



**Grand Montréal**

**Directory of Community and  
Social Services**

**AGGLOMÉRATION DE LONGUEUIL**



**2-1-1**



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

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## **Child and Family**

**CHILD WELFARE**

**FAMILY SUPPORT**

**MATERNITY SUPPORT AND ADOPTION**

**RECREATIONAL ACTIVITIES**

## Child welfare

### **CENTRE JEUNESSE DE LA MONTÉRÉGIE - HEAD OFFICE - DIRECTION DE LA PROTECTION DE LA JEUNESSE**

575 Adoncour Street, Longueuil, Montérégie, QC, J4G 2M6

**1 800 641-4315** Fax: 450 679-3731

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

**Services:** Administration of Youth Centres. \* Direction de la protection de la jeunesse et des services aux jeunes et à leur famille.\* Reports reception and assessment for acts of neglect, violence, abuse against a young person or behavioral disorders, under the Youth Protection Act.\* Psychosocial adaptation and rehabilitation.\* Services for young offenders under the Youth Criminal Justice Act.\* Housing: foster families, group homes, rehabilitation centers and intermediate resources.\* Adoption services, biological parents search, expertise at the Superior Court.

**Eligibility:** children and teens in difficulties, young offenders, parents, guardians, stakeholders

**Coverage area:** Montérégie

**Financing:** provincial

**Legal status:** parapublic organization

### **CENTRE JEUNESSE DE LA MONTÉRÉGIE - LONGUEUIL - RUE BEAUREGARD**

1251 Beauregard Street, Longueuil, Montérégie, QC, J4K 2M3

**1 800 641-4773** Fax: 450 658-7877

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

**Services:** \* Psychosocial and internship rehabilitation point of services.

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

**Coverage area:** Montérégie-Est

**Financing:** provincial

**Legal status:** parapublic organization

### **CENTRE JEUNESSE DE LA MONTÉRÉGIE - LONGUEUIL - RUE PRÉFONTAINE**

600 Préfontaine Street, Longueuil, Montérégie, QC, J4K 3V6

**1 800 641-4370** Fax: 450 928-4734

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

**Services:** \* Psychosocial point of services and outpatient rehabilitation services centre.

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

**Coverage area:** Montérégie-Est

**Financing:** provincial

**Legal status:** parapublic organization

### **CENTRE JEUNESSE DE LA MONTÉRÉGIE - SAINT-HUBERT**

1400 Édouard Boulevard, Suite 116, Longueuil, Montérégie, QC, J4T 3T2

**450 678-3341** Fax: 450 678-6717

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

**Services:** \* Psychosocial point of services.

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

**Coverage area:** Montérégie-Est

**Financing:** provincial

**Legal status:** parapublic organization

### **PETIT PONT (LE) - POINT OF SERVICE LONGUEUIL**

Confidential Address

**450 448-3732 Fax:** 450 448-4242

**Website:** www.petitpont.org

**Email:** longueuil@petitpont.org

**Services:** Supervised visits and parent-child supervised access.

**Eligibility:** parents and children

**Coverage area:** Montérégie and surroundings

**Hours:** Tuesday to Sunday, by appointment

**Fees:** supervised visits: \$15 par heure, parent-child supervised access: \$8

**Financing:** provincial, self-financing, fundraising campaign

**Legal status:** non-profit organization

### **TRAVERSÉE (LA) (RIVE-SUD)**

10 Hickson Avenue, Saint-Lambert, Montérégie, QC, J4R 2N3

**450 465-5263 Fax:** 450 465-1990

**Website:** www.latraversee.qc.ca

**Email:** info@latraversee.qc.ca

**Services:** \* Individual assessment and psychological treatment.\* Information, referral and support to families.\* Support group for parents of children victims of sexual abuse.

**Eligibility:** women, youth above 14 and children 0 to 13 years old victims of sexual assault, rape or incest

**Coverage area:** urban agglomeration of Longueuil

**Hours:** Monday to Wednesday 9h00 to 19h00, Thursday and Friday 9h00 to 17h00

**Fees:** free

**Financing:** provincial, fundraising campaigns

**Legal status:** non-profit organization

## **Family Support**

### **CENTRE D'ANIMATION MÈRE-ENFANT DE SAINT-BRUNO**

53 de la Rabastalière Road East, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 2A4

**514 445-5173**

**Website:** www.camestbruno.com

**Email:** info@camestbruno.com

**Services:** \* Meetings and conferences on various matters.\* Targeted activities and cultural outings.\* Coffee meetings.\* Daycare service.\* Bazaar.

**Eligibility:** parents with children aged 0 to 5 years

**Coverage area:** Saint-Bruno-de-Montarville

**Hours:** coffee meetings: Tuesday and Thursday, daycare: Wednesday and Friday

**Fees:** annual membership: \$45 or \$80 per semester

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

### **ENTRAIDE POUR HOMMES (L') - POINT DE SERVICE DE LONGUEUIL**

Confidential Address

**450 672-6461 Fax:** 450 672-6742

**Website:** www.entraidepourhommes.org

**Email:** info@entraidepourhommes.org

**Services:** \* Phone reception and referral.\* Individual psychosocial support for men living difficult situations: fatherhood, relationships, work, grief.\* Intervention groups for men with violent behaviours.

**Eligibility:** men over 18 years old

**Coverage area:** Montérégie, service points in Beloeil, Longueuil and Saint-Hyacinthe  
**Hours:** phone: Monday to Thursday 9h00 to 17h00, Friday 9h00 to 16h00, individual meetings and intervention groups: Monday to Friday, morning and evening  
**Fees:** according to the income  
**Financing:** provincial, Centraide Richelieu-Yamaska, self-financing, donations  
**Legal status:** non-profit organization

### **PETITS BOUTS (LES)**

525 Latour Street, Longueuil, Montérégie, QC, J3Y 6A9  
**450 812-8264**

**Website:** [lpbsthubert6.webnode.fr](http://lpbsthubert6.webnode.fr)  
**Email:** [info@petitsbouts.com](mailto:info@petitsbouts.com)

**Services:** Preschool workshops. \* Recreational activities: singing, games, crafts, stories, etc.\* Initiation to English.\* Theatre.\* Les petits bouts du dimanche: recreational and sporting activities.\* Celebrations.

**Eligibility:** children 3 to 5 years old

**Capacity:** 12 children per group

**Coverage area:** Longueuil

**Hours:** Monday to Thursday 9h00 to 11h00, Sunday 9h30 to 10h30

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

**Legal status:** non-profit organization

### **RÊVES ENVOLÉS (LES)**

Pierre-Boucher Hospital, 1333 Jacques-Cartier Boulevard East, Longueuil, Montérégie, QC, J4M 2A5  
**450 468-8111 ext. 82309 Fax:** 450 468-8327

**Website:** [www.santemonteregie.qc.ca/cssspierreboucher/services/ser/fiche/deuil-peri.fr.html](http://www.santemonteregie.qc.ca/cssspierreboucher/services/ser/fiche/deuil-peri.fr.html)  
**Email:** [marie-claude.tessier2.cisssme16@ssss.gouv.qc.ca](mailto:marie-claude.tessier2.cisssme16@ssss.gouv.qc.ca)

**Services:** Support group for parents living a perinatal mourning: monthly thematic meetings facilitated by a social worker and a mother at the centre hospitalier Pierre-Boucher.

**Eligibility:** parents who have experienced a miscarriage, an ectopic pregnancy, a termination of pregnancy after the discovery of an anomaly, a stillborn baby, the death of a baby in the days or weeks after birth

**Capacity:** 10 to 25 people per meeting

**Coverage area:** Greater Montréal, Montérégie and surroundings

**Hours:** meetings: 2nd Monday of every month 19h00 to 22h00 (break in August)

**Fees:** none

**Financing:** self-financing, donations

**Legal status:** non-profit organization

## **Maternity support and adoption**

### **CENTRE DE PÉRINATALITÉ L'AUTRE MAISON**

575 Saint-Charles Street East, Longueuil, Montérégie, QC, J4H 1B8  
**450 332-9833 Fax:** 450 332-0865

**Website:** [lautremaison.ca](http://lautremaison.ca)  
**Email:** [info@lautremaison.ca](mailto:info@lautremaison.ca)

**Services:** Family medicine group. \* Reception and information meetings.\* Pregnancy and pediatric follow-ups.\* Pediatric emergency.\* Perinatal courses and workshops.\* Breastfeeding exchange group.

**Eligibility:** pregnant women, couples, children

**Coverage area:** Montréal and South Shore

**Hours:** centre: Monday to Thursday 8h00 to 19h30, Friday 8h00 to 18h00, pediatric emergency: (only for children already having a doctor at l'Autre maison) on appointment Monday to Friday 7h30 to 12h00, Saturday and Sunday 8h30 to 13h00

**Financing:** fundraising campaigns

**Legal status:** non-profit organization



**COURT OF QUÉBEC - YOUTH DIVISION - LONGUEUIL**

1111 Jacques-Cartier Boulevard East, Longueuil, Montérégie, QC, J4M 2J6

**450 646-4004**

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

**Services:** Court constituting the judicial system of Québec. \* Hearing all cases involving a minor.\* Hearing cases of adoption.

**Coverage area:** South-Shore of Montréal: Longueuil judicial district

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

**Financing:** provincial

**Legal status:** provincial government agency

**Recreational Activities**

**MUMS AND TOTS OF BROSSARD**

3310 Bernard Street, Brossard, Montérégie, QC, J4Z 2B6

**514 430-2543**

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

**Services:** Meeting place for parents with young children. \* Singing, crafting, recreational games.\* Activities, outings and theme parties.\* Discussion between parents.

**Eligibility:** mothers and fathers, their children under 5 years old

**Coverage area:** Brossard

**Hours:** Tuesday 12h00 to 14h00, Friday 9h00 to 11h00

**Fees:** \$55 per child older than 6 months

**Financing:** self-financing

**Legal status:** non-profit organization

## **Community Action**

**ADVISORY AND CITIZEN ACTION ORGANIZATIONS**

**CHARITY ORGANIZATIONS**

**COMMUNITY CENTRES**

**COMMUNITY DEVELOPMENT**

**INFORMATION AND REFERRAL**

**VOLUNTEERING AND VOLUNTEER CENTRES**

## Advisory and citizen action organizations

### ACTION CONCERTATION VIEILLISSEMENT LONGUEUIL

Confidential Address

**450 651-9830 ext. 67447**

**Email:** noelline.lagace.ciassme16@ssss.gouv.qc.ca

**Services:** Round table for the Vieux-Longueuil intersectoral organizations for the elderly.

**Eligibility:** public, parapublic and community organizations and associations for the elderly from the Vieux-Longueuil borough

**Coverage area:** Vieux-Longueuil only

**Legal status:** non-profit organization

### APHASIE-QUÉBEC - LE RÉSEAU

150 Grant Street, Suite 330, Longueuil, Montérégie, QC, J4H 3H6

**1 877 626-1473**

**Website:** www.aphasiequebec.org

**Email:** administration@aphasiequebec.org

**Services:** Representation of the interests of people with aphasia and member associations. \* Information and awareness.\* Support for member associations and groups.\* Coordination.

**Eligibility:** regional associations, people with aphasia

**Coverage area:** Province of Québec

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

**Fees:** annual contribution per associations: \$70

**Financing:** provincial, contributions

**Legal status:** non-profit organization

### COLLECTIF21 - AGRICULTURE URBAINE DE BOUCHERVILLE

Confidential Address

**450 449-8078**

**Website:** www.collectif21.com

**Email:** anne-marie@collectif21.com

**Services:** Development of urban farming projects and initiatives. \* Gardens: Jardin collectif de Montarville, Jardin patrimonial du 350e, Jardin collectif intermunicipal Boucherville-Varennes.\* Information and technical datasheets to facilitate gardening.\* Workshops and conferences.

**Eligibility:** all citizens

**Coverage area:** Boucherville

**Fees:** variables

**Financing:** self-financing, grants

**Legal status:** non-profit organization

### CONSEIL RÉGIONAL DE L'ENVIRONNEMENT DE LA MONTÉRÉGIE

1150 Saint-Laurent Street West, Longueuil, Montérégie, QC, J4K 1E3

**450 651-2662**

**Website:** www.crem.qc.ca

**Email:** info@crem.qc.ca

**Services:** Protection of the environment. \* Sustainable development assistance.\* Regional consultation.

**Eligibility:** environmental groups, municipalities, school boards, industries, businesses, institutions and farms

**Coverage area:** Montérégie

**Hours:** Monday to Friday 9h00 to 17h00

**Financing:** provincial, contributions, donations, grants

**Legal status:** non-profit organization

## **FÉDÉRATION QUÉBÉCOISE DES ORGANISMES COMMUNAUTAIRES FAMILLE**

222 Victoria Avenue, Saint-Lambert, Montérégie, QC, J4P 2H6

**450 466-2538** Fax: 450 466-4196

**Website:** www.fqocf.org

**Email:** accueil@fqocf.org

**Services:** Grouping of family community organizations. \* Representation and advocacy of rights. \* Information, awareness and consultation.

**Eligibility:** families, community family organizations

**Coverage area:** Province of Québec

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

**Financing:** grants, self-financing

**Legal status:** non-profit organization

## **GROUPEMENT DES ASSOCIATIONS DE PERSONNES HANDICAPÉES DE LA RIVE-SUD DE MONTRÉAL**

1400 Édouard Boulevard, Suite 113, Longueuil, Montérégie, QC, J4T 3T2

**450 923-1548** Fax: 450 923-2124

**Website:** www.gaphrsm.ca

**Email:** info@gaphrsm.ca

**Services:** Promotion and advocacy of rights and interests for people with disabilities. \* Technical support for member associations.\* Consultation regarding the various topics that concern people with disabilities.\* Popular education.

**Eligibility:** people with physical, sensory or intellectual disabilities or an ASD

**Coverage area:** Longueuil, Saint-Jean-sur-Richelieu and Châteauguay

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

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

## **PARTENAIRES DE LA PETITE ENFANCE DE LONGUEUIL (LES): UNE INITIATIVE 1,2,3 GO!**

2027 Daniel Street, Longueuil, Montérégie, QC, J4J 5M1

**450 646-8802** Fax: 450 646-8806

**Website:** www.initiative123go.com

**Email:** longueuil@initiative123go.com

**Services:** Mobilization and awareness of community members to promote the well-being and development of toddlers. \* Parents committee.\* Tool promoting the school entry of children in kindergarten.\* Projet Imagine: creating meaningful and safe links with children aged 4 to 5 paired with grade 2, 3 or 4 primary school children for reading and writing activities.\* Community of practice for stakeholders, parents and managers.\* Indoor park for 0 to 5 year olds.\* Prevention of violence in children from 4 to 5 years old.

**Eligibility:** families with children 0 to 5 years old

**Coverage area:** agglomeration of Longueuil

**Hours:** Monday to Friday 9h30 to 17h00

**Financing:** federal, provincial, municipal, foundations

**Legal status:** non-profit organization

## **TABLE DE CONCERTATION DES GROUPES DE FEMMES DE LA MONTÉRÉGIE**

158 Charron Street, Longueuil, Montérégie, QC, J4R 2K7

**450 671-5095**

**Website:** tcgfm.qc.ca

**Email:** info@tcgfm.qc.ca

**Services:** \* Sharing information and experiences of women's groups in the Montérégie.\* Consultation and projects implementation.

