



DIRECTORY OF SOCIAL AND COMMUNITY RESOURCES

OUTAOUAIS / MRC LES COLLINES-DE-L'OUTAOUAIS / ALL CITIES



2-1-1



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Summary

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Child, Youth and Family

CHILD WELFARE

FAMILY SUPPORT

RECREATIONAL ACTIVITIES

YOUTH CENTRES AND SUPPORT

YOUTH EMPLOYMENT

Child welfare

MAISON LIBÈRE-ELLES

Confidential Address

819 827-4044 Fax: 819 827-5212

Website: www.maisonlibere-elles.ca

Email: intervenantes@maisonlibere-elles.ca

Services: Women's shelter and assistance house. * Shelter for a variable duration according to needs. * Counselling, support, accompaniment and referral. * Post shelter follow-up. * Listening and telephone intervention. * Support group. * Workshops and conferences. * Activities.

Eligibility: women victims of violence or in temporary difficulty with or without children

Capacity: 10 beds women-children

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

Hours: listening and telephone intervention: 24/7

Fees: none

Financing: provincial, self-financing, grants

Legal status: non-profit organization

Family Support

MAISON DE LA FAMILLE L'ÉTINCELLE

26 Principale Street West, La Pêche, Outaouais, QC, J0X 2W0

819 456-4696

Email: mdffletincelle@gmail.com

Services: * Information, referral, support and awareness. * Collective kitchens. * Meals on wheels. * Anti-food waste service: food on site. * Parent-child workshops. * Celebrations and family activities. * Conferences.

Eligibility: families

Coverage area: La Pêche

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

Fees: variable, anti-food waste service: none

Financing: Centraide Outaouais, provincial

Legal status: non-profit organization

Recreational Activities

CENTRE DE RESSOURCEMENT POUR LA FAMILLE DE L'OUTAOUAIS

750 Du Fort Road, Val-des-Monts, Outaouais, QC, J8N 1A2

819 457-4066

Website: www.crfo.ca

Email: direction@crfo.ca

Services: Offer respite periods to families, in the countryside, in an environment conducive to relaxation and rest. * Family respite for parents and children. * Weekend camp for children. * Rooms and centre rentals for community organizations, businesses and families.

Eligibility: children, families, community organizations, businesses

Coverage area: Outaouais

Fees: family respite: \$10 per child per night, \$25 per adult per night, weekend camps: \$25 per child per night

Financing: provincial, municipal, Centraide Outaouais

Legal status: non-profit organization

MAISON DE LA FAMILLE L'ÉTINCELLE

26 Principale Street West, La Pêche, Outaouais, QC, J0X 2W0

819 456-4696

Email: mdffletincelle@gmail.com

Services: * Information, referral, support and awareness. * Collective kitchens. * Meals on wheels. * Anti-food waste service: food on site. * Parent-child workshops. * Celebrations and family activities. * Conferences.

Eligibility: families

Coverage area: La Pêche

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

Fees: variable, anti-food waste service: none

Financing: Centraide Outaouais, provincial

Legal status: non-profit organization

Youth Centres and Support**MAISON DE JEUNES VAL-JEUNESSE**

30 de l'Église Road, Val-des-Monts, Outaouais, QC, J8N 2A1

819 457-4693

Email: valjeunesse@hotmail.com

Services: * Social, cultural and recreational activities. * Homework assistance. * Animation and preventive intervention.

Eligibility: youth 8 to 17 years old

Coverage area: Val-des-Monts

Hours: Wednesday and Thursday 18h00 to 21h00, Friday 19h00 to 23h00, Saturday 18h00 to 21h00

Financing: provincial, federal, municipal

Legal status: non-profit organization

MAISON DES JEUNES LE MASHADO

8 des Optimistes Road, La Pêche, Outaouais, QC, J0X 2W0

819 456-1100

Website: www.mashado.ca

Email: direction@mashado.ca

Services: Meeting place, exchange and activities for youth. * Social, cultural and recreational activities. * Animation in schools. * Initiation to entrepreneurship. * Intergenerational activities. * Discussion groups about cannabis. * Homework assistance. * Cooking workshops.

Eligibility: youth 6 to 17 years old

Coverage area: La Pêche

Hours: animation: Thursday 17h00 to 20h00, Friday 15h30 to 22h00, Saturday 18h00 to 22h00, homework assistance: Monday to Friday 15h00 to 17h00, intergenerational project: Saturday 13h00 to 16h00, office: Monday to Friday 9h00 to 15h00

Financing: provincial, Centraide Outaouais

Legal status: non-profit organization

SOURCE DES JEUNES (LA)

100 du Commandeur Street, Cantley, Outaouais, QC, J8V 3T5

819 607-0871

Website: www.lasourcedesjeunes.org

Email: info@lasourcedesjeunes.com

Services: * Social, cultural and recreational activities. * Homework assistance. * Summer camp. * Animation and preventive intervention. * Cooking workshops.

Eligibility: youth 8 to 17 years old

Coverage area: Cantley

Hours: administration: Monday to Friday 9h00 to 16h00, activities: Wednesday 17h00 to 20h00, Thursday and Friday 17h00 to 21h00

Financing: provincial, municipal, fundraising campaigns, donations, Centraide Outaouais

Legal status: non-profit organization

Youth Employment

CENTRE INTÉGRÉ D'EMPLOYABILITÉ LOCALE DES COLLINES-DE-L'OUTAOUAIS

1694 de la Source Montée, Cantley, Outaouais, QC, J8V 3H6

819 457-4480 Fax: 819 457-1024

Website: www.cielcollines.org

Email: info@cielcollines.org

Services: Assistance, preparation and integration services for employment. * Job search assistance. * Carrefour jeunesse des Collines: individual or group services for young adults aged 15 to 30. * Individual employment support: career planning, help in writing resumes and cover letters, mock interviews. * Support for returning to school in a qualifying training program: information on programs of study and funding. * Information on employability programs. * Banks of applications. * Technical services for employers: assistance in writing job offers, assistance and support in preparing and conducting interviews.

Eligibility: people in search of employment or a career change, companies, organizations

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

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

Fees: none

Financing: provincial

Legal status: non-profit organization

Community Action

INFORMATION AND REFERRAL

Information and referral

TAACOMOBILE

1694 de la Source Montée, Cantley, Outaouais, QC, J8V 3H6

1 855 662-4637

Website: www.tabledesainesdescollines.org/taacomobile

Email: taacomobile@gmail.com

Services: Mobile refrigerated unit that brings healthy food, support and accompaniment close to seniors, caregivers and their families. * Sale of fresh fruits and vegetables from local farmers. * Information and support hub for seniors, caregivers and their families.

Eligibility: seniors, caregivers and their families

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

Fees: variable

Financing: municipal

Legal status: non-profit organization

Disability

ADAPTED WORK AND EMPLOYABILITY SUPPORT

ADVOCACY FOR PEOPLE WITH A PHYSICAL DISABILITY

ADVOCACY FOR PEOPLE WITH AN INTELLECTUAL DISABILITY

PARATRANSIT

RECREATION AND CAMPS

RESPIRE SERVICES AND HOUSING

RESPIRE, CHILD CARE AND HOUSING

Adapted work and employability support

ASSOCIATION POUR L'INTÉGRATION COMMUNAUTAIRE DE LA VALLÉE-DE-LA-GATINEAU - LA LANTERNE

20 Raphaël Road, La Pêche, Outaouais, QC, J0X 2W0

819 456-4896

Website: www.lalanterne.ca

Email: lalanterne1@outlook.com

Services: Development of the autonomy of persons with an intellectual disability. * Day centre. * Animated activities. * Social outings. * Integration into the community via work platforms. * Defense and promotion of interests. * Awareness among the population.

Eligibility: autonomous adults living with an intellectual disability

Capacity: 14

Coverage area: Cantley, Chelsea, La Pêche, Val-des-Monts

Hours: day centre: Monday to Thursday 9h00 to 15h00, direction: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial, Centraide Outaouais, donations

Legal status: non-profit organization

MAISON LE RICOCHET

9 de la Beurrerie Road, La Pêche, Outaouais, QC, J0X 2W0

819 456-4230

Website: maisonlericochet.com

Email: direction@maisonlericochet.com

Services: Rehabilitation and reintegration social and professional in mental health. * Day centre offering monthly activities: leisure activities, creativity workshops and thinking group. * Trouvailles de la colline: thrift shop. * Boutique La Vieille Échelle: handmade products made during creativity workshops. * Housing with support and supervision. * Socioprofessional integration. * Variable intensity follow-up. * Psychological support. * Carpentry workshops.

Eligibility: people living with a mental health disorder with or without addictions, people in psychological distress

Coverage area: Cantley, Chelsea, La Pêche, Val-des-Monts

Hours: day centre: Monday to Friday 9h00 to 15h00, housing: 24/7

Financing: donations, grants

Legal status: non-profit organization

Advocacy for people with a physical disability

ASSOCIATION POUR L'INTÉGRATION COMMUNAUTAIRE DE LA VALLÉE-DE-LA-GATINEAU - LA LANTERNE

20 Raphaël Road, La Pêche, Outaouais, QC, J0X 2W0

819 456-4896

Website: www.lalanterne.ca

Email: lalanterne1@outlook.com

Services: Development of the autonomy of persons with an intellectual disability. * Day centre. * Animated activities. * Social outings. * Integration into the community via work platforms. * Defense and promotion of interests. * Awareness among the population.

