



Grand Montréal

**Directory of Community and
Social Services**

MRC DE VAUDREUIL-SOULANGES



2-1-1



www.211qc.ca

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Child and Family

CHILD WELFARE

FAMILY SUPPORT

MATERNITY SUPPORT AND ADOPTION

PARENTING EDUCATION

RECREATIONAL ACTIVITIES

Child welfare

CENTRE JEUNESSE DE LA MONTÉRÉGIE - VAUDREUIL-DORION

2555 Dutrisac Street, Suite 24, Vaudreuil-Dorion, Montérégie, QC, J7V 7E6

1 800 641-3254 Fax: 450 510-0586

Website: www.centrejeunessemonteregie.qc.ca

Services: * Psychosocial point of services.

Eligibility: children and teens in difficulties, parents, guardians, stakeholders

Coverage area: Montérégie

Financing: provincial

Legal status: parapublic organization

HÉBERGEMENT D'URGENCE VIOLENCE CONJUGALE VAUDREUIL-SOULANGES - HÉBERGEMENT LA PASSERELLE

Confidential Address

450 424-6010 Fax: 450 424-1371

Website: www.hlapasserelle.com

Email: info@hebergementlapasserelle.com

Services: * Intervention phoneline.* Temporary shelter.* Listening and evaluation, support.* Individual and group counselling and follow-up without housing.* Youth follow-up.

Eligibility: women victims of domestic violence and their children

Capacity: 15

Coverage area: Vaudreuil-Soulanges

Hours: 24/7

Fees: free

Financing: provincial, donations, fundraising campaigns

Legal status: non-profit organization

Family Support

CSSS DE VAUDREUIL-SOULANGES - PAROLES AUX ANGES

3031 de la Gare Street, Vaudreuil-Dorion, Montérégie, QC, J7V 9R2

450 455-6171 ext. 70345 Fax: 450 424-8218

Services: * Monthly support groups for bereaved parents by an incomplete pregnancy or post-natal mortality.* Possibility of individual follow-up.

Eligibility: parents who experienced a miscarriage, termination of pregnancy after the discovery of an abnormality, ectopic pregnancy, stillbirth or death of the child in the days or weeks after birth

Coverage area: Vaudreuil-Soulanges

Hours: meetings: 4th Thursday of each month 19h00 to 21h30

Financing: provincial

Legal status: parapublic organization

Maternity support and adoption

NOURRI-SOURCE - MONTÉRÉGIE

318 Ganivet Street, Rigaud, Montérégie, QC, J0P 1P0

1 877 425-0805

Website: www.nourri-source.org

Email: monteregie@nourri-source.org

Services: * Breastfeeding godmothers: phone pairing.* Breastfeeding drop-in.* Conferences.* Loan and sale of breast pumps, breastfeeding pillows and baby carriers.* Prenatal workshops.* Positioning and breastfeeding clinics.* Luncheons.* Breastfeeding challenge.

Eligibility: families wishing to breastfeed

Coverage area: Montérégie

Hours: every day 8h00 to 21h00

Fees: free

Financing: donations, self-financing

Legal status: non-profit organization

Parenting Education

PRÉMATERNELLE L'ATELIER DE L'ENFANT SOLEIL

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

514 453-1751 ext. 255

Website: www.atelierenfantsoleil-vip.org

Email: atelier.enfant.soleil@hotmail.ca

Services: Educational and social activities for preschool children.

Eligibility: children 3 to 5 years old

Coverage area: L'Île-Perrot

Hours: 3 and 4 years old: Tuesday, Thursday 9h00 to 11h30, 4 and 5 years old: Monday, Wednesday, Friday 9h00 to 11h30 or 9h00 to 13h00

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

Financing: self-financing

Legal status: non-profit organization

Recreational Activities

ATELIERS LA BOÎTE À SURPRISES (LES)

15 du Boisé-des-Franciscaines Street, Suite 102, Rigaud, Montérégie, QC, J0P 1P0

450 451-6111

Website: www.atelierlaboiteasurprises.com

Email: la.boite.a.surprises.rigaud@gmail.com

Services: Weekly activities promoting cognitive, psychomotor, social, emotional and moral development of children. * Artistic, scientific, cognitive, physical, musical and socialization activities.* Special events: apple picking, sugar shack, etc.* Possibility of a day nursery on request.* Possibility of financial assistance for low-income families.

Eligibility: children aged 18 months to 5 years

Coverage area: Rigaud

Hours: Monday to Thursday 9h00 to 13h00, Friday 9h00 to 12h00

Financing: Centraide

Legal status: non-profit organization

MUSÉE RÉGIONAL DE VAUDREUIL-SOULANGES

431 Saint-Charles Avenue, Vaudreuil-Dorion, Montérégie, QC, J7V 2N3

450 455-2092

Website: www.mrvs.qc.ca

Email: info@mrvs.qc.ca

Services: * Temporary and permanent exhibitions: ethnological and artistic collections.* Matinées Art de vivre: various lectures on art and heritage.* Art workshops for adults.* Cultural trips.* Public-artist meetings.* Les Seigneuriales: annual historic festival.* Family activities, children's parties at the Museum.* Educational services: workshops, day camp.* Room rental.

Eligibility: general public

Capacity: 2 classes of students at a time

Coverage area: MRC Vaudreuil-Soulanges

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30, Saturday and Sunday 13h00 to 16h30, summer:
Monday to Friday 9h00 to 16h30, Saturday and Sunday 13h00 to 16h30

Fees: membership card: \$25 a year for a single person, \$30 a year for families

Financing: fundraising campaigns, contributions

Legal status: non-profit organization

Community Action

ADVISORY AND CITIZEN ACTION ORGANIZATIONS

CHARITY ORGANIZATIONS

COMMUNITY CENTRES

COMMUNITY DEVELOPMENT

INFORMATION AND REFERRAL

VOLUNTEERING AND VOLUNTEER CENTRES

Advisory and citizen action organizations

AIGUILLAGE (L')

536 Chicoine Street, Vaudreuil-Dorion, Montérégie, QC, J7V 7E4

1 877 265-8460 Fax: 450 218-6419

Website: www.aiguillage.ca

Email: info@aiguillage.ca

Services: * Emergency support and referral.* Helping relationship.* Emergency shelter with meals for a period of 24 hours.* Street work.* Emergency food and clothing.* Intervention for runaways or suicidal youth.* Regional consultation on homelessness.

Eligibility: emergency shelter: young adults 18 years and over, other services: all ages

Capacity: 16 beds in rooms for 2 or 3 people

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

Hours: administration: Monday to Friday 9h00 to 16h30, street work: Monday 10h00 to Friday 00h00, emergency shelter: 24 hours, 7 days

Fees: none

Financing: fundraising campaigns, donations, grants

Legal status: non-profit organization

Charity Organizations

FONDATION DES ENFANTS DE VAUDREUIL-SOULANGES

3031 de la Gare Boulevard, Vaudreuil-Dorion, Montérégie, QC, J7V 9R2

450 455-6171 ext. 70662

Website: www.fevs.ca

Email: agente_administrative@fevs.ca

Services: Contributes to the educational and social success of children. * Financial assistance for day and vacation camps.* Ton sac d'école comme tout le monde program: distributions of sneakers, snowsuits and school supplies.* Distribution of snacks in school.* Financing the speech therapy service and the OLO service offered by the CLSC.

Eligibility: children in situation of vulnerability

Coverage area: MRC Vaudreuil-Soulanges

Fees: free

Financing: donations

Legal status: non-profit organization

Community centres

SAINT-ZOTIQUE - LOISIRS

1250 Principale Street, Saint-Zotique, Montérégie, QC, J0P 1Z0

450 267-9335 ext. 4

Website: www.st-zotique.com

Email: loisirs@st-zotique.com

Services: * Summer and spring break day camps.* Special events: Christmas show, neighbours' party, winter festival, etc.* Volleyball, basketball, soccer, tennis, football and petanque fields, ice rinks, playgrounds, water games, parks and scenic parkways.* Fitness classes.* Maison du citoyen: social, cultural and community activities.* Financial assistance for sports and community activities.* Grilling festival.* Room rental.

Eligibility: day camps: children 6 to 12 years old

Legal status: municipal agency

Community development

CORPORATION DE DÉVELOPPEMENT COMMUNAUTAIRE VAUDREUIL-SOULANGES

10 Saint-Louis Street, Vaudreuil-Dorion, Montérégie, QC, J7V 1C7

450 424-3717

Website: actioncommunautaire-vs.com/la-cdc-vs

Email: cdcvs@videotron.ca

Services: Support, coordination and consolidation of community organizations. * Training on community development.

Eligibility: community organizations

Coverage area: MRC de Vaudreuil-Soulanges

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

Fees: variable contributions

Financing: provincial, contributions

Legal status: non-profit organization

Information and referral

PINCOURT PUBLIC LIBRARY

225 Pincourt Boulevard, Pincourt, Montérégie, QC, J7V 9T2

514 425-1104 ext. 6244 Fax: 514 425-6668

Website: www.villepincourt.qc.ca/fr/38/bibliotheque

Email: bibliotheque@villepincourt.qc.ca

Services: * Loan and consultation of books and audiovisual documents.* Computers and Internet access.* Library-to-Go: mobile library and delivery for people with reduced mobility.* Story time.* Biblio-aidants.* Book club for adults.* Conferences, exhibitions and workshops.

Coverage area: Pincourt

Hours: Monday to Thursday 10h00 to 20h30, Friday 10h00 to 17h00, Saturday 10h00 to 16h00, summer: closed on Saturday

Fees: free for residents

Financing: municipal

Legal status: municipal agency

Volunteering and volunteer centres

CENTRE D'ACTION BÉNÉVOLE L'ACTUEL

88 Adèle Street, Vaudreuil-Dorion, Montérégie, QC, J7V 1S7

450 455-3331 Fax: 450 455-9799

Website: www.lactuel.org

Email: info@lactuel.org

Services: * Food assistance.* Baby food assistance.* Collective kitchens.* Frozen meals delivery.* Clothing bank.* Thrift store: housewares, books and clothing for the whole family.* Assistance with filling out forms.* Friendly visits.* SAMA accompaniment service for seniors.* PAIR program.* Tax clinic.* Respite for young mothers, sponsoring.* Development and promotion of volunteer action.

Eligibility: families in need, seniors, community organizations, volunteers

Coverage area: PAIR program: MRC Vaudreuil-Soulanges, other services: Vaudreuil-Dorion, Les Cèdres, Saint-Lazare, L'Île-Perrot, Notre-Dame-de-l'Île-Perrot, Pincourt, Terrasse-Vaudreuil, Hudson, Vaudreuil-sur-le-Lac, Pointe-des-Cascades and L'Île-Cadioux

Hours: Monday to Friday 8h30 to 16h30, thrift store: Monday to Wednesday 9h30 to 17h30, Thursday and Friday 9h30 to 19h00, Saturday and Sunday 10h00 to 16h00, kitchens: Tuesday and Thursday 8h30 to 12h00 and 13h00 to 16h00, food aid: by appointment

Fees: none

Financing: provincial, donations

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE SOULANGES

371 Sainte-Catherine Street, Saint-Polycarpe, Montérégie, QC, J0P 1X0

450 265-3134 Fax: 450 265-3978

Website: www.cabsoulanges.com

Email: cabs@videotron.ca

Services: * Training of volunteers.* Clothes and food assistance.* Educational and collective cooking.* Christmas baskets.* Thrift store.* Friendly visits.* Tax clinic.

Eligibility: seniors, people in need, thrift store open to the general public

Coverage area: Côteau-du-Lac, Rivière-Beaudette, Les Côteaux, Saint-Clet, Sainte-Justine-de-Newton, Saint-Polycarpe, Saint-Télesphore, Saint-Zotique, Sainte-Marthe

Hours: office: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, thrift store: Tuesday to Friday 9h30 to 16h00 and Saturday 9h30 to 15h00, food assistance once per month by appointment

Financing: donations, grants, self-financing

Legal status: non-profit organization

SAINT-ZOTIQUE MUNICIPAL LIBRARY

30 des Maîtres Avenue, Saint-Zotique, Montérégie, QC, J0P 1Z0

450 267-9335 ext. 260

Website: www.st-zotique.com/bibliotheque

Email: biblio@st-zotique.com

Services: * Loan and consultation of books and documents.* History and genealogy centre.* Cultural activities for adults and children.* Volunteering activities.* Biblio-aidants: information program for caregivers.* Story time.* Computers, Internet access, printing and photocopy.* Special events and exhibitions.

