



**Grand Montréal**

**Directory of Community and  
Social Services**

**MRC DEUX-MONTAGNES**



**2-1-1**



**[www.211qc.ca](http://www.211qc.ca)**

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## **Child and Family**

**CHILD WELFARE**

**DAYCARE AND RESPITE**

**RECREATIONAL ACTIVITIES**

## Child welfare

### **CENTRE JEUNESSE DES LAURENTIDES - DEUX-MONTAGNES**

333 Antonin-Campeau Street, Suite 101, Deux-Montagnes, Laurentides, QC, J7R 0A2

**450 491-5656** Fax: 450 491-5659

**Website:** www.cjlaurentides.qc.ca

**Services:** \* Youth protection.\* Psychosocial services and outpatient rehabilitation.\* Supervised access.

**Eligibility:** children and teenagers in difficulties, young offenders, parents, guardians, counsellors

**Coverage area:** MRC Deux-Montagnes

**Financing:** provincial

**Legal status:** parapublic organization

### **CENTRE JEUNESSE DES LAURENTIDES - OKA**

118 Notre-Dame Street, Oka, Laurentides, QC, J0N 1E0

**450 479-8309** Fax: 450 479-6497

**Website:** www.cjlaurentides.qc.ca

**Services:** \* Psychosocial services and outpatient rehabilitation.\* Supervised access.

**Eligibility:** native children and teenagers in difficulties, young offenders, parents, guardians, counsellors

**Coverage area:** Laurentides

**Financing:** provincial

**Legal status:** parapublic organization

### **SOS JEUNESSE**

200 Henri-Dunant Street, Deux-Montagnes, Laurentides, QC, J7R 4W6

**450 473-5014**

**Services:** \* Supervised visits.\* Supervised custody exchange.\* Another point of service at Saint-Jérôme: 336 du Bocage Street.

**Eligibility:** children 0 to 17 years subject to custody under supervision, referred by the Superior Court or the DPJ, or whose 2 parents are volunteers

**Coverage area:** CSSS Argenteuil, CSSS Saint-Jérôme, CSSS Thérèse-de-Blainville, CSSS Lac-des-deux-Montagnes, CSSS des Pays-d'en-Haut, Centre Jeunesse des Laurentides (the territory is the one where the child lives)

**Hours:** by appointment, voicemail 24 hours, 7 days

**Fees:** file opening

**Financing:** provincial, grants

**Legal status:** non-profit organization

## Daycare and respite

### **MOUVANCE CENTRE DE FEMMES (LA)**

83 Chénier Street, Saint-Eustache, Laurentides, QC, J7R 1W9

**450 472-7245**

**Website:** www.lamouvance.ca

**Email:** info@lamouvance.ca

**Services:** Welcome and support to women victims of violence \* Reception, listening and references.\* Personal development workshops.\* Support group.\* Conferences.\* Educational workshops.\* Kindergarten.\* Legal and notary clinic.

**Eligibility:** women

**Coverage area:** MRC Deux-Montagnes and the South of Mirabel

**Hours:** Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, kindergarten: Tuesday, Wednesday and Thursday 9h00 to 15h30

**Fees:** variable for the workshops

**Financing:** provincial, Centraide Laurentides

**Legal status:** non-profit organization

## Recreational Activities

### FORAINS ABYSSAUX (LES)

51 13th Avenue, Deux-Montagnes, Laurentides, QC, J7R 3T6

**514 892-3271**

**Website:** [ecoledecirquelesforains.com](http://ecoledecirquelesforains.com)

**Email:** [ecoleforains@videotron.ca](mailto:ecoleforains@videotron.ca)

**Services:** \* Circus workshops and classes.\* Indoor or outdoor mobile shows for municipalities, schools or other organizations.\* Specialized day camp.

**Eligibility:** people 4 to 70 years old interested in circus arts, people with physical disabilities, young immigrants

**Coverage area:** Province of Québec, Indigenous reserves

**Hours:** 7 days

**Fees:** variable, financial assistance program available

**Financing:** self-financing

**Legal status:** non-profit organization

## **Community Action**

**ADVISORY AND CITIZEN ACTION ORGANIZATIONS**

**COMMUNITY CENTRES**

**INFORMATION AND REFERRAL**

**VOLUNTEERING AND VOLUNTEER CENTRES**

## Advisory and citizen action organizations

### **PERSÉVÉRONS ENSEMBLE**

465 Bibeau Street, Suite 600, Saint-Eustache, Laurentides, QC, J7R 0C8

**450 419-4905 ext. 627**

**Website:** [www.perseveronsensemble.com](http://www.perseveronsensemble.com)

**Email:** [info@perseveronsensemble.com](mailto:info@perseveronsensemble.com)

**Services:** Group of partners who are mobilizing to support concerted action and development of initiatives encouraging personal and academic perseverance and success. \* Support, enhancement and financing for the development of rallying projects.

**Eligibility:** organizations supporting academic perseverance, organizations working with youth, youth

**Coverage area:** Commission scolaire de la Seigneurie-des-Mille-Îles (CSSMI)

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

**Financing:** donations, provincial, municipal

**Legal status:** non-profit organization

### **REGROUPEMENT POUR LE DÉVELOPPEMENT SOCIAL DE LA RÉGION DE DEUX-MONTAGNES**

Maison des citoyens, 184 Saint-Eustache Street, Suite 319, Saint-Eustache, Laurentides, QC, J7R 2L7

**450 974-5001 ext. 5060 Fax:** 450 974-5064

**Website:** [www.tous-complices.com](http://www.tous-complices.com)

**Email:** [rpds.deuxmontagnesudmirabel@hotmail.com](mailto:rpds.deuxmontagnesudmirabel@hotmail.com)

**Services:** Social development. \* Identification and examination of local issues.\* Consultation: relay between community organizations and resources (CISSS, municipalities) on the territory.

**Eligibility:** community organizations, CIUSSS, municipalities, school board and businesses

**Coverage area:** MRC Deux-Montagnes

**Legal status:** non-profit organization

### **REGROUPEMENT TANDEM 0-6 ANS**

184 Saint-Eustache Street, Saint-Eustache, Laurentides, QC, J7R 2L7

**450 974-5001 ext. 5630**

**Email:** [cbourgeois@ville.saint-eustache.qc.ca](mailto:cbourgeois@ville.saint-eustache.qc.ca)

**Services:** Collaboration of partners in the early childhood sector. \* Development and maintenance of activities for children and their families.\* Mobilization and information.\* Ressource-familles: workshops with mobile childcare.\* Les Marmitons: community meals.\* Workshops, recreational outings.\* Childcare.

**Eligibility:** children 0 to 5 years old, their families

**Coverage area:** MRC Deux-Montagnes

**Hours:** office: Monday to Friday 8h30 to 17h00, activities: variable

**Financing:** foundation, fundraising campaigns

**Legal status:** non-profit organization

## Community centres

### **CENTRE D'ENTRAIDE RACINE-LAVOIE**

154 Dorion Street, Saint-Eustache, Laurentides, QC, J7R 2N9

**450 623-6030 Fax:** 450 623-5275

**Website:** [www.entraideracinelavoie.org](http://www.entraideracinelavoie.org)

**Email:** [info@entraideracinelavoie.org](mailto:info@entraideracinelavoie.org)

**Services:** \* Weekly food distribution.\* Collective kitchen.\* Lunch box: preparation of lunches by parents for their children's school.\* Tax clinic.\* Referral and listening.

**Eligibility:** people and families on a low income



**Coverage area:** MRC Deux-Montagnes, South of Mirabel

**Hours:** office: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30, food distribution: Wednesday 10h15 to 11h15, kitchen: twice a month, lunchbox: each week

**Fees:** variable

**Financing:** grants, donations

**Legal status:** non-profit organization

## Information and referral

### ABL-IMMIGRATION

1 Place de la Gare, Suite 304, Saint-Eustache, Laurentides, QC, J7R 2C5

**514 570-3313**

**Website:** www.abl-immigration.org

**Email:** ablimmigration@gmail.com

**Services:** Integration support for newcomers. \* Welcoming and integration support: referral and frontline services. \* Promoting the region: job possibilities, sociocultural services, transport, housing, etc.\* Transcultural openness promotion.

**Eligibility:** newcomers, private sponsorship for refugees

**Capacity:** 25

**Coverage area:** Basses-Laurentides: MRC Mirabel, MRC Thérèse-de-Blainville, MRC Deux-Montagnes

**Hours:** Monday to Friday 9h30 to 16h30

**Fees:** free

**Financing:** grants

**Legal status:** non-profit organization

### ÉCOUTE AGRICOLE DES LAURENTIDES

231 Thérèse Crescent, Saint-Joseph-du-Lac, Laurentides, QC, J0N 1M0

**514 929-2476**

**Email:** ecouteagricolelaurentides@gmail.com

**Services:** Support for agricultural producer and their relatives, and for those working in the agricultural sector. \* Listening and referrals.\* Support network aiming to break isolation.\* Personalized accompaniment through conflict resolution process.\* Awareness among the population to demystify the profession of farmer.

**Eligibility:** agricultural producers, their relatives and people from the agricultural sector

**Coverage area:** Laurentides

**Fees:** individual member: \$20, corporate member: \$100

**Financing:** self-financing

**Legal status:** non-profit organization

## Volunteering and volunteer centres

### CENTRE D'ACTION BÉNÉVOLE LES ARTISANS DE L'AIDE

184 Saint-Eustache Street, Suite 108, Saint-Eustache, Laurentides, QC, J7R 2L7

**450 472-9540** Fax: 450 472-9586

**Email:** info@cabartisans.org

**Services:** \* Reception.\* Friendly visits.\* Accompaniment and transportation for medical appointments and grocery shopping.\* Meals-on-wheels.\* Community meals.\* Home care.\* Assistance with filling out forms.\* Carrefour 50+: social activities.

**Eligibility:** adults with a loss of autonomy

**Coverage area:** MRC Deux-Montagnes

**Hours:** Monday to Friday 8h00 to 16h00

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

**Legal status:** non-profit organization

## **Education**

**DROPOUT**

**HOMEWORK ASSISTANCE AND TUTORING**

**LITERACY**

**SCHOOL BOARDS**

## Dropout

### **CARREFOUR JEUNESSE-EMPLOI DE LA MRC DEUX-MONTAGNES**

2705 des Promenades Boulevard, Suite 10, Deux-Montagnes, Laurentides, QC, J7R 0A6

**450 974-1635** Fax: 450 974-1077

**Website:** [cjedm.qc.ca](http://cjedm.qc.ca)

**Email:** [info@cjedm.qc.ca](mailto:info@cjedm.qc.ca)

**Services:** Assistance with job and returning to school procedures. \* Individual accompaniment.\* School and professional information.\* Job search assistance: resume, cover letter, interview preparation and simulation, etc.\* Info-centre: computers, printer, telephone, etc.\* Financial education.\* School perseverance.\* Development of autonomy.\* Business start-up project.\* Volunteering.\* Internships.\* Job postings and pairing with businesses.\* Entrepreneurship and volunteering projects.

**Eligibility:** youth 16 to 35 years old

**Coverage area:** MRC Deux-Montagnes

**Hours:** Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 8h30 to 20h00, summer: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00

**Fees:** free

**Financing:** provincial

**Legal status:** non-profit organization

### **CENTRE COMMUNAUTAIRE DES BASSES LAURENTIDES**

3075 Oka Road, Suite 108, Sainte-Marthe-sur-le-Lac, Laurentides, QC, J0N 1P0

**514 712-3075**

**Website:** [www.ccblarentide.ca](http://www.ccblarentide.ca)

**Email:** [info@ccblarentide.ca](mailto:info@ccblarentide.ca)

**Services:** Aid to the integration and development of the Muslim community in particular in the region. \* Cultural, cultural, social, sporting and charity activities.\* Humanitarian actions, moral support and academic support.\* Encourage women's involvement.\* Support for youth: dropout and crime prevention.\* Accompaniment and integration of newcomers.