**Eligibility:** organizations working with women or with a women component

**Coverage area:** Montérégie

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

**Financing:** provincial, donations, grants

**Legal status:** non-profit organization

### **TABLE ITINÉRANCE RIVE-SUD**

885 Sainte-Hélène Street, Longueuil, Montérégie, QC, J4K 3R7

**450 646-7809** Fax: 450 646-4522

**Email:** tirs@live.ca

**Services:** \* Consultation.\* Social and political representation.\* Support with achieving projects.

**Eligibility:** community and institutional organizations working with homeless people

**Coverage area:** South Shore

**Hours:** Monday to Friday 9h00 to 17h00

**Financing:** federal

**Legal status:** non-profit organization

## **Charity Organizations**

### **AGADOUCE SAINT-HUBERT**

2485 Georges-Juras Terrasse, in the basement, Longueuil, Montérégie, QC, J3Y 3R4

**450 656-7050**

**Email:** agadouce@outlook.com

**Services:** \* Weekly crafts meetings: knitting, sewing, weaving, etc.\* Funding of humanitarian work through selling creations.

**Coverage area:** Greenfield Park, Saint-Hubert, Longueuil, Brossard

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

**Fees:** free

**Financing:** self-financing

**Legal status:** non-profit organization

### **HEART AND STROKE FOUNDATION - MONTÉRÉGIE-ESTRIE**

1194 Chambly Road, Suite 200, Longueuil, Montérégie, QC, J4J 3W6

**450 442-6387** Fax: 450 442-3329

**Website:** www.heartandstroke.qc.ca

**Email:** helene.gagne@coeuretavc.ca

**Services:** Works to prevent diseases, save lives and promote recovery through research, health promotion and public policy.

**Coverage area:** Montérégie, Estrie

**Hours:** Monday to Friday 9h00 to 17h00

**Financing:** donations

**Legal status:** non-profit organization

## **Community centres**

### **CARREFOUR MOUSSEAU**

230 des Ormeaux Boulevard, Longueuil, Montérégie, QC, J4L 1J4

**450 468-4926** Fax: 450 468-1485

**Website:** www.carrefourmousseau.org

**Email:** cmousseau1990@videotron.ca

**Services:** Popular education and people's empowerment in a cooperative and collaborative spirit. \* For adults: information and communication sessions, workshops on human and social relationships, coffee chat, conference and luncheons, creative art workshops, choir with prestations in CHSLD, healthy collective kitchens, French conversation, francization.\* For children aged 9 to 12: thematic and educational cooking classes.\* For children aged 16 months to 5 years old: Les FriMousseux, intensive, comprehensive and educational stimulation program by a qualified staff, language courses for children aged 3 to 5.\* For toddlers aged 3 to 16 months: day care during adults activities, respite care.\* Nobody's perfect program: training on parenting skills.

**Eligibility:** adults, parents, children from 3 months to 5 years old, youth from 8 to 12 years old, lonely people, immigrant families, seniors, people who are vulnerable, on a low-income, isolated, single-parent families

**Capacity:** 300 people

**Coverage area:** Vieux-Longueuil district

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

**Fees:** membership card: \$4 each year, activities: \$4, Les FriMousseux: \$3 per service block, day care: free, respite care: \$3 per service block

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

**Legal status:** non-profit organization

### **CENTRE COMMUNAUTAIRE LE TRAIT D'UNION**

3100 Mousseau Street, Longueuil, Montérégie, QC, J4L 4P1

**450 647-1107 Fax:** 450 647-4245

**Website:** www.cctu.ca

**Email:** info@cctu.ca

**Services:** \* Sports, arts and educational activities for all ages.\* Language classes: English, Spanish and Italian.\* Computer classes.\* Day camps.\* Cultural events, shows and conference brunches, youth short film festival.\* Room rental.

**Eligibility:** seniors, youth and adults

**Capacity:** 200

**Coverage area:** Longueuil

**Financing:** self-financing

**Legal status:** non-profit organization

### **COMITÉ ACTION POPULAIRE LEMOYNE**

1058 Bernard-Darche Street, Longueuil, Montérégie, QC, J4R 1T5

**450 486-1400**

**Email:** capl.infos@gmail.com

**Services:** \* Reference and accompaniment.\* Collective kitchen.\* Training workshops.\* Social activities.\* Sale of used kitchen items.

**Coverage area:** Montérégie

**Hours:** Monday 13h00 to 17h00, Tuesday and Thursday 9h00 to 15h00

**Legal status:** non-profit organization

### **CROISÉE DE LONGUEUIL (LA)**

1230 Green Street, Longueuil, Montérégie, QC, J4K 4Z5

**450 677-8918 Fax:** 450 677-3377

**Website:** www.lacroiseedelongueuil.qc.ca

**Email:** lacroisee@lacroiseedelongueuil.qc.ca

**Services:** \* Food aid.\* Christmas baskets.\* Community kitchens.\* Frozen affordable meals.\* Solidarity gardens.\* Daycare.\* Parents support group.\* Preschool program and psychomotor workshops.\* Day camp.\* Donation pick-up.\* Furniture donation to residents of the district upon referral.\* Tax clinic.\* Sports and artistic activities program.

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

**Coverage area:** South Shore, food aid: Notre-Dame-de-la-Garde, Saint-Georges, Saint-Antoine-de-Padoue, Sainte-Louise-de-Marillac and Saint-Jude parishes

**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 16h00, food aid: every 3 months by appointment, Saint-Antoine-de-Padoue Parish: 2 last Wednesdays of the month, other parishes: last two Mondays and Tuesdays of the month

**Fees:** food aid and cooking classes: free or variable according to income

**Financing:** self-financing, Centraide of Greater Montréal, provincial, municipal

**Legal status:** non-profit organization

### **ENTRAIDE CHEZ-NOUS**

155 Brodeur Street, Longueuil, Montérégie, QC, J4J 2S3

**450 468-1726 Fax:** 450 468-6638

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

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

**Services:** \* Food assistance.\* Clothing bank.\* Individual and group support for bereaved people.\* Friendship visits to seniors and people with a loss of autonomy.\* Socioprofessional integration workstation.\* Training, courses and conferences.\* Tax clinic.\* Christmas baskets.

**Eligibility:** people and families on a low income, bereaved adults

**Capacity:** support group: 6 people

**Coverage area:** Sacré-Coeur and Saint-Pie-X parishes, South Shore

**Hours:** Monday 10h00 to 11h45 and 13h00 to 15h45, Tuesday, Wednesday and Friday 9h30 to 11h45 and 13h00 to 15h45, Thursday 13h00 to 18h45, support groups: 13h00 to 15h15

**Financing:** provincial, self-financing, Centraide of Greater Montréal

**Legal status:** non-profit organization

### **MAISON DE QUARTIER FONROUGE**

301 Cuvillier Street East, Longueuil, Montérégie, QC, J4L 4T7

**450 646-8800 Fax:** 450 646-8800

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

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

**Services:** Sports, recreational, social and cultural activities for all ages. \* Day camp.\* Room rental.

**Eligibility:** children, adolescents, adults, elders

**Coverage area:** Longueuil

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

**Financing:** municipal

**Legal status:** non-profit organization

### **MAISONNETTE BERTHELET (LA)**

1254 Blainville Street, Longueuil, Montérégie, QC, J4M 1H6

**450 448-4418**

**Website:** [lamaisonnetteberthelet.org](http://lamaisonnetteberthelet.org)

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

**Services:** \* Support and referral.\* Information on tenants' rights and advocacy.\* Cultural, sports and recreational activities for youth 8 to 17 years old.\* Homework assistance.\* Coffee-meetings and workshops for adults.\* Distribution of food baskets.

**Eligibility:** families from Gentilly HLM, on a low income or immigrants

**Capacity:** 85 families

**Coverage area:** Gentilly neighbourhood

**Hours:** Monday to Friday 9h00 to 21h00, variable according to activities

**Financing:** provincial, federal, municipal

**Legal status:** non-profit organization

## **SOUTH SHORE COMMUNITY PARTNERS (NETWORK)**

Confidential Address

**450 466-1325 Fax:** 450 671-4375

**Website:** www.sscpn.org

**Email:** sscpn@bell.net

**Services:** \* Promotion of various volunteer groups, activities, programs and support services within the community.\* Promotion of government and provincial programs and organizations that could help develop the community.

**Eligibility:** English speaking community, groups and individuals, seniors, newcomers

**Coverage area:** South Shore of Montréal

**Hours:** email for monthly community activity programs

**Fees:** low cost affordable

**Legal status:** non-profit organization

## **Community development**

### **ASSOCIATION COMMUNAUTAIRE D'EMPRUNT DE LA RIVE-SUD**

125 Sainte-Foy Boulevard, Suite 201, Longueuil, Montérégie, QC, J4J 1W7

**450 679-5822 Fax:** 450 478-1677

**Website:** www.acers.qc.ca

**Email:** info@acers.qc.ca

**Services:** Financial and technical assistance to community initiatives or enterprises projects. \* Loan up to \$ 20 000.\* Pre-startup, startup and development support.\* Personalized guidance.

**Eligibility:** people without access to traditional funding: jobless youth, single-parent, migrants, beneficiaries of last resort assistance or unemployment benefits

**Coverage area:** Montérégie

**Hours:** Monday to Thursday 9h00 to 17h00

**Fees:** free

**Financing:** donations

**Legal status:** non-profit organization

### **CARREFOUR DE DÉVELOPPEMENT SOCIAL PAR L'ÉDUCATION POPULAIRE**

195 Saint-Charles Street West, Suite 304, Longueuil, Montérégie, QC, J4H 1C8

**450 651-2347 Fax:** 1 866 681-2961

**Website:** www.cdsep.org

**Email:** jg.bourget@cdsep.org

**Services:** Trainings for autonomous community organizations. \* Topics: governance, human resources management, financial management and communications.\* Individualized accompaniment in workplaces.

**Eligibility:** autonomous community organizations including their management team and their volunteers

**Coverage area:** Province of Québec

**Fees:** membership fees, variable fees for trainings

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

**Legal status:** non-profit organization

### **CORPORATION DE DÉVELOPPEMENT COMMUNAUTAIRE DE L'AGGLOMÉRATION DE LONGUEUIL**

158 Charron Street, Longueuil, Montérégie, QC, J4R 2K7

**450 671-5095 Fax:** 450 671-2946

**Website:** www.cdclongueuil.org

**Email:** info@cdclongueuil.org



**Services:** \* Community development support: continued training for managers, outreach workers and administrative support staff.\* Customized training.\* Consulting services.\* Head of 7 Vie de Quartier tables in the Vieux-Longueuil borough.

**Eligibility:** community organizations

**Coverage area:** agglomeration of Longueuil

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

**Financing:** Centraide of Greater Montréal, municipal, self-financing, provincial

**Legal status:** non-profit organization

## Information and referral

### ASSOCIATION DE MÉDIATION FAMILIALE DU QUÉBEC

Confidential Address

**1 800 667-7559**

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

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

**Services:** Information on family mediation. \* Directory of family mediators: [www.mediationquebec.ca/en/repertoire](http://www.mediationquebec.ca/en/repertoire).

**Eligibility:** people going through a separation or a divorce

**Coverage area:** Province of Québec

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

**Legal status:** non-profit organization

### CENTRE COMMUNAUTAIRE DES AÎNÉS ET AÎNÉES DE LONGUEUIL

300 Lamarre Street, Suite 122, Longueuil, Montérégie, QC, J4J 0A1

**450 677-6677** Fax: 450 677-3410

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

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

**Services:** \* Listening, support and referral.\* Information and accompaniment.\* Friendly visits.\* Friendly lunches.\* Outreach.\* Help regarding abuse and negligence towards seniors.\* Intergenerational activities.\* Social and cultural activities.\* Volunteering.

**Eligibility:** people 50 years and over

**Coverage area:** Vieux-Longueuil

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

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

**Financing:** provincial, Centraide of Greater Montréal

**Legal status:** non-profit organization

### DIOCÈSE DE SAINT-JEAN-LONGUEUIL

740 Sainte-Foy Boulevard, Longueuil, Montérégie, QC, J4J 1Z3

**450 679-1100** Fax: 450 679-1102

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

**Email:** [dsjl@diocese-st-jean-longueuil.org](mailto:dsjl@diocese-st-jean-longueuil.org)

**Services:** Diocesan activities of Longueuil. \* Information about parishes and food assistance in the different sectors of Longueuil.

**Eligibility:** Greater Longueuil citizens

**Coverage area:** Saint-Jean-Longueuil Diocese, Longueuil agglomeration

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

**Financing:** fundraising campaigns

**Legal status:** non-profit organization

## **INFO-SOCIAL 8-1-1 - MONTÉRÉGIE**

Confidential Address

### **8-1-1 option 2**

**Services:** Psychosocial counselling by phone.\* Information and referral to help resources.

**Coverage area:** Montérégie

**Hours:** 24 hours, 7 days

**Fees:** free

**Financing:** provincial

**Legal status:** non-profit organization

## **LONGUEUIL PUBLIC LIBRARIES NETWORK - CLAUDE-HENRI-GRIGNON LIBRARY**

1660 Bourassa Street, Longueuil, Montérégie, QC, J4J 3A4

**450 463-7180 Fax:** 450 646-6710

**Website:** [www.longueuil.quebec/fr/bibliotheque-claude-henri-grignon](http://www.longueuil.quebec/fr/bibliotheque-claude-henri-grignon)

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

Home loan for people with reduced mobility.\* Biblio-aidants.\* Animation and reading activities.

**Eligibility:** children, youth and adults

**Coverage area:** Longueuil

**Hours:** Tuesday 10h00 to 21h00, Wednesday and Thursday 13h00 to 21h00, Friday 13h00 to 18h00, Saturday and Sunday 10h00 to 17h00, summer: closed on Sunday

**Fees:** subscription: free

**Financing:** municipal

**Legal status:** municipal agency

## **LONGUEUIL PUBLIC LIBRARIES NETWORK - FATIMA LIBRARY**

2130 Jean-Louis Street, Longueuil, Montérégie, QC, J4G 1K2

**450 463-7180 Fax:** 450 646-8874

**Website:** [www.longueuil.quebec/fr/bibliotheque-fatima](http://www.longueuil.quebec/fr/bibliotheque-fatima)

**Services:** \* Loan and consultation of books and audiovisual documents.\* Home loan for people with reduced mobility.\* Biblio-aidants.\* Animation and reading activities.

**Eligibility:** children, youth and adults

**Coverage area:** Longueuil

**Hours:** Tuesday and Wednesday 13h00 to 20h00, Thursday and Friday 13h00 to 17h00, Saturday 12h00 to 15h00

**Fees:** subscription: free

**Financing:** municipal

**Legal status:** municipal agency

## **LONGUEUIL PUBLIC LIBRARIES NETWORK - GEORGES-DOR LIBRARY**

2760 de Chambly Road, Longueuil, Montérégie, QC, J4L 1M6

**450 463-7180 Fax:** 450 646-8650

**Website:** [www.longueuil.quebec/fr/bibliotheque-georges-dor](http://www.longueuil.quebec/fr/bibliotheque-georges-dor)

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

Home loan for people with reduced mobility.\* Biblio-aidants.\* Animation and reading activities.