Eligibility: autonomous adults living with an intellectual disability

Capacity: 14

Coverage area: Cantley, Chelsea, La Pêche, Val-des-Monts

Hours: day centre: Monday to Thursday 9h00 to 15h00, direction: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial, Centraide Outaouais, donations

Legal status: non-profit organization

Advocacy for people with an intellectual disability

ASSOCIATION POUR L'INTÉGRATION COMMUNAUTAIRE DE LA VALLÉE-DE-LA-GATINEAU - LA LANTERNE

20 Raphaël Road, La Pêche, Outaouais, QC, J0X 2W0

819 456-4896

Website: www.lalanterne.ca

Email: lalanterne1@outlook.com

Services: Development of the autonomy of persons with an intellectual disability. * Day centre. * Animated activities. * Social outings. * Integration into the community via work platforms. * Defense and promotion of interests. * Awareness among the population.

Eligibility: autonomous adults living with an intellectual disability

Capacity: 14

Coverage area: Cantley, Chelsea, La Pêche, Val-des-Monts

Hours: day centre: Monday to Thursday 9h00 to 15h00, direction: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial, Centraide Outaouais, donations

Legal status: non-profit organization

Paratransit

TRANSCOLLINES - PARATRANSIT

5 Principale Street West, La Pêche, Outaouais, QC, J0X 2W0

819 456-1114

Website: transcollines.ca/paratransit

Email: info@transcollines.ca

Services: Paratransit service. *Door-to-door public transportation.

Eligibility: people living with a disability who are unable to use regular public transit

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

Hours: service centre: Monday to Friday 7h00 to 17h00

Fees: variable

Financing: municipal, provincial, self-financing

Legal status: parapublic organization

Recreation and camps

ASSOCIATION POUR L'INTÉGRATION COMMUNAUTAIRE DE LA VALLÉE-DE-LA-GATINEAU - LA LANTERNE

20 Raphaël Road, La Pêche, Outaouais, QC, J0X 2W0

819 456-4896

Website: www.lalanterne.ca

Email: lalanterne1@outlook.com

Services: Development of the autonomy of persons with an intellectual disability. * Day centre. * Animated activities. * Social outings. * Integration into the community via work platforms. * Defense and promotion of interests. * Awareness among the population.

Eligibility: autonomous adults living with an intellectual disability

Capacity: 14

Coverage area: Cantley, Chelsea, La Pêche, Val-des-Monts

Hours: day centre: Monday to Thursday 9h00 to 15h00, direction: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial, Centraide Outaouais, donations

Legal status: non-profit organization

CAMPUS 3 - HÉBERGEVAC

140 de la Montagne Road, Val-des-Monts, Outaouais, QC, J8N 1B4

819 663-3305

Website: campus3.ca/services-offerts/programmes-sociaux

Email: info@campus3.ca

Services: Respite and outdoor centre. * Respite in temporary accommodation. * Various workshops: cooking, crafts, intellectual games. * Recreational and social activities: bingo, sandbag games, mini-golf, picnics, campfires, hiking, nature observation, fishing, pontoon, shows. * Adapted trails. * Accessible swing.

Eligibility: people aged 50 and older in loss of autonomy and maintained at home, their caregivers

Capacity: 40 people

Coverage area: Outaouais

Hours: Monday to Friday 8h30 to 16h30

Financing: Centraide Outaouais, municipal, provincial

Legal status: non-profit organization

Respite services and housing

ASSOCIATION POUR L'INTÉGRATION COMMUNAUTAIRE DE LA VALLÉE-DE-LA-GATINEAU - LA LANTERNE

20 Raphaël Road, La Pêche, Outaouais, QC, J0X 2W0

819 456-4896

Website: www.lalanterne.ca

Email: lalanterne1@outlook.com

Services: Development of the autonomy of persons with an intellectual disability. * Day centre. * Animated activities. * Social outings. * Integration into the community via work platforms. * Defense and promotion of interests. * Awareness among the population.

Eligibility: autonomous adults living with an intellectual disability

Capacity: 14

Coverage area: Cantley, Chelsea, La Pêche, Val-des-Monts

Hours: day centre: Monday to Thursday 9h00 to 15h00, direction: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial, Centraide Outaouais, donations

Legal status: non-profit organization

Respite, child care and housing

ASSOCIATION POUR L'INTÉGRATION COMMUNAUTAIRE DE LA VALLÉE-DE-LA-GATINEAU - LA LANTERNE

20 Raphaël Road, La Pêche, Outaouais, QC, J0X 2W0

819 456-4896

Website: www.lalanterne.ca

Email: lalanterne1@outlook.com

Services: Development of the autonomy of persons with an intellectual disability. * Day centre. * Animated activities. * Social outings. * Integration into the community via work platforms. * Defense and promotion of interests. * Awareness among the population.

Eligibility: autonomous adults living with an intellectual disability

Capacity: 14

Coverage area: Cantley, Chelsea, La Pêche, Val-des-Monts

Hours: day centre: Monday to Thursday 9h00 to 15h00, direction: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial, Centraide Outaouais, donations

Legal status: non-profit organization

CAMPUS 3 - HÉBERGEVAC

140 de la Montagne Road, Val-des-Monts, Outaouais, QC, J8N 1B4

819 663-3305

Website: campus3.ca/services-offerts/programmes-sociaux

Email: info@campus3.ca

Services: Respite and outdoor centre. * Respite in temporary accommodation. * Various workshops: cooking, crafts, intellectual games. * Recreational and social activities: bingo, sandbag games, mini-golf, picnics, campfires, hiking, nature observation, fishing, pontoon, shows. * Adapted trails. * Accessible swing.

Eligibility: people aged 50 and older in loss of autonomy and maintained at home, their caregivers

Capacity: 40 people

Coverage area: Outaouais

Hours: Monday to Friday 8h30 to 16h30

Financing: Centraide Outaouais, municipal, provincial

Legal status: non-profit organization

DES COLLINES SENIORS' ROUNDTABLE

1694 de la Source Montée, Cantley, Outaouais, QC, J8V 3H6

819 457-9191

Website: www.tabledesainesdescollines.org

Email: tabledesaines@gmail.com

Services: Support and development of initiatives that address the daily needs and interests of the seniors of the MRC des Collines. * TAACoMOBILE: refrigerated mobile unit that sells fruits and vegetables and acts as an information kiosk for seniors and caregivers. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV): social worker who gives home visits to seniors at risk of vulnerability and provides referrals to appropriate services. * Mon Ange Gardien: loan of emergency alert machines at a reduced cost. * SOS caregivers: mutual aid groups, at-home respite, training, listening and information. * PING!: free online training program. * Intergenerational media project to combat ageism.

Eligibility: seniors, caregivers, Mon Ange Gardien: seniors on a low income

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

Fees: variable

Financing: grants, municipal

Legal status: non-profit organization

Education and Literacy

ACADEMIC AND VOCATIONAL GUIDANCE

COMPUTER WORKSHOPS

HOMEWORK ASSISTANCE AND TUTORING

PUBLIC EDUCATION

Academic and vocational guidance

CENTRE INTÉGRÉ D'EMPLOYABILITÉ LOCALE DES COLLINES-DE-L'OUTAOUAIS

1694 de la Source Montée, Cantley, Outaouais, QC, J8V 3H6

819 457-4480 Fax: 819 457-1024

Website: www.cielcollines.org

Email: info@cielcollines.org

Services: Assistance, preparation and integration services for employment. * Job search assistance. * Carrefour jeunesse des Collines: individual or group services for young adults aged 15 to 30. * Individual employment support: career planning, help in writing resumes and cover letters, mock interviews. * Support for returning to school in a qualifying training program: information on programs of study and funding. * Information on employability programs. * Banks of applications. * Technical services for employers: assistance in writing job offers, assistance and support in preparing and conducting interviews.

Eligibility: people in search of employment or a career change, companies, organizations

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

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

Fees: none

Financing: provincial

Legal status: non-profit organization

Computer workshops

DES COLLINES SENIORS' ROUNDTABLE

1694 de la Source Montée, Cantley, Outaouais, QC, J8V 3H6

819 457-9191

Website: www.tabledesainesdescollines.org

Email: tabledesaines@gmail.com

Services: Support and development of initiatives that address the daily needs and interests of the seniors of the MRC des Collines. * TAACoMOBILE: refrigerated mobile unit that sells fruits and vegetables and acts as an information kiosk for seniors and caregivers. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV): social worker who gives home visits to seniors at risk of vulnerability and provides referrals to appropriate services. * Mon Ange Gardien: loan of emergency alert machines at a reduced cost. * SOS caregivers: mutual aid groups, at-home respite, training, listening and information. * PING!: free online training program. * Intergenerational media project to combat ageism.