**Eligibility:** Muslim community

**Coverage area:** Lower Laurentians

**Hours:** variable

**Legal status:** non-profit organization

### **JEUNESSE ATOUT**

184 Saint-Eustache Street, Suite 319.2, Saint-Eustache, Laurentides, QC, J7R 2L7

**450 473-0606**

**Email:** [jatout@yahoo.ca](mailto:jatout@yahoo.ca)

**Services:** \* Support to rehabilitation.\* Social intervention.\* Integration to employment, internships in workplace.

**Eligibility:** potentiel dropout students referred by school principals

**Coverage area:** secondary schools of Saint-Eustache, Deux-Montagnes, Oka and Sainte-Marthe-sur-le-Lac

**Hours:** Monday to Thursday 9h00 to 16h00 on appointment

**Financing:** fundraising campaigns

**Legal status:** non-profit organization

## Homework assistance and tutoring

### **MAISON DES JEUNES DE POINTE-CALUMET (LA)**

Salle du conseil (basement), 871 de la Chapelle Boulevard, Pointe-Calumet, Laurentides, QC, J0N 1G1

**450 491-6509**

**Email:** [mdj.pointe-calumet@hotmail.com](mailto:mdj.pointe-calumet@hotmail.com)

**Services:** Meeting place. \* Awareness, information and prevention.\* Cultural, educational, sports and social activities.\* Lunch boxes.\* Help with homework.\* Music course.\* Improvisation league for the 12-17 years old.  
**Eligibility:** youth 12 to 17 years  
**Coverage area:** Pointe-Calumet  
**Hours:** Monday to Friday 16h00 to 22h00  
**Fees:** registration: \$3 per year, healthy lunch: \$4 per week for 3 lunches  
**Financing:** fundraising campaign  
**Legal status:** non-profit organization

## Literacy

### CENTRE D'ALPHABÉTISATION POPULAIRE DES PATRIOTES

52 Saint-Louis Street, Saint-Eustache, Laurentides, QC, J7R 1X7

**450 473-2277 Fax:** 450 473-2277

**Email:** alpha.patriote@videotron.ca

**Services:** \* Literacy, mathematics and French-learning activities.\* Alpha-créativité workshops: another way to learn how to write and read through art.\* Permanent Library. \* Help with forms.

**Eligibility:** people aged 16 years and over, with reading, writing and calculation difficulties, people with a low school level who have immigrated recently and people with an intellectual disability

**Capacity:** 10 students per group

**Coverage area:** MRC Deux-Montagnes, South of Mirabel

**Hours:** Monday to Friday 8h30 to 16h00

**Financing:** provincial

**Legal status:** non-profit organization

### DEUX-MONTAGNES PUBLIC LIBRARY

200 Henri-Dunant Street, Deux-Montagnes, Laurentides, QC, J7R 4W6

**450 473-2702 ext. 228 Fax:** 450 473-2816

**Website:** [www.bibliotheque.ville.deux-montagnes.qc.ca](http://www.bibliotheque.ville.deux-montagnes.qc.ca)

**Email:** biblio@ville.deux-montagnes.qc.ca

**Services:** Loan and consultation of books and audiovisual documents. \* Computers and Internet access.\* Story time.\* Reading workshops for toddlers.\* Book club for children.\* Coffee-reading.\* Arts exhibitions.\* Contests, author meetings, conferences, shows, etc.

**Eligibility:** children, youth and adults

**Coverage area:** Deux-Montagnes

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

**Fees:** subscription: free for residents, activities: variable

**Financing:** municipal, provincial

**Legal status:** municipal agency

### SAINT-EUSTACHE PUBLIC LIBRARY

12 de la Grande-Côte Road, Saint-Eustache, Laurentides, QC, J7P 1A2

**450 974-5035**

**Website:** [www.saint-eustache.ca/citoyens-bibliotheque/bibliotheque-guy-belisle](http://www.saint-eustache.ca/citoyens-bibliotheque/bibliotheque-guy-belisle)

**Services:** \* Loan and consultation of books and audiovisual documents.\* Computers and Internet access.\* Story time.\* Book club for adults.\* Book club for children.\* Early literacy workshops.\* Computer workshops.\* Workshops, conferences, exhibitions.

**Coverage area:** Saint-Eustache

**Hours:** Monday to Friday 9h00 to 21h00, Saturday and Sunday 9h00 to 17h00

**Fees:** subscription: free

**Financing:** municipal

**Legal status:** municipal agency

## School boards

### COMMISSION SCOLAIRE DE LA SEIGNEURIE-DES-MILLE-ÎLES

430 Arthur-Sauvé Boulevard, Saint-Eustache, Laurentides, QC, J7R 6V6

**450 974-7000** Fax: 450 974-6977

**Website:** [www.cssmi.qc.ca](http://www.cssmi.qc.ca)

**Email:** [info@cssmi.qc.ca](mailto:info@cssmi.qc.ca)

**Services:** Primary schools, high schools and specialized schools board. \* Vocational training.\* Adult education.\* Vocational training and adult education: help and orientation.\* Services to companies.

**Coverage area:** Blainville, Boisbriand, Bois-des-Filion, Deux-Montagnes, Lorraine, Mirabel (Saint-Augustin, Saint-Benoît, Sainte-Scholastique and Parc du Domaine Vert), Oka, Pointe-Calumet, Rosemère, Sainte-Anne-des-Plaines, Sainte-Marthe-sur-le-Lac, Sainte-Thérèse, Saint-Eustache, Saint-Joseph-du-Lac, Saint-Placide and a part of Terrebonne (quartier 2, Germain-Raby and quartier 3, Louis-Gilles-Ouimet)

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

**Legal status:** parapublic organization

## **Employment and Income**

**BUSINESS DEVELOPMENT**

**EMPLOYMENT SUPPORT FOR IMMIGRANTS**

**GOVERNMENT SERVICES**

**TAX CLINICS**

**VOCATIONAL REHABILITATION AND DISABILITY-RELATED EMPLOYMENT**

## Business development

### MRC DEUX-MONTAGNES - ECONOMIC DEVELOPMENT

1 Place de la Gare, Suite 301, Saint-Eustache, Laurentides, QC, J7R 0B4

**450 491-1818** Fax: 450 491-3040

**Website:** [www.mrc2m.qc.ca](http://www.mrc2m.qc.ca)

**Email:** [info@mrc2m.qc.ca](mailto:info@mrc2m.qc.ca)

**Services:** Stimulate and support economic development. \* Help starting and expanding business: training workshops, information sessions, assistance in writing a business plan, technical and financial support to self-employment (STA), support for business succession.\* Project financing.\* Business mentoring.

**Eligibility:** young entrepreneurs, businesses

**Coverage area:** MRC Deux-Montagnes

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

**Financing:** provincial, municipal

**Legal status:** non-profit organization

## Employment support for immigrants

### SERVICE CANADA CENTRE - SAINT-EUSTACHE

250 Arthur-Sauvé Boulevard, Saint-Eustache, Laurentides, QC, J7R 2H9

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

**Website:** [www.canada.ca](http://www.canada.ca)

**Services:** Service centre bringing together for 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.

**Coverage area:** Saint-Eustache

**Hours:** Monday to Friday 8h30 to 16h00

**Legal status:** federal government agency

## Government services

### CENTRE LOCAL D'EMPLOI DE SAINT-EUSTACHE

367 Arthur-Sauvé Boulevard, Suite 247, Saint-Eustache, Laurentides, QC, J7P 2B1

**450 472-2311** Fax: 450 974-3315

**Website:** [www.mess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi/](http://www.mess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi/)

**Services:** Accompaniment services regarding job market integration process and last-resort financial assistance. \* Information and referral.\* Job search assistance: redaction of resume and preparation to interview.\* 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.\* Multiservices room: access to phone, fax, computers and printing machines.\* Last-resort financial and social assistance.\* Enterprise services: recruitment assistance.

**Eligibility:** job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low-income, employers

**Coverage area:** Saint-Eustache, Deux-Montagnes, Oka, Pointe-Calumet, Saint-Joseph-du-Lac, Sainte-Marthe-sur-le-Lac, Saint-Placide

**Hours:** Monday to Friday 8h30 to 16h30, by appointment to meet an agent

**Financing:** provincial

**Legal status:** parapublic organization

### **SERVICES QUÉBEC - SAINT-EUSTACHE**

367, boulevard Arthur-Sauvé, bureau 247, Saint-Eustache, Laurentides, QC, J7P 2B1

**1 877 644-4545 TTY:** 1 800 361-9596

**Website:** [www.laurentides.gouv.qc.ca](http://www.laurentides.gouv.qc.ca)

**Services:** \* Information on government programs and services.\* Self-service computer stations.\* Services related to the land register of Quebec.\* Administration-of-oath services.

**Coverage area:** Laurentides

**Hours:** In person: Monday, Tuesday, Thursday, Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 9h00 to 12h00 and 13h00 to 16h30, by phone: Monday to Friday 8h00 to 20h00

**Legal status:** provincial government agency

## **Tax clinics**

### **CENTRE D'ENTRAIDE RACINE-LAVOIE - TAX CLINIC**

154 Dorion Street, Saint-Eustache, Laurentides, QC, J7R 2N9

**450 623-6030 Fax:** 450 623-5275

**Website:** [www.entraideracinelavoie.org](http://www.entraideracinelavoie.org)

**Email:** [info@entraideracinelavoie.org](mailto:info@entraideracinelavoie.org)

**Services:** Tax clinic by appointment.

**Eligibility:** people on a low income

**Coverage area:** MRC Deux-Montagnes, South of Mirabel

**Hours:** clinic 2018: registration: February, clinic: March 1st to April 26, Tuesdays and Thursdays

**Financing:** grants, donations

**Legal status:** non-profit organization

## **Vocational rehabilitation and disability-related employment**

### **INTÉGRATION - TRAVAIL LAURENTIDES - SAINT-EUSTACHE**

111A Saint-Laurent Street, Saint-Eustache, Laurentides, QC, J7P 5G1

**450 623-0398 ext. 502 Fax:** 450 983-5033

**Website:** [www.i-tl.org](http://www.i-tl.org)

**Email:** [mperron@i-tl.org](mailto:mperron@i-tl.org)

**Services:** Vocational reintegration. \* Consultation service: employability assessment, self-knowledge, development of a plan of action, preparatory measures for employment, referrals.\* Job seeking methods: guidance and support, information on labor market, CV preparation, job interview techniques, accompaniment if necessary, outreach strategies.\* Job integration: employers awareness-raising, grants negotiations, employment follow-up.

**Eligibility:** people living with a disability looking to integrate the labor market, employers

**Coverage area:** MRC Deux-Montagnes

**Hours:** Monday to Friday 8h30 to 16h30, by appointment

**Financing:** provincial

**Legal status:** non-profit organization

### **L'ATELIER ENSEMBLE ON SE TIENT**

185 du Moulin Street, Saint-Eustache, Laurentides, QC, J7R 2P5

**450 623-1561 Fax:** 450 623-2692

**Email:** [atelierensemble@videotron.ca](mailto:atelierensemble@videotron.ca)



## Employment and Income

**Services:** Day centre. \* Social reintegration and rehabilitation.\* Socialization and learning activities.\* Pre-employability group.\* Closed support and growth groups facilitated by a counselor, on a weekly basis with a dozen of meetings.\* Community follow-up program providing: psychosocial and home support, accompaniment and intensive follow-up.