Hours: Tuesday, Wednesday and Friday 13h00 to 20h00, Thursday 10h00 to 20h00, Saturday 10h00 to 15h00, Sunday 13h00 to 16h00, summer: closed on Sunday

Fees: activities: free, adhesion: free for residents, \$25 for non-residents

Legal status: municipal agency

Education

COMPUTER WORKSHOPS

HOMEWORK ASSISTANCE AND TUTORING

LANGUAGE COURSES

LITERACY

VOCATIONAL TRAINING, CÉGEPS AND UNIVERSITIES

Computer workshops

VAUDREUIL-DORION PUBLIC LIBRARY

51 Jeannotte Street, Vaudreuil-Dorion, Montérégie, QC, J7V 6E6

450 455-3371 ext. 6 Fax: 450 455-5653

Website: www.ville.vaudreuil-dorion.qc.ca

Email: biblio@ville.vaudreuil-dorion.qc.ca

Services: Loan and consultation of books and audiovisual documents. * Computers, Internet access and printing devices. * Computer classes. * Story time. * Book club for children. * Knitting club. * Exhibitions, conferences and workshops.

Eligibility: children and adults

Coverage area: Vaudreuil-Dorion

Hours: Monday to Wednesday 10h00 to 21h00, Thursday and Friday 13h00 to 21h00, Saturday and Sunday 10h00 to 16h30

Fees: free for residents, \$75 for residents of Vaudreuil-sur-le-Lac

Financing: municipal

Legal status: municipal agency

Homework assistance and tutoring

COMITÉ JEUNESSE LA PRESQU'ÎLE

375 Cardinal-Léger Boulevard, Pincourt, Montérégie, QC, J7W 9H6

514 425-1060

Website: www.comitejeunesselapresquile.org

Email: info@comitejeunesselapresquile.org

Services: Services to youth. * Evening animation and activities in parks. * Bike patrols and awareness. * Creative art workshop with recycled materials. * Graffiti workshop and support to young graffiti artists. * Homework assistance for high school students.

Eligibility: youth 12 to 24 years old

Coverage area: MRC de Vaudreuil-Soulanges

Hours: Monday to Friday 9h00 to 16h30

Financing: Centraide of Greater Montréal, municipal, provincial, federal, donations

Legal status: non-profit organization

MAISON DES JEUNES DE L'ÎLE PERROT - MARTIN BERNIER

73 Grand Boulevard, L'Île-Perrot, Montérégie, QC, J7V 4W3

514 425-6146

Email: mdj_vip@hotmail.com

Services: Meeting place and referral. * Listening and counselling. * Sporting and cultural activities. * Art workshops. * Nutrition workshops. * Prevention workshops. * Homework assistance. * Summer outings.

Eligibility: youth 12 to 17 years old

Coverage area: L'Île-Perrot, Notre-Dame-de-l'Île-Perrot, Sainte-Anne-de-Bellevue, Terrasse-Vaudreuil, Pincourt

Hours: Tuesday to Thursday 18h00 to 21h00, Friday 18h00 to 22h00, Saturday 14h00 to 22h00, summer: Monday to Friday 17h00 to 21h00

Fees: free

Financing: provincial, municipal, fundraising campaigns

Legal status: non-profit organization

MAISON DES JEUNES DE RIGAUD (LA)

96 Saint-Jean-Baptiste Street East, Rigaud, Montérégie, QC, J0P 1P0

450 451-9937

Email: mdjderigaud@csur.ca

Services: Place for meeting, services and referral. * Listening and counselling.* Recreational, sports, outdoor and cultural activities.* Volunteering.* Music and arts workshops.* Nutrition workshops.* Prevention.* Homework assistance.* Job search assistance.

Eligibility: youth 11 to 18 years old

Coverage area: Rigaud

Hours: school time: Wednesday to Friday 18h00 to 21h00, Saturday 14h00 to 19h00, pedagogical days: 13h00 to 17h00, summer: Tuesday to Friday 13h00 to 17h00 and 18h00 to 21h00

Financing: provincial, Centraide du Sud-Ouest, municipal, federal, foundations

Legal status: non-profit organization

MAISON DES JEUNES DE VAUDREUIL-DORION

145 Harwood Boulevard, Vaudreuil-Dorion, Montérégie, QC, J7V 1Y3

450 455-6937 Fax: 450 424-3270

Website: www.mdjvd.com

Email: mdjvd@msn.com

Services: Meeting place, services and referrals. * Listening and consultation.* Organization of sporting, cultural and volunteering activities.* Music, art, nutrition and prevention workshops.* Homework help.* Job search service.* Summer outings.

Eligibility: youth 12 to 17 years old

Coverage area: Vaudreuil-Dorion

Hours: Tuesday to Thursday 17h00 to 21h00, Friday 17h00 to 22h00

Financing: provincial, Centraide du Sud-Ouest

Legal status: non-profit organization

MAISON DES JEUNES LES CÈDRES

145 Valade Street, Les Cèdres, Montérégie, QC, J7T 1A1

450 452-0215 Fax: 450 452-4605

Email: mdjlescedres@gmail.com

Services: Meeting and reference place. * Listening and consultation.* Homework Help.* Help for job search.* Organization of sporting, cultural and volunteering activities.* Music, art, nutrition and prevention workshops.* Summer outings.

Eligibility: youth 12 to 17 years

Coverage area: Les Cèdres

Hours: Wednesday 18h00 to 21h00, Thursday 18h00 to 21h00, Friday 18h00 to 22h00 (subject to change)

Financing: provincial

Legal status: non-profit organization

Language courses

MAGIE DES MOTS (LA)

13A Principale Street, 2nd Floor, Coteau-du-Lac, Montérégie, QC, J0P 1B0

450 763-1331

Website: lamagiedesmots.com

Email: comdelamagie@outlook.com

Services: French and English literacy courses: day and evening classes, part time. * French classes on site, at home or correspondence.* Free French classes for French speakers in small groups of 2 to 6 people.* Test preparation support: General Development Test (GDT), Secondary School Equivalency Test (SSET), Ministerial Examination of College French (EUF).* French as a second language classes for English speakers and allophones: beginner, intermediate or advanced.* English classes: beginner, intermediate or advanced.

Eligibility: people 16 years and over

Coverage area: Soulanges, group courses are given at Coteau-du-Lac, one French course is given in Saint-Lazare

Hours: Monday to Friday day or evening

Fees: learning material: free

Legal status: non-profit organization

Literacy

COMQUAT

34 Grand Boulevard, L'Île-Perrot, Montérégie, QC, J7V 4W1

514 453-3632 Fax: 514 902-0500

Website: comquat.alphabetisation.ca

Email: comquatinc@videotron.ca

Services: Literacy and francization services. * Literacy classes: French writing, reading, arithmetic, computer, conversation, equivalency test for high school degree, mentoring.* French learning: part-time beginner and intermediate classes.

Eligibility: literacy: adults aged 16 years and over, French learning: immigrants

Coverage area: L'Île-Perrot, Notre-Dame-de-l'Île-Perrot, Pincourt, Terrasse-Vaudreuil, Vaudreuil-sur-le-Lac, L'Île-Cadieux, Vaudreuil-Dorion, Hudson, West Island

Hours: office: Monday to Thursday 8h30 to 17h00, courses: day and evening during the week

Fees: all classes are free, one-time registration fee: \$20 for literacy classes

Financing: provincial

Legal status: non-profit organization

MAISON DE LA FAMILLE VAUDREUIL-SOULANGES

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

450 217-2177

Website: www.maisondelafamillevs.ca

Email: info@mfvs.ca

Services: Family service. * Summer day camp.* Day camp for spring break.* Birth club: social exchange between parents of children aged from 0 to 5 years old on various topics to break isolation and create a network.* Daycare for children aged 0 to 5 years old.* Language stimulation workshops.* Early stimulation workshops.* Je tisse des liens program: services and activities adapted to develop responsible behaviours to meet the needs of the child.* Les Aventuriers Workshop: structured motor activities and story reading for parents and children aged 0 to 5 years old.* Help with homework.* Access Rights Supervision (ADS): supervised custody exchange and supervised visit.* Explo-découverte: scientific workshop to discover the world around the kids.

Eligibility: families

Coverage area: MRC Vaudreuil-Soulanges

Hours: regular services: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, Access Rights Supervision:

Monday 13h30 to 16h00, Friday 15h00 to 19h00, Saturday 9h00 to 16h00 and Sunday 13h30 à 19h00

Legal status: non-profit organization

Vocational training, Cégeps and Universities

COMMISSION SCOLAIRE DES TROIS-LACS

400 Saint-Charles Avenue, Vaudreuil-Dorion, Montérégie, QC, J7V 6B1

514 477-7000 Fax: 450 477-7024

Website: www.cstros-lacs.qc.ca

Email: dgenerale@cstros-lacs.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: MRC de Vaudreuil-Soulanges

Hours: Monday to Friday 8h30 to 16h30

Legal status: parapublic organization

Employment and Income

BUSINESS DEVELOPMENT

EMPLOYMENT SUPPORT FOR IMMIGRANTS

EMPLOYMENT SUPPORT FOR SENIORS

EMPLOYMENT SUPPORT FOR YOUTH

GOVERNMENT SERVICES

TAX CLINICS

Business development

DÉVELOPPEMENT VAUDREUIL-SOULANGES

280 Harwood Boulevard, 3rd floor, Vaudreuil-Dorion, Montérégie, QC, J7V 1Y5

450 424-2262 Fax: 450 424-1901

Website: www.developpementvs.com

Email: info@developpementvs.com

Services: Stimulates and supports economic development. * Helps with starting and expanding businesses: consulting, technical support and financial assistance. * Support program for young entrepreneurs. * Support program for the self-employed.

Eligibility: businesses, entrepreneurs

Coverage area: MRC Vaudreuil-Soulanges

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: non-profit organization

RÉSEAUX EMPLOI ENTREPRENEURSHIP

430 Harwood Boulevard, Suite 130, Vaudreuil-Dorion, Montérégie, QC, J7V 7H4

450 424-5727 Fax: 450 424-5733

Website: www.ree.qc.ca

Email: reseaux@ree.qc.ca

Services: * Individual and group job search assistance. * Job placement. * Business start-up assistance. * Social and professional integration assistance for immigrants: pairing, job search, community networking. * Conferences.

Eligibility: job seekers, immigrants, employers

Coverage area: Vaudreuil-Soulanges

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

Financing: grants

Legal status: non-profit organization

Employment support for immigrants

SERVICE CANADA CENTRE - VAUDREUIL-DORION

2555 Dutriscac Street, Vaudreuil-Dorion, Montérégie, QC, J7V 7E6

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

Website: 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. * Income support for parents of murdered or missing children.

Eligibility: Canadian citizens, veterans, seniors, employers and organizations, families and children, youth and students, newcomers to Canada, workers

Coverage area: Vaudreuil-Dorion

Hours: Monday to Friday 8h30 to 16h00

Legal status: federal government agency

Employment support for seniors

VISION-TRAVAIL - VAUDREUIL

418 Saint-Charles Avenue, Suite 209, Vaudreuil-Dorion, Montérégie, QC, J7V 2N1

450 455-5150 Fax: 450 455-5546

Website: www.visiontravail.ca

Email: vaudreuil@visiontravail.ca

Services: * Job search assistance: skills assessment, search techniques, interview preparation.* Group workshops and individual meetings.

Eligibility: people 40 years and over searching for a job

Coverage area: MRC Vaudreuil-Soulanges

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

Fees: free

Financing: provincial

Legal status: non-profit organization

Employment support for youth

CARREFOUR JEUNESSE-EMPLOI VAUDREUIL-SOULANGES

400 Harwood Boulevard, Vaudreuil-Dorion, Montérégie, QC, J7V 7H4

1 866 925-3185 Fax: 450 455-2463

Website: www.cjevs.org

Email: info@cjevs.org

Services: Employability assistance. * Information and referral, accompaniment.* Assistance with going back to school.* Career assessment and guidance.* Job search assistance.* Entrepreneurship awareness.* Special projects aiming employability development and school retention.