Eligibility: seniors, caregivers, Mon Ange Gardien: seniors on a low income

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

Fees: variable

Financing: grants, municipal

Legal status: non-profit organization

Homework assistance and tutoring

MAISON DE JEUNES VAL-JEUNESSE

30 de l'Église Road, Val-des-Monts, Outaouais, QC, J8N 2A1

819 457-4693

Email: valjeunesse@hotmail.com

Services: * Social, cultural and recreational activities. * Homework assistance. * Animation and preventive intervention.

Eligibility: youth 8 to 17 years old

Coverage area: Val-des-Monts

Hours: Wednesday and Thursday 18h00 to 21h00, Friday 19h00 to 23h00, Saturday 18h00 to 21h00

Financing: provincial, federal, municipal

Legal status: non-profit organization

SOURCE DES JEUNES (LA)

100 du Commandeur Street, Cantley, Outaouais, QC, J8V 3T5

819 607-0871

Website: www.lasourcedesjeunes.org

Email: info@lasourcedesjeunes.com

Services: * Social, cultural and recreational activities. * Homework assistance. * Summer camp. * Animation and preventive intervention. * Cooking workshops.

Eligibility: youth 8 to 17 years old

Coverage area: Cantley

Hours: administration: Monday to Friday 9h00 to 16h00, activities: Wednesday 17h00 to 20h00, Thursday and Friday 17h00 to 21h00

Financing: provincial, municipal, fundraising campaigns, donations, Centraide Outaouais

Legal status: non-profit organization

Public education

DES COLLINES SENIORS' ROUNDTABLE

1694 de la Source Montée, Cantley, Outaouais, QC, J8V 3H6

819 457-9191

Website: www.tabledesainesdescollines.org

Email: tabledesaines@gmail.com

Services: Support and development of initiatives that address the daily needs and interests of the seniors of the MRC des Collines. * TAACoMOBILE: refrigerated mobile unit that sells fruits and vegetables and acts as an information kiosk for seniors and caregivers. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV): social worker who gives home visits to seniors at risk of vulnerability and provides referrals to appropriate services. * Mon Ange Gardien: loan of emergency alert machines at a reduced cost. * SOS caregivers: mutual aid groups, at-home respite, training, listening and information. * PING!: free online training program. * Intergenerational media project to combat ageism.

Eligibility: seniors, caregivers, Mon Ange Gardien: seniors on a low income

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

Fees: variable

Financing: grants, municipal

Legal status: non-profit organization

Employment and Income Support

EMPLOYMENT SUPPORT AND TRAINING

EMPLOYMENT SUPPORT FOR YOUTH

VOCATIONAL REHABILITATION AND DISABILITY-RELATED EMPLOYMENT

Employment support and training

CENTRE INTÉGRÉ D'EMPLOYABILITÉ LOCALE DES COLLINES-DE-L'OUTAOUAIS

1694 de la Source Montée, Cantley, Outaouais, QC, J8V 3H6

819 457-4480 Fax: 819 457-1024

Website: www.cielcollines.org

Email: info@cielcollines.org

Services: Assistance, preparation and integration services for employment. * Job search assistance. * Carrefour jeunesse des Collines: individual or group services for young adults aged 15 to 30. * Individual employment support: career planning, help in writing resumes and cover letters, mock interviews. * Support for returning to school in a qualifying training program: information on programs of study and funding. * Information on employability programs. * Banks of applications. * Technical services for employers: assistance in writing job offers, assistance and support in preparing and conducting interviews.

Eligibility: people in search of employment or a career change, companies, organizations

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

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

Fees: none

Financing: provincial

Legal status: non-profit organization

Employment support for youth

CENTRE INTÉGRÉ D'EMPLOYABILITÉ LOCALE DES COLLINES-DE-L'OUTAOUAIS

1694 de la Source Montée, Cantley, Outaouais, QC, J8V 3H6

819 457-4480 Fax: 819 457-1024

Website: www.cielcollines.org

Email: info@cielcollines.org

Services: Assistance, preparation and integration services for employment. * Job search assistance. * Carrefour jeunesse des Collines: individual or group services for young adults aged 15 to 30. * Individual employment support: career planning, help in writing resumes and cover letters, mock interviews. * Support for returning to school in a qualifying training program: information on programs of study and funding. * Information on employability programs. * Banks of applications. * Technical services for employers: assistance in writing job offers, assistance and support in preparing and conducting interviews.

Eligibility: people in search of employment or a career change, companies, organizations

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

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

Fees: none

Financing: provincial

Legal status: non-profit organization

Vocational rehabilitation and disability-related employment

ASSOCIATION POUR L'INTÉGRATION COMMUNAUTAIRE DE LA VALLÉE-DE-LA-GATINEAU - LA LANterne

20 Raphaël Road, La Pêche, Outaouais, QC, J0X 2W0

819 456-4896

Website: www.lanterne.ca

Email: lalanterne1@outlook.com

Services: Development of the autonomy of persons with an intellectual disability. * Day centre. * Animated activities. * Social outings. * Integration into the community via work platforms. * Defense and promotion of interests. * Awareness among the population.

Eligibility: autonomous adults living with an intellectual disability

Capacity: 14

Coverage area: Cantley, Chelsea, La Pêche, Val-des-Monts

Hours: day centre: Monday to Thursday 9h00 to 15h00, direction: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial, Centraide Outaouais, donations

Legal status: non-profit organization

MAISON LE RICOCHET

9 de la Beurrerie Road, La Pêche, Outaouais, QC, J0X 2W0

819 456-4230

Website: maisonlericochet.com

Email: direction@maisonlericochet.com

Services: Rehabilitation and reintegration social and professional in mental health. * Day centre offering monthly activities: leisure activities, creativity workshops and thinking group. * Trouvailles de la colline: thrift shop. * Boutique La Vieille Échelle: handmade products made during creativity workshops. * Housing with support and supervision. * Socioprofessional integration. * Variable intensity follow-up. * Psychological support. * Carpentry workshops.

Eligibility: people living with a mental health disorder with or without addictions, people in psychological distress

Coverage area: Cantley, Chelsea, La Pêche, Val-des-Monts

Hours: day centre: Monday to Friday 9h00 to 15h00, housing: 24/7

Financing: donations, grants

Legal status: non-profit organization

Food

CHRISTMAS BASKET

COLLECTIVE KITCHENS AND COOKING WORKSHOPS

COMMUNITY GARDENS AND MARKETS

FOOD ASSISTANCE

FOOD ASSISTANCE COORDINATION

PREPARED MEALS AND MEALS-ON-WHEELS

Christmas basket

CENTRE DE RESSOURCES COMMUNAUTAIRES SAINT-ANTOINE DE PADOUE

1 Saint-Joseph Road, Suite 2, Val-des-Monts, Outaouais, QC, J8N 7E8

819 671-8224

Services: * Food assistance: grocery store vouchers. * Thrift store. * Christmas baskets.

Eligibility: families on a low income

Coverage area: Val-des-Monts

Hours: by appointment only

Fees: none

Financing: donations, self-financing

Legal status: non-profit organization

GRENIER DES COLLINES (LE)

34 de l'Église Road, Val-des-Monts, Outaouais, QC, J8N 2A1

819 457-1010

Website: www.legrenierdescollines.com

Email: legrenierdescollines@bellnet.ca

Services: Recovery and distribution of food. * Sharing store. * Food bank. * Collective kitchens. * Community garden. * Christmas baskets. * School supplies distribution.

Eligibility: vulnerable population

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

Hours: Monday to Friday 8h30 to 16h00

Financing: provincial, federal, donations

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - CONFÉRENCE SAINT-PIERRE DE WAKEFIELD

34 de l'Église Road, Val-des-Monts, Outaouais, QC, J8N 2A1

819 457-4444

Email: ssvp.gatineau@bell.net

Services: * Emergency food assistance. * Thrift store. * On-site collection of used items: clothing, dishes, books, toys, sports equipment, small appliances and electronics. * Christmas baskets.

Eligibility: people on a low income

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

Hours: Wednesday 10h00 to 15h00, Thursday 12h00 à 15h00, Friday 15h00 to 18h00, Saturday 9h00 to 15h00

Financing: donations

Legal status: non-profit organization

Collective kitchens and cooking workshops

GRENIER DES COLLINES (LE)

34 de l'Église Road, Val-des-Monts, Outaouais, QC, J8N 2A1

819 457-1010

Website: www.legrenierdescollines.com

Email: legrenierdescollines@bellnet.ca

Services: Recovery and distribution of food. * Sharing store. * Food bank. * Collective kitchens. * Community garden. * Christmas baskets. * School supplies distribution.

Eligibility: vulnerable population

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

Hours: Monday to Friday 8h30 to 16h00

Financing: provincial, federal, donations

Legal status: non-profit organization

MAISON DE LA FAMILLE L'ÉTINCELLE

26 Principale Street West, La Pêche, Outaouais, QC, J0X 2W0

819 456-4696

Email: mdkletincelle@gmail.com

Services: * Information, referral, support and awareness. * Collective kitchens. * Meals on wheels. * Anti-food waste service: food on site. * Parent-child workshops. * Celebrations and family activities. * Conferences.