**Eligibility:** adults with severe and persistent mental health or emotional distress disorders

**Capacity:** support group: 12 people maximum per group

**Coverage area:** MRC de Deux-Montagnes and Mirabel South

**Hours:** Monday to friday 9h30 to 16h00, support group on day and evening

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

**Food**

**COLLECTIVE KITCHENS**

**FOOD ASSISTANCE**

**FOOD ASSISTANCE COORDINATION**

## Collective kitchens

### MOUVEMENT PERSONNE D'ABORD DE SAINT-EUSTACHE

367 Godard Street, Saint-Eustache, Laurentides, QC, J7P 3V2  
**450 623-7792**

**Website:** www.fmpdaq.org

**Email:** mpdasteustache@gmail.com

**Services:** \* Reception and referral.\* Support and social monitoring.\* Promotion and advocacy of rights.\* Mutual aid.\* Monthly dances.\* Collective kitchens.\* Adapted karate.\* Workshops.

**Eligibility:** adults 18 years and over with intellectual disabilities

**Coverage area:** MRC Deux-Montagnes

**Hours:** Monday to Thursday 8h30 to 16h00

**Fees:** membership: \$10 per year

**Financing:** provincial

**Legal status:** non-profit organization

### PETITE MAISON DE POINTE-CALUMET

861 de la Chapelle Boulevard, Pointe-Calumet, Laurentides, QC, J0N 1G2  
**450 974-7556** Fax: 450 974-1960

**Email:** petitemaillon-pointe-calumet@hotmail.com

**Services:** \* Family activities.\* Child-mother mornings.\* Collective kitchens.\* Conferences.\* References on topics affecting families.\* Community Internet Access Centre.\* Support and individual follow-up.\* Services for fathers.\* Knitting club.

**Eligibility:** individuals and families

**Coverage area:** Pointe-Calumet and surroundings

**Hours:** Monday to Thursday 8h30 to 17h00, Friday 9h00 to 12h00

**Fees:** annual membership: \$5 per family

**Financing:** Centraide, provincial

**Legal status:** non-profit organization

## Food Assistance

### CENTRE DE DÉPANNAGE LE VISAGE

Centre communautaire Saint-Esprit, 374 Pie-XII Street, Saint-Eustache, Laurentides, QC, J7P 4S7  
**450 473-3200 ext. 5** Fax: 450 473-5055

**Website:** www.paroissest-eustache.com

**Email:** gpineault@st-eustache.qc.ca

**Services:** \* Food aid.\* Financial assistance.\* School supplies.

**Eligibility:** families, people in need

**Coverage area:** Saint-Eustache

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

**Financing:** self-financing

**Legal status:** non-profit organization

### COMITÉ D'ACTION SOCIALE DE POINTE-CALUMET

Marie-Médiatrice Church, 810 de la Chapelle Boulevard, Pointe-Calumet, Laurentides, QC, J0N 1G1  
**450 472-0259**

**Services:** \* Food assistance.\* Clothing bank.

**Eligibility:** families and individuals on a low income, newcomers

**Capacity:** 68 to 74 families

**Coverage area:** Pointe-Calumet

**Hours:** food assistance: Tuesday 8h00 to 11h00 (by appointment)

**Financing:** self-financing

**Legal status:** non-profit organization

### **COMITÉ D'ACTION SOCIALE ST-JOSEPH-DU-LAC**

Presbytère, 1028 A Principal Road, Saint-Joseph-du-Lac, Laurentides, QC, J0N 1M0

**450 473-2440**

**Email:** comiteaction@outlook.com

**Services:** \* Food baskets.\* Christmas baskets.\* Soup kitchen.\* Collection and sale of second-hand items and clothing.

**Eligibility:** disadvantaged people

**Coverage area:** Saint-Joseph-du-Lac

**Hours:** baskets distribution: Tuesday 10h00 to 12h00, soup kitchen: Friday 11h00 to 13h00, sale of second-hand items: Friday 8h00 to 15h00

**Fees:** baskets: \$2 suggested voluntary contribution

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

**Legal status:** non-profit organization

### **COMPTOIR ALIMENTAIRE DE DEUX-MONTAGNES**

1002 Oka Road, Deux-Montagnes, Laurentides, QC, J7R 1L7

**450 473-9877**

**Services:** \* Food assistance and emergency aid.\* Clothing depot.

**Eligibility:** people on a low income

**Coverage area:** Deux-Montagnes

**Hours:** food aid: Tuesday 11h30 to 13h00, clothing depot: Wednesday 9h30 to 20h00 and Saturday 10h00 to 16h00

**Fees:** \$2 per month

**Financing:** donations

**Legal status:** non-profit organization

### **COMPTOIR ALIMENTAIRE DE SAINTE-MARTHE**

3101 de l'Église Street, Sainte-Marthe-sur-le-Lac, Laurentides, QC, J0N 1P0

**450 473-9877**

**Services:** \* Food aid.\* Clothing depot.

**Eligibility:** people on a low income

**Coverage area:** Sainte-Marthe-sur-le-Lac

**Hours:** food aid: Tuesday 11h30 to 13h00, clothing depot: Thursday 9h30 to 20h00

**Fees:** \$2 per month

**Financing:** donations

**Legal status:** non-profit organization

### **DÉPANNAGE ST-AGAPIT**

202 Henri-Dunant Street, Deux-Montagnes, Laurentides, QC, J7R 4W6

**450 473-7450**

**Website:** [www.depannage-st-agapit.org](http://www.depannage-st-agapit.org)

**Email:** [depannage.agapit@hotmail.com](mailto:depannage.agapit@hotmail.com)

**Services:** \* Food assistance.\* Christmas baskets.\* Referral.

**Eligibility:** families and people in need

**Coverage area:** Deux-Montagnes

**Hours:** Monday to Friday 9h00 to 12h00

**Fees:** none

**Financing:** fundraising campaigns, municipal

**Legal status:** non-profit organization

### **L'ENTRE-AMIS**

Centre communautaire Christ-Roi, 367 Godard Street, Saint-Eustache, Laurentides, QC, J7P 3V2

**450 473-3200 ext. 5 Fax:** 450 473-5055

**Website:** [www.paroissest-eustache.com](http://www.paroissest-eustache.com)

**Email:** [gpineault@st-eustache.qc.ca](mailto:gpineault@st-eustache.qc.ca)

**Services:** \* Food aid.\* Community luncheons.\* Clothing bank and other used items.

**Eligibility:** families, people in need

**Coverage area:** Saint-Eustache

**Hours:** community meals: Wednesday 11h00 to 13h00

**Fees:** lunch: free

**Financing:** self-financing

**Legal status:** non-profit organization

### **Food assistance coordination**

#### **COMITÉ D'AIDE ALIMENTAIRE DES PATRIOTES**

95 Principale Street, Saint-Joseph-du-Lac, Laurentides, QC, J0N 1M0

**450 472-9469**

**Website:** [www.aidealimentaire.com](http://www.aidealimentaire.com)

**Email:** [caa-patriotes@videotron.ca](mailto:caa-patriotes@videotron.ca)

**Services:** \* Distributor for the county's food banks.\* Food assistance: food pick-up, processing and distribution to organizations.\* Social reintegration through employment.

**Eligibility:** social reintegration through employment: people with intellectual or physical disabilities, pervasive development disorders or with a desire to reinsert the job market, food assistance: food banks

**Capacity:** unlimited

**Coverage area:** MRC Deux-Montagnes, South of Mirabel

**Hours:** Monday to Thursday 8h00 to 17h00

**Fees:** free

**Financing:** Centraide, provincial, federal, donations, foundations

**Legal status:** non-profit organization

## **Government services**

### **MUNICIPAL SERVICES**

## Municipal services

### DEUX-MONTAGNES - CITY

803 d'Oka Road, Deux-Montagnes, Laurentides, QC, J7R 1L8

**450 473-2796** Fax: 450 473-2417

**Website:** [www.ville.deux-montagnes.qc.ca](http://www.ville.deux-montagnes.qc.ca)

**Email:** [communications@ville.deux-montagnes.qc.ca](mailto:communications@ville.deux-montagnes.qc.ca)

**Services:** Municipal service management. \* Municipal tax management and payment. \* Garbage collection. \* Pet licences. \* Construction permits. \* Material depot. \* Public work department: infrastructure maintenance. \* Room rental.

**Hours:** Monday to Thursday 8h30 to 12h00 and 13h00 to 17h00, Friday 8h30 to 12h00

**Legal status:** municipal agency

### DEUX-MONTAGNES - LEISURE AND COMMUNITY SERVICES

200 Henri-Dunant Street, Deux-Montagnes, Laurentides, QC, J7R 4W6

**450 473-4700** Fax: 450 473-4225

**Website:** [www.ville.deux-montagnes.qc.ca](http://www.ville.deux-montagnes.qc.ca)

**Email:** [loisirs@ville.deux-montagnes.qc.ca](mailto:loisirs@ville.deux-montagnes.qc.ca)

**Services:** \* Community, cultural and sports activities. \* Community centre, swimming pool, ice rink, parks, sports fields and playgrounds. \* Coordination with community organizations. \* Summer day camp.

**Coverage area:** Deux-Montagnes

**Hours:** Monday to Thursday 8h30 to 12h00 and 13h00 to 17h00, Friday 8h30 to 12h00

**Fees:** variable

**Legal status:** municipal agency

### OKA - LOISIRS ET CULTURE

183 des Anges Street, Oka, Laurentides, QC, J0N 1E0

**450 479-8333** Fax: 450 479-1886

**Website:** [www.municipalite.oka.qc.ca/loisirs-et-culture](http://www.municipalite.oka.qc.ca/loisirs-et-culture)

**Email:** [info@municipalite.oka.qc.ca](mailto:info@municipalite.oka.qc.ca)

**Services:** \* Community, sociocultural and sports activities. \* Community hall, arena, ice rinks, parks and playgrounds. \* Summer day camp. \* Coordination with community organizations. \* Room rental. \* Events.

**Coverage area:** Oka

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

**Fees:** variable

**Legal status:** municipal agency

### OKA - MUNICIPALITÉ

183 des Anges Street, Oka, Laurentides, QC, J0N 1E0

**450 479-8333** Fax: 450 479-1886

**Website:** [www.municipalite.oka.qc.ca](http://www.municipalite.oka.qc.ca)

**Email:** [info@municipalite.oka.qc.ca](mailto:info@municipalite.oka.qc.ca)

**Services:** Municipal service management. \* Municipal tax payment. \* Urban-planning department: construction permits. \* Public work department: infrastructure maintenance. \* Fire department. \* Garbage collection.

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

**Legal status:** municipal agency

### POINTE-CALUMET - LOISIRS

190 41th Avenue, Pointe-Calumet, Laurentides, QC, J0N 1G2

**450 473-5930 ext. 229**

**Website:** [www.pointe-calumet.ca](http://www.pointe-calumet.ca)

**Email:** [l.germain@pointe-calumet.ca](mailto:l.germain@pointe-calumet.ca)

**Services:** \* Sports and recreational activities.\* Sports and cultural centre, swimming pool, parks, ice rinks, sports fields.\* Summer day camp.\* Events.

**Coverage area:** Pointe-Calumet

**Fees:** variable

**Legal status:** municipal agency

### **POINTE-CALUMET - MUNICIPALITÉ**

300 Basile-Routhier Avenue, Pointe-Calumet, Laurentides, QC, J0N 1G2

**450 473-5930** Fax: 450 473-6571

**Website:** [www.pointe-calumet.ca](http://www.pointe-calumet.ca)

**Email:** [info@pointe-calumet.ca](mailto:info@pointe-calumet.ca)

**Services:** Municipal service management. \* Municipal tax payment.\* Fire department.\* Garbage collection.\* Urban-planning department: construction permits.\* Public work department: infrastructure maintenance.