Eligibility: people 16 to 35 years old

Coverage area: MRC Vaudreuil-Soulanges

Hours: Monday and Tuesday 8h30 to 16h30 and 18h00 to 20h00, Wednesday to Friday 8h30 to 16h30, summer: Monday to Friday 8h30 to 16h30

Financing: provincial, grants

Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI VAUDREUIL-SOULANGES - POINT DE SERVICE RIGAUD

102 Saint-Pierre Street, Rigaud, Montérégie, QC, J0P 1P0

1 866 925-3185 Fax: 450 455-2463

Website: www.cjevs.org

Email: info@cjevs.org

Services: Employability assistance. * Information and referral, accompaniment.* Support with returning to school.* Career assessment and guidance.* Job search assistance.* Entrepreneurship.* Special projects aiming employability development and school retention.

Eligibility: people 15 to 35 years old

Coverage area: MRC Vaudreuil-Soulanges

Hours: Thursday afternoon by appointment

Financing: provincial, grants

Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI VAUDREUIL-SOULANGES - POINT DE SERVICE SAINT-ZOTIQUE

30 des Maîtres Avenue, Saint-Zotique, Montérégie, QC, J0P 1Z0

1 866 925-3185 Fax: 450 455-2463

Website: www.cjevs.org

Email: info@cjevs.org

Services: Employability assistance. * Information and referral, accompaniment.* Assistance with going back to school.* Career assessment and guidance.* Job search assistance.* Entrepreneurship awareness.* Special projects aiming employability development and school retention.

Eligibility: people 16 to 35 years old

Coverage area: MRC Vaudreuil-Soulanges

Hours: Tuesday afternoon by appointment

Financing: provincial, grants

Legal status: non-profit organization

Government services

CENTRE LOCAL D'EMPLOI DE VAUDREUIL-SOULANGES

430 Harwood Boulevard, Suite 4, Vaudreuil-Dorion, Montérégie, QC, J7V 7H4

450 455-5666 Fax: 450 424-0772

Website: www.mess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi/

Services: Labour market integration assistance and last-resort financial assistance. * Information and referral.* Job search assistance: resume writing, interview preparation.* Subsidized training programs for enterprises and students, women, youth, young mothers, older workers, disabled people, immigrants and people from visible minorities.* Multiservice room: phone, fax, computers and printers.* Last-resort financial assistance.* Business services: recruitment assistance.

Eligibility: job seekers and people experiencing special challenges entering the labour market, individuals and families receiving last-resort financial assistance or on a low income, employers

Coverage area: Vaudreuil-Dorion and surroundings

Hours: Monday, Tuesday, Thursday and Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: parapublic organization

SERVICES QUÉBEC - VAUDREUIL-DORION

430 Harwood Boulevard, Suite 4, Vaudreuil-Dorion, Montérégie, QC, J7V 7H4

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

Website: www.monteregie.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: Montérégie

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'ACTION BÉNÉVOLE L'ACTUEL - TAX CLINIC

88 Adèle Street, Vaudreuil-Dorion, Montérégie, QC, J7V 1S7

450 455-3331 Fax: 450 455-9799

Website: www.lactuel.org

Email: info@lactuel.org

Services: Tax clinic open all year by appointment. * Walk-in tax clinic in March and April.

Eligibility: people on a low income, seniors, with simple tax cases

Coverage area: Vaudreuil-Dorion, Les Cèdres, Saint-Lazare, Île-Perrot, Pincourt, Terrasse-Vaudreuil, Hudson, Vaudreuil-sur-le-Lac, Pointe-des-Cascades, L'Île-Cadieux, Notre-Dame-de-l'Île-Perrot

Hours: March and April: Tuesday and Wednesday 9h00 to 11h30 and 13h00 to 15h30

Fees: free

Financing: provincial, donations

Legal status: non-profit organization

Food

COMMUNITY GARDENS AND MARKETS

FOOD ASSISTANCE

LOW COST OR FREE MEALS

Community gardens and markets

LES COTEAUX - MUNICIPALITY

65 338 Road, Les Coteaux, Montérégie, QC, J7X 1A2

450 267-3531

Website: les-coteaux.qc.ca

Email: info@les-coteaux.qc.ca

Services: Management of municipal services. * Municipal counter: information about licences, subsidies and taxes, payment of taxes.* Online calendar of the recyclable and garbage collections.* Public security: fire department, animal control.* Community gardens.

Legal status: municipal agency

SAINT-LAZARE - CITY

1960 Sainte-Angélique Road, Saint-Lazare, Montérégie, QC, J7T 3A3

450 424-8000 Fax: 450 455-3877

Website: ville.saint-lazare.qc.ca

Email: info@ville.saint-lazare.qc.ca

Services: Management of municipal services. * Municipal office: general information, information on permits, grants, taxes, tax payment and property assessment.* Schedule of collections of recyclable materials, garbage and bulky items and information about waste management.* Public security: fire department, community patrol and Sûreté du Québec.* Community gardens.* Subsidies for the purchase of washable diapers.* Info-travaux: informations on street closures and road work.

Financing: municipal

Legal status: municipal agency

Food Assistance

AIDE MOMENTANÉE POUR LES URGENCES RIGAUDIENNES

Confidential Address

514 771-4746

Email: amurrigaud@gmail.com

Services: * Food assistance: vouchers.* Emergency furniture assistance.* Financial assistance.

Eligibility: people on a low income

Coverage area: Rigaud, Pointe-Fortune and Très-Saint-Rédempteur

Hours: Sunday to Saturday 9h00 to 18h00

Fees: free

Financing: self-financing and grants

Legal status: non-profit organization

ÉGLISE SAINT-MICHEL DE VAUDREUIL

414 Saint-Charles Avenue, Vaudreuil-Dorion, Montérégie, QC, J7V 2M6

450 455-4282

Email: paroissestmichel@videotron.ca

Services: * Food vouchers.

Eligibility: people in need

Coverage area: Vaudreuil-Dorion, Vaudreuil-sur-le-Lac, l'Île-Cadieux and Pointe-des-Cascades

Hours: by appointment

Fees: free

Legal status: non-profit organization

LE PONT BRIDGING FOOD BANK OF HUDSON

Confidential Address

450 458-5318

Services: * Food bank.

Eligibility: people and families in need

Coverage area: Hudson, Saint-Lazare

Hours: Wednesday by appointment

Fees: free

Financing: donations

Legal status: non-profit organization

SOURCE D'ENTRAIDE INC. (LA)

2252 Sainte-Angélique Road, Saint-Lazare, Montérégie, QC, J7T 2H5

450 455-8000

Website: www.source-dentraide.com

Email: info@sourcedentraide.org

Services: * Thrift store: used clothing and household items.* Food aid.* Sewing workshop.

Coverage area: food assistance: Saint-Lazare

Hours: Tuesday 9h00 to 15h00, Thursday 9h00 to 15h00 and 19h00 to 20h30, Saturday 9h00 to 12h00

Financing: self-financing, fundraising campaigns

Legal status: non-profit organization

Low cost or free meals

REPAS PARTAGÉS - LES COTEAUX, SOUTH SECTOR

21 Prieur Street, Les Coteaux, Montérégie, QC, J7X 1L5

450 267-0407

Services: * Community meals.

Eligibility: seniors

Coverage area: Les Coteaux

Hours: last Tuesday of month

Financing: self-financing, donations

Legal status: non-profit organization

REPAS PARTAGÉS - NOTRE-DAME-DE-L'ÎLE-PERROT

Confidential Address

514 453-9420

Website: www.legraves.com

Services: * Community meals.

Eligibility: people 50 years and over

Coverage area: Notre-Dame-de-l'Île-Perrot

Hours: 2nd Wednesday of each month

Legal status: non-profit organization

REPAS PARTAGÉS - RIGAUD

Confidential Address

450 451-5130

Website: www.legraves.com

Services: * Community meals.

Eligibility: people 50 years and over

Capacity: more or less 100 people
Coverage area: Rigaud
Hours: 3rd Thursday of each month
Fees: \$12
Legal status: non-profit organization

REPAS PARTAGÉS - SAINT-ZOTIQUE

Confidential Address
450 267-0930
Website: www.legraves.com
Services: * Community meals.
Eligibility: people 50 years and over
Capacity: more or less 100 people
Coverage area: Saint-Zotique
Hours: 1st Wednesday of each month
Fees: \$12
Legal status: non-profit organization

REPAS PARTAGÉS - VAUDREUIL-DORION

Confidential Address
450 455-1182
Website: www.legraves.com
Services: * Community meals.
Eligibility: people 50 years and over
Capacity: more or less 100 people
Coverage area: Vaudreuil-Dorion
Hours: four times a year
Fees: \$12
Legal status: non-profit organization

Government services

MUNICIPAL SERVICES

PUBLIC TRANSPORTATION

Municipal services

CÈDRES (LES) - LOISIRS, CULTURE ET VIE COMMUNAUTAIRE

1060 du Fleuve Road, Les Cèdres, Montérégie, QC, J7T 1A1

450 452-4651 ext. 224

Website: www.ville.lescedres.qc.ca

Email: cchampagne@ville.lescedres.qc.ca

Services: * Sports, cultural and leisure activities.* Parks, sports fields.

Coverage area: Les Cèdres

Fees: variable

Legal status: municipal agency

COTEAU-DU-LAC - CITY

342 du Fleuve Road, Coteau-du-Lac, Montérégie, QC, J0P 1B0

450 763-5822

Email: info@coteau-du-lac.com

Services: Management of municipal services. * Municipal counter: information on permits, subsidies and taxes, payment of fees, commissioner of oaths.* Online calendar of the recyclable and garbage collections.* Public security: fire department, civil security, animal control.* Online evaluation role.

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

Legal status: municipal agency

COTEAU-DU-LAC - LEISURE AND CULTURE

342 du Fleuve Road, Coteau-du-Lac, Montérégie, QC, J0P 1B0

450 763-5822 ext. 222 Fax: 450 763-0938

Email: loisirs@coteau-du-lac.com

Services: * Parks and playing fields.* Room rental.* Recreational events and activities.* Ice rink, swimming pools.* Management of Wilson Community Centre.

Legal status: municipal agency

HUDSON - PARKS AND RECREATION DEPARTMENT

Stephen F. Shaar Community Centre, 394 Main Street, Hudson, Montérégie, QC, J0P 1H0

450 458-6699 Fax: 450 458-7764

Website: hudson.quebec/en/parks-and-recreation

Email: recreation@hudson.quebec

Services: * Sports and recreational activities.* Community centre, youth centre, swimming pool, parks, hiking trails.* Summer day camp.

Coverage area: Hudson

Hours: Monday to Friday 8h00 to 12h00 and 12h45 to 16h30

Fees: variable

Legal status: municipal agency

ÎLE-PERROT - SERVICE DES LOISIRS

Paul-Émile-Lépine Community Centre, 150 Perrot Boulevard, L'île-Perrot, Montérégie, QC, J7V 3G1

514 453-1751 ext. 227 Fax: 514 453-1655

Website: www.ile-perrot.qc.ca

Email: s-loisi@ile-perrot.qc.ca

Services: * Community, sociocultural and sports activities.* Community centre, swimming pool, parks, ice rinks, sports fields.* Coordination with community organizations.* Summer day camp.* Events and celebrations.* Room rental.

Coverage area: L'Île-Perrot

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

Fees: variable

Legal status: municipal agency

L'ÎLE-CADIEUX - VILLE

50 de l'Île Road, Vaudreuil-Dorion, Montérégie, QC, J7V 8P3

450 424-4273 Fax: 450 424-6327

Website: www.ilecadieux.ca

Email: info.ilecadieux@videotron.ca

Services: Municipal service management. * Payment of municipal tax.* Urban-planning department: construction permits.* Garbage collection.

Hours: Monday 10h00 to 14h00, Tuesday and Thursday 9h00 to 16h30

Legal status: municipal agency

LES COTEAUX - LEISURE AND COMMUNITY LIFE

21 Principale Street, Les Coteaux, Montérégie, QC, J7X 1A1

450 267-3531

Email: dirloisirs@les-coteaux.qc.ca

Services: * Activities and events.* Group lessons.* Ice rink cottages.* Room rental.* Parks and playing fields.* Sports grants.* Grants for the purchase of washable diapers.