Eligibility: families

Coverage area: La Pêche

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

Fees: variable, anti-food waste service: none

Financing: Centraide Outaouais, provincial

Legal status: non-profit organization

Community gardens and markets**GRENIER DES COLLINES (LE)**

34 de l'Église Road, Val-des-Monts, Outaouais, QC, J8N 2A1

819 457-1010

Website: www.legrenierdescollines.com

Email: legrenierdescollines@bellnet.ca

Services: Recovery and distribution of food. * Sharing store. * Food bank. * Collective kitchens. * Community garden. * Christmas baskets. * School supplies distribution.

Eligibility: vulnerable population

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

Hours: Monday to Friday 8h30 to 16h00

Financing: provincial, federal, donations

Legal status: non-profit organization

TAACOMOBILE

1694 de la Source Montée, Cantley, Outaouais, QC, J8V 3H6

1 855 662-4637

Website: www.tabledesainesdescollines.org/taacomobile

Email: taacomobile@gmail.com

Services: Mobile refrigerated unit that brings healthy food, support and accompaniment close to seniors, caregivers and their families. * Sale of fresh fruits and vegetables from local farmers. * Information and support hub for seniors, caregivers and their families.

Eligibility: seniors, caregivers and their families

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

Fees: variable

Financing: municipal

Legal status: non-profit organization

Food Assistance**CENTRE DE RESSOURCES COMMUNAUTAIRES SAINT-ANTOINE DE PADOUE**

1 Saint-Joseph Road, Suite 2, Val-des-Monts, Outaouais, QC, J8N 7E8

819 671-8224

Services: * Food assistance: grocery store vouchers. * Thrift store. * Christmas baskets.

Eligibility: families on a low income

Coverage area: Val-des-Monts

Hours: by appointment only

Fees: none

Financing: donations, self-financing

Legal status: non-profit organization

GRENIER DES COLLINES (LE)

34 de l'Église Road, Val-des-Monts, Outaouais, QC, J8N 2A1

819 457-1010

Website: www.legrenierdescollines.com

Email: legrenierdescollines@bellnet.ca

Services: Recovery and distribution of food. * Sharing store. * Food bank. * Collective kitchens. * Community garden. * Christmas baskets. * School supplies distribution.

Eligibility: vulnerable population

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

Hours: Monday to Friday 8h30 to 16h00

Financing: provincial, federal, donations

Legal status: non-profit organization

MAISON DE LA FAMILLE L'ÉTINCELLE

26 Principale Street West, La Pêche, Outaouais, QC, J0X 2W0

819 456-4696

Email: mdffletincelle@gmail.com

Services: * Information, referral, support and awareness. * Collective kitchens. * Meals on wheels. * Anti-food waste service: food on site. * Parent-child workshops. * Celebrations and family activities. * Conferences.

Eligibility: families

Coverage area: La Pêche

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

Fees: variable, anti-food waste service: none

Financing: Centraide Outaouais, provincial

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - CONFÉRENCE SAINT-PIERRE DE WAKEFIELD

34 de l'Église Road, Val-des-Monts, Outaouais, QC, J8N 2A1

819 457-4444

Email: ssvp.gatineau@bell.net

Services: * Emergency food assistance. * Thrift store. * On-site collection of used items: clothing, dishes, books, toys, sports equipment, small appliances and electronics. * Christmas baskets.

Eligibility: people on a low income

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

Hours: Wednesday 10h00 to 15h00, Thursday 12h00 à 15h00, Friday 15h00 to 18h00, Saturday 9h00 to 15h00

Financing: donations

Legal status: non-profit organization

TAACOMOBILE

1694 de la Source Montée, Cantley, Outaouais, QC, J8V 3H6

1 855 662-4637

Website: www.tabledesainesdescollines.org/taacomobile

Email: taacomobile@gmail.com

Services: Mobile refrigerated unit that brings healthy food, support and accompaniment close to seniors, caregivers and their families. * Sale of fresh fruits and vegetables from local farmers. * Information and support hub for seniors, caregivers and their families.

Eligibility: seniors, caregivers and their families

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

Fees: variable

Financing: municipal

Legal status: non-profit organization

Food assistance coordination

GRENIER DES COLLINES (LE)

34 de l'Église Road, Val-des-Monts, Outaouais, QC, J8N 2A1

819 457-1010

Website: www.legrenierdescollines.com

Email: legrenierdescollines@bellnet.ca

Services: Recovery and distribution of food. * Sharing store. * Food bank. * Collective kitchens. * Community garden. * Christmas baskets. * School supplies distribution.

Eligibility: vulnerable population

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

Hours: Monday to Friday 8h30 to 16h00

Financing: provincial, federal, donations

Legal status: non-profit organization

Prepared meals and Meals-on-wheels

MAISON DE LA FAMILLE L'ÉTINCELLE

26 Principale Street West, La Pêche, Outaouais, QC, J0X 2W0

819 456-4696

Email: mdfletincelle@gmail.com

Services: * Information, referral, support and awareness. * Collective kitchens. * Meals on wheels. * Anti-food waste service: food on site. * Parent-child workshops. * Celebrations and family activities. * Conferences.

Eligibility: families

Coverage area: La Pêche

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

Fees: variable, anti-food waste service: none

Financing: Centraide Outaouais, provincial

Legal status: non-profit organization

Government services

MUNICIPAL SERVICES

Municipal services

CHELSEA - MUNICIPALITY

100 Old Chelsea Road, Chelsea, Outaouais, QC, J9B 1C1

819 827-1124 Fax: 819 827-2672

Website: www.chelsea.ca/en

Email: info@chelsea.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.chelsea.ca/en/residents/service-municipaux/environnement/residual-materials * Public security: fire department. * Animal licenses.

Coverage area: Chelsea

Hours: Monday to Friday 8h30 to 16h30

Financing: municipal

Legal status: municipal agency

L'ANGE-GARDIEN - MUNICIPALITY

1177 Road 315, L'Ange-Gardien, Outaouais, QC, J8L 0L4

819 986-7470

Website: municipalitedelangegardien.com

Email: adm@municipalitedelangegardien.com

Services: Municipal services management. * Management and payment of municipal taxes. * Information and collection of residual and recyclable wastes according to the calendar: municipalitedelangegardien.com/elementor-3851 * Urban-planning department: by-laws and construction permits. * Fire department. * Property assessment. * Public works service and Info-travaux.

Coverage area: L'Ange-Gardien

Financing: municipal

Legal status: municipal agency

LA PÊCHE - MUNICIPALITY

1 Principale Road West, La Pêche, Outaouais, QC, J0X 2W0

819 456-2161 Fax: 819 456-4534

Website: www.villelapeche.qc.ca/en

Email: reception@villelapeche.qc.ca

Services: Municipal service management. * Payment of municipal taxes. * Collection of residual materials. * Urban-planning department: construction permits. * Fire department. * Leisure services: sports centre, activities, day camp. * Rental of rooms.

Coverage area: La Pêche

Hours: Monday to Friday 8h30 to 16h00

Financing: municipal

Legal status: municipal agency

VAL-DES-MONTS - MUNICIPALITY

1 Carrefour Road, Val-des-Monts, Outaouais, QC, J8N 4E9

819 457-9400 ext. 2221 Fax: 819 457-4141

Website: www.val-des-monts.net/en

Email: administration@val-des-monts.net

Services: Municipal service management. * Payment of municipal taxes. * Collection of residual materials. * Urban-planning department: construction permits. * Fire department. * Leisure services: sports centre, activities, day camp. * Libraries. * Rental of rooms.

Coverage area: Val-des-Monts

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

Financing: municipal

Legal status: municipal agency

Health

HOSPITALS, CLSC AND COMMUNITY CLINICS

Hospitals, CLSC and community clinics

9, chemin Passe-Partout, La Pêche, Outaouais, QC, J0X 2W0

Services: Frontline services for routine health and social services. * Free injection equipment and bin for holding used syringes, needles and lancets. * Blood samples. * Vaccination for adults, children and infants. * Common health services: removal of staples and stitches, wound care, injections, etc. * Sexual health youth clinic (age 12 to 24): counselling, STBBI screening, pregnancy testing, emergency contraception, prescription for a hormonal contraceptive. * Falls Prevention Program (age 55 and older). * Follow-up during pregnancy and at birth. * Breastfeeding tips. * Child nutrition and development (age 0 to 5). * Support for families and young people in difficulty. * Speak with a social worker. * Mental health concerns. * Addiction problems (alcohol, drugs, gambling) * Home support for seniors, people with disabilities or those needing temporary help such as after an operation. * Support for caregivers. * Community organization support.