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

**Legal status:** municipal agency

### **RÉGIE DE POLICE DU LAC DES DEUX-MONTAGNES**

615 20th Avenue, Deux-Montagnes, Laurentides, QC, J7R 6B2

**450 473-4686** Fax: 450 473-3189

**Website:** [www.rpldm.ca](http://www.rpldm.ca)

**Services:** Response to the public's needs in terms of safety. \* Protection of the life and property of citizens. \* Peacekeeping and public safety. \* Prevention and fight against crime. \* Enforcement of the laws and regulations in effect.\* Criminal record check-up.

**Coverage area:** Deux-Montagnes, Sainte-Marthe-sur-le-Lac, Saint-Joseph-du-Lac, Pointe-Calumet

**Hours:** Monday to Friday 8h00 to 16h30

**Financing:** municipal

**Legal status:** municipal agency

### **SAINT-EUSTACHE - LOISIRS**

Aquatic Centre, 230 Arthur-Sauvé Boulevard, Saint-Eustache, Laurentides, QC, J7R 2H9

**450 974-5111** Fax: 450 974-5135

**Website:** [www.saint-eustache.ca](http://www.saint-eustache.ca)

**Services:** \* Community, sociocultural and sports activities.\* Aquatic centre, multisport centre, arts centre, arenas, swimming pool, ice rinks, parks and playgrounds.\* Coordination with community organizations.\* Shows, activities and events.\* Summer day camp.\* Room rental.

**Coverage area:** Saint-Eustache

**Hours:** aquatic centre: Monday to Friday 8h30 to 21h00, Saturday and Sunday 8h00 to 17h00, culture and community: Monday to Thursday 8h30 to 16h30, Friday 8h00 to 12h00

**Fees:** variable

**Legal status:** municipal agency

### **SAINT-JOSEPH-DU-LAC - ÉCOCENTRE**

4085 d'Oka Road, Saint-Joseph-du-Lac, Laurentides, QC, J0N 1M0

**450 623-1072**

**Website:** [www.sjdl.qc.ca/services-municipaux/environnement/ecocentre](http://www.sjdl.qc.ca/services-municipaux/environnement/ecocentre)

**Services:** Deposit, sorting and recovery site for residual materials. \* Household hazardous waste (paint, oil, batteries, propane, etc.)\* Computer appliances.\* Small appliances.\* Building materials: aggregates, wood, dry materials.\* Rimless tires.\* Mattresses.

**Eligibility:** citizens

**Coverage area:** Saint-Joseph-du-Lac

**Hours:** January to March: every second Saturday 9h00 to 13h00, April: Saturday 9h00 to 13h00, May to

October: Saturday 9h00 to 16h00, Wednesday 16h00 to 20h00, November and December: Saturday 9h00 to 16h00



**Fees:** free

**Financing:** municipal

**Legal status:** municipal agency

### **SAINT-JOSEPH-DU-LAC - LOISIRS, CULTURE ET TOURISME**

1110 Principal Road, Saint-Joseph-du-Lac, Laurentides, QC, J0N 1M0

**450 623-1072 ext. 229 Fax:** 450 623-2889

**Website:** [www.sjdl.qc.ca/loisirs-et-culture/activites-de-loisirs](http://www.sjdl.qc.ca/loisirs-et-culture/activites-de-loisirs)

**Email:** [vlalonde@sjdl.qc.ca](mailto:vlalonde@sjdl.qc.ca)

**Services:** \* Sports and recreational activities.\* Parks, ice rinks, sports fields and playgrounds.\* Summer and spring break day camps.\* Room rental.\* Parties and events.

**Coverage area:** Saint-Joseph-du-Lac

**Fees:** variable

**Legal status:** municipal agency

### **SAINTE-MARTHE-SUR-LE-LAC - LOISIRS ET VIE COMMUNAUTAIRE**

Community centre, 99 de la Mairie Street, Sainte-Marthe-sur-le-Lac, Laurentides, QC, J0N 1P0

**450 472-7310 ext. 145**

**Website:** [www.ville.sainte-marthe-sur-le-lac.qc.ca/loisirs-et-vie-communautaire](http://www.ville.sainte-marthe-sur-le-lac.qc.ca/loisirs-et-vie-communautaire)

**Email:** [viocommunautaire@ville.sainte-marthe-sur-le-lac.qc.ca](mailto:viocommunautaire@ville.sainte-marthe-sur-le-lac.qc.ca)

**Services:** \* Community, sociocultural and sports activities.\* Community centre, aquatic complex, gyms, arena, parks and playgrounds.\* Coordination with community organizations.\* Summer day camp.\* Shows and events.\* Room rental.

**Coverage area:** Sainte-Marthe-sur-le-Lac

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

**Fees:** variable

**Legal status:** municipal agency

### **SERVICE DE POLICE DE LA VILLE DE SAINT-EUSTACHE**

144 Dorion Street, Saint-Eustache, Laurentides, QC, J7R 2N7

**450 974-5300**

**Services:** Respond to the safety needs of the public.\* Protect the lives and property of citizens.\* Maintain peace and public safety.\* Prevent and combat crime.\* Enforce the laws and regulations in effect.\* Criminal record check-up.

**Coverage area:** Saint-Eustache

**Financing:** municipal

**Legal status:** municipal agency

## **Health**

**HOSPITALS, CLSC AND COMMUNITY CLINICS**

**SUPPORT ASSOCIATIONS FOR THE SICK**

## Hospitals, CLSC and community clinics

### CLSC JEAN-OLIVIER-CHÉNIER

29 Oka Road, Saint-Eustache, Laurentides, QC, J7R 1K6

**450 491-1233**

**Website:** [www.santelaurentides.gouv.qc.ca](http://www.santelaurentides.gouv.qc.ca)

**Services:** Frontline services for health and social services. \* Routine health and social services. \* Preventive or medical services. \* Rehabilitation and reintegration services. \* Public health activities. \* Psychosocial evaluation and crisis intervention. \* Home-based cares.

**Coverage area:** MRC de Deux-Montagnes et partie sud de Mirabel

**Hours:** Monday to Friday 8h30 to 20h00, Saturday and Sunday 8h30 to 16h30, psychosocial evaluation and crisis intervention: 24 hours, 7 days

**Financing:** provincial

**Legal status:** parapublic organization

### HÔPITAL DE SAINT-EUSTACHE

520 Arthur-Sauvé Boulevard, Saint-Eustache, Laurentides, QC, J7R 5B1

**1 888 234-3837**

**Website:** [www.santelaurentides.gouv.qc.ca](http://www.santelaurentides.gouv.qc.ca)

**Services:** General and specialized medical care. \* Emergency and acute care.

**Coverage area:** MRC de Deux-Montagnes, MRC Thérèse-De Blainville and MRC de Mirabel

**Financing:** provincial

**Legal status:** parapublic organization

### UNITÉ DE MÉDECINE FAMILIALE DE SAINT-EUSTACHE

57 Industriel Boulevard, Suite 2200, Saint-Eustache, Laurentides, QC, J7R 5B9

**450 491-6001**

**Website:** [www.santelaurentides.gouv.qc.ca](http://www.santelaurentides.gouv.qc.ca)

**Services:** General family medicine. \* Contraception.

**Eligibility:** people with or without a family doctor

**Coverage area:** MRC Deux-Montagnes

**Hours:** Monday and Tuesday 8h00 to 20h00, Wednesday to Friday 8h00 to 16h00

**Financing:** provincial

**Legal status:** non-profit organization

## Support associations for the sick

### HÔPITAL RÉGIONAL DE SAINT-JÉRÔME

290 De Montigny Street, Saint-Eustache, Laurentides, QC, J7Z 5T3

**1 888 963-2777**

**Website:** [www.santelaurentides.gouv.qc.ca](http://www.santelaurentides.gouv.qc.ca)

**Services:** General and specialized medical care. \* Emergency and acute care. \* Intensive and cardiac care unit. \* Inpatient medicine ambulatory centre. \* External clinics: neurology, multiple sclerosis, asthma, COPD, respiratory rehabilitation, cardiac failure, etc. \* Sleep laboratory.

**Coverage area:** Laurentides

**Hours:** 24 hours, 7 days

**Financing:** provincial

**Legal status:** parapublic organization

## **Homelessness**

**DAY AND EVENING CENTRES**

**TRANSITIONAL HOUSING**

## Day and evening centres

### ACCUEIL COMMUNAUTAIRE JEUNESSE DES BASSES LAURENTIDES - LE RÉPIT DE LA RUE

311 and 305 Féré Street, Saint-Eustache, Laurentides, QC, J7R 2V1

**450 472-3135**

**Website:** [www.acjbl.org](http://www.acjbl.org)

**Email:** [lerepit@acjbl.org](mailto:lerepit@acjbl.org)

**Services:** Mixed night shelter. \* Stay ranging from 1 to 30 nights.\* Day center: meals, shower, laundry and Internet access.\* Support with reintegration.\* Individual follow-up, referrals.

**Eligibility:** people 18 years old and older, homeless or at risk of homelessness

**Capacity:** 6 people

**Coverage area:** Lower Laurentians and surroundings

**Hours:** respite: 7 days, 17h30 to 4h00, day centre: reception from Monday to Friday 9h30 to 13h00 and accompaniment from Monday to Thursday 13h00 to 15h00

**Fees:** free

**Financing:** grants, donations

**Legal status:** non-profit organization

### RESSOURCES COMMUNAUTAIRES ACJ+

Administrative Centre, 400 Boileau Street, Saint-Eustache, Laurentides, QC, J7R 4R7

**450 974-1510 Fax:** 450 974-9140

**Website:** [www.acjbl.org](http://www.acjbl.org)

**Email:** [info@acjbl.org](mailto:info@acjbl.org)

**Services:** Community shelters for youth. \* Le Répit de la rue day centre: alternative resource.\* Le Répit de la rue, night shelter: respite for homeless people.\* Coaching and support to families.

**Eligibility:** youth aged 12 to 17, living in a context of a temporary instability, their families, homeless people aged 18 and over

**Capacity:** 27 places

**Coverage area:** Lower Laurentians and the surroundings

**Hours:** Monday to Thursday 8h00 to 17h00

**Fees:** contribution depending on the ability to pay, between \$1 and \$10

**Financing:** grants, donations

**Legal status:** non-profit organization

## Transitional housing

### ACCUEIL COMMUNAUTAIRE JEUNESSE DES BASSES-LAURENTIDES - MAISON D'HÉBERGEMENT

306 Féré Street, Saint-Eustache, Laurentides, QC, J7R 2V2

**450 473-1600 Fax:** 450 473-1476

**Website:** [www.acjbl.org](http://www.acjbl.org)

**Email:** [info@acjbl.org](mailto:info@acjbl.org)

**Services:** Short and medium term mixed housing. \* Stay: 3 months.\* Accompaniment, support.\* One on one, parental or family counselling.\* Post-shelter follow-up.\* Telephone support, counselling within the community.\* Affiliated with: Centre de jour, Le Préfixe, Le Répit et Le transit.