**Eligibility:** children, youth and adults

**Coverage area:** Longueuil

**Hours:** Tuesday to Thursday 10h00 to 21h00, Friday 10h00 to 18h00, Saturday and Sunday 10h00 to 17h00, summer: closed on Sunday

**Fees:** subscription: free

**Financing:** municipal

**Legal status:** municipal agency

### **LONGUEUIL PUBLIC LIBRARIES NETWORK - HUBERT-PERRON LIBRARY**

1100 Beaugard Street, Longueuil, Montérégie, QC, J4K 2L1

**450 463-7180** Fax: 450 646-8650

**Website:** [www.longueuil.quebec/fr/bibliotheque-hubert-perron](http://www.longueuil.quebec/fr/bibliotheque-hubert-perron)

**Services:** \* Loan and consultation of books and audiovisual documents.\* Home loan for people with reduced mobility.\* Biblio-aidants.\* Animation and reading activities.

**Eligibility:** children, youth and adults

**Coverage area:** Longueuil

**Hours:** Tuesday 19h00 to 21h00, Saturday 9h00 to 12h00, summer: closed

**Fees:** subscription: free

**Financing:** municipal

**Legal status:** municipal agency

### **LONGUEUIL PUBLIC LIBRARIES NETWORK - J.-W.-GENDRON LIBRARY**

Mgr-A.-M.-Parent School, 3875 Grande Allée, Longueuil, Montérégie, QC, J4T 2V8

**450 463-7180** Fax: 450 445-6741

**Website:** [www.longueuil.quebec/fr/bibliotheque-gendron](http://www.longueuil.quebec/fr/bibliotheque-gendron)

**Services:** \* Loan and consultation of books and audiovisual documents.\* Computers and Internet access.\* Home loan for people with reduced mobility.\* Biblio-aidants.\* Animation and reading activities.

**Eligibility:** children, youth and adults

**Coverage area:** Longueuil

**Hours:** Monday to Thursday 15h00 to 20h00, Saturday 10h00 to 16h00, Sunday 13h00 to 16h00, summer: Monday to Thursday 14h00 to 20h00

**Fees:** subscription: free

**Financing:** municipal

**Legal status:** municipal agency

### **LONGUEUIL PUBLIC LIBRARIES NETWORK - JACQUES-FERRON LIBRARY**

100 Saint-Laurent Street West, Longueuil, Montérégie, QC, J4H 1M1

**450 463-7180** Fax: 450 646-8874

**Website:** [www.longueuil.quebec/fr/horaires-adresses-bibliotheques](http://www.longueuil.quebec/fr/horaires-adresses-bibliotheques)

**Services:** \* Loan and consultation of books and audiovisual documents.\* Computers and Internet access.\* Home loan for people with reduced mobility.\* Biblio-aidants.\* Animation and reading activities.

**Eligibility:** children, youth and adults

**Coverage area:** Longueuil

**Hours:** Tuesday to Thursday 10h00 to 21h00, Friday 10h00 to 18h00, Saturday and Sunday 10h00 to 17h00, children section: Tuesday 10h00 to 20h00, Wednesday and Thursday 13h00 to 20h00, Friday 13h00 to 18h00, Saturday and Sunday 10h00 to 17h00, summer: closed on Sunday

**Fees:** subscription: free

**Financing:** municipal

**Legal status:** municipal agency

### **SAINT-LAMBERT PUBLIC LIBRARY**

490 Mercille Avenue, Saint-Lambert, Montérégie, QC, J4P 2L5

**450 466-3910**

**Website:** [www.saint-lambert.ca/fr/services-recreatifs/bibliotheque](http://www.saint-lambert.ca/fr/services-recreatifs/bibliotheque)

**Email:** [bibliotheque@saint-lambert.qc.ca](mailto:bibliotheque@saint-lambert.qc.ca)

**Services:** \* Loan and consultation of books and audiovisual documents.\* Computers, Internet access and printing devices.\* Home loan for people with reduced mobility.\* Tablet loan.\* Tv reader: reading and writing assistance device for people with low vision.\* Biblio-aidants: documentation for caregivers.\* Computer courses.\* B Brigade: travelling services.\* Story time.\* Book club for children.\* Book club for adults.\* Allô prof terminal: interactive terminal connected to the Allô prof site.\* Animation and reading activities.

**Coverage area:** Saint-Lambert

**Hours:** Monday, Tuesday, Thursday and Friday 12h00 to 21h00, Wednesday 10h00 to 18h00, Saturday and Sunday 10h00 to 16h00, summer: closed on Saturday

**Fees:** subscription: free

**Financing:** municipal

**Legal status:** municipal agency

## Volunteering and volunteer centres

### ACCORDERIE DE LONGUEUIL (L')

158 Charron Street, Longueuil, Montérégie, QC, J4R 2K7

**514 915-1726**

**Website:** [accorderie.ca/longueuil](http://accorderie.ca/longueuil)

**Email:** [longueuil@accorderie.ca](mailto:longueuil@accorderie.ca)

**Services:** Network deals and exchange services: individual, association and collective activities of exchange.

**Eligibility:** to register, the person must offer at least one service, agree to respect the rules of a code of courtesy and have a real ability to service

**Coverage area:** Longueuil

**Fees:** adhesion: variable according to type of membership

**Financing:** donations, contributions

**Legal status:** non-profit organization

### CENTRE D'ACTION BÉNÉVOLE DE BOUCHERVILLE

20 Pierre-Boucher Street, Boucherville, Montérégie, QC, J4B 5A4

**450 655-9081 Fax: 450 655-1665**

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

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

**Services:** \* Meals-on-wheels.\* Community kitchens.\* Meals to go.\* Support group on mourning.\* Social activities for seniors: CABbaret, friendly meetings.\* Transportation-accompaniment for medical appointments and grocery-shopping.\* Support to organizations.\* Support for caregivers: psychological support, respite, activities and training.

**Eligibility:** people with permanent or temporary difficulties

**Coverage area:** Boucherville

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

**Fees:** meals-on-wheels: \$6, community kitchen: \$20 maximum, frozen meals: \$4

**Financing:** provincial, Centraide of Greater Montréal, donations, federal, self-financing

**Legal status:** non-profit organization

### CENTRE D'ACTION BÉNÉVOLE DE SAINT-HUBERT

3339 Grande-Allée Street, Longueuil, Montérégie, QC, J4T 2S9

**450 656-9110 Fax: 450 656-9115**

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

**Email:** [cab-saint-hubert@videotron.ca](mailto:cab-saint-hubert@videotron.ca)

**Services:** \* Accompaniment and transportation to medical appointments.\* Meals-on-wheels.\* Take-out meals.\* Loan of orthopedic equipment.\* Friendly visits.\* Training and conferences.

**Eligibility:** people in need, people over 65 years old

**Coverage area:** Saint-Hubert

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

**Financing:** Centraide of Greater Montréal, provincial

**Legal status:** non-profit organization

### **CENTRE D'ACTION BÉNÉVOLE LES P'TITS BONHEURS**

1665 Montarville Street, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 3T8

**450 441-0807 Fax:** 450 441-4667

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

**Email:** [infocab.petitsbonheurs@cabstbruno.org](mailto:infocab.petitsbonheurs@cabstbruno.org)

**Services:** \* Accompaniment and transportation for medical appointments.\* Shopping assistance.\* Food bank: distribution of food baskets.\* Distribution of Christmas baskets and food vouchers by Comité d'entraide Paroisse Saint-Bruno.\* Collective kitchens.\* Meals-on-wheels.\* Community lunches.\* Community gardens.\* Cooking workshops.\* Friendly visits.\* Premiers Pas: pairing of a volunteer with a family who has a baby aged 5 years old or less.\* Tax clinic.\* Loan of orthopedic equipment.\* Thrift store.\* PAIR program.\* Coffee-chats and movie-chats.\* Biblio-route: at-home book loan pairing.\* Ventre-plein, j'apprends bien: breakfast and snacks in schools.\* School supplies.\* Temporary and punctual help to people in difficulty.

**Eligibility:** seniors, families, people in difficulties

**Capacity:** variable

**Coverage area:** Saint-Bruno-de-Montarville

**Hours:** Monday to Friday 8h30 to 16h30, thrift shop: Monday, Tuesday, Wednesday, Friday and Saturday 9h00 to 16h00, Thursday 9h00 to 19h00

**Fees:** variable

**Financing:** provincial

**Legal status:** non-profit organization

### **CENTRE DE BÉNÉVOLAT DE LA RIVE-SUD**

18 Montcalm Street, Longueuil, Montérégie, QC, J4J 2K6

**450 679-5916 Fax:** 450 679-8396

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

**Email:** [reception@benevolatrivesud.qc.ca](mailto:reception@benevolatrivesud.qc.ca)

**Services:** Promotion of volunteer work.\* Volunteering.\* PAIR program: security phone calls.

**Coverage area:** South Shore

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

**Financing:** Centraide of Greater Montréal, provincial

**Legal status:** non-profit organization

### **MAISON INTERNATIONALE DE LA RIVE-SUD**

2152 Lapinière Boulevard, Suite 220, Brossard, Montérégie, QC, J4W 1L9

**450 445-8777 Fax:** 450 445-1222

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

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

**Services:** \* Assistance to newcomers and public refugees: support and help in all facets of integration, various forms, registration to school, find affordable housing, etc.\* Information and reference to local service organizations.\* Full-time and part-time francization program.\* Employment services for people with low levels of education and people under 31 years old.\* Translation, interpretation and oaths of documents.\* Language courses: English, Italian, Spanish.\* Income tax clinic.\* Room rental.\* Seniors coffee meetings.\* Daycare centre.\* Volunteerism.

**Eligibility:** immigrants and refugees

**Capacity:** unlimited

**Coverage area:** South Shore of Montréal

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** variable costs for some services: oaths of documents, translation, daycare

**Financing:** provincial, federal

**Legal status:** non-profit organization

### **MAISON TREMPLIN DE LONGUEUIL (LA)**

267 Toulouse Street, Longueuil, Montérégie, QC, J4L 4X1

**450 442-4019 Fax:** 450 442-0151

**Website:** www.maisontremplin.com

**Email:** info@maisontremplin.com

**Services:** \* Stimulation programs for children 0 to 5 years old.\* Daycare and respite for children 0 to 5 years old.\* Educational program and homework assistance for children 6 to 12 years old.\* Cooking workshops for children 6 to 12 years old.\* Information, listening and referral for parents.\* Parenting skills workshops.\* Socioprofessional integration.\* Low-cost meals.\* Cooked meals to go.\* Thrift store.\* Volunteering.\* Bonhomme à lunettes service point: affordable prescription glasses.

**Eligibility:** services: all, activities: families and children 0 to 12 years old

**Coverage area:** Vieux-Longueuil

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

**Fees:** membership: \$7 per year per family, \$5 per adult, activities: variable

**Financing:** Centraide of Greater Montréal, federal, provincial, self-financing, donations

**Legal status:** non-profit organization

### **MOSAÏQUE (LA), CENTRE D'ACTION BÉNÉVOLE ET COMMUNAUTAIRE**

1650 de l'Église Avenue, Longueuil, Montérégie, QC, J4P 2C8

**450 465-1803 Fax:** 450 465-5440

**Website:** www.lamosaique.org

**Email:** info@lamosaique.qc.ca

**Services:** \* Food assistance, food distribution.\* Collective kitchens.\* Community thrift store.\* Affordable glasses.\* Yearlong tax clinic.\* Accompaniment and transportation to medical appointments for seniors.\* Transportation for grocery-shopping.\* Safety phonecalls, friendly visits.\* Seniors' choir.\* Bouffe-Amis: restaurant outings for people 60 years and over.\* Social integration and rehabilitation centre for people with intellectual disabilities or developmental disorders.\* PAAS Action program: community service.\* Accompaniment for breast cancer screening.\* Furniture donations for neighbourhood people in need after assessment.\* Costume rental.\* Volunteering.\* Referral to community resources.

**Eligibility:** volunteers, community organizations, people in need

**Coverage area:** Longueuil urban agglomeration

**Hours:** administration: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, thrift store: Tuesday to Saturday 9h30 to 16h00

**Fees:** tax clinic: \$10 per fiscal year, thrift store: variable, other services: low cost or free

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

**Legal status:** non-profit organization

### **REGROUPEMENT DES CENTRES D'ACTION BÉNÉVOLE DE LA MONTÉRÉGIE**

3339 Grande Allée Street, Longueuil, Montérégie, QC, J4T 2S9

**450 469-3279**

**Website:** www.rcabm.org

**Email:** rcabm@hotmail.com

**Services:** \* Meetings, exchanges and mutual aid among members.\* Training and resourcing days.\* Representation and advocacy of the interests of members in various institutions.\* Conferences.\* Working committees.

**Eligibility:** volunteer centres

**Coverage area:** Montérégie

**Financing:** grants, provincial

**Legal status:** non-profit organization

## **Education**

**COMPUTER WORKSHOPS**

**DROPOUT**

**LANGUAGE COURSES**

**LITERACY**

**PUBLIC EDUCATION**

**VOCATIONAL TRAINING, CÉGEPs AND UNIVERSITIES**

## Computer workshops

### RIVERSIDE SCHOOL BOARD

7525 de Chambly Road, Longueuil, Montérégie, QC, J3Y 0N7

**450 672-4010** Fax: 450 465-8809

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

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

**Services:** Primary schools, high schools and specialized schools board. \* Vocational training.\* Adult education.\* Vocational training and adult education: help and orientation.\* Languages classes.\* Introduction to technologies classes for seniors.\* International education.

**Coverage area:** South Shore: extends from Sorel in the North, Sainte-Catherine in the West, South from the United States border and several kilometres East of the Richelieu River

**Hours:** Monday to Friday 8h30 to 11h45 and 13h00 to 16h30

**Legal status:** parapublic organization

## Dropout

### MAISON DE JEUNES KEKPART - ACTION JEUNESSE SAINT-PIE-X DE LONGUEUIL

1000 Roland-Therrien Boulevard, Longueuil, Montérégie, QC, J4J 5H3

**450 616-2445**

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

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

**Services:** Supervised meeting place. \* Group activities.\* Listening, support, referral, assistance.\* Performing arts workshops.\* La Relève program: after-school training and work experience in media arts.

**Eligibility:** youth 12 to 18 years old

**Coverage area:** Longueuil and surroundings

**Hours:** administration: Monday to Friday 8h00 to 16h00, youth line: Monday to Friday 15h00 to 21h00

**Fees:** free

**Financing:** provincial, fundraising campaigns

**Legal status:** non-profit organization

### MAISON DE JONATHAN (LA)

81 Saint-Jean Street, Longueuil, Montérégie, QC, J4H 2W8

**450 670-4099** Fax: 450 670-4129

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

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

**Services:** Intervention with teenagers experiencing personal, social, familial or educational difficulties to promote school retention. \* School workshops: French, English and mathematics.\* Sports, recreational and artistic activities: pyrography, stained glass, drawing, painting, carpentry, scale models, cooking, piano, guitar and physical training.