Legal status: municipal agency

NOTRE-DAME-DE-L'ÎLE-PERROT - CITY

21 de l'Église Street, Notre-Dame-de-l'Île-Perrot, Montérégie, QC, J7V 8P4

514 453-4128 Fax: 514 453-8961

Website: www.ndip.org

Email: info@ndip.org

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

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

Legal status: municipal agency

NOTRE-DAME-DE-L'ÎLE-PERROT - COMMUNITY SERVICES

1300 Don-Quichotte Boulevard, Notre-Dame-de-l'Île-Perrot, Montérégie, QC, J7V 9E2

514 453-4128 ext. 3 Fax: 514 453-6647

Website: www.ndip.org

Email: loisirs@ndip.org

Services: * Sports and recreational activities.* Swimming pools, arenas, nautical centre, parks, sports fields.* Summer day camp.* Room rental.* Events, parties.

Coverage area: Notre-Dame-de-l'Île-Perrot

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

Fees: variable

Legal status: municipal agency

PINCOURT - CITY

919 Duhamel Road, Pincourt, Montérégie, QC, J7V 4G8

450 453-8981 Fax: 450 453-0934

Website: www.villepincourt.qc.ca

Email: information@villepincourt.qc.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 Friday 8h30 to 12h00 and 13h00 to 16h30, summer: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 13h00
Legal status: municipal agency

PINCOURT - RECREATION AND CULTURE

Omni-centre, 375 Cardinal-Léger Boulevard, Pincourt, Montérégie, QC, J7V 9H6
514 453-8981 ext. 6 Fax: 514 453-1839
Website: www.villepincourt.qc.ca
Email: loisirs@villepincourt.qc.ca

Services: * Community, sociocultural and sports activities. * Ice rinks, swimming pool, parks and playgrounds. * Coordination with community organizations. * Summer and spring break day camps. * Room rental. * Events.
Coverage area: Pincourt
Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, summer: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 13h00
Fees: variable
Legal status: municipal agency

POINTE-DES-CASCADES - LOISIRS, CULTURE ET VIE CITOYENNE

52 du Fleuve Road, Pointe-des-Cascades, Montérégie, QC, J0P 1M0
450 455-3414 Fax: 450 455-9671
Website: www.pointe-des-cascades.com
Email: info@pointe-des-cascades.com

Services: * Sports and recreational activities. * Community centre, swimming pool, sports fields, parks. * Room rental. * Parties.
Coverage area: Pointe-des-Cascades
Fees: variable
Legal status: municipal agency

POINTE-DES-CASCADES - MUNICIPALITÉ

105 du Fleuve Road, Pointe-Des-Cascades, Montérégie, QC, J0P 1M0
450 455-3414 Fax: 450 455-9671
Website: www.pointe-des-cascades.com
Email: info@pointe-des-cascades.com

Services: Municipal service management. * Municipal tax payment. * Fire department. * Public work department: infrastructure maintenance. * Urban-planning department: construction permits.
Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30
Legal status: municipal agency

POINTE-FORTUNE - MUNICIPALITÉ

694 Tisseur Street, Pointe-Fortune, Montérégie, QC, J0P 1N0
450 451-5178 Fax: 450 451-4649
Website: www.pointefortune.ca
Email: mpf@qc.aira.com

Services: Management of municipal services. * Municipal office: information on permits, subsidies and taxes, payment of taxes. * Schedule of collection of recyclable materials and garbage and information on waste management: <http://www.pointefortune.ca/services/?id=37#contn> * Public security: fire safety service, Sureté du Québec. * Road service. * Adapted transport.
Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00
Financing: municipal
Legal status: municipal agency

RIGAUD - LOISIRS, CULTURE ET VIE COMMUNAUTAIRE

65 Saint-Pierre Street, Rigaud, Montérégie, QC, J0P 1P0

450 451-0869 ext. 238

Website: www.ville.rigaud.qc.ca

Services: * Recreational and sports activities.* Outdoor activities.* Summer camp.

Financing: municipal

Legal status: municipal agency

RIVIÈRE-BEAUDETTE - LEISURE AND ACTIVITIES

663 Frontière Road, Rivière-Beaudette, Montérégie, QC, J0P 1R0

450 269-2931

Email: loisirsbeaudette@yahoo.com

Services: * Group lessons.* Ice rink.* Card and board games.* Playing fields.* Educational garden.

Legal status: municipal agency

RIVIÈRE-BEAUDETTE - MUNICIPALITY

663 Frontière Road, Rivière-Beaudette, Montérégie, QC, J0P 1R0

450 269-2931

Website: riviere-beaudette.com

Email: munrivbeaudette@qc.aira.com

Services: Management of municipal services. * Municipal counter: information about licences, subsidies and taxes, payment of taxes, certificates.* Online calendar of the recyclable and garbage collections.* Public security: fire department, Sûreté du québec.* Online evaluation role.

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

Legal status: municipal agency

SAINT-CLET - LEISURE

4 Du Moulin Street, Saint-Clet, Montérégie, QC, J0P 1S0

450 456-3900 Fax: 450 456-3879

Email: loisirs@st-clet.com

Services: * Activities and leisure.* Ice rink.* Parks and playing fields.

Legal status: municipal agency

SAINT-CLET - MUNICIPALITY

4 Du Moulin Street, Saint-Clet, Montérégie, QC, J0P 1S0

450 456-3363

Website: st-clet.com

Email: st-clet@videotron.ca

Services: Management of municipal services. * Municipal counter: information about licences, subsidies and taxes, payment of taxes.* Online calendar of the recyclable and garbage collections.* Public security: fire department.* Online evaluation role.

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

Legal status: municipal agency

SAINT-LAZARE - LOISIRS ET VIE COMMUNAUTAIRE

1301 du Bois Street, Saint-Lazare, Montérégie, QC, J7T 3E6

450 424-8000 ext. 220 Fax: 450 424-3246

Website: www.ville.saint-lazare.qc.ca/activitesrecreativesetsportives

Email: loisirs@ville.saint-lazare.qc.ca

Services: * Sports and recreational activities.* Community centre, parks, sports fields, sports complex and outdoor ice rinks.* Summer day camp.* Soft training for seniors.* Room rental.* Ado'zone: activities and dances for youth.* Parties, shows and events.

Coverage area: Saint-Lazare

Hours: Monday to Thursday 8h00 to 12h00 and 12h45 to 16h30, Friday 8h00 to 12h00 and 12h30 to 16h30, soft training for seniors: Monday and Wednesday 14h30 to 15h30

Fees: variable

Financing: municipal

Legal status: municipal agency

SAINT-POLYCARPE - LOISIRS

100 Loisirs Street, Saint-Polycarpe, Montérégie, QC, J0P 1X0

450 265-3731 ext. 21 Fax: 450 265-1124

Website: munstpolycarpe.qc.ca/services-municipaux/loisir-culture-et-vie-communautaire

Services: * Soccer, volley-ball, ball and petanque fields, ice rink, croquet, playgrounds.* Soulanges sports centre: skating, hockey, room rental, etc.* Assistance with sporting fees.* Special events.

Hours: office: Monday to Friday 8h00 to 12h00 and 13h00 to 17h00

Legal status: municipal agency

SAINT-POLYCARPE - MUNICIPALITÉ

1263 Élie-Auclair Road, Saint-Polycarpe, Montérégie, QC, J0P 1X0

450 265-3777 Fax: 450 265-3010

Website: munstpolycarpe.qc.ca

Services: Municipal service management. * Municipal tax management and payment.* Urban services: snow removal, sewage, etc.* Urban planning department: construction permits.* Information on garbage collections.* Public security: fire department, Sûreté du Québec.* Le Lien municipal newsletter.

Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 17h00, Friday 9h00 to 12h00 and 13h00 to 16h00

Legal status: municipal agency

SAINT-TÉLESPHORE - LOISIRS

1425 340 Road, Saint-Télesphore, Montérégie, QC, J0P 1Y0

450 269-2999

Website: saint-telesphore.com

Email: st-telesphore@xittel.ca

Services: * Parks, hiking trails and ice rink.* Chalet at André-Leblanc Park.

Hours: chalet at André-Leblanc Park: Monday to Friday 8h00 to 21h00, Saturday and Sunday 9h00 to 21h00

Legal status: municipal agency

SAINT-TÉLESPHORE - MUNICIPALITÉ

1425 340 Road, Saint-Télesphore, Montérégie, QC, J0P 1Y0

450 269-2999 Fax: 450 269-2257

Website: saint-telesphore.com

Email: st-telesphore@xittel.ca

Services: Municipal service management. * Municipal tax management and payment.* Information on garbage collection.* Construction and burning permits.* Public security: fire department, Sûreté du Québec.* Montjoie: municipal newsletter.

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

Legal status: municipal agency

SAINT-ZOTIQUE - MUNICIPALITY

1250 Principale Street, Saint-Zotique, Montérégie, QC, J0P 1Z0

450 267-9335

Website: www.st-zotique.com

Email: dg@st-zotique.com

Services: Municipal services management. * Waste and recyclable waste collection.* Urban planning service.* Taxation and property assessment: www.st-zotique.com/municipalite/services-en-ligne/evaluation-en-ligne
Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 13h30
Financing: municipal
Legal status: municipal agency

TERRASSE-VAUDREUIL - LOISIRS ET SERVICES COMMUNAUTAIRES

74 7th Avenue, Terrasse-Vaudreuil, Montérégie, QC, J7V 3M9

514 453-8120 Fax: 514 453-1180

Website: www.terrasse-vaudreuil.ca

Email: info@terrasse-vaudreuil.ca

Services: * Sports and recreational activities.* Community centre, swimming pool, ice rink, sports fields.* Summer day camp.* Room rental.

Coverage area: Terrasse-Vaudreuil

Fees: variable

Legal status: municipal agency

TERRASSE-VAUDREUIL - MUNICIPALITÉ

74 7th Avenue, Terrasse-Vaudreuil, Montérégie, QC, J7V 3M9

514 453-8120 Fax: 514 453-1180

Website: www.terrasse-vaudreuil.ca

Email: info@terrasse-vaudreuil.ca

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

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

Legal status: municipal agency

TRÈS-SAINT-RÉDEMPTEUR - LOISIRS

769 Principale Road, Très-Saint-Rédempteur, Montérégie, QC, J0P 1P1

450 451-5203

Website: tressaintredempteur.ca/loisirs-et-culture/service-des-loisirs

Email: mun.tsr@tressaintredempteur.ca

Services: * Community centre.* Activities and events.* Parks, playgrounds, softball and basketball fields, walking trails.* Room rental.

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

Legal status: municipal agency

TRÈS-SAINT-RÉDEMPTEUR - MUNICIPALITÉ

769 Principale Road, Très-Saint-Rédempteur, Montérégie, QC, J0P 1P1

450 451-5203 Fax: 450 451-8894

Website: tressaintredempteur.ca

Email: mun.tsr@tressaintredempteur.ca

Services: Municipal service management. * Municipal tax management and payment.* Urban planning and environment department: advisory committee, construction and renovation permits, regulation of artesian wells and septic systems.* Public work department: maintenance of roads and traffic signs, municipal buildings, green spaces, etc.* Information on garbage collections.* Public security: fire department, Sûreté du Québec.* Dog licenses.* Municipal newsletter.

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

Legal status: municipal agency

VAUDREUIL-DORION - LOISIRS ET CULTURE

3093 de la Gare Boulevard, Suite B-230, Vaudreuil-Dorion, Montérégie, QC, J7V 9R2

450 455-3371 ext. 4 Fax: 450 424-3270

Website: www.ville.vaudreuil-dorion.qc.ca/loisirs-et-culture.html

Email: loisirs-culture@ville.vaudreuil-dorion.qc.ca

Services: * Community, sociocultural and sports activities.* Multisports centre, arena, swimming pools, parks, ice rinks and playgrounds.* Coordination with community organizations.* Summer day camp.* Shows and events.* Room rental.