**Eligibility:** young adults 16 to 25 years old, in difficult situations, their families

**Capacity:** 9 places

**Coverage area:** Lower Laurentians and surroundings

**Hours:** intervention: Monday to Friday 8h00 to 16h00

**Fees:** 25% of the income or \$2 per day if no income

**Financing:** grants, donations

**Legal status:** non-profit organization

**APPARTEMENTS SUPERVISÉS LE TRANSIT (LES)**

309 Féré Street, Saint-Eustache, Laurentides, QC, J7R 2V1

**450 472-3135 Fax:** 450 974-9140

**Website:** www.acjbl.org

**Email:** info@acjbl.org

**Services:** Mixed supervised accommodation. \* Duration: 1 to 2 years.\* Accompaniment and support.\*

Maintaining and encouraging the process towards autonomy.

**Eligibility:** youth aged 17 to 25 years old facing difficulties

**Capacity:** 3 places

**Coverage area:** Basses-Laurentides and surroundings

**Hours:** intervention: Monday to Friday 8h00 to 16h00

**Financing:** grants, donations

**Legal status:** non-profit organization

**MAISON D'HÉBERGEMENT LE PRÉFIXE DES BASSES-LAURENTIDES**

196 Rochon Street, Saint-Eustache, Laurentides, QC, J7R 2P8

**450 974-2887**

**Website:** www.acjbl.org

**Email:** info@acjbl.org

**Services:** Mixed housing. \* Stay of 3 months.\* Accompaniment, individual, parent or family meetings.\* Support in conflict resolution.\* Reintegration.\* Post-shelter monitoring.\* Phone support, counselling for families and the community.

**Eligibility:** youth 12 to 17 years old, their families

**Capacity:** 6 places

**Coverage area:** Lower Laurentians and surroundings

**Hours:** 7 days, 8h00 to 23h00

**Financing:** grants, donations

**Legal status:** non-profit organization

## **Immigration and cultural communities**

### **GOVERNMENT SERVICES**

## Government services

### **CENTRE LOCAL D'EMPLOI DE SAINT-EUSTACHE**

367 Arthur-Sauvé Boulevard, Suite 247, Saint-Eustache, Laurentides, QC, J7P 2B1

**450 472-2311** Fax: 450 974-3315

**Website:** [www.mess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi/](http://www.mess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi/)

**Services:** Accompaniment services regarding job market integration process and last-resort financial assistance. \* Information and referral.\* Job search assistance: redaction of resume and preparation to interview.\* 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.\* Multiservices room: access to phone, fax, computers and printing machines.\* Last-resort financial and social assistance.\* Enterprise services: recruitment assistance.

**Eligibility:** job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low-income, employers

**Coverage area:** Saint-Eustache, Deux-Montagnes, Oka, Pointe-Calumet, Saint-Joseph-du-Lac, Sainte-Marthe-sur-le-Lac, Saint-Placide

**Hours:** Monday to Friday 8h30 to 16h30, by appointment to meet an agent

**Financing:** provincial

**Legal status:** parapublic organization

### **SERVICES QUÉBEC - SAINT-EUSTACHE**

367, boulevard Arthur-Sauvé, bureau 247, Saint-Eustache, Laurentides, QC, J7P 2B1

**1 877 644-4545** TTY: 1 800 361-9596

**Website:** [www.laurentides.gouv.qc.ca](http://www.laurentides.gouv.qc.ca)

**Services:** \* Information on government programs and services.\* Self-service computer stations.\* Services related to the land register of Quebec.\* Administration-of-oath services.

**Coverage area:** Laurentides

**Hours:** In person: Monday, Tuesday, Thursday, Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 9h00 to 12h00 and 13h00 to 16h30, by phone: Monday to Friday 8h00 to 20h00

**Legal status:** provincial government agency



# Indigenous Peoples

## GOVERNMENT SERVICES

## Government Services

### **CENTRE LOCAL D'EMPLOI DE SAINT-EUSTACHE**

367 Arthur-Sauvé Boulevard, Suite 247, Saint-Eustache, Laurentides, QC, J7P 2B1

**450 472-2311** Fax: 450 974-3315

**Website:** [www.mess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi/](http://www.mess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi/)

**Services:** Accompaniment services regarding job market integration process and last-resort financial assistance. \* Information and referral.\* Job search assistance: redaction of resume and preparation to interview.\* 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.\* Multiservices room: access to phone, fax, computers and printing machines.\* Last-resort financial and social assistance.\* Enterprise services: recruitment assistance.

**Eligibility:** job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low-income, employers

**Coverage area:** Saint-Eustache, Deux-Montagnes, Oka, Pointe-Calumet, Saint-Joseph-du-Lac, Sainte-Marthe-sur-le-Lac, Saint-Placide

**Hours:** Monday to Friday 8h30 to 16h30, by appointment to meet an agent

**Financing:** provincial

**Legal status:** parapublic organization

### **SERVICES QUÉBEC - SAINT-EUSTACHE**

367, boulevard Arthur-Sauvé, bureau 247, Saint-Eustache, Laurentides, QC, J7P 2B1

**1 877 644-4545** TTY: 1 800 361-9596

**Website:** [www.laurentides.gouv.qc.ca](http://www.laurentides.gouv.qc.ca)

**Services:** \* Information on government programs and services.\* Self-service computer stations.\* Services related to the land register of Quebec.\* Administration-of-oath services.

**Coverage area:** Laurentides

**Hours:** In person: Monday, Tuesday, Thursday, Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 9h00 to 12h00 and 13h00 to 16h30, by phone: Monday to Friday 8h00 to 20h00

**Legal status:** provincial government agency

# Intellectual Disability

**AUTISM, PDD, ADHD**

## Autism, PDD, ADHD

### ASSOCIATION PANDA BASSES-LAURENTIDES-SUD-OUEST

29 Oka Road, Saint-Eustache, Laurentides, QC, J7R 1K6

**514 713-5353**

**Website:** [www.pandablso.ca](http://www.pandablso.ca)

**Email:** [info\\_en@pandablso.ca](mailto:info_en@pandablso.ca)

**Services:** Information and support related to ADHD. \* Monthly conferences.\* Phone and email support.\* Loan of books and material.\* Workshops.\* Training for counsellors.

**Eligibility:** parents, children, teenagers and adults with ADHD, counsellors, professionals

**Coverage area:** MRC Deux-Montagnes and South of Mirabel

**Fees:** annual membership: \$10 for an individual or family

**Financing:** provincial

**Legal status:** non-profit organization

### LA CHACUNIÈRE

Confidential Address

**450 951-4146**

**Email:** [quennevilleg@lycos.com](mailto:quennevilleg@lycos.com)

**Services:** \* Supervised housing for people with an intellectual disability or an autism spectrum disorder (ASD) and severely limited employment capacity.

**Eligibility:** people living with intellectual disabilities or an autism spectrum disorder (ASD) living with their parents

**Capacity:** 12 housings

**Coverage area:** MRC Deux-Montagnes

**Financing:** provincial, donations

**Legal status:** non-profit organization

### SPOT (LE) - MAISON DES JEUNES DE SAINT-EUSTACHE - GRANDE-CÔTE

367 Godard Street, Saint-Eustache, Laurentides, QC, J7P 3V2

**450 983-4990**

**Website:** [www.mdjsteustache.wix.com/mdj-lespot](http://www.mdjsteustache.wix.com/mdj-lespot)

**Email:** [mdjsteustache@videotron.ca](mailto:mdjsteustache@videotron.ca)

**Services:** Educational, cultural and recreational services offered outside school hours. \* Prevention and awareness work.\* Healthy and safe meeting place for youth between 12 and 17 years old.\* Projet DÉFI: project for youth between 12 and 21 years old with an intellectual disability, Asperger syndrome or an autism spectrum disorder.

**Eligibility:** youth between 11 and 17 years old, youth with an intellectual disability, Asperger syndrome or an autism spectrum disorder from 12 to 21 years old

**Coverage area:** Saint-Eustache

**Hours:** Wednesday, Thursday 16h00 to 20h00, Friday 16h00 to 21h00, Projet DÉFI: Friday 16h00 to 21h00

**Fees:** free

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

**Legal status:** non-profit organization

## **Justice and Advocacy**

### **ADVOCACY GROUPS**

### **INFORMATION AND LEGAL ASSISTANCE**

## Advocacy groups

### REGROUPEMENT DES USAGERS DU TRANSPORT ADAPTÉ DES PATRIOTES

184 Saint-Eustache Street, Suite 202, Saint-Eustache, Laurentides, QC, J7R 2L7

**438 938-7882**

**Website:** [www.rcphl.org/mbr-UsagersTransportAdaptePatriotes.shtml](http://www.rcphl.org/mbr-UsagersTransportAdaptePatriotes.shtml)

**Email:** [rutadp@live.ca](mailto:rutadp@live.ca)

**Services:** Advocacy and promotion of the rights of paratransit users. \* Information.\* Grouping, representation and consultation.

**Eligibility:** people with disabilities, paratransit users

**Coverage area:** MRC Deux-Montagnes and South of Mirabel

**Financing:** donations

**Legal status:** non-profit organization

## Information and legal assistance

### DEUX-MONTAGNES - MUNICIPAL COURT

1502 d'Oka Road, Deux-Montagnes, Laurentides, QC, J7R 1M8

**450 473-8688** Fax: 450 473-0094

**Website:** [www.ville.deux-montagnes.qc.ca/services-municipaux/cour-municipale](http://www.ville.deux-montagnes.qc.ca/services-municipaux/cour-municipale)

**Services:** First-instance justice court hearing lawsuits relative to municipal by-laws, infringements to the Code de la Sécurité routière and some criminal infringements (drunk driving, thefts under \$5000 and misdeeds). \* Ticket payment or contestation.\* Recovery of unpaid amounts.

**Coverage area:** MRC de Deux-Montagnes

**Hours:** Monday to Thursday 8h30 to 12h00 and 13h00 to 17h00, Friday 8h30 to 12h00

**Legal status:** municipal agency

### LEGAL AID OFFICE - SAINT-EUSTACHE

11 Grande-Côte Road, Saint-Eustache, Laurentides, QC, J7P 5L3

**450 472-0134** Fax: 450 472-0409

**Website:** [www.ccjll.qc.ca](http://www.ccjll.qc.ca)

**Email:** [bajeust@ccjll.qc.ca](mailto:bajeust@ccjll.qc.ca)

**Services:** Free or low cost legal services to eligible individuals. \* Receive and process legal aid requests.

**Eligibility:** beneficiaries of last resort assistance or eligible individuals depending on their income, assets and liquidity

**Coverage area:** Saint-Eustache and surroundings

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

**Fees:** eligible for free: beneficiaries of last resort assistance, other individuals may be eligible for free legal aid or contributory legal aid

**Financing:** provincial

**Legal status:** provincial government agency

## **Material Assistance and Housing**

**EMERGENCY**

**HOUSING COOPERATIVES AND CORPORATIONS**

**THRIFT STORES**

## Emergency

### SAINT-EUSTACHE - VILLE

145 Saint-Louis Street, Saint-Eustache, Laurentides, QC, J7R 1X9

**450 974-5000**

**Website:** ville.saint-eustache.qc.ca

**Email:** sem@ville.saint-eustache.qc.ca

**Services:** Municipal service management. \* Municipal tax payment.\* Public security: police department, fire department.\* Emergency notification system.\* Garbage collection.\* Urban-planning department: construction permits.\* Public work department: infrastructure maintenance.

**Hours:** Monday to Thursday 8h30 to 16h30, Friday 8h00 to 12h00, phone service: Monday, Tuesday, Thursday and Friday 7h30 to 16h30, Wednesday 7h30 to 20h30

**Legal status:** municipal agency

### SAINT-JOSEPH-DU-LAC - MUNICIPALITÉ

1110 Principal Road, Saint-Joseph-du-Lac, Laurentides, QC, J0N 1M0

**450 623-1072** Fax: 450 623-2889

**Website:** www.sjdl.qc.ca

**Services:** Municipal service management. \* Municipal tax payment.\* Fire department.\* Environment department: garbage collection.\* Urban-planning department: construction permits.\* Public work department: infrastructure maintenance.\* Dog license.\* Emergency notification system.