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

**Capacity:** 45 young people

**Coverage area:** Marie-Victorin and des Patriotes School Boards

**Hours:** Tuesday to Thursday 8h00 to 16h30, Friday 8h00 to 13h30

**Fees:** registration and activities: \$100

**Financing:** provincial, Centraide of Greater Montréal, donations, foundations

**Legal status:** non-profit organization



## Language courses

### ASSOCIATION DES FEMMES D'ICI ET D'AILLEURS

5400 Payer Boulevard, Suite 4, Longueuil, Montérégie, QC, J3Y 1J4

**514 583-9664**

**Website:** [femmesdicietdailleurs.webs.com](http://femmesdicietdailleurs.webs.com)

**Email:** [afia-st-hubert@hotmail.com](mailto:afia-st-hubert@hotmail.com)

**Services:** Self-help association for women. \* Reception, listening and psychological support.\* Assistance with social and cultural integration.\* Mother-daughter communication group: knitting, sewing, crafts, French conversation, etc.\* Discussion group for immigrant women: self-esteem, parental skills, immigration, health, etc.\* Thematic tea meetings: immigration, cultures and religions, violence, etc.\* Homework assistance.\* Arabic classes.\* Listening and support phoneline.\* Festive outings and events.

**Eligibility:** immigrant women of all origins and ages

**Coverage area:** Longueuil agglomeration

**Hours:** variable according to activities, phoneline: 7 days

**Fees:** variable according to activities

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

**Legal status:** non-profit organization

### BROSSARD PUBLIC LIBRARY

7855 San Francisco Avenue, Brossard, Montérégie, QC, J4X 2A4

**450 923-6350 Fax:** 450 923-7042

**Website:** [biblio.brossard.ca](http://biblio.brossard.ca)

**Email:** [bibliotheque@brossard.ca](mailto:bibliotheque@brossard.ca)

**Services:** \* Loan and renewal: access to books and audio-visual documents for children and adults.\* Digital books collection.\* Computers and Internet access.\* Work rooms.\* Searching databases access.\* Animations and reading activities for youth and adults.\* Story time for children in French, English, Dari, Spanish, Arabic, Chinese, Romanian and Urdu.\* Intercultural activities: conversation workshops in French and conferences.

**Coverage area:** Brossard

**Hours:** Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00, summer schedule: Monday to Friday 10h00 to 21h00, Saturday 12h00 to 17h00

**Fees:** residents: free, non-residents: \$80

**Financing:** municipal

**Legal status:** municipal agency

### LOISIRS DU VIEUX-LONGUEUIL (LES)

735 Saint-Jean Street, Longueuil, Montérégie, QC, J4H 2Y8

**450 646-6720**

**Website:** <http://loisirsduvieuxlongueuil.com>

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

**Services:** \* Cultural activities: line and social dancing, sculpture and painting, circus, languages (spanish), etc.\* Physical training: abs-gluts, cardio-boxe, stretching, zumba, yoga, etc.\* Sports.

**Coverage area:** Longueuil

**Hours:** Monday to Friday 9h00 to 13h00

**Fees:** variable

**Financing:** self-financing, municipal

**Legal status:** non-profit organization

## Literacy

### ACTIVITÉS PRÉSCOLAIRES DE BROSSARD

1025 des Prairies Road, Brossard, Montérégie, QC, J4Y 2Y7

**450 619-7765**

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

**Email:** [activitesprescolaires@yahoo.com](mailto:activitesprescolaires@yahoo.com)

**Services:** Preschool. \* À la carte courses.\* School readiness.\* Early literacy.\* Physical, artistic and skill development activities.\* Spring camp.

**Eligibility:** children 2 to 5 years old

**Coverage area:** Brossard and surroundings

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

**Legal status:** non-profit organization

### BOÎTE À LETTRES DE LONGUEUIL

1012 Sainte-Foy Boulevard, Longueuil, Montérégie, QC, J4K 1W2

**450 646-9273**

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

**Email:** [bal@boitealettres.ca](mailto:bal@boitealettres.ca)

**Services:** Literacy for young adults. \* Reading and writing workshops.\* Conferences and trainings on illiteracy among youth, reading and writing appropriation, school exclusion and illiteracy prevention.

**Eligibility:** young adults aged 16 to 25 years old

**Coverage area:** Longueuil and surroundings

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

**Financing:** provincial, Centraide of Greater Montreal

**Legal status:** non-profit organization

### CENTRE ALPHA-SOURD RIVE-SUD - POINT DE SERVICE DE LONGUEUIL

450 Chambly Road, Longueuil, Montérégie, QC, J4H 3L7

**450 677-1723** TTY: 450 677-1723

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

**Email:** [asourdsud@gmail.com](mailto:asourdsud@gmail.com)

**Services:** Literacy workshops for deaf people. \* French, reading and writing, mathematics, computer courses.\* Community kitchen, social life, art, etc.\* Alpha-tactile program for the blind and deaf. \* Cultural and educational outings with animators.

**Eligibility:** deaf and deaf-blind persons

**Capacity:** 50

**Coverage area:** Montérégie

**Hours:** Tuesday to Thursday 12h00 to 21h00

**Fees:** free of charge

**Financing:** provincial

**Legal status:** non-profit organization

### FABLIER, UNE HISTOIRE DE FAMILLE (LE)

2014 de Chambly Road, Longueuil, Montérégie, QC, J4J 3Y2

**450 616-0620** Fax: 450 616-0621

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

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

**Services:** Literacy for parents and their children. \* Workshops: parent-child, reading and writing for parents, educational workshops and introduction to writing for children.\* Thematic meetings.\* Living environment for families: space that is open to families, coffee-meetings, involvement committees.\* Raising awareness, mobilization and cohesion.

**Eligibility:** parents of children 0 to 12 years old and their kids

**Capacity:** chats: between 8 to 10 participants

**Coverage area:** Longueuil

**Hours:** Tuesday to Thursday 9h00 to 15h30

**Fees:** free

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

**Legal status:** non-profit organization

## **KIDVILLE**

6005 Payer Boulevard, Longueuil, Montérégie, QC, J3Y 8A6

**450 443-0449**

**Website:** kidville-quebec.com

**Email:** renseignement@kidville-quebec.com

**Services:** Bilingual preschool activities. \* Recreational activities: games, crafts, drawing, singing, etc.\* Educational activities.\* Language stimulation workshop.\* Computer course.\* Celebrations and outings.

**Eligibility:** children 3 to 5 years old

**Coverage area:** Longueuil

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

**Financing:** self-financing

**Legal status:** non-profit organization

## **SOUTH SHORE READING COUNCIL**

279 Hubert Street, Suite 4, Longueuil, Montérégie, QC, J4V 1R9

**450 671-4375** Fax: 450 671-4375

**Website:** www.ssrc.ca

**Email:** ssrc@videotron.ca

**Services:** Literacy organization. \* One-on-One Private Tutoring: reading program for adults and youth.\* Family reading program.\* Training for new tutors.

**Eligibility:** English-speaking adults and youth with reading problems, families

**Coverage area:** South Shore

**Hours:** Monday to Thursday 10h00 to 15h00

**Fees:** free

**Financing:** provincial

**Legal status:** non-profit organization

## **Public education**

### **CARREFOUR LE MOUTIER**

100 Place Charles-Le Moyne, Suite 281, Longueuil, Montérégie, QC, J4K 2T4

**450 679-7111** Fax: 450 679-5562

**Website:** www.carrefourmoutier.org

**Email:** info@carrefourmoutier.org

**Services:** Welcoming, listening and referral. \* Assistance with newcomers' settlement.\* Information and awareness workshops.\* Prevention of isolation and promotion of autonomy.

**Eligibility:** newcomers for less than 5 years, general public

**Coverage area:** Montérégie

**Hours:** Monday to Friday 9h00 to 17h00

**Financing:** provincial, Centraide of Greater Montréal, donations

**Legal status:** non-profit organization

### **COM'FEMME**

6035 Adam Street, Brossard, Montérégie, QC, J4Z 1A9

**450 676-7719**

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

**Email:** [cf.membres@outlook.com](mailto:cf.membres@outlook.com)

**Services:** \* Activities, conferences and training.\* Individual listening.\* Self-development workshops.\* Assistance with newcomers' integration.\* Associative life and civic involvement.\* Community action and popular education.\* Feminist intervention.

**Eligibility:** women 18 years and over

**Coverage area:** Brossard, Saint-Lambert, Longueuil, Saint-Hubert, LeMoynes

**Hours:** Monday 13h00 to 17h00, Tuesday to Thursday 8h00 to 12h00 and 13h15 to 17h00

**Fees:** membership: \$12 per year

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

## **Vocational training, Cégeps and Universities**

### **CÉGEP ÉDOUARD-MONTPETIT**

945 Chemin de Chambly, Longueuil, Montérégie, QC, J4H 3M6

**450 679-2631** Fax: 450 679-5570

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

**Email:** [communications@cegepmontpetit.ca](mailto:communications@cegepmontpetit.ca)

**Services:** Public higher education institution at a college level. \* Pre-university and technical programs (DEC), attestation of collegiate studies (AEC).\* Ongoing training.\* École nationale d'aérotechnique.\* Early childhood centre (CPE).

**Coverage area:** province of Québec

**Legal status:** parapublic organization

### **CHAMPLAIN COLLEGE SAINT-LAMBERT**

900 Riverside Drive, Saint-Lambert, Montérégie, QC, J4P 3P2

**450 672-7360** Fax: 450 672-9299

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

**Email:** [admissions@crcmail.net](mailto:admissions@crcmail.net)

**Services:** Public higher education English language institution at a college level. \* Pre-university and technical programs (DEC).

**Coverage area:** province of Québec

**Legal status:** parapublic organization

### **COMMISSION SCOLAIRE MARIE-VICTORIN**

13 Saint-Laurent Street East, Longueuil, Montérégie, QC, J4H 4B7

**450 670-0730**

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

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

**Services:** Primary schools, high schools and specialized schools board. \* Vocational training.\* Adult education.\* Vocational training and adult education: help and orientation.\* Distance training.\* Services to companies and international development (SAEDI).

**Coverage area:** Brossard, Saint-Lambert and Longueuil

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

**Legal status:** parapublic organization

**UNIVERSITÉ DE SHERBROOKE - CAMPUS DE LONGUEUIL**

150 Place Charles-Le Moyne, Suite 200, Longueuil, Montérégie, QC, J4K 0A8

**450 463-1835** Fax: 450 670-3689

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

**Email:** [campus.longueuil@usherbrooke.ca](mailto:campus.longueuil@usherbrooke.ca)

**Services:** Public institution of higher education at a university level specialized in part-time study. \* Undergraduate and postgraduate programs.\* Training seminars.\* University of the 3rd Age (UTA).

**Coverage area:** province of Québec

**Hours:** Monday to Friday 7h00 to 23h00, Saturday and Sunday 7h00 to 18h00

**Legal status:** non-profit organization

## **Employment and Income**

**ADVOCACY FOR WORKERS AND UNEMPLOYED**

**BUDGET MANAGEMENT AND CONSUMPTION**

**BUSINESS DEVELOPMENT**

**EMPLOYMENT SUPPORT AND TRAINING**

**EMPLOYMENT SUPPORT FOR IMMIGRANTS**

**EMPLOYMENT SUPPORT FOR SENIORS**

**EMPLOYMENT SUPPORT FOR WOMEN**

**EMPLOYMENT SUPPORT FOR YOUTH**

**GOVERNMENT SERVICES**

**TAX CLINICS**

**VOCATIONAL REHABILITATION AND DISABILITY-RELATED EMPLOYMENT**

## Advocacy for workers and unemployed

### COMMISSION DE L'ÉQUITÉ SALARIALE - LONGUEUIL - LA FAYETTE

25 La Fayette Boulevard, Longueuil, Montérégie, QC, J4K 5B7

**1 844 838-0808** Fax: 514 864-6756 ?

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

**Email:** [equite.salariale@ces.gouv.qc.ca](mailto:equite.salariale@ces.gouv.qc.ca)

**Services:** Support and assistance to employers who must achieve pay equity in their company and to employees wishing to obtain information or exercise their rights. \* Front-line telephone service to answer general questions on the application of the Pay Equity Act.\* Specialized assistance to understand more complex or technical aspects of the Act.\* Conciliation services to promote the settlement of disagreements.\* Investigations following complaints or different subjected by the parties or on its own initiative.\* Software package to achieve pay equity: computer tool that allows employers to realize their pay equity exercise autonomously, available on the website.\* Information lectures on Pay Equity Act and its application, available upon request for groups of employers, employees, or any other grouping wishing to obtain information on pay equity.\* Tool development and training accessible free of charge in all regions of Quebec.\* Research activities.

**Eligibility:** employees, mostly women who occupy predominantly female job classes, accredited associations and employers

**Coverage area:** province of Québec

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, except legal holidays

**Legal status:** provincial government agency

### COMMISSION DE L'ÉQUITÉ SALARIALE - LONGUEUIL - PLACE MONTÉRÉGIE

101 Roland-Therrien Boulevard, Suite 300, Longueuil, Montérégie, QC, J4H 4B9

**1 844 838-0808** Fax: 514 864-6756 ?

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

**Email:** [equite.salariale@ces.gouv.qc.ca](mailto:equite.salariale@ces.gouv.qc.ca)

**Services:** Support and assistance to employers who must achieve pay equity in their company and to employees wishing to obtain information or exercise their rights. \* Front-line telephone service to answer general questions on the application of the Pay Equity Act.\* Specialized assistance to understand more complex or technical aspects of the Act.\* Conciliation services to promote the settlement of disagreements.\* Investigations following complaints or different subjected by the parties or on its own initiative.\* Software package to achieve pay equity: computer tool that allows employers to realize their pay equity exercise autonomously, available on the website.\* Information lectures on Pay Equity Act and its application, available upon request for groups of employers, employees, or any other grouping wishing to obtain information on pay equity.\* Tool development and training accessible free of charge in all regions of Quebec.\* Research activities.

**Eligibility:** employees, mostly women who occupy predominantly female job classes, accredited associations and employers

**Coverage area:** province of Québec

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, except legal holidays

**Legal status:** provincial government agency

### COMMISSION DES NORMES DU TRAVAIL - MONTÉRÉGIE

Place Montérégie, 101 Roland-Therrien Boulevard, Suite 300, Longueuil, Montérégie, QC, J4H 4B9

**1 844 838-0808**

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

**Services:** \* Information on labor standards and the obligations stipulated by the law and regulations.\* Registration of complaints.\* Mediation for employees or employers involved in a complaint of psychological harassment, wrongful dismissal or prohibited practice.

**Eligibility:** public, employers and employees

**Coverage area:** Montérégie

**Hours:** by appointment

**Legal status:** provincial government agency

## Budget management and consumption

### ASSOCIATION COOPÉRATIVE D'ÉCONOMIE FAMILIALE - RIVE-SUD

2010 Chambly Road, Longueuil, Montérégie, QC, J4J 3Y2

**1 877 677-6394 Fax:** 450 677-0101

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

**Email:** [acefrsm@consommateur.qc.ca](mailto:acefrsm@consommateur.qc.ca)

**Services:** \* Protection and promotion of consumers' interests.\* Consumption-related referral and assistance.\* Budget consultation, budget courses, conferences for groups.\* Small emergency loans from the Fond Desjardins.