Coverage area: Vaudreuil-Dorion

Hours: Monday to Thursday 8h30 to 18h00, Friday 8h30 to 12h00

Fees: variable

Legal status: municipal agency

VAUDREUIL-SUR-LE-LAC - LOISIRS ET SERVICES COMMUNAUTAIRES

44 de l'Église Street, Vaudreuil-Dorion, Montérégie, QC, J7V 8P3

450 455-1133 ext. 6 Fax: 450 455-8614

Website: www.vsl.ca

Email: loisirs-vsl@videotron.ca

Services: * Sports and recreational activities.* Community centre, parks, sports fields.* Summer day camp.* Room rental.* Parties and events.

Coverage area: Vaudreuil-sur-le-Lac

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

Fees: variable

Legal status: municipal agency

VAUDREUIL-SUR-LE-LAC - MUNICIPALITÉ

44 de l'Église Street, Vaudreuil-sur-le-Lac, Montérégie, QC, J7V 8P3

450 455-1133 Fax: 450 455-8614

Website: www.vsl.ca

Email: vsl@videotron.ca

Services: Municipal service management. * Municipal tax payment.* Information on garbage collection.* Urban-planning department: construction permits.

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

Legal status: municipal agency

Public transportation

CONSEIL INTERMUNICIPAL DE TRANSPORT DE LA PRESQU'ÎLE

4 Saint-Michel Street, Vaudreuil-Dorion, Montérégie, QC, J7V 1E7

450 424-2485 Fax: 450 218-1980

Website: www.citlapresquile.qc.ca

Email: info@citlapresquile.qc.ca

Services: Public organization for mass transit and paratransit.

Eligibility: paratransit: disabled people and people with limitations affecting their mobility

Coverage area: Hudson, Pincourt, Vaudreuil-Dorion, Notre-Dame-de-l'Île-Perrot, Île-Perrot, Saint-Lazare, Rigaud

Hours: Monday, Tuesday, Wednesday, Friday 9h00 to 16h30, Thursday 8h00 to 19h00

Fees: variable

Financing: self-financing, provincial

Legal status: parapublic organization

Health

HOSPITALS, CLSC AND COMMUNITY CLINICS

Hospitals, CLSC and community clinics

CLSC DE RIGAUD

59 Saint-Viateur Street, Rigaud, Montérégie, QC, J0P 1P0

450 451-6609 Fax: 450 451-6171

Website: www.santemonteregie.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.

Coverage area: MRC Vaudreuil-Soulanges, Île-Perrot

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

Financing: provincial

Legal status: parapublic organization

CLSC DE SAINT-POLYCARPE

11 Cité des Jeunes Boulevard, Saint-Polycarpe, Montérégie, QC, J0P 1X0

1 450 265-3771 Fax: 1 450 265-3556

Website: www.santemonteregie.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.

Coverage area: MRC Vaudreuil-Soulanges, Île-Perrot

Hours: Monday, Tuesday, Thursday, Friday 8h30 to 16h30, Wednesday 8h30 to 20h00

Financing: provincial

Legal status: parapublic organization

CLSC ET CENTRE DE SERVICES AMBULATOIRES DE VAUDREUIL-DORION

3031 de la Gare Boulevard, Vaudreuil-Dorion, Montérégie, QC, J7V 9R2

450 455-6171 Fax: 450 455-2356

Website: www.santemonteregie.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.* Crise-Ado-Famille-Enfance program.* Comes to the aid of families who are living a crisis with their adolescent or child from 5 to 17 years who has a behaviour problem.

Coverage area: MRC Vaudreuil-Soulanges, Île-Perrot

Hours: Monday to Friday 8h00 to 20h00, Saturday and Sunday 8h00 to 16h00, Crise-Ado-Famille-Enfance: 7 days 15h00 to 22h00

Financing: provincial

Legal status: parapublic organization

Immigration and cultural communities

GOVERNMENT SERVICES

Government services

CENTRE LOCAL D'EMPLOI DE VAUDREUIL-SOULANGES

430 Harwood Boulevard, Suite 4, Vaudreuil-Dorion, Montérégie, QC, J7V 7H4

450 455-5666 Fax: 450 424-0772

Website: www.mess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi/

Services: Labour market integration assistance and last-resort financial assistance. * Information and referral.* Job search assistance: resume writing, interview preparation.* Subsidized training programs for enterprises and students, women, youth, young mothers, older workers, disabled people, immigrants and people from visible minorities.* Multiservice room: phone, fax, computers and printers.* Last-resort financial assistance.* Business services: recruitment assistance.

Eligibility: job seekers and people experiencing special challenges entering the labour market, individuals and families receiving last-resort financial assistance or on a low income, employers

Coverage area: Vaudreuil-Dorion and surroundings

Hours: Monday, Tuesday, Thursday and Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: parapublic organization

SERVICES QUÉBEC - VAUDREUIL-DORION

430 Harwood Boulevard, Suite 4, Vaudreuil-Dorion, Montérégie, QC, J7V 7H4

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

Website: www.monteregie.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: Montérégie

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 VAUDREUIL-SOULANGES

430 Harwood Boulevard, Suite 4, Vaudreuil-Dorion, Montérégie, QC, J7V 7H4

450 455-5666 Fax: 450 424-0772

Website: www.mess.gouv.qc.ca/services-a-la-clientele/centre-local-emploi/

Services: Labour market integration assistance and last-resort financial assistance. * Information and referral.* Job search assistance: resume writing, interview preparation.* Subsidized training programs for enterprises and students, women, youth, young mothers, older workers, disabled people, immigrants and people from visible minorities.* Multiservice room: phone, fax, computers and printers.* Last-resort financial assistance.* Business services: recruitment assistance.

Eligibility: job seekers and people experiencing special challenges entering the labour market, individuals and families receiving last-resort financial assistance or on a low income, employers

Coverage area: Vaudreuil-Dorion and surroundings

Hours: Monday, Tuesday, Thursday and Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30

Financing: provincial

Legal status: parapublic organization

SERVICES QUÉBEC - VAUDREUIL-DORION

430 Harwood Boulevard, Suite 4, Vaudreuil-Dorion, Montérégie, QC, J7V 7H4

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

Website: www.monteregie.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: Montérégie

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

RECREATION AND CAMPS

Autism, PDD, ADHD

ASSOCIATION PANDA VAUDREUIL-SOULANGES

418 Saint-Charles Avenue, Vaudreuil-Dorion, Montérégie, QC, J7V 2N1

514 834-2121

Email: pandavstdah@gmail.com

Services: Develop appropriate resources to inform parents, social workers and academic interveners about ADHD. * Monthly self-help group animated by peers.

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

Coverage area: CSSS Vaudreuil-Soulanges

Financing: donations, provincial

Legal status: non-profit organization

PARENTS D'ENFANTS HANDICAPÉS AVEC DIFFICULTÉS D'ADAPTATION OU D'APPRENTISSAGE

420 Chicoine Street, Vaudreuil-Dorion, Montérégie, QC, J7V 7E4

450 424-7505

Email: info@pehdaa.ca

Services: * Recreational and integration activities.* Respite.* Conferences and support for parents.* Daycare for teenagers.

Eligibility: people with a physical or intellectual disability, autism or a pervasive development disorder (PDD)

Coverage area: MRC Vaudreuil-Soulanges

Hours: office: Monday, Wednesday and Friday 8h00 to 16h00, daycare for teenagers: Monday to Friday morning and afternoon

Fees: variable depending on the activities

Financing: Centraide, provincial, municipal

Legal status: non-profit organization

RELÂCHE (LA) - RÉPIT V.S.

Confidential Address

514 347-3474

Email: larelachevs@hotmail.com

Services: Specialized and adapted summer day camp and respite. * Social integration.* Outdoor activities, arts and crafts, theatre, recreational outings.* Support and referral for parents.

Eligibility: people 4 to 21 years old with physical or intellectual disabilities or a pervasive developmental disorder (PDD)

Capacity: around 20 people

Coverage area: MRC Vaudreuil-Soulanges

Hours: day camp: end of June to mid-August, Monday to Friday 8h30 to 16h00, respite: Saturdays September to June 9h30 to 16h30

Fees: summer day camp: \$450 for 7 weeks, respite: 25\$ per day

Financing: provincial, federal, self-financing

Legal status: non-profit organization

Recreation and camps

CENTRE NOTRE-DAME DE FATIMA

2464 Perrot Boulevard, Vaudreuil-Dorion, Montérégie, QC, J7V 8P4

514 453-7600 ext. 221 Fax: 514 453-7601 **TTY:** 514 453-7600

Website: www.mon-camp.ca

Email: info@mon-camp.ca

Intellectual Disability

Services: * Arc-en-ciel: specialized day camp for children living with a disability.* Summer camp for children.* Weekend respite for children, teenagers and adults living with a disability.* Specialized group accommodation for children, teenagers and adults living with a disability.* Seasonal activities: skiing, snowshoeing, ice skating etc.* Room rental.

Eligibility: general public, summer camp: children 4 to 14 years old, Arc-en-ciel day camp: children 4 to 14 years old with a hearing, language, intellectual or multi-disability

Capacity: housing: 110, per day: 400

Coverage area: Province of Québec

Hours: administration: Monday to Friday 8h00 to 17h00

Fees: variable, financial aid available

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

Legal status: non-profit organization

Justice and Advocacy

INFORMATION AND LEGAL ASSISTANCE

Information and legal assistance

LEGAL AID OFFICE - VAUDREUIL-DORION

640-B Chicoine Street, Vaudreuil-Dorion, Montérégie, QC, J7V 9J4

450 455-3327 Fax: 450 455-4192

Website: www.csj.qc.ca

Email: vaudreuil-dorion@ccjrs.com

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: Vaudreuil-Dorion and surroundings

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

MRC DE VAUDREUIL-SOULANGES - COUR MUNICIPALE RÉGIONALE

280 Hardwood Boulevard, Vaudreuil-Dorion, Montérégie, QC, J7V 1Y5

450 455-9480 Fax: 450 455-8856

Website: www.mrcvs.ca

Email: cmrvs@mrcvs.ca

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

Coverage area: MRC de Vaudreuil-Soulanges

Hours: Monday, Wednesday and Thursday 8h30 to 16h30, Tuesday 8h30 to 19h00, Friday 8h30 to 12h00

Financing: municipal

Legal status: municipal agency

Material Assistance and Housing

EMERGENCY

HOUSING COOPERATIVES AND CORPORATIONS

THRIFT STORES

Emergency

CÈDRES (LES) - MUNICIPALITÉ

1060 du Fleuve Road, Les Cèdres, Montérégie, QC, J7T 1A1

450 452-4651 Fax: 450 452-4605

Website: www.ville.lescedres.qc.ca

Email: info@ville.lescedres.qc.ca

Hours: Monday to Friday 9h00 to 16h30, summer season 1st Monday of June to Labor Day: Monday to Thursday 9h00 to 16h30 and Friday 9h00 to 12h00

Legal status: municipal agency

HUDSON - CITY

481 Main Street, Hudson, Montérégie, QC, J0P 1H0

450 458-5347 Fax: 450 458-4922

Website: www.ville.hudson.qc.ca

Email: info@ville.hudson.qc.ca

Services: Municipal service management. * Municipal tax management and payment.* Fire department.* Public work department: infrastructure maintenance, garbage collection.* Urban-planning department: construction permits.* Pet license.* Automated emergency call system.

Hours: Monday to Friday 8h30 to 16h30

Legal status: municipal agency

L'ÎLE-PERROT - VILLE

110 Perrot Boulevard, L'Île-Perrot, Montérégie, QC, J7V 3G1

514 453-1751 Fax: 514 453-2432

Website: www.ile-perrot.qc.ca

Email: ville@ile-perrot.qc.ca

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

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

Legal status: municipal agency

VAUDREUIL-DORION - CITY

2555 Dutrisac Street, Suite 200, Vaudreuil-Dorion, Montérégie, QC, J7V 7E6

450 455-3371 Fax: 450 424-8540

Website: www.ville.vaudreuil-dorion.qc.ca

Email: courriel@ville.vaudreuil-dorion.qc.ca

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

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

Legal status: municipal agency

Housing cooperatives and corporations

OFFICE RÉGIONAL DE VAUDREUIL-SOULANGES

112 Duhamel Road, Pincourt, Montérégie, QC, J7V 4C8

514 453-6994

Email: omhpincourt@b2b2c.ca

Services: Manage and administer housing and housing programs: Low-rent housing (HLM), Rent supplement program (PSL), Québec affordable housing program, Referral service, Accès Logis program.