**Legal status:** municipal agency

### SAINTE-MARTHE-SUR-LE-LAC - CITY

3000 d'Oka Road, Sainte-Marthe-sur-le-Lac, Laurentides, QC, J0N 1P0

**450 472-7310** Fax: 450 472-0109

**Website:** www.ville.sainte-marthe-sur-le-lac.qc.ca

**Email:** info@ville.sainte-marthe-sur-le-lac.qc.ca

**Services:** Municipal service management. \* Municipal tax payment.\* Garbage collection.\* Public work department: infrastructure maintenance.\* Urban-planning department: construction permits.\* Emergency notification system.

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

**Legal status:** municipal agency

## Housing cooperatives and corporations

### ASSOCIATION DE PROMOTION ET D'ÉDUCATION EN LOGEMENT

183 Saint-Eustache Street, Suite 3, 2nd floor, Saint-Eustache, Laurentides, QC, J7R 2L5

**450 413-2949**

**Website:** www.apel-logement.org

**Email:** coordonnateur@apel-logement.org

**Services:** Individual and collective advocacy for tenants. \* Education on housing for tenants and landlords.\* Promotion and development of community housing in order to fight poverty.\* Study and analysis of housing-related issues.

**Eligibility:** landlords and tenants

**Coverage area:** MRC Deux-Montagnes, Mirabel South, Laval

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

**Fees:** subscription: \$25

**Financing:** SACAIS

**Legal status:** non-profit organization



## **OFFICE RÉGIONAL D'HABITATION DU LAC DES DEUX-MONTAGNES**

46 Chenier Street, Saint-Eustache, Laurentides, QC, J7R 5W6

**450 473-1280** Fax: 450 473-3829

**Email:** orhdeuxmontagnes@b2b2c.ca

**Services:** Manage housing programs: low-renting housing, rent supplement program, affordable housing Québec, reference service, Accès Logis Québec program.

**Eligibility:** single individuals, autonomous seniors and families on a low or moderate income

**Capacity:** 510 apartments

**Coverage area:** MRC de Deux-Montagnes

**Hours:** Monday to Thursday 10h00 to 12h00 and 13h00 to 15h00, Friday 8h30 to 12h00

**Financing:** municipal

**Legal status:** municipal agency

## **Thrift stores**

### **CARREFOUR PÉRI-NAISSANCE ET FAMILIAL**

509 chemin de la Grande-Côte, Saint-Eustache, Laurentides, QC, J7P 1K5

**450 472-2555** Fax: 450 472-2595

**Website:** www.carrefourperinaissance.org

**Email:** cpn.accueil@videotron.ca

**Services:** \* Workshops: prenatal, family health, fitness, child development for children aged 2 to 6 and 6 to 12, cooking.\* Day camp for children aged 4 to 7.\* Assistance and support, individually or in group.\* Coffee meetings.\* Familial thrift shop.\* Daycare.\* Home support.\* Information and referral.

**Eligibility:** future parents, parents, children aged 0 to 12 years old

**Coverage area:** MRC Deux-Montagnes, South of Mirabel

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

**Fees:** thrift shop: voluntary contribution, activities: variables

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

**Legal status:** non-profit organization

### **CENTRE DE DÉPANNAGE LE VISAGE - USED ITEMS RECOVERY**

Centre communautaire Saint-Esprit, 374 Pie-XII Street, Saint-Eustache, Laurentides, QC, J7P 4S7

**450 473-3200 ext. 5** Fax: 450 473-5055

**Website:** www.paroissest-eustache.com

**Email:** gpineault@st-eustache.qc.ca

**Services:** Used items recovery: food, clothes, furniture, appliances. \* Home pick-up.

**Coverage area:** Saint-Eustache

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

**Financing:** self-financing

**Legal status:** non-profit organization

### **CENTRE MARIE ÈVE - SAINT-EUSTACHE**

232 Féré Street, Saint-Eustache, Laurentides, QC, J7R 2T8

**450 491-1494** Fax: 450 473-4271

**Website:** www.centremarieeve.ca

**Email:** steustache@centremarieeve.ca

**Services:** \* Support to pregnant women in difficulty through and after the pregnancy.\* Workshops, individual accompaniment and emergency material assistance. \* Mobile family counter.

**Eligibility:** pregnant women in difficulty, mothers with children aged 0 to 2 years old

**Coverage area:** MRC Deux-Montagnes and Mirabel-South

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

**Fees:** none

**Financing:** grants, donations

**Legal status:** non-profit organization

### **CENTRE MARIE-ÈVE - SAINT-JÉRÔME**

433, Du Palais Street, Saint-Eustache, Laurentides, QC, J7R 5M3

**450 438-1484**

**Website:** [www.centremarieeve.ca](http://www.centremarieeve.ca)

**Email:** [stjerome@centremarieeve.ca](mailto:stjerome@centremarieeve.ca)

**Services:** \* Mobile counter: items and clothing for the whole family at low cost.

**Eligibility:** pregnant women, new mothers of children 0 to 2 years old

**Coverage area:** MRC Rivière-du-Nord

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

**Financing:** grants, donations

**Legal status:** non-profit organization

### **GRENIER POPULAIRE DES BASSES-LAURENTIDES**

217 Saint-Laurent Street, Saint-Eustache, Laurentides, QC, J7P 4W4

**450 623-5891** Fax: 450 623-3797

**Website:** [www.grenierpopulaire.com](http://www.grenierpopulaire.com)

**Email:** [info@grenierpopulaire.com](mailto:info@grenierpopulaire.com)

**Services:** \* Sale of second-hand clothing, household items, books, sports equipment, toys, dishes, electronics and furniture at low prices.\* Delivery.\* Employment integration: handling, maintenance, sale, production, customer service and transportation.

**Coverage area:** MRC Deux-Montagnes, MRC Thérèse-de-Blainville, MRC de Mirabel, Laval-Ouest and Fabreville

**Hours:** Monday, Tuesday, Wednesday 9h30 to 17h00, Thursday and Friday 9h30 to 18h00, Saturday 9h00 to 17h00, Sunday 10h00 to 16h00

**Fees:** variable

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

**Legal status:** non-profit organization

### **GRENIER POPULAIRE DES BASSES-LAURENTIDES - USED ITEMS RECOVERY**

217 Saint-Laurent Street, Saint-Eustache, Laurentides, QC, J7P 4W4

**450 623-5891**

**Website:** [www.grenierpopulaire.com](http://www.grenierpopulaire.com)

**Email:** [info@grenierpopulaire.com](mailto:info@grenierpopulaire.com)

**Services:** \* Recovery of donations: clothing, household items, books, sporting equipment, toys, dishes, electronics, furniture.\* Home pick-up.

**Coverage area:** MRC Deux-Montagnes, MRC Thérèse-de-Blainville

**Hours:** Monday, Tuesday, Wednesday 9h30 to 17h00, Thursday and Friday 9h30 to 18h00, Saturday 9h00 to 17h00, Sunday 10h00 to 16h00

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

**Legal status:** non-profit organization

### **MAISON DU PARTAGE (LA)**

151-A Notre-Dame Street, Oka, Laurentides, QC, J0N 1E0

**450 479-6221**

**Website:** [www.maisondupartage.com](http://www.maisondupartage.com)

**Email:** [info@maisondupartage.com](mailto:info@maisondupartage.com)

**Services:** Recycling and redistribution of clothing and small house items. \* Second-hand shop.

**Coverage area:** Oka

**Hours:** Thursday 17h00 to 20h30, Saturday 9h00 to 15h00

**Financing:** self-financing

**Legal status:** non-profit organization

**TROUVAILLES D'EUSTACHE (LES)**

123 Saint-Louis Street, Saint-Eustache, Laurentides, QC, J7R 1X9

**450 473-6124 Fax:** 450 472-5416

**Website:** [www.paroissest-eustache.com](http://www.paroissest-eustache.com)

**Email:** [gpineault@st-eustache.qc.ca](mailto:gpineault@st-eustache.qc.ca)

**Services:** Recovery and sale of used clothing and housewares.

**Coverage area:** Saint-Eustache

**Hours:** Monday to Friday 13h00 to 16h00

**Financing:** self-financing

**Legal status:** non-profit organization

## **Mental Health and addictions**

**ADDICTION PREVENTION**

**ADDICTION TREATMENT**

**PSYCHIATRIC SERVICES**

## Addiction prevention

### REGROUPEMENT EN TOXICOMANIE PRISME

147 Saint-Laurent Street, Saint-Eustache, Laurentides, QC, J7P 5H6

**450 491-3670**

**Website:** [www.sosprisme.org](http://www.sosprisme.org)

**Email:** [organisme.prisme@hotmail.com](mailto:organisme.prisme@hotmail.com)

**Services:** Health promotion and prevention of drug abuse among youth. \* Prevention programs. \* Health promotion in primary school. \* Summer day camp. \* Training for adults and parents. \* Workshops for volunteers. \* Information and referral.

**Eligibility:** youth 5 to 17 years old, counsellors, parents

**Coverage area:** MRC Deux-Montagnes, MRC Mirabel, MRC Thérèse-de-Blainville

**Hours:** Monday to Friday 8h00 to 16h00

**Fees:** variable

**Financing:** donations

**Legal status:** non-profit organization

## Addiction treatment

### CENTRE DE RÉADAPTATION EN DÉPENDANCE DES LAURENTIDES - DEUX-MONTAGNES

333 Antonin-Campeau Street, Deux-Montagnes, Laurentides, QC, J7R 0A2

**1 888 345-1395 Fax:** 450 623-3112

**Website:** [www.dependancelaurentides.com](http://www.dependancelaurentides.com)

**Services:** \* Detoxification with medical assistance (light withdrawal only) and psychosocial. \* Rehabilitation. \* Social and professional reintegration, post-treatment follow-up. \* Substitution treatment. \* Support for relatives: individual consultations for partners and group meetings for parents. \* Evaluation of driver convicted of impaired driving.

**Eligibility:** people 12 years and over with an alcohol, drug or gambling addiction, their relatives

**Coverage area:** Deux-Montagnes, Oka and Saint-Eustache

**Fees:** free

**Financing:** provincial

**Legal status:** parapublic organization

## Psychiatric services

### CENTRE DE SERVICES AMBULATOIRES DE SOINS PSYCHIATRIQUES

115 Saint-Laurent Street, Saint-Eustache, Laurentides, QC, J7P 3Z5

**450 473-1533**

**Website:** [www.santelaurentides.gouv.qc.ca](http://www.santelaurentides.gouv.qc.ca)

**Services:** Pedopsychiatry and adult psychiatry evaluation and treatment by a multidisciplinary team.

**Coverage area:** MRC Deux-Montagnes, Mirabel-Sud

**Hours:** Monday to Friday 8h00 to 16h00

**Financing:** provincial

**Legal status:** provincial government agency

## **Physical Disability**

**ADVOCACY FOR PEOPLE WITH A PHYSICAL DISABILITY**

**SUPPORT ASSOCIATIONS**

**THE BLIND**

## Advocacy for people with a physical disability

### ASSOCIATION DES PERSONNES HANDICAPÉES DE LA RIVIÈRE DU CHÊNE

184 Saint-Eustache Street, Saint-Eustache, Laurentides, QC, J7R 2L7

**Website:** www.aphrc.ca

**Email:** f.leroux@aphrc.ca

**Services:** Advocacy and promotion of interests of people living with an handicap. \* Information.\* Social and cultural activities: weekly bowling, cards workshops, outings.\* Annual activities: Christmas lunch, Valentine's day, sugar shack.\* Adapted sports activities, yoga.