**Eligibility:** consumers on a low or medium income

**Coverage area:** South Shore, MRC Haut-Saint-Laurent

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

**Fees:** free

**Financing:** provincial, Centraide of Greater Montréal, municipal, contributions, donations

**Legal status:** cooperative

### LAS DE COEUR CENTRE D'INTERVENTION POUR JOUEURS COMPULSIFS ET PATHOLOGIQUES

505 Sainte-Hélène Street, Longueuil, Montérégie, QC, J4K 3F5

**450 442-9566 Fax:** 450 442-9566

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

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

**Services:** Professional external services with individual follow-up. \* Individual, couple and family intervention.\* Financial counselling.

**Eligibility:** people with gambling issues, their relatives

**Coverage area:** Montérégie

**Hours:** Monday to Thursday 9h00 to 20h00, Friday 9h00 to 17h00

**Fees:** free

**Financing:** provincial

**Legal status:** non-profit organization

### PRÉMA-QUÉBEC

150 Grant Street, Suite 305, Longueuil, Montérégie, QC, J4H 3H6

**1 888 651-4909 Fax:** 450 651-2185

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

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

**Services:** Association for parents of prematured children. \* Listening and referral helpline. \* Documentation and resources.\* Parents meeting groups in neonatal units.\* Discussion groups.\* Financial support.\* Breastfeeding support.\* Perinatal loss support.

**Eligibility:** parents, professionals

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 16h00

**Financing:** provincial, donations, grants

**Legal status:** non-profit organization



## Business development

### CENTRE INTÉGRÉ DE SANTÉ ET DE SERVICES SOCIAUX DE LA MONTÉRÉGIE-CENTRE

3120 Taschereau Boulevard, Longueuil, Montérégie, QC, J4V 2H1

**450 466-5000** Fax: 450 466-8887

**Website:** www.santemc.quebec

**Services:** \* Plan, coordinate, organize and give access to all healthcare and social services.\* Ensure care is available for the entire population of its territory, including the most vulnerable population.\* Ensure simplified access to services. \* Receive complaints about dissatisfaction or violation of users' rights.

**Coverage area:** Montérégie-Centre: Réseau local de service Champlain, Réseau local de service du Haut-Richelieu - Rouville

**Financing:** provincial

**Legal status:** parapublic organization

### FEMMESSOR - MONTÉRÉGIE

5110 Cousineau Boulevard, Suite 203, Longueuil, Montérégie, QC, J3Y 7G5

**1 844 523-7767**

**Website:** www.femmessor.com

**Email:** monteregie@femmessorqc.com

**Services:** Supports start-up, consolidation, expansion or business acquisition projects. \* Financing.\* Accompaniment.\* Training.\* Networking events.

**Eligibility:** women

**Coverage area:** Montérégie

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

**Financing:** provincial

**Legal status:** non-profit organization

### PLACE À L'EMPLOI - CARREFOUR JEUNESSE-EMPLOI LONGUEUIL

125 Sainte-Foy Boulevard, 3rd Floor, Longueuil, Montérégie, QC, J4J 1W7

**450 646-1030** Fax: 450 646-9060

**Website:** www.placeaemploi.ca

**Email:** info@placeaemploi.ca

**Services:** Job search and career counseling service for young people aged 16 to 35 years old. \* Information.\* Exploring possibilities.\* Orientation.\* Job search.\* Project development.\* School retention.

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

**Coverage area:** Longueuil

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

**Fees:** free

**Financing:** provincial

**Legal status:** non-profit organization

## Employment support and training

### BATIFOLERIE - ATELIER DE COUTURE

3205 Chambly Road, Longueuil, Montérégie, QC, J4L 1N3

**450 646-0981** Fax: 450 646-2764

**Website:** www.batifolerie.qc.ca

**Email:** info@batifolerie.qc.ca

**Services:** Employment company specialized in textile manufacturing. \* Clothes and home decorations manufacturing.\* Embroidery, serigraphy and subcontracting service.\* Paid training of 26 weeks: learning of industrial manufacturing tools, production tasks, job searching assistance and post-employment follow-up.

**Eligibility:** adults without a job and not at school, living in the Montérégie

**Capacity:** 43 per year

**Coverage area:** Montérégie

**Hours:** Monday to Wednesday 8h00 to 16h00, Thursday and Friday 8h00 to 18h00

**Financing:** self-financing, provincial

**Legal status:** non-profit organization

### **CENTRE D'INTÉGRATION JEUNESSE ADULTE**

1800 Saint-Pierre Street, Longueuil, Montérégie, QC, J4P 3K2

**450 671-8949 Fax:** 450 671-0239

**Website:** cijad-cjelaporte.org

**Email:** info@cijad-cjelaporte.org

**Services:** \* Job search assistance: individual meetings, CV writing and cover letter, job search techniques, documentation center, Internet stations.\* Educational and vocational guidance counselling.\* Entrepreneurship.

**Eligibility:** job seekers aged 16 to 65 years old receiving social assistance, with precarious income or presently out of full-time work

**Coverage area:** Montérégie

**Hours:** Monday to thursday 8h30 to 16h30, Friday 10h00 to 16h00

**Fees:** free

**Financing:** provincial

**Legal status:** non-profit organization

### **CLUB DE RECHERCHE D'EMPLOI CHÂTEAUGUAY / BROSSARD - BROSSARD OFFICE**

1 Place du Commerce, Suite 335, Brossard, Montérégie, QC, J4W 2Z7

**450 462-2003 Fax:** 450 462-3733

**Website:** www.crechateauguay.org

**Email:** info@crechateauguay.org

**Services:** \* Three-week job search club.\* Group and individual workshops on efficient job search techniques: CV writing, interview preparation and calls to employers.

**Eligibility:** people 18 years and over

**Coverage area:** centres locaux d'emploi: Brossard, Longueuil agglomeration

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

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

### **PLACE À L'EMPLOI**

125 Sainte-Foy Boulevard, 3rd floor, Longueuil, Montérégie, QC, J4J 1W7

**450 646-1030 Fax:** 450 646-9060

**Website:** www.placealemploi.ca

**Email:** info@placealemploi.ca

**Services:** Consolidation of services to develop employability by offering support and individual services. \* Accompanying services: information, exploration, career choice, training, job search and project development.

**Coverage area:** South Shore of Montréal

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

**Fees:** free

**Financing:** provincial

**Legal status:** non-profit organization

## **PLACE À L'EMPLOI - CENTRE DE RECHERCHE D'EMPLOI DE LA RIVE-SUD**

125 Sainte-Foy Boulevard, 3rd floor, Longueuil, Montérégie, QC, J4J 1W7

**450 646-1030** Fax: 450 646-9060

**Website:** www.placeemploi.ca

**Email:** info@placeemploi.ca

**Services:** Job search assistance for people aged 18 years and over. \* Workshops.\* Professional assessment.\* Assisted placement.\* Group or individual job search club.

**Eligibility:** adults 18 years and over, wishing to return to the labor market

**Coverage area:** South Shore of Montréal

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

**Fees:** free

**Financing:** provincial

**Legal status:** non-profit organization

## **SERVICE D'INTÉGRATION AU MARCHÉ DU TRAVAIL DE LA MONTÉRÉGIE**

3209 Chambly Road, Longueuil, Montérégie, QC, J4J 2G4

**450 679-7311** Fax: 450 679-7316

**Website:** www.imtm.ca

**Email:** info@imtm.ca

**Services:** \* Information and referral.\* Individual meetings.\* Job search preparation, assessment and training.\* Follow-up and job retention.

**Eligibility:** people 16 years and over out of the job market, people with a criminal record

**Coverage area:** Montérégie

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

**Financing:** provincial

**Legal status:** non-profit organization

## **Employment support for immigrants**

### **SERVICE CANADA CENTRE - BROSSARD**

2501 Lapinière Boulevard, floor level, Brossard, Montérégie, QC, J4Z 3P1

**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.

**Coverage area:** Brossard

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

**Legal status:** federal government agency

### **SERVICE CANADA CENTRE - LONGUEUIL**

1195 du Tremblay Road, Suite 100, Longueuil, Montérégie, QC, J4N 1R4

**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.

**Coverage area:** Longueuil

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

**Legal status:** federal government agency

## SERVICES ET FORMATION AUX IMMIGRANTS EN MONTÉRÉGIE

3258 Grande-Allée Boulevard, Longueuil, Montérégie, QC, J4T 2S5

**450 876-1509**

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

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

**Services:** Orientation and training for immigrants. \* Job search workshops.\* Individual monitoring.\* Academic and career information.\* Referral and placement.\* Bank of applicants for employers.

**Eligibility:** immigrants in Canada since 5 years or less

**Coverage area:** Montérégie

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, summer: Monday to Thursday 8h30 to 12h00 and 13h00 to 17h15, Friday 8h30 to 12h30

**Financing:** provincial

**Legal status:** non-profit organization

## Employment support for seniors

### VISION-TRAVAIL - LONGUEUIL

1369 Sainte-Foy Boulevard, Longueuil, Montérégie, QC, J4K 1Y1

**450 651-8747** Fax: 450 651-2218

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

**Email:** [longueuil@visiontravail.ca](mailto:longueuil@visiontravail.ca)

**Services:** Four-week program in employability. \* Different workshops: career assessment, career transition and transfer of knowledge, process of change, making decisions and getting in action towards a realistic goal.\* Topics covered: job loss, burn out, attitudes of self-sabotage, stress management.\* Tests and interpretation, tailored resumes and cover letters, performance interview simulations, database of enterprises, networking, using social media, salary negotiation and understanding today's job market.

**Eligibility:** program for job seekers 40 years old and over and specialized program for managers and professionals

**Capacity:** 12 people per group

**Coverage area:** Montérégie

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

**Fees:** free

**Financing:** provincial

**Legal status:** non-profit organization

## Employment support for women

### **CENTRE D'ORIENTATION ET DE FORMATION POUR FEMMES EN RECHERCHE D'EMPLOI - SAINT-HUBERT**

5664 chemin Chambly Road, Longueuil, Montérégie, QC, J3Y 7E5

**450 678-3838** Fax: 450 678-8292

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

**Email:** [st-hubert@coffre.ca](mailto:st-hubert@coffre.ca)

**Services:** \* Training and information.\* Professional orientation using workshops: self-awareness, assessment of acquired knowledge and experience, exploring the job market, communication tools, job search techniques.\* Business internships.\* Helps with job search.

**Eligibility:** women who are jobless or have unstable employment

**Coverage area:** Longueuil, MRC Rouville, MRC Marguerite D'Youville, MRC de la Vallée-du-Richelieu, MRC Roussillon

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

**Fees:** none

**Financing:** provincial

**Legal status:** non-profit organization

### **DE SOI À L'EMPLOI**

2035 Victoria Avenue, Suite 303, Saint-Lambert, Montérégie, QC, J4S 1H1

**450 465-4078** Fax: 450 465-2202

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

**Email:** [info@soi-emploi.qc.ca](mailto:info@soi-emploi.qc.ca)

**Services:** \* 13-week guidance program including a 4-week internship.\* Visez Juste: employment preparation program.\* Osez plus: individual guidance and job search monitoring.\* Panorama: guidance for public and private insurers.

**Eligibility:** women

**Capacity:** Visez Juste: 16 women

**Coverage area:** Montérégie

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

**Fees:** free except for Osez plus and Panorama

**Financing:** provincial

**Legal status:** non-profit organization

### **ENVOL (L') PROGRAMME D'AIDE AUX JEUNES MÈRES**

1660 de l'Église Street, Longueuil, Montérégie, QC, J4P 2C8

**450 465-2584 ext. 224** Fax: 450 465-2466

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

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

**Services:** Day centre.\* Home intervention.\* Supervised visit.\* Drug addiction prevention.\* Escale: school and work reintegration.\* Childcare.\* Les Fourmilions clinic: social pediatrics.\* Food assistance.\* Group workshops, outings.\* STI prevention and screening.\* Transportation in minibus.

**Eligibility:** pregnant women and mothers under 25 years old, Escale: under 30 years old, food assistance for users only

**Coverage area:** South Shore of Montréal

**Hours:** Monday to Thursday 8h30 to 16h00, Friday 8h30 to 15h00

**Fees:** free

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

**Legal status:** non-profit organization

## **PLACE À L'EMPLOI - OPTIONS SANS LIMITE**

125 Sainte-Foy Boulevard, 3rd Floor, Longueuil, Montérégie, QC, J4J 1W7

**450 646-1030** Fax: 450 646-9060

**Website:** www.placeemploi.ca

**Email:** info@placeemploi.ca

**Services:** Guidance and job search assistance for women.

**Eligibility:** women aged 18 years and over, who want to explore job opportunities in predominantly male occupations

**Coverage area:** South Shore of Montréal

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

**Financing:** provincial

**Legal status:** non-profit organization

## **Employment support for youth**

### **ASSOCIATION QUÉBEC-FRANCE - MONTÉRÉGIE**

Confidential Address

**Website:** www.quebecfrance-monteregie.org

**Email:** qfmonteregie@gmail.com

**Services:** \* Youth programs: Intermunicipalités program that offers summer jobs in France to young students of Québec.\* Slam, poetry.\* Adults programs: literary award, Francofête, découverte travel.\* Accommodation.\* Cultural activities.\* Conferences.\* e-Bulletin, the Riche-lien.

**Eligibility:** Francophiles and defenders of the French language

**Coverage area:** Montérégie

**Fees:** variable according to the membership type

**Financing:** contributions, self-financing

**Legal status:** non-profit organization

### **CARREFOUR JEUNESSE-EMPLOI LA PINIÈRE**

6300 Auteuil Avenue, Suite 100, Brossard, Montérégie, QC, J4Z 3P2

**450 926-2200** Fax: 450 926-4122

**Website:** www.cjelapiniere.org

**Email:** info@cjelapiniere.org

**Services:** \* Evaluation and career counselling.\* Assistance in returning to school.\* Job search assistance.\* Entrepreneurship assistance.\* Documentation centre.

**Eligibility:** young adults 16 to 35 years old

**Coverage area:** Brossard

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

**Financing:** provincial, grants

**Legal status:** non-profit organization

### **CARREFOUR JEUNESSE-EMPLOI LAPORTE**

1800 Saint-Pierre Street, Longueuil, Montérégie, QC, J4P 3K2

**450 671-8949** Fax: 450 671-0239

**Website:** cijad-cjelaporte.org

**Email:** info@cijad-cjelaporte.org

**Services:** \* Job search assistance: individual meetings, CV writing and cover letter, job search techniques, documentation centre, Internet stations.\* Educational and vocational guidance counselling.\* Youth in Action program for 18 to 25 years old.\* Ideo program for 16-17 years old.\* Entrepreneurship awareness.\* International projects.\* Young volunteers.

**Eligibility:** young adults 16 to 35 years old

**Coverage area:** Saint-Lambert, LeMoyne, Greenfield-Park  
**Hours:** Monday to Thursday 8h30 to 16h30, Friday 10h00 to 16h00  
**Fees:** free  
**Financing:** provincial  
**Legal status:** non-profit organization

### **CARREFOUR JEUNESSE-EMPLOI MARGUERITE-D'YOUVILLE - BOUCHERVILLE**

95 de Mortagne Boulevard, Suite D, Boucherville, Montérégie, QC, J4B 6G4  
**450 449-9541 Fax:** 450 449-0632  
**Website:** www.cjemy.com  
**Email:** info@cjemy.com

**Services:** \* Reception, information and referral.\* Career guidance and development.\* Academic and vocational information.\* Job seeking strategies.\* Youth entrepreneurship.\* Placement assistance.\* Return to school.\* Youth projects.