Eligibility: low and moderate income individuals and families

Coverage area: Montréal Métropolitain Community and MRC Vaudreuil-Soulanges

Hours: Monday to Friday 8h30 to 16h30

Legal status: municipal agency

Thrift stores

CARREFOUR DE L'ESPOIR

235 Saint-Joseph Street, Vaudreuil-Dorion, Montérégie, QC, J7V 1Z9

450 218-3100

Services: Thrift shop. * Furniture, appliances, housewares, computer equipment, office furniture, mattresses, books and bicycles.* Donations drop-off site.

Coverage area: MRC de Vaudreuil-Soulanges

Hours: Tuesday, Wednesday, Thursday and Friday 9h00 to 15h00, Saturday 9h00 to 12h00

Financing: donations

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE SOULANGES - USED ITEMS RECOVERY

371 Sainte-Catherine Street, Saint-Polycarpe, Montérégie, QC, J0P 1X0

450 265-3134 Fax: 450 265-3978

Email: cabs@videotron.ca

Services: * Used items recovery and donations pick-up: food, clothes, furniture, household items, toys and sport equipment, books.

Coverage area: Côteau-du-Lac, Rivière-Beaudette, Les Côteaux, Saint-Clet, Sainte-Justine-de-Newton, Saint-Polycarpe, Saint-Télesphore, Saint-Zotique, Sainte-Marthe

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

Financing: donations, grants, self-financing

Legal status: non-profit organization

COMPTOIR NOTRE-DAME-DE-LORETTE

33 Lussier Avenue, Pincourt, Montérégie, QC, J7V 5B1

450 452-4881

Website: ndlorette.ca

Services: * Clothing depot.

Eligibility: people on a low income

Coverage area: Pincourt

Hours: Wednesday 12h30 to 16h30

Legal status: non-profit organization

OUVROIR SAINT-VINCENT

Basement of Sainte-Madeleine's Church, 4 Saint-Jean-Baptiste Street East, Rigaud, Montérégie, QC, J0P 1P0

450 451-5878

Services: * Sale of used items: clothes, kitchen items, linen, household items, etc.* Recovery of used items.

Eligibility: open to everyone

Coverage area: Rigaud

Hours: Tuesday 13h00 to 16h00

Financing: self-financing

Legal status: non-profit organization

ZÈBRE ROUGE (LE)

410 Saint-Charles Avenue, Vaudreuil-Dorion, Montérégie, QC, J7V 2M6

450 424-2422

Website: www.zebrerouge.org

Email: info@zebrerouge.org

Services: Professional integration enterprise. * Sale, repair and rental of bicycles.* Vélo/Cité: self-service bicycles.

Eligibility: young adults with mental health problems or physical or intellectual disabilities, Vélo/Cité: general public

Coverage area: MRC Vaudreuil-Soulanges

Hours: summer: Monday to Wednesday 9h00 to 17h00, Thursday and Friday 10h00 to 19h00, Saturday 10h00 to 16h00, winter: Tuesday to Friday 8h00 to 16h00

Fees: Vélo/Cité: free

Financing: self-financing, donations, Centraide, provincial

Legal status: non-profit organization

Mental Health and addictions

CRISIS CENTRES AND SUICIDE PREVENTION

MENTAL HEALTH HOUSING

SELF-HELP GROUPS FOR MENTAL HEALTH ISSUES

Crisis centres and suicide prevention

RESSOURCE DE TRANSITION LE TOURNANT

Confidential Address

450 455-1606

Website: www.letournant.org

Email: vaudreuil@letournant.qc.ca

Services: Crisis centre. * Crisis intervention and suicide prevention helpline 24 hours, 7 days.* Temporary accommodations, close monitoring, rehabilitation, telephone follow-up and crisis intervention within the community.* Bereavement support: Postvention measures, support groups for people bereaved by suicide.* Variable intensity monitoring (SIV): Medium term psychosocial rehabilitation service to increase the independence of people with serious mental disorders.* Training.

Eligibility: people with mental health issues and who are suffering from emotional distress, their relatives

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

Hours: 24 hours, 7 days

Legal status: non-profit organization

Mental health housing

ARC-EN-CIEL VAUDREUIL-SOULANGES

60 de l'Église Street, Vaudreuil-Dorion, Montérégie, QC, J7V 1W4

450 424-7006 Fax: 450 424-9684

Website: www.arcencielvs.com

Email: arcencielvs@gmail.com

Services: Help for people with mental health issues. * Short and long-term housing.* Social insertion program.* Counselling.* Individual and group intervention.* Accompaniment.* Support to hospitalized members and members in the post-hospital residence Mi-chemin.* Cooking workshops.* Personal growth workshops.* Art classes.* Sporting and recreational activities.* Annual social activities.

Eligibility: people on a low income, people coping with mental health issues, people in the process of social reintegration

Capacity: 4 residences with 5 to 8 apartments each

Coverage area: MRC de Vaudreuil-Soulanges

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

Fees: membership: \$5 per year

Financing: fundraising campaigns, provincial

Legal status: non-profit organization

Self-help groups for mental health issues

VERSANT (LE) - RÉSEAU D'ENTRAIDE POUR PERSONNES SOUFFRANT DE TROUBLES ANXIEUX

60 de L'Église Street, Vaudreuil-Dorion, Montérégie, QC, J7V 1W4

450 455-0507 ext. 70657

Website: www.leversant.org

Email: info@leversant.org

Services: Self-help group. * Workshops and meetings on controlling anxiety disorders, emotion, self-esteem, self-affirmation.* Youth section.* Activities and conferences.

Eligibility: adults living with anxiety, youth section: youth 12 to 17 years old

Coverage area: MRC Vaudreuil-Soulanges

Fees: membership: \$10, exercise book: \$25 to \$30, services: free

Financing: provincial

Legal status: non-profit organization

Physical Disability

DEAF AND HEARING IMPAIRED

LANGUAGE DISORDERS

PARATRANSIT

RECREATION AND CAMPS

SUPPORT ASSOCIATIONS

Deaf and hearing impaired

PALLIATIVE CARE RESIDENCE VAUDREUIL-SOULANGES FOUNDATION

90 Como Gardens Street, Hudson, Montérégie, QC, J0P 1H0

450 202-2202 Fax: 450 202-2205

Website: www.mspvs.org

Email: info@mspvs.org

Services: Palliative care residence. * Accompaniment and support. * Medical service. * Possibility for relatives to cohabit with the resident. * End-of-life care including palliative sedation.

Eligibility: people of any age with a terminal illness, with a prognosis of less than three months

Capacity: 12 patients

Coverage area: MRC Vaudreuil-Soulanges

Fees: free

Financing: donations

Legal status: non-profit organization

Language disorders

CENTRE PRÉNATAL ET JEUNES FAMILLES

486 Chicoine Street, Vaudreuil-Dorion, Montérégie, QC, J7V 7E4

438 288-4448

Website: www.centrepjf.org

Email: info@centrepjf.org

Services: Family support. * Medicine: birth accompaniment, chiropractic, occupational therapy, obstetrics, speech therapy, osteopathy. * Psychoeducation and child psychology. * Parental coaching. * Drop-in daycare. * Adapted and regular preschool workshops. * Child development course. * Yoga for parents or parent-child. * Baby massage course. * Workshops and conferences, coffee-chat. * X-Moms: external respite for parents of ill or disabled children. * Prenatal classes.

Eligibility: families

Coverage area: Vaudreuil-Soulanges

Hours: Monday to Friday 8h30 to 15h30

Fees: variable

Legal status: non-profit organization

Paratransit

TRANSPORT SOLEIL

4 Saint-Michel Street, Vaudreuil-Dorion, Montérégie, QC, J7V 1E7

450 424-0744 Fax: 450 218-1980

Website: www.transportsoleil.qc.ca

Email: info@transportsoleil.qc.ca

Services: Adapted transportation. * Regular scheduled service. * Occasional service on request.

Eligibility: people with disabilities

Coverage area: MRC de Vaudreuil-Soulanges

Hours: transportation: Monday to Wednesday 7h00 to 19h00, Thursday to Saturday 7h00 to 22h00, office: Monday to Wednesday 7h30 to 18h00, Thursday 7h30 to 19h00 and Friday 7h30 to 16h30

Fees: variable

Financing: self-financing, municipal

Legal status: non-profit organization

Recreation and camps

CENTRE NOTRE-DAME DE FATIMA

2464 Perrot Boulevard, Vaudreuil-Dorion, Montérégie, QC, J7V 8P4

514 453-7600 ext. 221 Fax: 514 453-7601 TTY: 514 453-7600

Website: www.mon-camp.ca

Email: info@mon-camp.ca

Services: * Arc-en-ciel: specialized day camp for children living with a disability.* Summer camp for children.* Weekend respite for children, teenagers and adults living with a disability.* Specialized group accommodation for children, teenagers and adults living with a disability.* Seasonal activities: skiing, snowshoeing, ice skating etc.* Room rental.

Eligibility: general public, summer camp: children 4 to 14 years old, Arc-en-ciel day camp: children 4 to 14 years old with a hearing, language, intellectual or multi-disability

Capacity: housing: 110, per day: 400

Coverage area: Province of Québec

Hours: administration: Monday to Friday 8h00 to 17h00

Fees: variable, financial aid available

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

Legal status: non-profit organization

Support Associations

ASSOCIATION DE FIBROMYALGIE ET DU SYNDROME DE FATIGUE CHRONIQUE DE VAUDREUIL-SOULANGES

168 Saint-Charles Avenue, Vaudreuil-Dorion, Montérégie, QC, J7V 2L1

450 218-7722 Fax: 450 218-7722

Website: www.afsfc-vs.org

Email: info@afsfc-vs.org

Services: * Self-help and support groups.* Workshops and conferences.* Yoga classes.* Creative journaling workshop.* Therapeutic cooking at Centre d'action bénévole l'Actuel in Vaudreuil-Dorion: 88 Adèle Street.

Eligibility: people with fibromyalgia, chronic pain or chronic fatigue syndrome, their relatives

Coverage area: MRC Vaudreuil-Soulanges and surroundings

Hours: Monday, Tuesday and Thursday 9h00 to 15h00

Fees: membership: \$25 per year, therapeutic cooking: \$7

Financing: provincial, donations

Legal status: non-profit organization

GROUPE DE SOUTIEN DU SUROÎT ARTHRITE-ARTHROSE

Confidential Address

450 288-4742

Website: www.gssaa.ca

Email: info@gssaa.ca

Services: * Self-help group.* Training program.* Conferences, coffee meetings and information events.* Adapted sports, yoga therapy.* Meditation, therapeutic breathing and stress management workshops.* Aquatherapy.* Painting classes.* Activities and outings.* Newsletter.

Eligibility: individuals with arthritis and arthrosis, their families

Coverage area: MRC de Beauharnois-Salaberry, MRC du Haut-Saint-Laurent, MRC Vaudreuil-Soulanges and the surroundings on demand

Hours: Monday to Friday 10h00 to 15h00

Fees: subscription: free, activities: variable

Financing: donations, provincial, fundraising campaigns

Legal status: non-profit organization

Seniors

COMMUNITY AND RECREATION CENTRES

HOME SUPPORT

HOUSING FOR SENIORS

INTERGENERATIONAL ACTIVITIES

SENIORS' ADVOCACY AND ASSISTANCE ASSOCIATIONS

VOLUNTEER TRANSPORTATION

Community and Recreation Centres

CENTRE COMMUNAUTAIRE DES AÎNÉS DE SOULANGES

12 Curé-Cholet Street, Saint-Polycarpe, Montérégie, QC, J0P 1X0

1 855 510-3548 Fax: 450 265-1144

Email: mdasoulanges@outlook.com

Services: * Food assistance: meals on wheels, sale of frozen meals and community meals.* Activity days.* Training and conferences on various senior-related matters.