CANTLEY CLSC

850 montée de la Source, Cantley, Outaouais, QC, J8V 3H4

1 844 966-6631

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

Services: Frontline services for routine health and social services. * Free injection equipment and bin for holding used syringes, needles and lancets. * Blood samples. * Vaccination for adults, children and infants. * Common health services: removal of staples and stitches, wound care, injections, etc. * Sexual health youth clinic (age 12 to 24): counselling, STBBI screening, pregnancy testing, emergency contraception, prescription for a hormonal contraceptive. * Falls Prevention Program (age 55 and older). * Follow-up during pregnancy and at birth. * Breastfeeding tips. * Child nutrition and development (age 0 to 5). * Support for families and young people in difficulty. * Speak with a social worker. * Mental health concerns. * Addiction problems (alcohol, drugs, gambling) * Home support for seniors, people with disabilities or those needing temporary help such as after an operation. * Support for caregivers. * Community organization support.

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

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

Financing: provincial

Legal status: parapublic organization

CHELSEA CLSC

490 Route 105, Suite 201, Chelsea, Outaouais, QC, J9B 1L2

1 844 966-6632

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

Services: Frontline services for routine health and social services. * Free injection equipment and bin for holding used syringes, needles and lancets. * Blood samples. * Vaccination for adults, children and infants. * Common healthcare services: removal of staples and stitches, wound care, injections, etc. * Help to quit smoking. * Sexual health youth clinic (age 12 to 24): counselling, STBBI screening, pregnancy testing, emergency contraception, prescription for a hormonal contraceptive. * Falls Prevention Program (age 55 and older). * Follow-up during pregnancy and at birth. * Breastfeeding tips. * Child nutrition and development (age 0 to 5). * Support for families and young people in difficulty. * Speak with a social worker. * Mental health concerns. * Addiction problems (alcohol, drugs, gambling) * Home support for seniors, people with disabilities or those needing temporary help such as after an operation. * Support for caregivers. * Community organization support.

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

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

Financing: provincial

Legal status: parapublic organization

VAL-DES-MONTS CLSC

1884 du Carrefour Road, Val-des-Monts, Outaouais, QC, J8N 7N5

1 844 966-6633

Website: cisss-outaouais.gouv.qc.ca/language/en/clsc-list/val-des-monts-clsc/

Services: Frontline services for routine health and social services. * Free injection equipment and bin for holding used syringes, needles and lancets. * Blood samples. * Vaccination for adults, children and infants. * Common health services: removal of staples and stitches, wound care, injections, etc. * Sexual health youth clinic (age 12 to 24): counselling, STBBI screening, pregnancy testing, emergency contraception, prescription for a hormonal contraceptive. * Falls Prevention Program (age 55 and older). * Follow-up during pregnancy and at birth. * Breastfeeding tips. * Child nutrition and development (age 0 to 5). * Support for families and young people in difficulty. * Speak with a social worker. * Mental health concerns. * Addiction problems (alcohol, drugs, gambling) * Home support for seniors, people with disabilities or those needing temporary help such as after an operation. * Support for caregivers. * Community organization support.

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

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

Financing: provincial

Legal status: parapublic organization

Homelessness

SHELTERS

TRANSITIONAL HOUSING

Shelters

MAISON LIBÈRE-ELLES

Confidential Address

819 827-4044 Fax: 819 827-5212

Website: www.maisonlibere-elles.ca

Email: intervenantes@maisonlibere-elles.ca

Services: Women's shelter and assistance house. * Shelter for a variable duration according to needs. * Counselling, support, accompaniment and referral. * Post shelter follow-up. * Listening and telephone intervention. * Support group. * Workshops and conferences. * Activities.

Eligibility: women victims of violence or in temporary difficulty with or without children

Capacity: 10 beds women-children

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

Hours: listening and telephone intervention: 24/7

Fees: none

Financing: provincial, self-financing, grants

Legal status: non-profit organization

Transitional housing

MAISON LIBÈRE-ELLES

Confidential Address

819 827-4044 Fax: 819 827-5212

Website: www.maisonlibere-elles.ca

Email: intervenantes@maisonlibere-elles.ca

Services: Women's shelter and assistance house. * Shelter for a variable duration according to needs. * Counselling, support, accompaniment and referral. * Post shelter follow-up. * Listening and telephone intervention. * Support group. * Workshops and conferences. * Activities.

Eligibility: women victims of violence or in temporary difficulty with or without children

Capacity: 10 beds women-children

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

Hours: listening and telephone intervention: 24/7

Fees: none

Financing: provincial, self-financing, grants

Legal status: non-profit organization

Justice and Advocacy

ADVOCACY GROUPS

Advocacy groups

ASSOCIATION POUR L'INTÉGRATION COMMUNAUTAIRE DE LA VALLÉE-DE-LA-GATINEAU - LA LANTERNE

20 Raphaël Road, La Pêche, Outaouais, QC, J0X 2W0

819 456-4896

Website: www.lalanterne.ca

Email: lalanterne1@outlook.com

Services: Development of the autonomy of persons with an intellectual disability. * Day centre. * Animated activities. * Social outings. * Integration into the community via work platforms. * Defense and promotion of interests. * Awareness among the population.

Eligibility: autonomous adults living with an intellectual disability

Capacity: 14

Coverage area: Cantley, Chelsea, La Pêche, Val-des-Monts

Hours: day centre: Monday to Thursday 9h00 to 15h00, direction: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial, Centraide Outaouais, donations

Legal status: non-profit organization

DES COLLINES SENIORS' ROUNDTABLE

1694 de la Source Montée, Cantley, Outaouais, QC, J8V 3H6

819 457-9191

Website: www.tabledesainesdescollines.org

Email: tabledesaines@gmail.com

Services: Support and development of initiatives that address the daily needs and interests of the seniors of the MRC des Collines. * TAACoMOBILE: refrigerated mobile unit that sells fruits and vegetables and acts as an information kiosk for seniors and caregivers. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV): social worker who gives home visits to seniors at risk of vulnerability and provides referrals to appropriate services. * Mon Ange Gardien: loan of emergency alert machines at a reduced cost. * SOS caregivers: mutual aid groups, at-home respite, training, listening and information. * PING!: free online training program. * Intergenerational media project to combat ageism.

Eligibility: seniors, caregivers, Mon Ange Gardien: seniors on a low income

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

Fees: variable

Financing: grants, municipal

Legal status: non-profit organization

Mental Health and addictions

COMMUNITY SUPPORT IN MENTAL HEALTH

MENTAL HEALTH HOUSING

Community support in mental health

MAISON LE RICOCHET

9 de la Beurrerie Road, La Pêche, Outaouais, QC, J0X 2W0

819 456-4230

Website: maisonlericochet.com

Email: direction@maisonlericochet.com

Services: Rehabilitation and reintegration social and professional in mental health. * Day centre offering monthly activities: leisure activities, creativity workshops and thinking group. * Trouvailles de la colline: thrift shop. * Boutique La Vieille Échelle: handmade products made during creativity workshops. * Housing with support and supervision. * Socioprofessional integration. * Variable intensity follow-up. * Psychological support. * Carpentry workshops.

Eligibility: people living with a mental health disorder with or without addictions, people in psychological distress

Coverage area: Cantley, Chelsea, La Pêche, Val-des-Monts

Hours: day centre: Monday to Friday 9h00 to 15h00, housing: 24/7

Financing: donations, grants

Legal status: non-profit organization

Mental health housing

MAISON LE RICOCHET

9 de la Beurrerie Road, La Pêche, Outaouais, QC, J0X 2W0

819 456-4230

Website: maisonlericochet.com

Email: direction@maisonlericochet.com

Services: Rehabilitation and reintegration social and professional in mental health. * Day centre offering monthly activities: leisure activities, creativity workshops and thinking group. * Trouvailles de la colline: thrift shop. * Boutique La Vieille Échelle: handmade products made during creativity workshops. * Housing with support and supervision. * Socioprofessional integration. * Variable intensity follow-up. * Psychological support. * Carpentry workshops.

Eligibility: people living with a mental health disorder with or without addictions, people in psychological distress

Coverage area: Cantley, Chelsea, La Pêche, Val-des-Monts

Hours: day centre: Monday to Friday 9h00 to 15h00, housing: 24/7

Financing: donations, grants

Legal status: non-profit organization

Seniors

CAREGIVERS

DAY CENTRES AND RESPITE

FRIENDLY VISITS AND SAFETY CALLS

HOME SUPPORT

INTERGENERATIONAL ACTIVITIES

MEALS ON WHEELS

SENIORS' ADVOCACY AND ASSISTANCE ASSOCIATIONS

VOLUNTEER TRANSPORTATION

Caregivers

CAMPUS 3 - HÉBERGEVAC

140 de la Montagne Road, Val-des-Monts, Outaouais, QC, J8N 1B4

819 663-3305

Website: campus3.ca/services-offerts/programmes-sociaux

Email: info@campus3.ca

Services: Respite and outdoor centre. * Respite in temporary accommodation. * Various workshops: cooking, crafts, intellectual games. * Recreational and social activities: bingo, sandbag games, mini-golf, picnics, campfires, hiking, nature observation, fishing, pontoon, shows. * Adapted trails. * Accessible swing.