**Eligibility:** people aged 16 to 35 years old

**Coverage area:** MRC Margueltie-D'Youville and Boucherville

**Hours:** Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 17h00 to 20h00

**Financing:** provincial

**Legal status:** non-profit organization

### **CARREFOUR JEUNESSE-EMPLOI SAINT-HUBERT**

6110 de Chambly Road, Longueuil, Montérégie, QC, J3Y 3R5  
**450 678-7644 Fax:** 450 678-7798  
**Website:** www.cjesh.org  
**Email:** emploi@cjesh.org

**Services:** Employability assistance. \* Career guidance.\* Academic and vocational information.\* Youth entrepreneurship.\* Job searching strategies.

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

**Coverage area:** Saint-Hubert

**Hours:** Monday 8h30 to 15h00, Tuesday to Friday 8h30 to 16h30

**Financing:** provincial, municipal, grants

**Legal status:** non-profit organization

### **MAISON DE LA FAMILLE DE BROSSARD**

2210 André Street, Brossard, Montérégie, QC, J4Z 2Z8  
**450 678-5222 Fax:** 450 678-4801  
**Website:** www.mfdebrossard.org  
**Email:** info@mfdebrossard.org

**Services:** \* Coffee-meetings for parents.\* Childcare and nursery: 0 to 5 years old.\* Evening lectures.\* Red Cross Babysitting Course.\* Workshops (4 or 5 meetings per year) on parenting skills.\* Bougeons ensemble: parent-child 2 to 4 years old.\* Les voyages de Madame Bonna Bitude: activities for children 3 to 5 years for the development of healthy lifestyles.\* Activities with baby.\* Tax clinic.

**Eligibility:** families

**Coverage area:** Brossard, Saint-Lambert, Lemoyne, Greenfield Park

**Hours:** Monday to Friday 9h00 to 16h00

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

**Legal status:** non-profit organization

## Government services

### CENTRE LOCAL D'EMPLOI DE BOUCHERVILLE

135-H de Mortagne Boulevard, Boucherville, Montérégie, QC, J4B 6G4

**450 655-5646** Fax: 450 655-6373

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

**Services:** 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:** Boucherville, Saint-Amable, Varennes, Sainte-Julie

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

**Financing:** provincial

**Legal status:** parapublic organization

### CENTRE LOCAL D'EMPLOI DE BROSSARD

1 Place du Commerce, Suite 200, Brossard, Montérégie, QC, J4W 2Z7

**450 672-1335** Fax: 450 672-4667

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

**Services:** 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:** Brossard, LeMoyne, Longueuil, Saint-Lambert, Saint-Hubert, Greenfield Park

**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

### CENTRE LOCAL D'EMPLOI DE LONGUEUIL

2877 de Chambly Road, Suite 40, Longueuil, Montérégie, QC, J4L 1M8

**450 677-5517** Fax: 450 677-5397

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

**Services:** 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:** Longueuil agglomeration

**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



## **CENTRES LOCAUX D'EMPLOI - DIRECTION RÉGIONALE DE LA MONTÉRÉGIE**

135-H de Mortagne Boulevard, Boucherville, Montérégie, QC, J4B 6G4

**1 877 767-8773 Fax:** 450 655-1277

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

**Services:** Regional administration of the local employment centres.

**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:** Montérégie

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

**Financing:** provincial

**Legal status:** parapublic organization

## **COMMISSION DE LA SANTÉ ET DE LA SÉCURITÉ DU TRAVAIL DU QUÉBEC - LONGUEUIL**

25 La Fayette Boulevard, Longueuil, Montérégie, QC, J4K 5B7

**1 844 838-0808 Fax:** 450 442-6373

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

**Services:** \* Support for workers and employers in their efforts to eliminate hazards in their workplace.\* Inspection of workplaces.\* Promotion of occupational health and safety.\* Compensation for workers who suffered an occupational injury.\* Rehabilitation of workers who, because of an occupational injury, suffered a permanent impairment of physical or mental integrity.

**Eligibility:** employers and workers

**Coverage area:** Montérégie

**Hours:** office: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, except holidays

**Financing:** membership fees, self-financing

**Legal status:** provincial government agency

## **REVENU QUÉBEC - LONGUEUIL**

Place-Longueuil, 825 Saint-Laurent Street West, Longueuil, Montérégie, QC, J4K 2V1

**1 800 267-6299 Fax:** 514 873-7502 **TTY:** 1 800 361-3795

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

**Services:** \* Administration of Québec's tax system by collecting taxes.\* Administration of programs and services related to income: tax credits, housing benefit, work bonus, maintenance allowances, provisional administration of unclaimed property, the Registraire des entreprises.

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 10h00 to 16h30, phone service: Monday to Friday 8h30 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

## **SERVICES QUÉBEC - BROSSARD**

1 place du Commerce, Suite 200, Brossard, Montérégie, QC, J4W 2Z7

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

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

**Services:** \* Information on government programs and services.

**Coverage area:** Montérégie

**Hours:** In person: Monday, Tuesday, Thursday, Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30, by phone: Monday to Friday 8h00 to 20h00

**Legal status:** provincial government agency

## **SERVICES QUÉBEC - LONGUEUIL**

2877 de Chambly Road, Suite 40, Longueuil, Montérégie, QC, J4L 1M8

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

**Website:** [www.monteregie.gouv.qc.ca](http://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.\* Services of the Registrar of Civil Status.

**Coverage area:** South Shore

**Hours:** In person, counter: Monday, Tuesday, Thursday, Friday 8h30 to 16h30, Wednesday 10h00 to 16h30, Land register: 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

### CARREFOUR LE MOUTIER - TAX CLINIC

100 Place Charles-Le Moyne, Suite 281, Longueuil, Montérégie, QC, J4K 2T4

**450 679-7111** Fax: 450 679-5562

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

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

**Services:** Tax clinic by appointment.

**Eligibility:** newcomers here for under a year

**Coverage area:** Longueuil

**Hours:** registration in person: February 22 2018 17h00 to 19h00, tax clinic: March 12 to 29 2018

**Fees:** \$5 per adult

**Financing:** provincial, Centraide of Greater Montréal, donations

**Legal status:** non-profit organization

### CENTRE D'ACTION BÉNÉVOLE DE BOUCHERVILLE - TAX CLINIC

20 Pierre-Boucher Street, Boucherville, Montérégie, QC, J4B 5A4

**450 655-9081** Fax: 450 655-1665

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

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

**Services:** Tax clinic open all year. \* At home service.\* Declarations for the previous years.

**Eligibility:** people on a low income

**Coverage area:** Boucherville

**Hours:** Monday to Friday 9h30 to 11h30 and 13h30 to 16h00

**Fees:** \$5 per person

**Financing:** provincial, Centraide of Greater Montréal, donations, federal, self-financing

**Legal status:** non-profit organization

### CENTRE D'ACTION BÉNÉVOLE DE SAINT-HUBERT - TAX CLINIC

3339 Grande-Allée Street, Longueuil, Montérégie, QC, J4T 2S9

**450 656-9110** Fax: 450 656-9115

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

**Email:** [cab-saint-hubert@videotron.ca](mailto:cab-saint-hubert@videotron.ca)

**Services:** Walk-in tax clinic.

**Eligibility:** people on a low income

**Coverage area:** Saint-Hubert

**Hours:** March 2 to April 27 2018, Wednesday and Friday 9h30 to 11h30 and 13h00 to 15h00

**Fees:** \$5 per person

**Financing:** Centraide of Greater Montréal, provincial

**Legal status:** non-profit organization

### **CENTRE D'ACTION BÉNÉVOLE LES P'TITS BONHEURS - TAX CLINIC**

1665 Montarville Street, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 3T8

**450 441-0807** Fax: 450 441-4667

**Website:** www.cabstbruno.org

**Email:** infocab.petitsbonheurs@cabstbruno.org

**Services:** Year-round tax clinic, by appointment.

**Eligibility:** people on a low income, seniors

**Coverage area:** Saint-Bruno-de-Montarville

**Hours:** clinic 2018: year-round clinic, intensive period: Monday, Tuesday and Friday from March 2 to April 30

**Fees:** \$5 per person

**Financing:** provincial

**Legal status:** non-profit organization

### **CENTRE DE BÉNÉVOLAT DE LA RIVE-SUD - POINT DE SERVICE LONGUEUIL - TAX CLINIC**

16 Montcalm Street, Longueuil, Montérégie, QC, J4J 2K6

**450 677-5281** Fax: 450 677-8067

**Website:** www.benevolatrivesud.qc.ca

**Email:** longueuil@benevolatrivesud.qc.ca

**Services:** \* Tax clinic by appointment.\* At home service.

**Eligibility:** people on a low income, seniors 65 years and over, people with a physical or intellectual disability

**Coverage area:** Longueuil

**Hours:** intensive period from March 1st to April 30th 2018: Monday, Wednesday and Thursday on appointment 10h00 to 15h00, open all year

**Fees:** \$7 per person

**Legal status:** non-profit organization

### **CENTRE DE BÉNÉVOLAT DE LA RIVE-SUD - SAINT-LAMBERT SITE - TAX CLINIC**

45 Argyle Street, Saint-Lambert, Montérégie, QC, J4P 2H2

**450 465-6130** Fax: 450 465-5638

**Website:** www.benevolatrivesud.qc.ca

**Email:** stlambert@benevolatrivesud.qc.ca

**Services:** Tax clinic by appointment.

**Eligibility:** seniors, single people or families on a low income

**Coverage area:** Saint-Lambert, Greenfield Park, Lemoyne and Brossard

**Hours:** clinic 2018: March and April, Monday, Wednesday and Friday 10h00 to 14h30, by appointment

**Fees:** \$7 per taxation year, per person

**Financing:** provincial, Centraide of Greater Montréal

**Legal status:** non-profit organization

### **CROISÉE DE LONGUEUIL (LA) - TAX CLINIC**

1276 Papineau Street, Longueuil, Montérégie, QC, J4K 4Z5

**450 677-8918** Fax: 450 677-3377

**Website:** www.lacroiseedelongueuil.qc.ca

**Email:** lacroisee@lacroiseedelongueuil.qc.ca

**Services:** Walk-in tax clinic.

**Eligibility:** families or people living alone, on a low-income

**Capacity:** 60 people per day

**Coverage area:** South-Shore

**Hours:** April 6, 13, 20 and 27 2018, starting at 9h00

**Fees:** \$5

**Financing:** self-financing, Centraide of Greater Montréal, provincial, municipal

**Legal status:** non-profit organization

**ENTRAIDE CHEZ-NOUS - TAX CLINIC**

155 Brodeur Street, Longueuil, Montérégie, QC, J4J 2S3

**450 468-1726** Fax: 450 468-6638

**Website:** www.entraidecheznous.org

**Email:** entraide.chez-nous@bellnet.ca

**Services:** \* Tax clinic.\* Service offered throughout the year.

**Eligibility:** people on a low-income

**Capacity:** 100

**Coverage area:** Longueuil: Sacré-Coeur and Carillon Saint-Pie X sector (from de Gentilly Street East to Roberval Street East and from de Chambly Road to Roland-Therrien Boulevard)

**Hours:** by appointment only

**Fees:** \$3

**Financing:** self-financing, Centraide of Greater Montréal

**Legal status:** non-profit organization

**MAISON DE LA FAMILLE DE BROSSARD - TAX CLINIC**

2210 André Street, Brossard, Montérégie, QC, J4Z 2Z8

**450 678-5222** Fax: 450 678-4801

**Website:** www.mfdebrossard.org

**Email:** info@mfdebrossard.org

**Services:** \* Tax clinic.\* Service offered throughout the year.

**Eligibility:** people on a low-income

**Coverage area:** Brossard, Saint-Lambert, Lemoyne, Greenfield Park

**Hours:** Monday and Friday 9h00 to 16h00

**Fees:** \$6

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

**Legal status:** non-profit organization

**MAISON INTERNATIONALE DE LA RIVE-SUD - TAX CLINIC**

2152 Lapinière Boulevard, Suite 220, Brossard, Montérégie, QC, J4W 1L9

**450 445-8777** Fax: 450 445-1222

**Website:** www.mirs.qc.ca

**Email:** info@mirs.qc.ca

**Services:** Tax clinic.

**Eligibility:** immigrants and refugees

**Coverage area:** South Shore

**Hours:** tax clinic: from March 15 to April 27 2018, Monday to Friday 9h00 to 17h00

**Fees:** \$15

**Financing:** provincial, federal

**Legal status:** non-profit organization

**MOSAÏQUE (LA), CENTRE D'ACTION BÉNÉVOLE ET COMMUNAUTAIRE - TAX CLINIC**

1650 de l'Église Avenue, Longueuil, Montérégie, QC, J4P 2C8

**450 465-1803** Fax: 450 465-5440

**Website:** www.lamosaique.org

**Email:** info@lamosaique.qc.ca

**Services:** \* Tax clinic for current year and previous.\* Service offered throughout the year.

**Eligibility:** people on a low income

**Coverage area:** Longueuil agglomeration

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

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

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

**Legal status:** non-profit organization

### **REPAS DU PASSANT (LE) - CLINIQUE D'IMPÔT**

700 Sainte-Foy Boulevard, Longueuil, Montérégie, QC, J4J 5E9

**450 679-5114** Fax: 450 679-5492

**Email:** lerepasdupassant@videotron.ca

**Services:** Tax clinic without appointment.

**Eligibility:** people on a low income, population in general, immigrants

**Capacity:** 123

**Coverage area:** Longueuil

**Hours:** Monday to Friday 9h00 to 16h00

**Fees:** free

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

**Legal status:** non-profit organization

### **SINO-QUÉBEC CENTRE OF SOUTH SHORE - TAX CLINIC**

7209 Taschereau Boulevard, Suite 108, Brossard, Montérégie, QC, J4Y 1A1

**450 445-6666** Fax: 450 445-8188

**Website:** www.sinoquebec.ca

**Email:** csqrs@qc.aira.com

**Services:** All year tax clinic.

**Eligibility:** Chinese and Asian communities

**Coverage area:** Montérégie

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** \$5

**Financing:** grants, self-financing, Centraide of Greater Montréal

**Legal status:** non-profit organization

### **SOUTH SHORE COMMUNITY PARTNERS (NETWORK) - TAX CLINIC**

Confidential Address

**450 466-1325** Fax: 450 671-4375

**Website:** www.sscpn.org

**Email:** sscpn@bell.net

**Services:** Tax clinic by appointment.

**Eligibility:** people on a low income, newcomers, seniors

**Coverage area:** South Shore of Montréal

**Fees:** \$20 for people on a low income, others: sliding scale according to income

**Legal status:** non-profit organization

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

### **ATELIER LA FLÈCHE DE FER - AFFI**

1730 Eiffel Street, Boucherville, Montérégie, QC, J4B 7W1

**450 552-9150** Fax: 450 552-9157

**Website:** www.groupeaffi.ca

**Email:** info@groupeaffi.ca

**Services:** Adapted enterprise advocating employment of people with disabilities. Added-value logistics activities: orders picking, assembly, packaging, distribution, storing and inspection.