**Eligibility:** people living with physical disabilities

**Coverage area:** MRC Deux-Montagnes

**Hours:** see planning with the association

**Fees:** membership card: \$7 each year, minimum contribution for special activities

**Financing:** grants, contributions

**Legal status:** non-profit organization

## Support Associations

### FIBROMYALGIE SAINT-EUSTACHE ET BASSES-LAURENTIDES

Confidential Address

**514 914-1307**

**Email:** fibro.fsebl@videotron.ca

**Services:** \* Information on fibromyalgia.\* Support for people and their relatives.\* Listening over the telephone or via Internet.\* Breakfast get-togethers.\* Workshops.\* Outings.

**Eligibility:** people with fibromyalgia, their relatives

**Coverage area:** Basses-Laurentides

**Hours:** variable

**Financing:** donations, contributions

**Legal status:** non-profit organization

## The Blind

### CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE LE BOUCLIER - SAINT-EUSTACHE

29 d'Oka Road, Suite 220, Saint-Eustache, Laurentides, QC, J7R 1K6

**450 473-2085**

**Website:** www.santelaurentides.gouv.qc.ca

**Services:** Adaptation, readaptation and social integration.

**Eligibility:** people of all ages with a visual, language, motor or hearing disability

**Coverage area:** Laurentides

**Financing:** foundation, provincial

**Legal status:** parapublic organization

## **Psychosocial support**

### **CAREGIVERS**

### **THERAPY AND COUNSELLING**



## Caregivers

### **GROUPE RELÈVE POUR PERSONNES APHASIQUES - AVC LAURENTIDES**

268 de la Grande-Côte Road, Saint-Eustache, Laurentides, QC, J7P 1B9

**1 866 974-1888** Fax: 450 974-3757

**Website:** www.grpa.ca

**Email:** info@grpa.ca

**Services:** \* Information, documentation.\* Physical and social activities: adapted physical exercise, outings.\* Artistic activities: creative workshops, music therapy, art therapy (drawing and painting), theatrical improvisation.\* Communication: coffee-meetings, language stimulation.\* Support group for caregivers.

**Eligibility:** people with aphasia who experienced a stroke, caregivers

**Coverage area:** Laurentides

**Hours:** services: Monday to Wednesday 9h30 to 15h00, administration: Monday to Friday 9h00 to 16h00

**Fees:** membership: \$20 per year

**Financing:** provincial

**Legal status:** non-profit organization

### **LIBELLULE (LA), POUR LES PERSONNES VIVANT AVEC UNE DÉFICIENCE INTELLECTUELLE ET LEURS PROCHES**

865 43th Street, Pointe-Calumet, Laurentides, QC, J0N 1G2

**450 472-4532** Fax: 450 472-0977

**Website:** www.lalibellule.org

**Email:** la.libellule@videotron.ca

**Services:** Day centre for adults. \* Weekend respite for adults and young adults.\* Family and caregiver support: information, referral, technical or psychosocial support.\* Workshop centre for autonomous adults.\* Information sessions, conferences.

**Eligibility:** people 21 years and over living with an intellectual disability (ID) or an autism spectrum disorder (ASD), their relatives

**Capacity:** day centre: 20, respite: 7

**Coverage area:** MRC Deux-Montagnes, MRC Thérèse-de-Blainville, South of Mirabel

**Hours:** day centre: Monday to Friday 9h00 to 16h00, weekend respite: Friday 16h00 to Sunday 16h00

**Fees:** day centre: \$11, workshop centre: \$7 per day, respite: \$150 per weekend

**Financing:** self-financing, grants

**Legal status:** non-profit organization

## Therapy and counselling

### **STRESS FREE PLANET**

161 de la Gondole Street, Saint-Eustache, Laurentides, QC, J7P 1N6

**450 338-6838**

**Website:** www.stressfreeplanet.org

**Email:** info@planetesansstress.org

**Services:** Stress prevention and information. \* Promotion of alternative stress management methods.\* StressFest.

**Coverage area:** Greater Montréal

**Legal status:** non-profit organization

## **Seniors**

**CAREGIVERS**

**COMMUNITY AND RECREATION CENTRES**

**HOME SUPPORT**

**HOUSING FOR SENIORS**

**INTERGENERATIONAL ACTIVITIES**

**VOLUNTEER TRANSPORTATION**

## Caregivers

### **GROUPE RELÈVE POUR PERSONNES APHASIQUES - AVC LAURENTIDES**

268 de la Grande-Côte Road, Saint-Eustache, Laurentides, QC, J7P 1B9

**1 866 974-1888 Fax:** 450 974-3757

**Website:** www.grpa.ca

**Email:** info@grpa.ca

**Services:** \* Information, documentation.\* Physical and social activities: adapted physical exercise, outings.\* Artistic activities: creative workshops, music therapy, art therapy (drawing and painting), theatrical improvisation.\* Communication: coffee-meetings, language stimulation.\* Support group for caregivers.

**Eligibility:** people with aphasia who experienced a stroke, caregivers

**Coverage area:** Laurentides

**Hours:** services: Monday to Wednesday 9h30 to 15h00, administration: Monday to Friday 9h00 to 16h00

**Fees:** membership: \$20 per year

**Financing:** provincial

**Legal status:** non-profit organization

### **LIBELLULE (LA), POUR LES PERSONNES VIVANT AVEC UNE DÉFICIENCE INTELLECTUELLE ET LEURS PROCHES**

865 43th Street, Pointe-Calumet, Laurentides, QC, J0N 1G2

**450 472-4532 Fax:** 450 472-0977

**Website:** www.lalibellule.org

**Email:** la.libellule@videotron.ca

**Services:** Day centre for adults. \* Weekend respite for adults and young adults.\* Family and caregiver support: information, referral, technical or psychosocial support.\* Workshop centre for autonomous adults.\* Information sessions, conferences.

**Eligibility:** people 21 years and over living with an intellectual disability (ID) or an autism spectrum disorder (ASD), their relatives

**Capacity:** day centre: 20, respite: 7

**Coverage area:** MRC Deux-Montagnes, MRC Thérèse-de-Blainville, South of Mirabel

**Hours:** day centre: Monday to Friday 9h00 to 16h00, weekend respite: Friday 16h00 to Sunday 16h00

**Fees:** day centre: \$11, workshop centre: \$7 per day, respite: \$150 per weekend

**Financing:** self-financing, grants

**Legal status:** non-profit organization

## Community and Recreation Centres

### **4 KORNERS FAMILY RESOURCE CENTRE**

200 Henri-Dunant Street, Deux-Montagnes, Laurentides, QC, J7R 4W6

**1 888 974-3940 Fax:** 450 974-0147

**Website:** www.4kornerscenter.org

**Email:** info@4kornerscenter.org

**Services:** Assistance to English-speaking people and families. \* Information and referral.\* Information sessions and workshops for caregivers.\* Senior men's drop-in.\* Physical, social and cultural activities.\* Other points of services: 50 Corbeil Street, Sainte-Agathe-des-Monts and 508 Principale Street, Lachute.

**Eligibility:** families, seniors and caregivers

**Coverage area:** Laurentides

**Hours:** Deux-Montagnes: Monday to Friday 8h30 to 15h30, Lachute and Sainte-Agathe-des-Monts: Monday to Friday 9h00 to 16h00

**Fees:** membership: \$25 annually, most programs and services are free for members

**Financing:** l'APPUI des Laurentides, Centraide Laurentides, provincial, federal, fundraising campaigns, grants, donations

**Legal status:** non-profit organization

### **CLUB COEURS JOYEUX DE ST-EUSTACHE**

184 Saint-Eustache Street, Suite 216, Saint-Eustache, Laurentides, QC, J7R 2L7

**450 491-6860** Fax: 450 491-6860

**Email:** coeursjoyeux1@hotmail.com

**Services:** Community centre for people aged 50 and older. \* Courses and sporting activities to break seniors out of their isolation.

**Eligibility:** seniors aged 50 years old and over

**Coverage area:** MRC Deux-Montagnes

**Hours:** Monday to Thursday 10h00 to 12h00 and 13h00 to 15h30

**Fees:** annual subscription

**Financing:** contributions, self-financing

**Legal status:** non-profit organization

### **CLUB DE L'ÂGE D'OR DE DEUX-MONTAGNES**

Veterans Room, 141 Grand-Moulin Street, Deux-Montagnes, Laurentides, QC, J7R 3C8

**450 974-9263**

**Email:** jacquelineamjohnson@gmail.com

**Services:** Social and recreational activities for seniors. \* Weekly activities: card games, cribble and indoor pétanque. \* Occasional Military Whist. \* Thematic dinners four times a year.

**Eligibility:** seniors

**Coverage area:** Deux-Montagnes

**Hours:** Thursday 19h00 to 22h00

**Fees:** membership card: \$10 per year

**Financing:** self-financing

**Legal status:** non-profit organization

### **CLUB DES LOISIRS ENTRE-GENS SAINT-EUSTACHE**

109 Saint-Nicolas Street, Saint-Eustache, Laurentides, QC, J7R 2N9

**450 623-3486**

**Website:** entre-gens.ca

**Email:** deber2009@live.ca

**Services:** \* Social and recreational activities: dances, dinners, card games, etc.\* Outings and trips.

**Eligibility:** people 40 years and over

**Coverage area:** Saint-Eustache and surroundings

**Hours:** Tuesday and Thursday 10h00 to 15h00, by phone: Monday to Thursday 10h00 to 15h00, closed June to August

**Fees:** membership: \$7

**Financing:** municipal, self-financing

**Legal status:** non-profit organization

### **PETITS FRÈRES (LES) - SAINT-EUSTACHE**

131 Saint-Laurent Street, Saint-Eustache, Laurentides, QC, J7P 5H6

**450 598-1888**

**Website:** www.petitsfreres.ca/sainteustache

**Email:** saint-eustache@petitsfreres.ca

**Services:** Welcome and provide support to lonely elders. \* Twinning with volunteers.\* Home visit and accompaniment during special outings and celebrations of traditional holidays and birthdays.\* Holidays at The Juliette Huot Home in Oka.

**Eligibility:** lonely elders (75 years and over) and without any significant social contact

**Coverage area:** Saint-Eustache and the surroundings

**Fees:** free

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

**Legal status:** non-profit organization

## Home support

### **CENTRE POUR L'ENFANCE EN SANTÉ MENTALE DEUX-MONTAGNES**

328 Chemin de la Grande Côte, Saint-Eustache, Laurentides, QC, J7P 1E7

**450 623-5677** Fax: 450 623-6488

**Website:** [www.cesamedeuxmontagnes.com](http://www.cesamedeuxmontagnes.com)

**Email:** [cesame.cesame@videotron.ca](mailto:cesame.cesame@videotron.ca)

**Services:** \* Workshops: early stimulation for children aged 3 to 5 years old, Vive la discipline for parents, along with daycare.\* Conferences.\* For members: community activities, home visits.