Eligibility: people aged 50 and older in loss of autonomy and maintained at home, their caregivers

Capacity: 40 people

Coverage area: Outaouais

Hours: Monday to Friday 8h30 to 16h30

Financing: Centraide Outaouais, municipal, provincial

Legal status: non-profit organization

DES COLLINES SENIORS' ROUNDTABLE

1694 de la Source Montée, Cantley, Outaouais, QC, J8V 3H6

819 457-9191

Website: www.tabledesainesdescollines.org

Email: tabledesaines@gmail.com

Services: Support and development of initiatives that address the daily needs and interests of the seniors of the MRC des Collines. * TAACoMOBILE: refrigerated mobile unit that sells fruits and vegetables and acts as an information kiosk for seniors and caregivers. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV): social worker who gives home visits to seniors at risk of vulnerability and provides referrals to appropriate services. * Mon Ange Gardien: loan of emergency alert machines at a reduced cost. * SOS caregivers: mutual aid groups, at-home respite, training, listening and information. * PING!: free online training program. * Intergenerational media project to combat ageism.

Eligibility: seniors, caregivers, Mon Ange Gardien: seniors on a low income

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

Fees: variable

Financing: grants, municipal

Legal status: non-profit organization

TAACOMOBILE

1694 de la Source Montée, Cantley, Outaouais, QC, J8V 3H6

1 855 662-4637

Website: www.tabledesainesdescollines.org/taacomobile

Email: taacomobile@gmail.com

Services: Mobile refrigerated unit that brings healthy food, support and accompaniment close to seniors, caregivers and their families. * Sale of fresh fruits and vegetables from local farmers. * Information and support hub for seniors, caregivers and their families.

Eligibility: seniors, caregivers and their families

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

Fees: variable

Financing: municipal

Legal status: non-profit organization

Day centres and respite

CAMPUS 3 - HÉBERGEVAC

140 de la Montagne Road, Val-des-Monts, Outaouais, QC, J8N 1B4

819 663-3305

Website: campus3.ca/services-offerts/programmes-sociaux

Email: info@campus3.ca

Services: Respite and outdoor centre. * Respite in temporary accommodation. * Various workshops: cooking, crafts, intellectual games. * Recreational and social activities: bingo, sandbag games, mini-golf, picnics, campfires, hiking, nature observation, fishing, pontoon, shows. * Adapted trails. * Accessible swing.

Eligibility: people aged 50 and older in loss of autonomy and maintained at home, their caregivers

Capacity: 40 people

Coverage area: Outaouais

Hours: Monday to Friday 8h30 to 16h30

Financing: Centraide Outaouais, municipal, provincial

Legal status: non-profit organization

Friendly visits and safety calls

DES COLLINES SENIORS' ROUNDTABLE

1694 de la Source Montée, Cantley, Outaouais, QC, J8V 3H6

819 457-9191

Website: www.tabledesainesdescollines.org

Email: tabledesaines@gmail.com

Services: Support and development of initiatives that address the daily needs and interests of the seniors of the MRC des Collines. * TAACoMOBILE: refrigerated mobile unit that sells fruits and vegetables and acts as an information kiosk for seniors and caregivers. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV): social worker who gives home visits to seniors at risk of vulnerability and provides referrals to appropriate services. * Mon Ange Gardien: loan of emergency alert machines at a reduced cost. * SOS caregivers: mutual aid groups, at-home respite, training, listening and information. * PING!: free online training program. * Intergenerational media project to combat ageism.

Eligibility: seniors, caregivers, Mon Ange Gardien: seniors on a low income

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

Fees: variable

Financing: grants, municipal

Legal status: non-profit organization

Home support

DES COLLINES SENIORS' ROUNDTABLE

1694 de la Source Montée, Cantley, Outaouais, QC, J8V 3H6

819 457-9191

Website: www.tabledesainesdescollines.org

Email: tabledesaines@gmail.com

Services: Support and development of initiatives that address the daily needs and interests of the seniors of the MRC des Collines. * TAACoMOBILE: refrigerated mobile unit that sells fruits and vegetables and acts as an information kiosk for seniors and caregivers. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV): social worker who gives home visits to seniors at risk of vulnerability and provides referrals to appropriate services. * Mon Ange Gardien: loan of emergency alert machines at a reduced cost. * SOS caregivers: mutual aid groups, at-home respite, training, listening and information. * PING!: free online training program. * Intergenerational media project to combat ageism.

Eligibility: seniors, caregivers, Mon Ange Gardien: seniors on a low income

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

Fees: variable

Financing: grants, municipal

Legal status: non-profit organization

MAISON DE LA FAMILLE L'ÉTINCELLE

26 Principale Street West, La Pêche, Outaouais, QC, J0X 2W0

819 456-4696

Email: mdffletincelle@gmail.com

Services: * Information, referral, support and awareness. * Collective kitchens. * Meals on wheels. * Anti-food waste service: food on site. * Parent-child workshops. * Celebrations and family activities. * Conferences.

Eligibility: families

Coverage area: La Pêche

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

Fees: variable, anti-food waste service: none

Financing: Centraide Outaouais, provincial

Legal status: non-profit organization

Intergenerational activities

DES COLLINES SENIORS' ROUNDTABLE

1694 de la Source Montée, Cantley, Outaouais, QC, J8V 3H6

819 457-9191

Website: www.tabledesainesdescollines.org

Email: tabledesaines@gmail.com

Services: Support and development of initiatives that address the daily needs and interests of the seniors of the MRC des Collines. * TAACoMOBILE: refrigerated mobile unit that sells fruits and vegetables and acts as an information kiosk for seniors and caregivers. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV): social worker who gives home visits to seniors at risk of vulnerability and provides referrals to appropriate services. * Mon Ange Gardien: loan of emergency alert machines at a reduced cost. * SOS caregivers: mutual aid groups, at-home respite, training, listening and information. * PING!: free online training program. * Intergenerational media project to combat ageism.

Eligibility: seniors, caregivers, Mon Ange Gardien: seniors on a low income

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

Fees: variable

Financing: grants, municipal

Legal status: non-profit organization

MAISON DES JEUNES LE MASHADO

8 des Optimistes Road, La Pêche, Outaouais, QC, J0X 2W0

819 456-1100

Website: www.mashado.ca

Email: direction@mashado.ca

Services: Meeting place, exchange and activities for youth. * Social, cultural and recreational activities. * Animation in schools. * Initiation to entrepreneurship. * Intergenerational activities. * Discussion groups about cannabis. * Homework assistance. * Cooking workshops.

Eligibility: youth 6 to 17 years old

Coverage area: La Pêche

Hours: animation: Thursday 17h00 to 20h00, Friday 15h30 to 22h00, Saturday 18h00 to 22h00, homework assistance: Monday to Friday 15h00 to 17h00, intergenerational project: Saturday 13h00 to 16h00, office: Monday to Friday 9h00 to 15h00

Financing: provincial, Centraide Outaouais

Legal status: non-profit organization

Meals on Wheels

MAISON DE LA FAMILLE L'ÉTINCELLE

26 Principale Street West, La Pêche, Outaouais, QC, J0X 2W0

819 456-4696

Email: mdflletincelle@gmail.com

Services: * Information, referral, support and awareness. * Collective kitchens. * Meals on wheels. * Anti-food waste service: food on site. * Parent-child workshops. * Celebrations and family activities. * Conferences.

Eligibility: families

Coverage area: La Pêche

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

Fees: variable, anti-food waste service: none

Financing: Centraide Outaouais, provincial

Legal status: non-profit organization

Seniors' Advocacy and Assistance Associations

DES COLLINES SENIORS' ROUNDTABLE

1694 de la Source Montée, Cantley, Outaouais, QC, J8V 3H6

819 457-9191

Website: www.tabledesainesdescollines.org

Email: tabledesaines@gmail.com

Services: Support and development of initiatives that address the daily needs and interests of the seniors of the MRC des Collines. * TAACoMOBILE: refrigerated mobile unit that sells fruits and vegetables and acts as an information kiosk for seniors and caregivers. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV): social worker who gives home visits to seniors at risk of vulnerability and provides referrals to appropriate services. * Mon Ange Gardien: loan of emergency alert machines at a reduced cost. * SOS caregivers: mutual aid groups, at-home respite, training, listening and information. * PING!: free online training program. * Intergenerational media project to combat ageism.

Eligibility: seniors, caregivers, Mon Ange Gardien: seniors on a low income

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

Fees: variable

Financing: grants, municipal

Legal status: non-profit organization

Volunteer Transportation

DES COLLINES SENIORS' ROUNDTABLE

1694 de la Source Montée, Cantley, Outaouais, QC, J8V 3H6

819 457-9191

Website: www.tabledesainesdescollines.org

Email: tabledesaines@gmail.com

Seniors

Services: Support and development of initiatives that address the daily needs and interests of the seniors of the MRC des Collines. * TAACoMOBILE: refrigerated mobile unit that sells fruits and vegetables and acts as an information kiosk for seniors and caregivers. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV): social worker who gives home visits to seniors at risk of vulnerability and provides referrals to appropriate services. * Mon Ange Gardien: loan of emergency alert machines at a reduced cost. * SOS caregivers: mutual aid groups, at-home respite, training, listening and information. * PING!: free online training program. * Intergenerational media project to combat ageism.