Eligibility: seniors 50 years old and over, people with loss of autonomy or physical disabilities

Coverage area: MRC de Vaudreuil-Soulanges

Hours: Monday to Friday 9h00 to 16h00

Financing: provincial, self-financing

Legal status: non-profit organization

CLUB ÂGE D'OR VILLE ÎLE-PERROT

Paul-Émile-Lépine Community Centre, 150 Perrot Boulevard, L'Île-Perrot, Montérégie, QC, J7V 3G1

514 453-9276

Services: * Dancing suppers, crafts, painting workshops, bean bag toss, bridge club, trips, outings.

Eligibility: people 50 years and over

Coverage area: L'Île-Perrot

Hours: variable

Fees: \$10 per year

Financing: self-financing

Legal status: non-profit organization

CLUB D'ÂGE D'OR LES CÈDRES

145 Valade Street, Les Cèdres, Montérégie, QC, J7T 1S9

450 452-2257 Fax: 450 452-4605

Email: danielprevost@videotron.ca

Services: * Monthly community dancing dinner.* Recreational activities: bean bags.* Charitable activities.

Eligibility: seniors 50 years and over

Coverage area: Les Cèdres and surroundings

Hours: dinner: 3rd Thursday of the month, bean bags: Wednesday

Fees: membership: \$10 per year

Financing: contributions

Legal status: non-profit organization

CLUB FADOQ LES COTEAUX

Confidential Address

450 267-0541

Email: michaudy10@hotmail.com

Services: * Social and recreational activities: darts, shuffleboard, petanque, cards.* Dances.* Outings, theatre.

Eligibility: seniors aged 50 years and over

Coverage area: Les Coteaux and surroundings

Fees: membership card: \$20, variable for outings

Legal status: non-profit organization

ENTRAIDE DES GÉNÉRATIONS

Édifice Paul-Brasseur, 10 Saint-Jean-Baptiste Street East, Rigaud, Montérégie, QC, J0P 1P0

450 451-5130

Email: lecomonic@hotmail.ca

Services: * Monthly community diner.* Card games, bean bag toss, bingo.

Eligibility: people 55 years and over

Coverage area: Rigaud

Hours: 3rd Thursday of the month

Legal status: non-profit organization

REPAS PARTAGÉS - ÎLE-PERROT

Paul-Émile-Lépine Community Centre, 150 Perrot Boulevard, L'Île-Perrot, Montérégie, QC, J7V 3G1

514 453-1228

Website: www.legraves.com

Services: * Community meals.* Dancing.* Bingo.

Eligibility: people 50 years and over

Coverage area: L'Île-Perrot

Hours: 4th Wednesday of each month (from September to November and January to May)

Fees: \$12

Legal status: non-profit organization

REPAS PARTAGÉS - LES CÈDRES

145 Valade Street, Les Cèdres, Montérégie, QC, J7T 1S9

450 452-4287

Website: www.legraves.com

Services: * Community meals.* Dancing.

Eligibility: people 50 years and over

Coverage area: Les Cèdres

Hours: 1st Tuesday of each month

Fees: \$12

Legal status: non-profit organization

REPAS PARTAGÉS - PINCOURT-TERRASSE-VAUDREUIL

Omnicentre de Pincourt, 375 Cardinal Léger Boulevard, Pincourt, Montérégie, QC, J7V 9H6

514 453-8406

Website: www.legraves.com

Services: * Community meals.* Dance.* Bingo, card games.

Eligibility: people 50 years and over

Coverage area: Pincourt, Terrasse-Vaudreuil

Hours: 3rd Tuesday of each month

Fees: \$12

Legal status: non-profit organization

REPAS PARTAGÉS - SAINT-LAZARE

1980 Sainte-Angélique Road, Saint-Lazare, Montérégie, QC, J7T 2Y7

450 424-1953

Website: www.legraves.com

Services: * Community meals.* Card games, bingo.

Eligibility: people 50 years and over

Capacity: more or less 100 people

Coverage area: Saint-Lazare

Hours: 3rd Tuesday of each month 11h00 to 14h00 (from September to May)

Fees: \$12

Legal status: non-profit organization

UNIVERSITÉ DU TROISIÈME ÂGE - MONTÉRÉGIE - DORION

145 Harwood Boulevard, Vaudreuil-Dorion, Montérégie, QC, J7V 1Y3

450 670-5027 Fax: 819 821-8044

Website: www.usherbrooke.ca/uta/prog/mtg/dor/

Email: uta.monteregie@usherbrooke.ca

Services: Educational programming distributed in 29 university branches for people aged 50 years and over. * Non-credited educational activities without papers or exams.* Different teaching methods: courses, seminars, lectures, workshops, physical activities.* Student associations promoting integration in cultural and social life.

Eligibility: people 50 and over, no prior degree is required

Coverage area: Montérégie

Fees: variable tuition according to the activity, compulsory student fee, donations are optional

Financing: donations, grants

Legal status: non-profit organization

Home support

GRAND RASSEMBLEMENT DES AÎNÉS DE VAUDREUIL ET SOULANGES

418 Saint-Charles Avenue, Suite 303, Vaudreuil-Dorion, Montérégie, QC, J7V 2N1

1 844 424-0111 Fax: 450 218-1971

Website: www.legraves.com

Email: suzannemoses@legraves.com

Services: Community support for social housing and interventions among vulnerable elderly in order to break isolation, develop and maintain their freedom of action. * Information, support and accompaniment services.* Respite services for the caregivers of elderly living in their home.* Organizing monthly shared meals in 8 municipalities within the region of Vaudreuil and Soulanges.

Eligibility: people 50 years and over, elderly people living in social housing (NPOs, low-cost housing and cooperative housing) and the caregivers of people with Alzheimer's

Coverage area: MRC Vaudreuil-Soulanges

Hours: Monday to Friday 8h30 to 16h30

Fees: shared meals: \$12, respite: minimum \$15 per 4-hour block

Financing: provincial

Legal status: non-profit organization

HOME CARE SERVICES VAUDREUIL-SOULANGES

17 Cité-des-Jeunes Boulevard East, Suite 220, Vaudreuil-Dorion, Montérégie, QC, J7V 0N3

450 424-3919 Fax: 450 424-4810

Website: www.aideadomicilevs.ca

Email: aideadomicilevs@hotmail.ca

Services: Support for senior citizens, home palliative care, personal care. * Presence-surveillance.* Home care after hospitalization, meals preparation, grocery shopping and other errands, laundry and ironing, light housekeeping work, heavy housekeeping work (windows, walls, ceilings), minor renovations, painting, outdoor work.* Moving assistance: help with packing the boxes.

Eligibility: people aged 65 and over, people with disabilities (referred by a CSSS), their family or anyone on Vaudreuil-Soulanges territory

Coverage area: MRC de Vaudreuil-Soulanges

Hours: office: Monday to Thursday 7h30 to 15h30, Friday 7h30 to 12h00, services by appointment

Fees: variable depending on the type of service, age, health condition and family income, RAMQ financial assistance program for home care services (FAPDHS), tax credit of 35%

Financing: self-financing, provincial

Legal status: non-profit organization

HUDSON MEALS-ON-WHEELS

Stephen F. Shaar Community Centre, 394 Main Street, Hudson, Montérégie, QC, J0P 1H0
514 653-4917

Website: mealsonwheelsmenus.blogspot.ca

Email: chicpopote@gmail.com

Services: * Home delivery of hot meals.

Eligibility: senior citizens, people with a physical disability or recovering of surgery

Capacity: about 30 meals

Coverage area: Hudson

Hours: Tuesday and Friday for dinner

Fees: nominal amount

Financing: self-financing

Legal status: non-profit organization

LES JONATHAN DE SOULANGES INC.

48 Sainte-Catherine Street, Saint-Polycarpe, Montérégie, QC, J0P 1X0

450 265-3672 Fax: 450 265-3672

Email: jonat@bellnet.ca

Services: Day centre for people living with a physical and/or intellectual disability. * Defense of rights.*

Animation and supervision.* Workshops: oil painting on canvas, ceramics, crafts, literacy.* Coffee-meetings.*

Technical help and active listening.* Friendly calls.* Social and educational outings.* Weekly community meal.

Eligibility: adults with a physical and/or intellectual disability

Coverage area: MRC Vaudreuil-Soulanges

Hours: Monday to Friday 9h00 to 17h00

Legal status: non-profit organization

NOVA HUDSON

465 Main Street, Suite 202, Hudson, Montérégie, QC, J0P 1H0

450 458-5727 Fax: 450 458-5456

Website: www.novahudson.com

Email: admin@novahudson.com

Services: In-home oncology and palliative care. * Family support by caregivers.* Foot care.* Adult day centre: respite, social and motor activities.

Eligibility: people in need of in-home nursing care

Coverage area: Hudson, Saint-Lazare and parts of Vaudreuil, Dorion and Rigaud

Hours: nursing care: 24/7, office: Monday to Friday 10h00 to 12h00

Financing: donations, fundraising campaigns

Legal status: non-profit organization

SOCIÉTÉ ALZHEIMER DU SUROÎT - POINT DE SERVICE DE VAUDREUIL-DORION

100 Harwood Boulevard, Vaudreuil-Dorion, Montérégie, QC, J7V 1X9

450 455-3373 Fax: 450 455-9494

Website: www.alzheimer.ca/fr/suroit

Email: info@alzheimersuroit.com

Services: * Individual and family support meetings.* Telephone counselling.* Support groups and training for caregivers.* Coffee chats.* In-home respite and group respite.* Cognitive stimulation and support workshops.* Training for health professionals, information sessions, seminars and information booths.* Premier Lien program: support for people receiving an Alzheimer's disease or a related diagnosis.* Sécu-Retour: program assisting police officers in finding a lost person.

Eligibility: people with Alzheimer's disease or neurocognitive disorders, their caregivers and families, health professionals

Coverage area: MRC Beauharnois-Salaberry, MRC Vaudreuil-Soulanges, MRC Le Haut-Saint-Laurent, Kahnawake, Akwesasne, MRC Roussillon, Greater Châteauguay

Hours: Monday and Wednesday 9h00 to 16h00

Fees: free

Financing: donations, contributions, grants, fundraising campaigns

Legal status: non-profit organization

Housing for seniors

CENTRE D'HÉBERGEMENT DE COTEAU-DU-LAC

341 du Fleuve Road, Coteau-Du-Lac, Montérégie, QC, J0P 1B0

450 763-5951

Website: www.santemo.quebec

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

Eligibility: seniors and people with a loss of autonomy

Coverage area: Coteau-du-Lac

Financing: provincial

Legal status: parapublic organization

CENTRE D'HÉBERGEMENT DE RIGAUD

5 d'Amour Street, Rigaud, Montérégie, QC, J0P 1P0

450 451-5329

Website: www.santemo.quebec

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

Eligibility: seniors and people with a loss of autonomy

Coverage area: Rigaud

Financing: provincial

Legal status: parapublic organization

CENTRE D'HÉBERGEMENT DE VAUDREUIL

408 Saint-Charles Avenue, Rigaud, Montérégie, QC, J7V 7M9

450 455-6177

Website: www.santemo.quebec

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

Eligibility: seniors and people with a loss of autonomy

Coverage area: Vaudreuil-Dorion

Financing: provincial

Legal status: parapublic organization

CENTRE D'HÉBERGEMENT LAURENT-BERGEVIN

200 Perrot Boulevard, L'Île-Perrot, Montérégie, QC, J7V 7M7

514 453-5860

Website: www.santemo.quebec

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

Eligibility: seniors and people with a loss of autonomy

Coverage area: L'Île-Perrot

Financing: provincial

Legal status: parapublic organization

CORPORATION D'HABITATION DES DEUX COTEAUX (LA)

44 Rémillard Street, Les Coteaux, Montérégie, QC, J7X 1B1

450 267-2759

Email: corphab2coteaux@videotron.ca

Services: Subsidized housing for seniors.
Eligibility: people aged 50 years and over, autonomous or with a slight loss of autonomy
Capacity: 10 subsidized apartments
Coverage area: Les Coteaux
Financing: provincial
Legal status: non-profit organization

LAKESHORE LEGION HOUSING ASSOCIATION

404 Main Street, Hudson, Montérégie, QC, J0P 1H0
450 458-4810 Fax: 450 458-4901
Services: Housing for seniors. * Studio, 3½ and 4½.* Adapted housing for disabled people.
Eligibility: people 65 years and over, autonomous or with a slight loss of autonomy, on a low or modest income
Capacity: 87 apartments
Coverage area: MRC Vaudreuil-Soulanges
Hours: Monday to Friday 8h30 to 12h30
Financing: self-financing
Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION LES CÈDRES

Confidential Address
450 452-4788
Email: omh.rita@gmail.com
Services: Manage and administer housing and housing programs. * Low-rent housing (HLM). * Rent supplement program (PSL). * Québec affordable housing program. * Referral service. * Accès Logis program.
Eligibility: seniors 65 years old and over
Capacity: 10 housing
Coverage area: Communauté Métropolitaine de Montréal, priority to Les Cèdres residents
Fees: 25% of income
Legal status: non-profit organization

SOCIÉTÉ D'HABITATION DE COTEAU-DU-LAC

317 du Fleuve Road, Suite 100, Coteau-du-Lac, Montérégie, QC, J0P 1B0
450 763-5557 Fax: 450 763-5557
Email: shcdl@videotron.ca
Services: Administration of subsidized housing for seniors. * Accès Logis program.
Eligibility: people 60 years and over, autonomous or with a slight loss of autonomy
Capacity: 72 housing units
Coverage area: Coteau-du-Lac
Hours: Yes
Financing: provincial
Legal status: non-profit organization

Intergenerational activities

NOTRE-DAME-DE-L'ÎLE-PERROT PUBLIC LIBRARY

1300 Don-Quichotte Boulevard, Notre-Dame-De-L'île-Perrot, Montérégie, QC, J7V 9E2
514 453-0013 Fax: 514 453-6647
Website: www.ndip.org/bibliotheque
Email: biblio@ndip.org
Services: * Loan and consultation of books and audiovisual documents.* Home delivery for people with reduced mobility.* Computers, Internet access, printing devices.* Story time.* Book club for adults.* Book club for children.* Intergenerational reading activity.* Exhibitions.