**Eligibility:** people with a physical or mental disability (young or adults)

**Coverage area:** Montreal and South Shore

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

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

### **CENTRE DE SOUTIEN EN SANTÉ MENTALE - MONTÉRÉGIE**

2510 Sainte-Hélène Street, Longueuil, Montérégie, QC, J4K 3V2

**450 677-4347 Fax:** 450 748-0503

**Website:** www.schizophrenie-monteregie.com

**Email:** ssm2510@videotron.ca

**Services:** Support and accompaniment. \* At home intervention.\* Psychotherapy.\* Individual or group counselling.\* Group workshops: Les entendeurs de voix.\* Psychosocial follow-up.\* Accompaniment for legal procedures.\* Information centre.\* Training and conferences.\* Activities: choir, collective kitchens, outings.\* PAAS Action: a program of Emploi-Québec allowing for social reintegration through activities (english, computers, arts and crafts, theater, physical activities).\* Christmas baskets.

**Eligibility:** people with mental illnesses, their families and relatives

**Coverage area:** Montérégie

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

**Fees:** members: \$10 per year, variable contributions for outings

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

**Legal status:** non-profit organization

### **SDEM SEMO MONTÉRÉGIE**

365 Saint-Jean Street, Suite 125, Longueuil, Montérégie, QC, J4H 2X7

**1 800 646-6096 Fax:** 450 674-7220

**Website:** www.sdem-semo.org

**Email:** info@sdem-semo.org

**Services:** Support for training, integration and job retention. \* Preparatory employment program.\* Adapted training: office clerk, customer service in the food industry and maintenance, animal welfare counsellor, beneficiary attendant in private nursing homes.\* Job search assistance.\* Vocational guidance.

**Eligibility:** people with a physical, intellectual, sensory, psychological or learning disability or with a pervasive developmental disorder (PDD)

**Coverage area:** Montérégie

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

**Fees:** free

**Financing:** provincial

**Legal status:** non-profit organization

### **SERVICE D'INTERVENTION EN SANTÉ MENTALE ESPOIR**

1704 Saint-Georges Street, Longueuil, Montérégie, QC, J4P 3J2

**450 672-4597 Fax:** 450 672-5505

**Website:** www.serviceespoir.com

**Email:** espoir@serviceespoir.com

**Services:** \* Psychosocial rehabilitation and social reintegration: daytime activities, support for daily social skills learning and professional integration, individual monitoring.\* Supervised transitional housing.\* Community monitoring program at home: support and guidance to life in housing.

**Eligibility:** adults aged 18 to 65 with mental health problems

**Capacity:** 32 apartments

**Coverage area:** South Shore of Montréal

**Hours:** daily activities: Monday to Friday 9h00 to 17h00

**Financing:** provincial

**Legal status:** non-profit organization

## **Food**

**CHRISTMAS BASKET**

**COLLECTIVE KITCHENS**

**COMMUNITY GARDENS AND MARKETS**

**FOOD ASSISTANCE**

**FOOD AID FOR PREGNANT WOMEN AND CHILDREN**

**FOOD ASSISTANCE COORDINATION**

**FOOD ASSISTANCE IN SCHOOLS**

**LOW COST OR FREE MEALS**

## Christmas basket

### GREENFIELD PARK CHRISTMAS BASKET ASSOCIATION

195 Empire Street, Longueuil, Montérégie, QC, J4V 1T9  
**450 656-4361**

**Services:** Christmas baskets.

**Eligibility:** people on a low-income

**Coverage area:** Longueuil: Greenfield Park

**Hours:** Tuesday to Thursday 11h00 to 16h00

**Legal status:** non-profit organization

## Collective kitchens

### BOUFFE DU CARREFOUR (LA)

3780 Grande-Allée Street, Longueuil, Montérégie, QC, J4T 2V7  
**450 926-2386**

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

**Email:** [directrice@labouffeducarrefour.org](mailto:directrice@labouffeducarrefour.org)

**Services:** \* Collective kitchens: organisation and cooking.\* Thematic and vegetarian cooking workshops.\* Healthy lifestyle activities.\* Community meals.

**Eligibility:** open to all

**Coverage area:** Longueuil: Saint-Hubert

**Hours:** Monday to Friday 8h30 to 16h30, meals: Friday 11h30 to 13h15, other activities: variable

**Fees:** collective kitchens: \$1,50 per portion, meals: \$5, thematic activities: \$15

**Financing:** self-financing, grants

**Legal status:** non-profit organization

### CUISINES DE L'AMITIÉ

2210 André Street, Suite 1, Brossard, Montérégie, QC, J4Z 2Z8  
**450 443-6770**

**Website:** [cuisinesdelamitie.org](http://cuisinesdelamitie.org)

**Email:** [cuisinesdelamitie@gmail.com](mailto:cuisinesdelamitie@gmail.com)

**Services:** \* Collective kitchens.\* Culinary workshops.

**Coverage area:** Brossard and surroundings

**Hours:** collective kitchens: Tuesday to Friday in daytime

**Fees:** collective kitchen: \$8 for 5 servings, membership: \$5 per year

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

**Legal status:** non-profit organization

### MAISON DES JEUNES DE LONGUEUIL (LA)

540 King-George Street, Longueuil, Montérégie, QC, J4J 2V7  
**450 468-5907** Fax: 450 468-6074

**Email:** [m.d.j.longueuil@hotmail.com](mailto:m.d.j.longueuil@hotmail.com)

**Services:** \* Arts, recreational and sporting activities.\* Collective kitchen.\* Awareness workshops: bullying, self-esteem, drugs, etc.\* Conferences.\* Internet.\* Disco parties.

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

**Capacity:** 260 people

**Coverage area:** Longueuil

**Hours:** Monday to Thursday 15h00 to 22h00, Friday 15h00 to 23h00, disco party: Friday evening

**Fees:** none

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

**Legal status:** non-profit organization



## **RESSOURCES SAINT-JEAN-VIANNEY**

Maison de quartier Saint-Jean-Vianney, 2255 Cartier Street, Suite 090, Longueuil, Montérégie, QC, J4K 4E8  
**450 646-6722**

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

**Email:** [animation@rsjv.org](mailto:animation@rsjv.org)

**Services:** Place of meeting, help and assistance. \* Social and cultural activities, recreation and sports for all family. \* Afterschool activities for children 5 to 12 years old. \* Story time for children 0 to 5 years old. \* Summer and Springbreak day camp. \* Popular education workshops. \* Morning chat for adults. \* School furniture at low cost. \* Community kitchen with community meals and community garden.

**Eligibility:** children, adults, seniors and families

**Coverage area:** Longueuil: Saint-Jean-Vianney neighborhood and surroundings

**Hours:** administration: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, activities: variable schedule, Monday to Friday 18h00 to 22h00, Saturday 9h00 to 14h00

**Fees:** depending on the services

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

**Legal status:** non-profit organization

## **Community gardens and markets**

### **SAINT-BRUNO - LOISIR, CULTURE ET VIE COMMUNAUTAIRE**

1605 Montarville Street, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 3T8  
**450 645-2940**

**Website:** [www.stbruno.ca/activites-et-loisirs](http://www.stbruno.ca/activites-et-loisirs)

**Email:** [loisir@stbruno.ca](mailto:loisir@stbruno.ca)

**Services:** \* Community, sociocultural and sports activities. \* Community centre, arena, swimming pools, ice rinks, parks and playgrounds. \* Coordination with community organizations. \* Summer and spring break day camps. \* Community garden. \* Room rental. \* Parties and events.

**Coverage area:** Saint-Bruno-de-Montarville

**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 12h00

**Fees:** variable

**Legal status:** municipal agency

### **SAINT-LAMBERT - RECREATION, SPORTS AND COMMUNITY SERVICES**

600 Oak Avenue, Saint-Lambert, Montérégie, QC, J4P 2R6  
**450 466-3890**

**Website:** [www.saint-lambert.ca/fr/services-recreatifs](http://www.saint-lambert.ca/fr/services-recreatifs)

**Email:** [loisirs@saint-lambert.ca](mailto:loisirs@saint-lambert.ca)

**Services:** \* Community, sociocultural and sports activities. \* Swimming pools, fitness centre, recreational centre, arena, ice rinks, parks and playgrounds. \* Community gardens. \* Coordination with community organizations. \* Summer and spring break day camps. \* Room rental.

**Coverage area:** Saint-Lambert

**Hours:** Monday to Thursday 8h30 to 19h30, Friday 8h30 to 12h00, summer: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00

**Fees:** variable

**Legal status:** municipal agency

## Food Assistance

### 19E GROUPE SCOUT DE SAINT-HUBERT - FRIGID'AIDE

3755 MacKay Street, Longueuil, Montérégie, QC, J4T 2P3

**450 286-1900 ext. 9**

**Website:** [www.scouts19.ca/index.php/frigidaide](http://www.scouts19.ca/index.php/frigidaide)

**Services:** Food assistance.

**Eligibility:** people in need

**Coverage area:** Saint-Hubert, Greenfield Park, Lemoyne

**Hours:** distribution: Tuesday 15h30 to 18h00, registration: maximum Sunday 23h00

**Fees:** free

**Legal status:** non-profit organization

### ACTION NOUVELLE VIE

740 Saint-Charles Street East, Longueuil, Montérégie, QC, J4H 1C2

**450 646-5815 Fax:** 450 646-3509

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

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

**Services:** \* Food assistance.\* Christmas baskets.\* Clothing thrift store.\* Bon départ program: food and material assistance for mothers and their baby.\* Back-to-school program: distribution of school supplies.\* Summer day camp for children 8 to 12 years.\* Mère en action parenting skills program for single or immigrant women who are pregnant or who have a child under one year old.\* Le 2159 program: prevention workshops for youth at risk of crime, homelessness and sexual exploitation.

**Eligibility:** men, women and families on a low income

**Coverage area:** Montérégie

**Hours:** services: Tuesday to Thursday 9h00 to 16h00, emergency food aid: Tuesday and Thursday

**Fees:** \$10, \$15 or \$20 per food basket depending on the number of people

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

**Legal status:** non-profit organization

### AIDE AUX FAMILLES - SAINT-HUBERT PARISH

5310 Chambly Road, Longueuil, Montérégie, QC, J3Y 3N7

**450 676-4899 Fax:** 450 656-3948

**Services:** \* Regular and emergency food assistance: perishable and non-perishable goods and food vouchers.\* Christmas baskets.\* Occasional distribution of shoes and winter boots for children.

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

**Coverage area:** Saint-Hubert Parish

**Hours:** Thursday 9h30 to 11h30, emergency assistance: on call

**Financing:** donations, self-financing

**Legal status:** non-profit organization

### BIENVILLE, ALLONS DE L'AVANT!

Community Hall, 91 Quinn Street, Longueuil, Montérégie, QC, J4H 0A5

**450 677-5608**

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

**Email:** [bienville2@hotmail.fr](mailto:bienville2@hotmail.fr)

**Services:** Tenants' association. \* Information, referral, accompaniment.\* Advocacy.\* Social activities: events, coffee-chats and workshops.\* Emergency food assistance.

**Eligibility:** tenants of Bienville and Desaulniers low cost housings

**Coverage area:** Longueuil

**Hours:** reception: Monday to Friday 9h30 to 16h00, variable according to activities

**Financing:** grants, self-financing  
**Legal status:** non-profit organization

### **BOUFFE POUR TOUS**

911 Roland-Therrien Boulevard, Longueuil, Montérégie, QC, J4J 4L3  
**450 670-5449**

**Services:** \* Food bank.\* Christmas baskets.\* Distribution of clothing and furniture.

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

**Coverage area:** Longueuil

**Hours:** distribution: Wednesday 18h00 to 20h00

**Fees:** basket: \$11

**Legal status:** non-profit organization

### **CENTRE DE DISTRIBUTION DES FRANCS AMIS**

775 Sainte-Foy Boulevard, Longueuil, Montérégie, QC, J4J 1Z4  
**514 679-6760**

**Services:** \* Weekly food distribution.

**Eligibility:** people on a low income

**Coverage area:** South Shore

**Hours:** Monday 13h30

**Fees:** \$3.50 per grocery

**Financing:** self-financing

**Legal status:** non-profit organization

### **COMITÉ D'ENTRAIDE - PAROISSE SAINT-JEAN XXIII (SAINT-HUBERT)**

4850 Quévillon Street, Longueuil, Montérégie, QC, J3Y 2V4  
**450 676-7906 ext. 229 Fax: 450 678-3513**

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

**Email:** [secretariat@paroissejeanXXIII.org](mailto:secretariat@paroissejeanXXIII.org)

**Services:** \* Emergency food assistance.\* Distribution of food vouchers and non-perishable food.\* Christmas baskets: registration with Action dignité Saint-Hubert.

**Eligibility:** families on a low income

**Coverage area:** Jean-XXIII Parish (formerly Saint-Jean-de-la-Lande, Saint-Isaac-Jogues and Saint-Thomas-de-Villeneuve parishes)

**Hours:** distribution of bread, fruit and vegetables: Wednesday by appointment

**Fees:** free of charge once every 3 months

**Financing:** donations

**Legal status:** non-profit organization

### **COMITÉ D'ENTRAIDE - UNITÉ PASTORALE SAINT-LAMBERT**

311 Saint-Thomas Street, Saint-Lambert, Montérégie, QC, J4R 1Y2  
**450 671-5721 ext. 0**

**Website:** [www.upsaint-lambert.org](http://www.upsaint-lambert.org)

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

**Services:** \* Food baskets.\* Clothing donations (twice a year).\* Christmas baskets.\* Christmas party for children.\* Corn party in summer.\* French conversation workshop for newcomers.\* Homework help.\* Redistribution of furniture.

**Eligibility:** people on a low income, immigrants

**Coverage area:** Saint-Lambert

**Hours:** Monday to Friday 10h00 to 12h00 and 14h00 to 16h00

**Fees:** free

**Financing:** donations

**Legal status:** non-profit organization

### **COMITÉ D'ENTRAIDE DE BOUCHERVILLE**

780 Pierre-Viger Street, Boucherville, Montérégie, QC, J4B 3V4

**514 236-5042**

**Email:** entraidebouch@gmail.com

**Services:** \* Food baskets delivery.\* Christmas baskets.

**Eligibility:** people in need

**Coverage area:** Boucherville

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** free

**Financing:** donations

**Legal status:** non-profit organization

### **ÉQUIPE SERVICE QUARTIER ST-VINCENT-DE-PAUL**

2027 Daniel Street, Longueuil, Montérégie, QC, J4J 5M1

**450 646-8808** Fax: 450 646-8806

**Services:** \* Food aid.\* Thrift store.\* Christmas baskets.\* Distribution of school supplies.

**Eligibility:** people on a low income

**Coverage area:** Longueuil: Saint-Vincent-de-Paul neighbourhood

**Hours:** by appointment

**Fees:** \$2 if possible

**Financing:** donations, self-financing

**Legal status:** non-profit organization

### **FONDATION D'ENTRAIDE DE BROSSARD**

5811 Auteuil Avenue, Brossard, Montérégie, QC, J4Z 1M9

**514 778-2050 ext. 4**

**Website:** www.entraidebrossard.ca

**Email:** fondationdentraidebrossard@gmail.com

**Services:** \* School supplies distribution.\* Food assistance.\* Collective kitchens.\* Financial assistance for summer camp.

