children. * Reception and housing. * 24-hour telephone support, information and referrals. * Outpatient or post-housing follow-up. * Support and orientation. * Awareness and prevention. * Education and parental assistance. * Support group. * Help, support, accompaniment and referral.

Eligibility: women who are victims of domestic violence or living with multiple social problems with or without children

Coverage area: Maniwaki

Hours: 24 hours / 7 days

Fees: free

Financing: donations

Legal status: Select Legal Status

IMPACT RIVIÈRE GATINEAU

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

819 449-3077

Email: impactriviereregatineauorg@videotron.ca

Services: Family violence service centre. * Support for people involved in family violence. * Group therapy for childrens, teenagers, mens, parents, families. * Intervention. * Conflict management. * Emotional management. * Individual follow-up. * Individual consultation for people with specific needs: intellectual disabilities, mental health issues, etc. * 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 mental health issues

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

Email: contact@calacsvg.com

Services: Assistance and accompaniment for women 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: women 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

Support for perpetrators of violence and their families

IMPACT RIVIÈRE GATINEAU

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

819 449-3077

Email: impactriviereregatineauorg@videotron.ca

Services: Family violence service centre. * Support for people involved in family violence. * Group therapy for childrens, teenagers, mens, parents, families. * Intervention. * Conflict management. * Emotional management. * Individual follow-up. * Individual consultation for people with specific needs: intellectual disabilities, mental health issues, etc. * 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 mental health issues

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

CENTRE D'AIDE ET DE LUTTE CONTRE LES AGRESSIONS SEXUELLES - MANIWAKI

Confidential Address

819 441-2111

Email: contact@calacsvg.com

Services: Assistance and accompaniment for women 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: women 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

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/regions/outaouais/accueil.html

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 - MANIWAKI

100 Principale Street South, Suite 220, Maniwaki, Outaouais, QC, J9E 1Z6

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

Website: www.canada.ca

Services: Service centre bringing together programs, services and benefits at the federal level. * Applications for Social Insurance Number. * Information on the labor market. * Job bank. * Record of Employment. * Annuities. * Retirement pension from Canada Pension Plan. * Guaranteed Income Supplement, Old Age Security. * International Benefits. * Career Transition Services for veterans. * Allowance Program. * Special Benefits. * Employment Insurance Regular Benefits. * Career Planning. * Wage Earner Protection Program. * Canada Summer Jobs (CSJ) for youth and students. * Orientation on foreign credentials. * Receiving agents of passports. * Office of complaints. * Employer service centre. * Prevention and reporting of fraud. * Savings plan. * Income support for parents of murdered or missing children.

Coverage area: Maniwaki

Hours: Monday to Friday 8h30 to 16h00

Financing: federal

Legal status: federal government agency

Therapy and counselling

ALBATROS VALLÉE-DE-LA-GATINEAU (MANIWAKI)

15 Principale Street North, Montcerf-Lytton, Outaouais, QC, J0W 1N0

819 449-4540

Website: www.albatrosvgml.ca

Email: albatrosmaniwaki@gmail.com

Services: Voluntary 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

CLSC DE GRACEFIELD

12 Principale Street, Suite A, Gracefield, Outaouais, QC, J0X 1W0

819 463-2604

Website: www.cisss-outaouais.gouv.qc.ca/language/en/clsc-list/gracefield-clsc

Services: Frontline services for routine health and social services. * Sexual health clinic for youth 14 to 24 years old: screening, pregnancy testing, urgent contraception, prescription for a hormonal contraceptive. * Mental health services and psychosocial counselling. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Addiction care. * Common health services: removal of staples and stitches, wound care, injections, etc. * Adult vaccination. * Infant and child vaccination. * Support to pregnant women and new parents. * Breastfeeding tips. * Child nutrition and development. * Support for families and young people in difficulty. * Falls prevention program for seniors. * Support to people with a loss of autonomy and their caregivers. * Community organization support.

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

Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00, blood tests: Tuesday to Thursday 8h00 to 9h15

Financing: provincial

Legal status: parapublic organization

CLSC DE LOW

334 105 Road, Low, Outaouais, QC, J0X 2C0

819 422-3548

Website: www.cisss-outaouais.gouv.qc.ca/language/en/clsc-list/low-clsc

Services: Frontline services for routine health and social services. * Sexual health clinic for youth 14 to 24 years old: screening, pregnancy testing, urgent contraception, prescription for a hormonal contraceptive. * Mental health services and psychosocial counselling. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Addiction care. * Common health services: removal of staples and stitches, wound care, injections, etc. * Adult vaccination. * Infant and child vaccination. * Support to pregnant women and new parents. * Breastfeeding tips. * Child nutrition and development. * Support for families and young people in difficulty. * Falls prevention program for seniors. * Support to people with a loss of autonomy and their caregivers. * Community organization support.

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

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

Financing: provincial

Legal status: parapublic organization

CLSC DE MANIWAKI

149 Principale Street North, Maniwaki, Outaouais, QC, J9E 2B7

819 449-2513

Website: www.cisss-outaouais.gouv.qc.ca/language/en/clsc-list/maniwaki-clsc

Services: Frontline services for routine health and social services. * Sexual health clinic for youth 14 to 24 years old: screening, pregnancy testing, urgent contraception, prescription for a hormonal contraceptive. * Mental health services and psychosocial counselling. * Disposal of used syringes and needles. * Distribution of injection equipment to people who use drugs. * Addiction care. * Common health services: removal of staples and stitches, wound care, injections, etc. * Adult vaccination. * Infant and child vaccination. * Support to pregnant women and new parents. * Breastfeeding tips. * Child nutrition and development. * Support for families and young people in difficulty. * Falls prevention program for seniors. * Support to people with a loss of autonomy and their caregivers. * Community organization support. * Chronic diseases and nutrition. * Help to quit smoking.

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

Hours: Monday to Friday 8h00 to 21h00

Financing: provincial

Legal status: parapublic organization

MANIWAKI NATIVE FRIENDSHIP CENTRE

153 Laurier Street, Maniwaki, Outaouais, QC, J9E 2K6

819 892-0892 Fax: 819 892-0892

Website: www.rcaaq.info/les-centres/maniwaki

Email: charlottec@videotron.ca

Services: * Meeting place. * Information and reference. * Psychosocial intervention. * Consultation with health professionals. * Homework assistance. * Educational support. * Local transportation for youth. * Educational and cultural activities. * Powwow. * Traditional handicraft activities. * Advocacy and representation of interests.

Eligibility: Indigenous people

Coverage area: Maniwaki

Hours: Monday tu Wednesday 8h00 to 12h30 and 13h30 and 16h30, Thursday 8h00 to 12h30, 13h30 to 16h30 and 17h00 to 20h30, Friday 8h00 to 12h30, 13h30 to 16h30 and 18h00 to 21h00, Saturday 13h00 to 15h00 and 18h00 to 21h00

Financing: provincial, federal

Legal status: non-profit organization

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