Coverage area: Notre-Dame-de-l'Île-Perrot

Hours: Monday and Friday 8h30 to 18h00, Tuesday to Thursday 13h00 to 20h30, Saturday and Sunday 10h00 to 16h00, summer: Monday and Friday 8h00 to 18h30, Tuesday to Thursday 8h00 to 20h30, Saturday 10h00 to 16h00

Legal status: municipal agency

SAINT-LAZARE PUBLIC LIBRARY

1275 du Bois Street, Saint-Lazare, Montérégie, QC, J7T 3E6

450 424-8000 ext. 260 Fax: 450 424-4068

Website: www.ville.saint-lazare.qc.ca/library

Email: biblio@ville.saint-lazare.qc.ca

Services: * Loan and consultation of books and audiovisual documents.* Computers and Internet access.* Board game evenings.* Story time.* Book club for children.* Intergenerational reading activity.* Exhibitions, book launches and workshops.

Coverage area: Saint-Lazare

Hours: Tuesday to Friday 11h00 to 21h00, Saturday to Sunday 10h00 to 15h00, summer: Tuesday to Friday 10h00 to 20h00, Saturday and Sunday 10h00 to 15h00

Fees: free for residents

Financing: municipal

Legal status: municipal agency

Seniors' Advocacy and Assistance Associations

PARRAINAGE CIVIQUE DE VAUDREUIL-SOULANGES

36-A Saint-Charles Avenue, Vaudreuil-Dorion, Montérégie, QC, J7V 2K5

450 455-8986 Fax: 450 455-1228

Website: www.parrainageciviquevs.ca

Email: pcvs@pcvs1982.ca

Services: * Reception and referral.* Social and leisure activities, coffee-meetings, outings.* Summer day camp.* Pairing.* Advocacy of rights.* Support and follow-up.* Physical activities.* Memory workshop.* Support group.

Eligibility: people 18 years and over with an intellectual disability or autism spectrum disorder, seniors 65 years and over with or without a loss of autonomy, caregivers of an ageing person

Coverage area: MRC de Vaudreuil-Soulanges

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

Fees: \$15 per year

Financing: provincial, membership fees, donations

Legal status: non-profit organization

Volunteer Transportation

AIDE MOMENTANÉE POUR LES URGENCES RIGAUDIENNES - ACCOMPANIMENT-TRANSPORTATION

Confidential Address

514 771-4746

Email: amurrigaud@gmail.com

Services: * Medical accompaniment and transportation by volunteers.

Eligibility: people on a low income, seniors

Coverage area: Rigaud, Pointe-Fortune and Très-Saint-Rédempteur

Hours: Monday to Friday

Fees: \$0.45 per km

Financing: self-financing and grants
Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE L'ACTUEL - ACCOMPANIMENT-TRANSPORTATION

88 Adèle Street, Vaudreuil-Dorion, Montérégie, QC, J7V 1S7

450 455-3331 Fax: 450 455-9799

Website: www.lactuel.org

Email: info@lactuel.org

Services: * Medical accompaniment and transportation by volunteers.

Eligibility: people 65 years and over, with a loss of autonomy or convalescent, social assistance beneficiaries

Coverage area: Vaudreuil-Dorion, Les Cèdres, Saint-Lazare, L'Île-Perrot, Notre-Dame-de-l'Île-Perrot, Pincourt, Terrasse-Vaudreuil, Hudson, Vaudreuil-sur-le-Lac, Pointe-des-Cascades and L'Île-Cadieux, appointments: neighbouring regions (montréal, South Shore) according to needs

Hours: day, evening and weekend according to availabilities, reservation 3 to 5 days prior

Fees: around \$8 to \$60 according to the destination

Financing: provincial, donations

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE SOULANGES - ACCOMPANIMENT-TRANSPORTATION

371 Sainte-Catherine Street, Saint-Polycarpe, Montérégie, QC, J0P 1X0

450 265-3134 Fax: 450 265-3978

Website: www.cabsoulanges.com

Email: cabs@videotron.ca

Services: * Medical accompaniment and transportation by volunteers.

Eligibility: seniors, people in need

Coverage area: Côteau-du-Lac, Rivière-Beaudette, Les Côteaux, Saint-Clet, Sainte-Justine-de-Newton, Saint-Polycarpe, Saint-Télesphore, Saint-Zotique, Sainte-Marthe, appointments: surrounding regions (Longueuil, Montréal) according to needs

Hours: Monday to Friday 8h30 to 16h30, evenings and weekends according to availabilities, reservation 72h prior

Fees: transportation: \$0.05 per km for welfare recipients, otherwise \$0.45 per km

Financing: donations, grants, self-financing

Legal status: non-profit organization

Sex and gender

WOMEN'S ASSOCIATIONS

Women's associations

CENTRE DE FEMMES LA MOISSON

321 Grand Boulevard, L'île-Perrot, Montérégie, QC, J7V 4X3

514 453-8720

Website: www.centrefemmeslamoisson.com

Email: lamoisson1@videotron.ca

Services: * Individual counselling.* Growth and self-help groups.* Assistance with legal procedures.* Coffee-chats and conferences.

Eligibility: women

Coverage area: Vaudreuil-Soulanges

Hours: Monday to Friday 8h30 to 16h30

Fees: free

Financing: provincial

Legal status: non-profit organization

Sports and Recreation

LIBRARIES

Libraries

COTEAU-DU-LAC - JULES-FOURNIER LIBRARY

3 du Parc Street, Coteau-du-Lac, Montérégie, QC, J0P 1B0

450 763-2763 Fax: 450 763-2495

Email: bibliotheque@coteau-du-lac.com

Services: * Loan of documents.* Reading Club.* Activities and conferences.

Hours: Monday to Wednesday 10h00 to 20h00, Thursday 10h00 to 15h00, Friday 10h00 to 17h00, Saturday 10h00 to 13h00, closed on Saturdays during Summer

Legal status: municipal agency

GABY-FARMER-DENIS LIBRARY

141 Valade Street, Les Cèdres, Montérégie, QC, J7T 1S9

450 452-4250 ext. 221

Website: mabibliothèque.ca/cedres

Email: cedres@reseaubibliomonteregie.qc.ca

Services: Loan and consultation of books. * Computers and Internet access.* Board games.* Story time.* Exhibitions, workshops.

Coverage area: Les Cèdres

Hours: Monday 11h00 to 15h00, Tuesday and Thursday 13h00 to 20h00, Wednesday 18h00 to 20h00, Saturday 9h00 to 12h00

Fees: free for residents

Financing: municipal

Legal status: municipal agency

LES COTEAUX - LIBRARY

65 338 Road, Les Coteaux, Montérégie, QC, J7X 1A2

450 267-1414 Fax: 450 267-3532

Services: * Loan of documents.* Conferences.

Legal status: municipal agency

POINTE-DES-CASCADES PUBLIC LIBRARY

52 du Fleuve Road, Pointe-des-Cascades, Montérégie, QC, J0P 1M0

450 455-5310

Website: www.pointe-des-cascades.com/bibliotheque

Email: pointe.cascades@reseaubibliomonteregie.qc.ca

Services: Loan and consultation of documents. * Computers and Internet access.

Coverage area: Pointe-des-Cascades

Hours: Tuesday 18h30 to 20h30, Thursday 15h30 to 17h30, Saturday 9h30 to 11h30

Fees: subscription: free

Legal status: municipal agency

RIVIÈRE-BEAUDETTE - LIBRARY

663 Frontière Road, Rivière-Beaudette, Montérégie, QC, J0P 1R0

450 269-2931

Email: bibliotheque.riv.beaudette@outlook.com

Services: * Loan of documents.* Multimedia room.

Hours: Tuesday 13h00 to 16h00, Wednesday 16h00 to 19h00, Thursday 18h00 to 21h00

Legal status: municipal agency

SAINT-CLET - LIBRARY

25 Piché Street, Saint-Clet, Montérégie, QC, J0P 1S0

450 456-3175

Email: clet@reseaubibliomonteregie.qc.ca

Services: * Loan of documents.* Reading of stories.

Hours: Tuesday 13h00 to 16h00 and 19h00 to 20h30, Wednesday 19h00 to 20h30, Saturday 10h30 to 12h00

Legal status: municipal agency

SAINT-POLYCARPE MUNICIPAL LIBRARY

7 Sainte-Catherine Street, Saint-Polycarpe, Montérégie, QC, J0P 1X0

450 265-3444 Fax: 450 265-3010

Website: munstpolicarpe.qc.ca/services-municipaux/loisir-culture-et-vie-communautaire/bibliotheque

Email: polycarpe@reseaubibliomonteregie.qc.ca

Services: * Loan and consultation of books and documents.* Computers.* Story time.

Hours: Tuesday and Friday 18h30 to 20h30, Wednesday 14h00 to 16h00, Saturday 10h00 to 12h00 and 14h00 to 16h00

Fees: subscription: free for residents, \$20 for non-residents

Legal status: municipal agency

SAINT-TÉLESPHORE MUNICIPAL LIBRARY

1421 340 Road, Saint-Télesphore, Montérégie, QC, J0P 1Y0

450 269-2364

Website: www.saint-telesphore.com/bibliotheque

Services: Loan and consultation of books and documents.

Hours: 2nd and 4th Wednesdays of the month 18h30 to 19h30

Legal status: municipal agency

TERRASSE-VAUDREUIL PUBLIC LIBRARY

74 7th Avenue, Terrasse-Vaudreuil, Montérégie, QC, J7V 3M9

514 453-8120 ext. 233

Website: www.terrasse-vaudreuil.ca

Email: info@terrasse-vaudreuil.ca

Services: Loan and consultation of documents. * Computers and Internet access.

Coverage area: Terrasse-Vaudreuil

Hours: Monday and Wednesday 19h00 to 21h00, Saturday 10h00 to 12h00

Fees: subscription: free

Financing: municipal

Legal status: municipal agency

TRÈS-SAINT-RÉDEMPTEUR PUBLIC LIBRARY

769 Principale Road, Très-Saint-Rédempteur, Montérégie, QC, J0P 1P1

450 451-5203 ext. 225

Website: tressaintredempteur.ca/loisirs-et-culture/bibliotheque

Email: bibliotheque@tressaintredempteur.ca

Services: * Loan and consultation of books and documents.* Computer, Internet access.* Children's summer book club.

Eligibility: book club: children 0 to 12 years old

Hours: Wednesday 19h00 to 21h00, Saturday 10h00 to 12h00

Fees: membership: free

Legal status: municipal agency

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