Eligibility: seniors, caregivers, Mon Ange Gardien: seniors on a low income

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

Fees: variable

Financing: grants, municipal

Legal status: non-profit organization

TRANSCOLLINES - RURAL PUBLIC TRANSPORT

5 Principale Street West, La Pêche, Outaouais, QC, J0X 2W0

819 456-1114

Website: transcollines.ca/rural-public-transport

Email: reservation@transcollines.ca

Services: Rural public transport service. * Transportation service complementary to regular public transit routes, if needs cannot be met by the latter.

Eligibility: no restriction, priority to trips for health reasons

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

Hours: service centre: Monday to Friday 8h00 to 16h00

Fees: variable, between \$11.25 and \$126.25 according to the distance travelled

Financing: municipal, provincial, self-financing

Legal status: parapublic organization

Sports, Recreation and Culture

COMMUNITY RECREATION CENTRES

HOBBIES

LIBRARIES

MUNICIPAL SPORTS AND RECREATION SERVICES

SPORTS AND RECREATION FOR PEOPLE WITH A DISABILITY

Community recreation centres

CENTRE DE RESSOURCEMENT POUR LA FAMILLE DE L'OUTAOUAIS

750 Du Fort Road, Val-des-Monts, Outaouais, QC, J8N 1A2

819 457-4066

Website: www.crfo.ca

Email: direction@crfo.ca

Services: Offer respite periods to families, in the countryside, in an environment conducive to relaxation and rest. * Family respite for parents and children. * Weekend camp for children. * Rooms and centre rentals for community organizations, businesses and families.

Eligibility: children, families, community organizations, businesses

Coverage area: Outaouais

Fees: family respite: \$10 per child per night, \$25 per adult per night, weekend camps: \$25 per child per night

Financing: provincial, municipal, Centraide Outaouais

Legal status: non-profit organization

MAISON DE LA FAMILLE L'ÉTINCELLE

26 Principale Street West, La Pêche, Outaouais, QC, J0X 2W0

819 456-4696

Email: mdfletincelle@gmail.com

Services: * Information, referral, support and awareness. * Collective kitchens. * Meals on wheels. * Anti-food waste service: food on site. * Parent-child workshops. * Celebrations and family activities. * Conferences.

Eligibility: families

Coverage area: La Pêche

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

Fees: variable, anti-food waste service: none

Financing: Centraide Outaouais, provincial

Legal status: non-profit organization

MAISON DES JEUNES LE MASHADO

8 des Optimistes Road, La Pêche, Outaouais, QC, J0X 2W0

819 456-1100

Website: www.mashado.ca

Email: direction@mashado.ca

Services: Meeting place, exchange and activities for youth. * Social, cultural and recreational activities. * Animation in schools. * Initiation to entrepreneurship. * Intergenerational activities. * Discussion groups about cannabis. * Homework assistance. * Cooking workshops.

Eligibility: youth 6 to 17 years old

Coverage area: La Pêche

Hours: animation: Thursday 17h00 to 20h00, Friday 15h30 to 22h00, Saturday 18h00 to 22h00, homework assistance: Monday to Friday 15h00 to 17h00, intergenerational project: Saturday 13h00 to 16h00, office: Monday to Friday 9h00 to 15h00

Financing: provincial, Centraide Outaouais

Legal status: non-profit organization

SOURCE DES JEUNES (LA)

100 du Commandeur Street, Cantley, Outaouais, QC, J8V 3T5

819 607-0871

Website: www.lasourcedesjeunes.org

Email: info@lasourcedesjeunes.com

Services: * Social, cultural and recreational activities. * Homework assistance. * Summer camp. * Animation and preventive intervention. * Cooking workshops.

Eligibility: youth 8 to 17 years old

Coverage area: Cantley

Hours: administration: Monday to Friday 9h00 to 16h00, activities: Wednesday 17h00 to 20h00, Thursday and Friday 17h00 to 21h00

Financing: provincial, municipal, fundraising campaigns, donations, Centraide Outaouais

Legal status: non-profit organization

Hobbies

DES COLLINES SENIORS' ROUNDTABLE

1694 de la Source Montée, Cantley, Outaouais, QC, J8V 3H6

819 457-9191

Website: www.tabledesainesdescollines.org

Email: tabledesaines@gmail.com

Services: Support and development of initiatives that address the daily needs and interests of the seniors of the MRC des Collines. * TAACoMOBILE: refrigerated mobile unit that sells fruits and vegetables and acts as an information kiosk for seniors and caregivers. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV): social worker who gives home visits to seniors at risk of vulnerability and provides referrals to appropriate services. * Mon Ange Gardien: loan of emergency alert machines at a reduced cost. * SOS caregivers: mutual aid groups, at-home respite, training, listening and information. * PING!: free online training program. * Intergenerational media project to combat ageism.

Eligibility: seniors, caregivers, Mon Ange Gardien: seniors on a low income

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

Fees: variable

Financing: grants, municipal

Legal status: non-profit organization

SOURCE DES JEUNES (LA)

100 du Commandeur Street, Cantley, Outaouais, QC, J8V 3T5

819 607-0871

Website: www.lasourcedesjeunes.org

Email: info@lasourcedesjeunes.com

Services: * Social, cultural and recreational activities. * Homework assistance. * Summer camp. * Animation and preventive intervention. * Cooking workshops.

Eligibility: youth 8 to 17 years old

Coverage area: Cantley

Hours: administration: Monday to Friday 9h00 to 16h00, activities: Wednesday 17h00 to 20h00, Thursday and Friday 17h00 to 21h00

Financing: provincial, municipal, fundraising campaigns, donations, Centraide Outaouais

Legal status: non-profit organization

Libraries

VAL-DES-MONTS - MUNICIPALITY

1 Carrefour Road, Val-des-Monts, Outaouais, QC, J8N 4E9

819 457-9400 ext. 2221 Fax: 819 457-4141

Website: www.val-des-monts.net/en

Email: administration@val-des-monts.net

Services: Municipal service management. * Payment of municipal taxes. * Collection of residual materials. * Urban-planning department: construction permits. * Fire department. * Leisure services: sports centre, activities, day camp. * Libraries. * Rental of rooms.

Coverage area: Val-des-Monts

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

Financing: municipal

Legal status: municipal agency

Municipal sports and recreation services

LA PÊCHE - MUNICIPALITY

1 Principale Road West, La Pêche, Outaouais, QC, J0X 2W0

819 456-2161 Fax: 819 456-4534

Website: www.villelapeche.qc.ca/en

Email: reception@villelapeche.qc.ca

Services: Municipal service management. * Payment of municipal taxes. * Collection of residual materials. * Urban-planning department: construction permits. * Fire department. * Leisure services: sports centre, activities, day camp. * Rental of rooms.

Coverage area: La Pêche

Hours: Monday to Friday 8h30 to 16h00

Financing: municipal

Legal status: municipal agency

VAL-DES-MONTS - MUNICIPALITY

1 Carrefour Road, Val-des-Monts, Outaouais, QC, J8N 4E9

819 457-9400 ext. 2221 Fax: 819 457-4141

Website: www.val-des-monts.net/en

Email: administration@val-des-monts.net

Services: Municipal service management. * Payment of municipal taxes. * Collection of residual materials. * Urban-planning department: construction permits. * Fire department. * Leisure services: sports centre, activities, day camp. * Libraries. * Rental of rooms.

Coverage area: Val-des-Monts

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

Financing: municipal

Legal status: municipal agency

Sports and recreation for people with a disability

ASSOCIATION POUR L'INTÉGRATION COMMUNAUTAIRE DE LA VALLÉE-DE-LA-GATINEAU - LA LANTERNE

20 Raphaël Road, La Pêche, Outaouais, QC, J0X 2W0

819 456-4896

Website: www.lalanterne.ca

Email: lalanterne1@outlook.com

Services: Development of the autonomy of persons with an intellectual disability. * Day centre. * Animated activities. * Social outings. * Integration into the community via work platforms. * Defense and promotion of interests. * Awareness among the population.

Eligibility: autonomous adults living with an intellectual disability

Capacity: 14

Coverage area: Cantley, Chelsea, La Pêche, Val-des-Monts

Hours: day centre: Monday to Thursday 9h00 to 15h00, direction: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30

Financing: provincial, Centraide Outaouais, donations

Legal status: non-profit organization

MAISON LE RICOCHET

9 de la Beurrerie Road, La Pêche, Outaouais, QC, J0X 2W0

819 456-4230

Website: maisonlericochet.com

Email: direction@maisonlericochet.com

Services: Rehabilitation and reintegration social and professional in mental health. * Day centre offering monthly activities: leisure activities, creativity workshops and thinking group. * Trouvailles de la colline: thrift shop. * Boutique La Vieille Échelle: handmade products made during creativity workshops. * Housing with support and supervision. * Socioprofessional integration. * Variable intensity follow-up. * Psychological support. * Carpentry workshops.