**Eligibility:** children aged 0 to 5 years old with behaviour, communication or socialization issues, their parents

**Coverage area:** MRC Deux-Montagnes and surroundings

**Hours:** office: Monday to Friday 8h00 to 16h00

**Fees:** membership: \$10 per year

**Financing:** federal, provincial, municipal, donations, grants

**Legal status:** non-profit organization

### **CIBLE-EMPLOI - SAINT-EUSTACHE**

477 25th Avenue, Suite 210, Saint-Eustache, Laurentides, QC, J7P 4Y1

**450 473-1842** Fax: 450 491-2586

**Website:** [www.cible-emploi.qc.ca](http://www.cible-emploi.qc.ca)

**Email:** [st-eustache@cible-emploi.qc.ca](mailto:st-eustache@cible-emploi.qc.ca)

**Services:** \* Job seeking club.\* CV and cover letters writing.\* Career guidance.\* Programs for people aged 50 to 64 years old.\* Preparation for Secondary School Equivalency Tests (TENS).\* Initiation computer workshops for job searching.\* Pre-selection of workers for the Service Employment Paycheque program.

**Coverage area:** MRC Thérèse-De-Blainville, MRC Deux-Montagnes and MRC Mirabel

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

**Financing:** provincial

**Legal status:** non-profit organization

## Housing for seniors

### **CENTRE D'HÉBERGEMENT DE SAINT-EUSTACHE**

55 Chénier Street, Saint-Eustache, Laurentides, QC, J7R 4Y8

**450 472-0013** Fax: 450 472-3104

**Website:** [www.santelaurentides.gouv.qc.ca](http://www.santelaurentides.gouv.qc.ca)

**Services:** Public care centre for seniors and people with a loss of autonomy. \* Housing and long term cares.

**Eligibility:** seniors or people with a loss of autonomy

**Coverage area:** Laurentides

**Financing:** provincial

**Legal status:** parapublic organization

### **DOMAINE CHÉNIER**

401 de l'Accueil Street, Saint-Eustache, Laurentides, QC, J7R 5X7

**450 472-0926** Fax: 450 472-5480

**Email:** [domainechenier@videotron.ca](mailto:domainechenier@videotron.ca)

**Services:** Affordable housing for seniors. \* Apartments 3½ and 4½.\* Leisure activities.\* Community room.\* Hairdressing for residents.\* Convenience store.

**Eligibility:** people aged 55 years and over autonomous, on a low or modest income and being resident of Saint-Eustache for at least 5 years

**Capacity:** 129 apartments

**Coverage area:** Saint-Eustache  
**Legal status:** non-profit organization

### **DOMAINE CHÉNIER PHASE IV**

401 de l'Accueil Street, Saint-Eustache, Laurentides, QC, J7R 5X7

**450 472-0926 Fax:** 450 472-5480

**Email:** domainechenier@videotron.ca

**Services:** Subsidized housing for seniors. \* Apartments 3½ and 4½. \* Adapted housing for disabled people.\* Leisure activities.\* Community room.\* Hairdressing for residents.\* Convenience store.

**Eligibility:** people aged 50 years and over, autonomous or with a slight loss of autonomy, on a low income

**Capacity:** 24 apartments

**Coverage area:** MRC Deux-Montagnes: Deux-Montagnes, Oka, Pointe-Calumet, Saint-Eustache, Saint-Joseph-du-Lac, Saint-Placide, Sainte-Marthe-sur-le-Lac

**Fees:** 25% of income

**Financing:** provincial

**Legal status:** non-profit organization

## **Intergenerational activities**

### **MAISON DES JEUNES D'OKA (LA)**

39 Saint-Jacques Street, Oka, Laurentides, QC, J0N 1E0

**450 479-1354 Fax:** 450 415-1354

**Website:** www.mdjoka.com

**Email:** mdjoka@videotron.ca

**Services:** Supervised meeting place. \* Listening, support and referral.\* Homework assistance.\* Educational, cultural, sports and social activities.\* Outings.\* Intergenerational projects.\* Food bank.\* Bridge club.\* Christmas baskets.

**Eligibility:** youth 12 to 17 years old, food bank: residents on a low income, bridge club: seniors

**Coverage area:** Oka

**Hours:** Wednesday and Thursday 17h00 to 21h00, Friday 17h00 to 22h00, Saturday 13h00 to 22h00, food bank: Thursday 10h00 to 12h00

**Financing:** Centraide Laurentides, fundraising campaigns, provincial

**Legal status:** non-profit organization

## **Volunteer Transportation**

### **SERVICES POUR PERSONNES ATTEINTES DE CANCER**

50 Chénier Street, Saint-Eustache, Laurentides, QC, J7R 1X1

**450 491-1912 Fax:** 450 491-5770

**Website:** www.maisonsercan.ca

**Email:** reception@maisonsercan.ca

**Services:** \* Self-help group for people with cancer and the bereaved.\* Pairing.\* Individual and group accompaniment\* Medical transportation.\* Community luncheons.\* Conferences.

**Eligibility:** people with cancer, their caregivers and bereaved adults, adolescents and children

**Coverage area:** MRC Deux-Montagnes

**Hours:** office: Monday to Friday 8h30 to 16h30, self-help groups: day and evening

**Fees:** annual contribution: \$10

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

**Legal status:** non-profit organization

## **Sex and gender**

### **WOMEN'S ASSOCIATIONS**

## Women's associations

### **MATINÉES MÈRE-ENFANT DEUX MONTAGNES**

200 Henri-Dunant Street, Deux-Montagnes, Laurentides, QC, J7R 4W6

**Email:** matineesme@gmail.com

**Services:** Varied social activities for mothers with their children. \* Coffee-chat, conferences, outdoor activities, games, etc.\* Entertainment for children 9 months and over.

**Eligibility:** mothers

**Coverage area:** Deux-Montagnes

**Hours:** Friday 9h00 to 11h30

**Fees:** \$12 per session

**Financing:** contributions

**Legal status:** non-profit organization



## **Sports and Recreation**

### **LIBRARIES**

## Libraries

### RÉSEAU BIBLIO DES LAURENTIDES - BIBLIOTHÈQUE D'OKA

183 des Anges Street, Oka, Laurentides, QC, J0N 1E0

**450 479-8333 ext. 228** Fax: 450 479-1886

**Website:** [www.mabibliotheque.ca](http://www.mabibliotheque.ca)

**Email:** [pparenteau@municipalite.oka.qc.ca](mailto:pparenteau@municipalite.oka.qc.ca)

**Services:** Public Library: loan and access to books and audio-visual documents. Internet access. Databases. Animations and reading activities for any ages.

**Coverage area:** Oka and South of Laurentides

**Hours:** Monday 13h00 to 16h00 and 18h00 to 20h30, Wednesday 13h00 to 16h00, Thursday 18h00 to 20h30, Friday 13h00 to 16h00, Saturday 9h00 to 12h00 and 13h00 to 16h00

**Financing:** municipal

**Legal status:** municipal agency

### RÉSEAU BIBLIO DES LAURENTIDES - BIBLIOTHÈQUE DE SAINT-JOSEPH-DU-LAC

70 Montée du Village, Saint-Joseph-du-Lac, Laurentides, QC, J0N 1M0

**450 623-7833** Fax: 450 623-2889

**Website:** [www.mabibliotheque.ca](http://www.mabibliotheque.ca)

**Email:** [biblio@sjdl.qc.ca](mailto:biblio@sjdl.qc.ca)

**Services:** Loan and consultation of books. \* Computers and Internet access.\* Book club for children.\* Book club for teenagers.\* Activities and events.

**Coverage area:** Saint-Joseph-du-Lac

**Hours:** Tuesday and Thursday 9h00 to 20h00, Wednesday and Friday 9h00 to 16h00, Saturday 9h00 to 15h00, summer: Tuesday and Thursday 13h00 to 20h00, Wednesday and Friday 13h00 to 16h00, Saturday 9h00 to 15h00

**Fees:** free for residents

**Financing:** municipal

**Legal status:** municipal agency

### RÉSEAU BIBLIO DES LAURENTIDES - BIBLIOTHÈQUE LA SABLIERE

190 41st Avenue, Pointe-Calumet, Laurentides, QC, J0N 1G2

**450 473-5918 ext. 224**

**Website:** [www.mabibliotheque.ca](http://www.mabibliotheque.ca)

**Email:** [bibliotheque@pointe-calumet.ca](mailto:bibliotheque@pointe-calumet.ca)

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

**Coverage area:** Pointe-Calumet, South of Laurentides

**Hours:** Tuesday 9h00 to 17h00, Thursday and Friday 13h00 to 20h00, Saturday 9h00 to 13h00

**Fees:** variable

**Legal status:** municipal agency

### SAINT-EUSTACHE PUBLIC LIBRARY - SUCCURSALE RIVIÈRE-NORD

706 Primeau Street, Saint-Eustache, Laurentides, QC, J7R 7C6

**450 974-5001 ext. 5042**

**Website:** [www.saint-eustache.ca/citoyens-bibliotheque/succursale-riviere-nord](http://www.saint-eustache.ca/citoyens-bibliotheque/succursale-riviere-nord)

**Services:** Loan and consultation of books. \* Computers and Internet access.

**Coverage area:** Saint-Eustache

**Hours:** Monday, Tuesday and Friday 12h00 to 16h00, Thursday 12h00 to 20h00

**Fees:** subscription: free

**Legal status:** municipal agency

## Youth

### YOUTH CENTRES AND SUPPORT

## Youth Centres and Support

### MAISON DES JEUNES DE DEUX-MONTAGNES

108 13th Avenue, Deux-Montagnes, Laurentides, QC, J7R 3T8

**450 491-3958** Fax: 450 491-3445

**Website:** [www.mdjdm.ca](http://www.mdjdm.ca)

**Email:** [mdjdm@videotron.ca](mailto:mdjdm@videotron.ca)

**Services:** \* Social and cultural activities. \* Thematic meetings. \* Conferences and seminars on topics related to youth. \* Promotion of volunteering.

**Eligibility:** youth 12 to 17 years old

**Coverage area:** MRC Deux-Montagnes

**Hours:** Monday to Thursday 15h00 to 22h00, Friday 16h00 to 23h00, Saturday and Sunday according to activities

**Fees:** \$2 per year

**Financing:** municipal, provincial

**Legal status:** non-profit organization

### SPOT (LE) - MAISON DES JEUNES DE SAINT-EUSTACHE

193 Arthur-Sauvé Boulevard, Saint-Eustache, Laurentides, QC, J7P 2A7

**450 491-3336** Fax: 450 491-2339

**Website:** [www.mdjsteustache.wix.com/mdj-lespot](http://www.mdjsteustache.wix.com/mdj-lespot)

**Email:** [mdjsteustache@videotron.ca](mailto:mdjsteustache@videotron.ca)

**Services:** Educational, cultural and recreational services provided outside of normal school hours. \* Outreach and preventive work. \* Safe and healthy place for meeting.

**Eligibility:** youth from 12 to 17 years old

**Coverage area:** Saint-Eustache

**Hours:** Tuesday to Thursday 16h00 to 21h00, Friday 16h00 to 22h00

**Fees:** free

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

**Legal status:** non-profit organization

### SPOT (LE) - MAISON DES JEUNES DE SAINT-EUSTACHE - RIVIÈRE NORD

706 Primeau Street, Saint-Eustache, Laurentides, QC, J7R 7C6

**450 598-6333**

**Website:** [www.mdjsteustache.wix.com/mdj-lespot](http://www.mdjsteustache.wix.com/mdj-lespot)

**Email:** [mdjsteustache@videotron.ca](mailto:mdjsteustache@videotron.ca)

**Services:** Educational, cultural and recreational services offered outside school time. \* Prevention and awareness work. \* Healthy and safe meeting place for youth between 12 and 17 years old. \* 6th grade project: youth of 11 years old are welcome.

**Eligibility:** youth between 11 and 17 years old

**Coverage area:** Saint-Eustache

**Hours:** Wednesday, Thursday and Friday 16h00 to 20h00

**Fees:** free

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

**Legal status:** non-profit organization

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