Eligibility: people living with a mental health disorder with or without addictions, people in psychological distress

Coverage area: Cantley, Chelsea, La Pêche, Val-des-Monts

Hours: day centre: Monday to Friday 9h00 to 15h00, housing: 24/7

Financing: donations, grants

Legal status: non-profit organization

Thrift store and material aid

THRIFT STORES

USED ITEM DONATION RECOVERY PROGRAMS

Thrift Stores

CENTRE DE RESSOURCES COMMUNAUTAIRES SAINT-ANTOINE DE PADOUE

1 Saint-Joseph Road, Suite 2, Val-des-Monts, Outaouais, QC, J8N 7E8

819 671-8224

Services: * Food assistance: grocery store vouchers. * Thrift store. * Christmas baskets.

Eligibility: families on a low income

Coverage area: Val-des-Monts

Hours: by appointment only

Fees: none

Financing: donations, self-financing

Legal status: non-profit organization

MAISON LE RICOCHET

9 de la Beurrerie Road, La Pêche, Outaouais, QC, J0X 2W0

819 456-4230

Website: maisonlericochet.com

Email: direction@maisonlericochet.com

Services: Rehabilitation and reintegration social and professional in mental health. * Day centre offering monthly activities: leisure activities, creativity workshops and thinking group. * Trouvailles de la colline: thrift shop. * Boutique La Vieille Échelle: handmade products made during creativity workshops. * Housing with support and supervision. * Socioprofessional integration. * Variable intensity follow-up. * Psychological support. * Carpentry workshops.

Eligibility: people living with a mental health disorder with or without addictions, people in psychological distress

Coverage area: Cantley, Chelsea, La Pêche, Val-des-Monts

Hours: day centre: Monday to Friday 9h00 to 15h00, housing: 24/7

Financing: donations, grants

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - CONFÉRENCE SAINT-PIERRE DE WAKEFIELD

34 de l'Église Road, Val-des-Monts, Outaouais, QC, J8N 2A1

819 457-4444

Email: ssvp.gatineau@bell.net

Services: * Emergency food assistance. * Thrift store. * On-site collection of used items: clothing, dishes, books, toys, sports equipment, small appliances and electronics. * Christmas baskets.

Eligibility: people on a low income

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

Hours: Wednesday 10h00 to 15h00, Thursday 12h00 à 15h00, Friday 15h00 to 18h00, Saturday 9h00 to 15h00

Financing: donations

Legal status: non-profit organization

Used item donation recovery programs

GRENIER DES COLLINES (LE)

34 de l'Église Road, Val-des-Monts, Outaouais, QC, J8N 2A1

819 457-1010

Website: www.legrenierdescollines.com

Email: legrenierdescollines@bellnet.ca

Services: Recovery and distribution of food. * Sharing store. * Food bank. * Collective kitchens. * Community garden. * Christmas baskets. * School supplies distribution.

Eligibility: vulnerable population

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

Hours: Monday to Friday 8h30 to 16h00

Financing: provincial, federal, donations

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - CONFÉRENCE SAINT-PIERRE DE WAKEFIELD

34 de l'Église Road, Val-des-Monts, Outaouais, QC, J8N 2A1

819 457-4444

Email: ssvp.gatineau@bell.net

Services: * Emergency food assistance. * Thrift store. * On-site collection of used items: clothing, dishes, books, toys, sports equipment, small appliances and electronics. * Christmas baskets.

Eligibility: people on a low income

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

Hours: Wednesday 10h00 to 15h00, Thursday 12h00 à 15h00, Friday 15h00 to 18h00, Saturday 9h00 to 15h00

Financing: donations

Legal status: non-profit organization

Transportation

ACCOMPANIED TRANSPORT

ACCOMPANIED TRANSPORT FOR MEDICAL REASONS

PARATRANSIT

PUBLIC TRANSPORTATION

Accompanied transport

DES COLLINES SENIORS' ROUNDTABLE

1694 de la Source Montée, Cantley, Outaouais, QC, J8V 3H6

819 457-9191

Website: www.tabledesainesdescollines.org

Email: tabledesaines@gmail.com

Services: Support and development of initiatives that address the daily needs and interests of the seniors of the MRC des Collines. * TAACoMOBILE: refrigerated mobile unit that sells fruits and vegetables and acts as an information kiosk for seniors and caregivers. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV): social worker who gives home visits to seniors at risk of vulnerability and provides referrals to appropriate services. * Mon Ange Gardien: loan of emergency alert machines at a reduced cost. * SOS caregivers: mutual aid groups, at-home respite, training, listening and information. * PING!: free online training program. * Intergenerational media project to combat ageism.

Eligibility: seniors, caregivers, Mon Ange Gardien: seniors on a low income

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

Fees: variable

Financing: grants, municipal

Legal status: non-profit organization

TRANSCOLLINES - RURAL PUBLIC TRANSPORT

5 Principale Street West, La Pêche, Outaouais, QC, J0X 2W0

819 456-1114

Website: transcollines.ca/rural-public-transport

Email: reservation@transcollines.ca

Services: Rural public transport service. * Transportation service complementary to regular public transit routes, if needs cannot be met by the latter.

Eligibility: no restriction, priority to trips for health reasons

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

Hours: service centre: Monday to Friday 8h00 to 16h00

Fees: variable, between \$11.25 and \$126.25 according to the distance travelled

Financing: municipal, provincial, self-financing

Legal status: parapublic organization

Accompanied transport for medical reasons

TRANSCOLLINES - RURAL PUBLIC TRANSPORT

5 Principale Street West, La Pêche, Outaouais, QC, J0X 2W0

819 456-1114

Website: transcollines.ca/rural-public-transport

Email: reservation@transcollines.ca

Services: Rural public transport service. * Transportation service complementary to regular public transit routes, if needs cannot be met by the latter.

Eligibility: no restriction, priority to trips for health reasons

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

Hours: service centre: Monday to Friday 8h00 to 16h00

Fees: variable, between \$11.25 and \$126.25 according to the distance travelled

Financing: municipal, provincial, self-financing

Legal status: parapublic organization

Paratransit

TRANSCOLLINES - PARATRANSIT

5 Principale Street West, La Pêche, Outaouais, QC, J0X 2W0

819 456-1114

Website: transcollines.ca/paratransit

Email: info@transcollines.ca

Services: Paratransit service. *Door-to-door public transportation.

Eligibility: people living with a disability who are unable to use regular public transit

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

Hours: service centre: Monday to Friday 7h00 to 17h00

Fees: variable

Financing: municipal, provincial, self-financing

Legal status: parapublic organization

Public Transportation

TRANSCOLLINES

5 Principale Street West, La Pêche, Outaouais, QC, J0X 2W0

819 456-1114

Website: www.transportsdescollines.org

Email: info@transportsdescollines.org

Services: Public transit network of the Collines-de-l'Outaouais. * Regular public transportation. * Paratransit. * Rural public transport. * Intercity transportation.

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

Hours: service centre: Monday to Friday 7h00 to 17h00

Fees: variable

Financing: municipal, provincial, self-financing

Legal status: parapublic organization

Violence and abuse

CHILD ABUSE

DOMESTIC VIOLENCE: SHELTERS AND SUPPORT

HELP LINES RELATED TO VIOLENCE AND ABUSE

Child abuse

MAISON LIBÈRE-ELLES

Confidential Address

819 827-4044 Fax: 819 827-5212

Website: www.maisonlibere-elles.ca

Email: intervenantes@maisonlibere-elles.ca

Services: Women's shelter and assistance house. * Shelter for a variable duration according to needs. * Counselling, support, accompaniment and referral. * Post shelter follow-up. * Listening and telephone intervention. * Support group. * Workshops and conferences. * Activities.

Eligibility: women victims of violence or in temporary difficulty with or without children

Capacity: 10 beds women-children

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

Hours: listening and telephone intervention: 24/7

Fees: none

Financing: provincial, self-financing, grants

Legal status: non-profit organization

Domestic violence: shelters and support

MAISON LIBÈRE-ELLES

Confidential Address

819 827-4044 Fax: 819 827-5212

Website: www.maisonlibere-elles.ca

Email: intervenantes@maisonlibere-elles.ca

Services: Women's shelter and assistance house. * Shelter for a variable duration according to needs. * Counselling, support, accompaniment and referral. * Post shelter follow-up. * Listening and telephone intervention. * Support group. * Workshops and conferences. * Activities.

Eligibility: women victims of violence or in temporary difficulty with or without children

Capacity: 10 beds women-children

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

Hours: listening and telephone intervention: 24/7

Fees: none

Financing: provincial, self-financing, grants

Legal status: non-profit organization

Help lines related to violence and abuse

MAISON LIBÈRE-ELLES

Confidential Address

819 827-4044 Fax: 819 827-5212

Website: www.maisonlibere-elles.ca

Email: intervenantes@maisonlibere-elles.ca

Services: Women's shelter and assistance house. * Shelter for a variable duration according to needs. * Counselling, support, accompaniment and referral. * Post shelter follow-up. * Listening and telephone intervention. * Support group. * Workshops and conferences. * Activities.

Eligibility: women victims of violence or in temporary difficulty with or without children

Capacity: 10 beds women-children

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

Hours: listening and telephone intervention: 24/7

Fees: none

Financing: provincial, self-financing, grants

Legal status: non-profit organization

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