**Eligibility:** people on a low income, disadvantaged or disabled people

**Coverage area:** Brossard

**Financing:** donations

**Legal status:** non-profit organization

### **GRENIERS DE JOSEPH (LES)**

2550 Jensens Street, Longueuil, Montérégie, QC, J3Y 7R6

**450 445-3511**

**Website:** www.greniersdejoseph.com

**Email:** info@greniersdejoseph.com

**Services:** Food bank. \* Weekly distribution in the form of a market.\* Thrift store: donation and sale of used clothing at low prices.\* School supplies distribution.

**Coverage area:** South Shore and surroundings

**Hours:** food distribution: Friday 11h00 to 15h00, by appointment only, preparation for the distribution: Tuesday to Friday 8h00 to 16h00, thrift store: Wednesday and Thursday 10h00 to 15h00, Friday 10h00 to 20h00

**Fees:** food bag: \$15

**Financing:** donation, self-financing

**Legal status:** non-profit organization

### **HOPE (HELPING OTHER PEOPLE EFFECTIVELY)**

Confidential Address

**450 693-0262**

**Email:** stmarygpk@gmail.com

**Services:** \* Emergency food assistance.\* Financial assistance for rent, medication, electricity and telephone bills.

**Eligibility:** people on a low income

**Coverage area:** Greenfield Park, Saint-Hubert, Brossard, LeMoyne

**Hours:** Monday 9h00 to 15h00, Tuesday 9h00 to 14h30, Wednesday, Thursday and Friday 8h30 to 14h00

**Financing:** donations

**Legal status:** non-profit organization

### **MAISON D'ENTRAIDE SAINT-ALPHONSE**

2190 André Street, Brossard, Montérégie, QC, J4Z 2Z8

**450 676-3712 Fax:** 450 686-0080

**Email:** depannagemesa@hotmail.com

**Services:** \* Regular and emergency food assistance.\* Thrift store: sale of used items and donations if needed.\* Christmas baskets.

**Eligibility:** people on a low income

**Capacity:** 85 families per week

**Coverage area:** Brossard

**Hours:** Monday to Thursday 9h30 to 16h30 and Friday 13h00 to 20h30

**Financing:** donations

**Legal status:** non-profit organization

### **MAISON DES JEUNES L'ESCALIER EN MON TEMPS**

5964 Auteuil Avenue, Brossard, Montérégie, QC, J4Z 1N2

**450 656-9690**

**Website:** www.mdjbrossard.org

**Email:** mdjbrossard@hotmail.com

**Services:** Supervised meeting place. \* Information and referral.\* Prevention and education activities.\* Social, recreational and sports activities.\* Homework assistance.\* Mediation service for youth and their parents.\* Integration of youth 10 to 12 years old.\* Community refrigerator: self-service food sharing (donations welcome).

**Eligibility:** youth 10 to 12 and 12 to 17 years old

**Coverage area:** Brossard and surroundings

**Hours:** youth 10 to 12 years old: Tuesday 18h00 to 20h30, youth 12 to 17 years old: Wednesday and Thursday 18h30 to 21h30, Friday 18h30 to 22h00, Saturday 15h00 to 22h00

**Fees:** free

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

**Legal status:** non-profit organization

### **MAISON DU PÈRE DE L'ESPOIR (LA)**

470 Sainte-Foy Boulevard, Longueuil, Montérégie, QC, J4J 1Y2

**514 233-6703**

**Services:** \* Food assistance: food baskets including meat and fresh products.\* Thrift store: sale of clothing, toys, furniture, appliances, mattresses and various items at a low price.\* Donations of items and furniture in case of fire.

**Eligibility:** families, seniors and people living alone, on a low income

**Coverage area:** South-Shore of Montréal

**Hours:** Saturday 9h00 to 15h00

**Fees:** food baskets: \$13

**Financing:** self-financing, donations

**Legal status:** non-profit organization

### **MISSION NOUVELLE GÉNÉRATION**

1423 Provencher Street, Brossard, Montérégie, QC, J4W 1Z3

**450 486-7667 Fax:** 450 486-6283

**Website:** www.missionnouvellegeneration.org

**Email:** info@missionnouvellegeneration.org

**Services:** \* Weekly distribution of food baskets.\* Christmas baskets.\* Thrift shop.\* Toutazimuts Club: meetings and activities for children 6 to 12 years old.\* Day camp with financial assistance for low-income families.

**Coverage area:** Montérégie

**Hours:** Monday to Wednesday 8h00 to 16h00, Thursday 13h00 to 17h00 and 18h30 to 20h30, food assistance: Thursday 13h00 to 17h00 and 18h30 to 20h30, Tuesday 16h00 to 20h00

**Fees:** food assistance: \$8 per year, \$13 per food basket

**Legal status:** non-profit organization

### **PARTAGE SAINT-FRANÇOIS-DE-SALES**

1800 Vianney Street, Longueuil, Montérégie, QC, J4J 4T2

**450 468-4545**

**Email:** info@paroisse-la-visitation.org

**Services:** \* Food assistance and vouchers.\* Christmas baskets.\* Tax clinic\* Community sharing store.\* Collective kitchens.\* Cooking workshops.\* Sewing workshop.\* Thrift store.\* Homework help.\* Budget planning assistance.\* Bonhomme à lunettes service point.

**Eligibility:** people on a low income

**Coverage area:** Saint-François-de-Sales and Visitation parishes

**Hours:** administration: Monday to Thursday 9h00 to 12h00 and 13h00 to 15h00

**Fees:** free

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

**Legal status:** non-profit organization

### **PARTAGE SAINT-ROBERT DE LONGUEUIL**

701 Duhamel Street, Longueuil, Montérégie, QC, J4L 4M2

**450 679-2600 ext. 229 Fax:** 450 677-3518

**Services:** \* Food bank and emergency assistance.\* Distribution of Christmas baskets.\* La Boîte à Surprise thrift store.

**Eligibility:** people on a low income

**Coverage area:** Saint-Robert Parish, merged with Bon-Pasteur Parish

**Hours:** food bank: Wednesday 13h00 to 14h30 by appointment

**Fees:** food bank: \$3

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

**Legal status:** non-profit organization

### **REPAS DU PASSANT (LE)**

700 Sainte-Foy Boulevard, Longueuil, Montérégie, QC, J4J 5E9

**450 679-5114 Fax:** 450 679-5492

**Email:** lerepasdupassant@videotron.ca

**Services:** \* Community service and compensatory work: work experiences aiming to improve social integration.\* Active listening, referral, support.\* Warm and affordable lunches five days a week.\* Food assistance.\* Christmas baskets and sharing store.\* Christmas dinner.\* Collective garden.\* Internship for students in social work and specialised education.\* Catering services.\* Tax clinic.

**Eligibility:** people on a low income and general public

**Capacity:** 123

**Coverage area:** food assistance: Notre-Dame-de-Grâces, Saint-Pierre-Apôtre and Saint-Charles-Borromée sectors, other services: Longueuil

**Hours:** Monday to Friday 9h00 to 16h00, community meals: 11h30 to 13h00

**Fees:** meal: \$1.50 for children under 12 years old, \$4 for adults, solidary price: \$6, lunch voucher: \$55 for 20 meals, \$32.50 for 10 meals, \$18.75 for 5 meals

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

**Legal status:** non-profit organization

### **SALVATION ARMY - SOUTH-SHORE COMMUNITY CHURCH**

1875 Panama Street, Brossard, Montérégie, QC, J4W 2S8

**514 791-9488**

**Email:** ricaurte\_valasquez@can.salvationarmy.org

**Services:** \* Food bags distribution.\* Emergency food assistance.\* Christmas Baskets.

**Eligibility:** people on a low income

**Coverage area:** South Shore of Montréal

**Hours:** Monday, Tuesday and Thursday 10h00 to 13h30

**Financing:** donations

**Legal status:** non-profit organization

### **SERVICE D'ENTRAIDE - SAINTE-MARGUERITE-BOURGEOYS PARISH**

1720 Georges Street, Longueuil, Montérégie, QC, J4T 1V9

**450 812-5354**

**Services:** \* Distribution of food and of food vouchers.\* Emergency food aid.\* Christmas baskets.\* Vouchers for school supplies.\* Information and referral.\* Sharing store: sale of clothing and household items at low prices.

**Eligibility:** people on a low income

**Coverage area:** Sainte-Marguerite-Bourgeois Parish

**Hours:** food aid: Thursday 13h00 to 15h00 by appointment (before Wednesday 12h00), sharing store: Wednesday and Friday 9h00 to 15h00

**Fees:** food bank: \$3 per person

**Financing:** donations

**Legal status:** non-profit organization

### **SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - CONFÉRENCE SAINT-JEAN-VIANNEY (LONGUEUIL)**

Saint-Jean-Vianney Church, 2151 Saint-Georges Street, Basement, Longueuil, Montérégie, QC, J4K 2J1

**450 442-2425**

**Email:** ssvpconferencesjvl@gmail.com

**Services:** \* Food bank and food vouchers.\* Christmas baskets.\* School supplies.

**Eligibility:** people on a low income

**Coverage area:** Saint-Jean-Vianney, between Notre-Dame-de-Grâce and Taschereau and between Curé-Poirier and Jacques-Cartier

**Hours:** by appointment only

**Fees:** \$3 per week, if possible

**Financing:** donations

**Legal status:** non-profit organization

### **SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - IMMACULÉE-CONCEPTION (SAINT-HUBERT)**

5403 Hémard Avenue, Longueuil, Montérégie, QC, J3Y 3G8

**450 676-2661**

**Email:** robdion@videotron.ca

**Services:** \* Food vouchers and food bags.\* Christmas baskets.\* School supplies.

**Eligibility:** people on a low income

**Capacity:** 35 to 45 families

**Coverage area:** Immaculée-Conception Church neighbourhood, including Maricourt

**Hours:** food bank: Wednesday 9h00 to 10h30, emergencies on call

**Fees:** none

**Financing:** donations, fundraising campaigns

**Legal status:** non-profit organization

## **SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - PAROISSE BIENHEUREUSE-MARIE-ROSE-DUROCHER**

Saint-Anastase Church, 80 Churchill Boulevard, Longueuil, Montérégie, QC, J4V 2L9  
**438 396-7445**

**Services:** \* Distribution of food vouchers and non-perishable goods at the parish's office.

**Eligibility:** people on a low income

**Coverage area:** Bienheureuse-Marie-Rose-Durocher Parish resulting from the merging of Saint-Anastase (Greenfield Park), Saint-Maxime (LeMoynes) and Saint-Josaphat (LeMoynes) parishes

**Hours:** by appointment

**Fees:** free

**Financing:** donations

**Legal status:** non-profit organization

## **Food aid for pregnant women and children**

### **MAISON DE LA FAMILLE LA PARENTR'AIDE**

2060 Holmes Street, Longueuil, Montérégie, QC, J4T 1R8  
**450 923-9333**

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

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

**Services:** Provides parents with support and tools to enable them to better perform their role as educators and improve the quality of life for their family. \* Workshops for parents of children 0 to 5 years: YAPP program, luncheons, Vie de famille, De la discipline à l'amour, Éveil musical, Langagibou.\* Baby food workshops.\*

Daycare for children 0 to 5 years.\* Parent-child workshops for children 0 to 5 years: Moments magiques, L'ami des mots, Cardio bébé, Mes 5 sens et moi, La boîte à outils, Grouille et gribouille, Tand'aime, Passeport.\*

Workshops for parents of children 5 to 12 years: Full Parent, Vie de famille, De la discipline à l'amour, Jalousie et rivalité frère/soeur, Parler pour que les enfants écoutent.\* Parent-youth workshop for youth 5 to 12 years:

Estime de soi.\* Workshop for parents of teenagers 12 to 17 years: Parents d'ado, Une traversée.\* Flash papa.\* Individual meetings.

**Eligibility:** parents of children 0 to 17 years old

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

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

**Fees:** annual membership: \$20

**Financing:** provincial, Centraide of Greater Montréal

**Legal status:** non-profit organization

## **Food assistance coordination**

### **MOISSON RIVE-SUD**

1356 Volta Street, Boucherville, Montérégie, QC, J4B 6G6  
**450 641-2885** Fax: 450 641-8892

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

**Email:** [administration@moissonrivesud.org](mailto:administration@moissonrivesud.org)

**Services:** \* Recovery of food.\* Supplying of food assistance organizations.\* Assistance with sustainable development.

**Eligibility:** community organizations

**Coverage area:** Montérégie

**Hours:** office: Monday to Friday 8h00 to 16h00, storage: 7h30 to 15h00

**Financing:** fundraising campaigns, grants, donations

**Legal status:** non-profit organization



## **TABLÉE DES CHEFS (LA)**

930 Curé-Poirier Boulevard East, Longueuil, Montérégie, QC, J4J 4X1

**450 748-1638** Fax: 450 748-1680

**Website:** www.tableedeschefs.org

**Email:** info@tableedeschefs.org

**Services:** \* Redistribution of food surplus from the hotel, restaurant and institution network (HRI) in order to feed people in need.\* Sustainable food brokerage.\* Development of culinary education among teenagers through various culinary workshops: les brigades culinaires, workshops in youth centres, summer camp.\* Corporate culinary workshop.\* Day camp for children.\* Food chores in cooking schools.

**Eligibility:** people coping with food insecurity, culinary programs: youth 12 to 17 years old

**Capacity:** no limitations

**Coverage area:** Canada

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

**Fees:** free, various prices for cooking schools

**Financing:** donations, self-financing

**Legal status:** non-profit organization

## **Food assistance in schools**

### **BREAKFAST CLUB OF CANADA**

135 de Mortagne Boulevard, Suite G, Boucherville, Montérégie, QC, J4B 6G4

**1 888 442-1217** Fax: 450 641-7841

**Website:** www.breakfastclubcanada.org

**Email:** info@clubdejeuner.org

**Services:** Full and nutritious breakfasts in schools. \* Self-esteem activities.

**Eligibility:** schools

**Coverage area:** Canada

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

**Financing:** fundraising campaigns, donations

**Legal status:** non-profit organization

## **Low cost or free meals**

### **ASSOCIATION LES GOÉLANDS DE LONGUEUIL**

365 Curé-Poirier Boulevard West, Longueuil, Montérégie, QC, J4J 2G9

**450 396-9158**

**Services:** \* Information and referral.\* Weekly community meals followed by recreational activities.\* Occasional outings.\* Advocacy for people with disabilities.

**Eligibility:** people living with physical disabilities or people isolated

**Coverage area:** Longueuil and surroundings

**Hours:** meals: Sunday 9h00 to 15h30

**Fees:** meals: \$7, membership: \$10 per year

**Financing:** contributions

**Legal status:** non-profit organization

### **CLUB SOCIAL DE GENTILLY**

Centre communautaire Saint-François-de-Sales, 1545 Jacques-Quartier East Boulevard, Longueuil, Montérégie, QC, J4M 2X1

**450 647-5968**

**Services:** \* Social and recreational activities: cards games, bingo, bean bag toss.\* Community meals and theme evenings.\* Christmas diner.

**Coverage area:** Longueuil  
**Hours:** Monday 13h00 to 16h00  
**Financing:** self-financing  
**Legal status:** non-profit organization

### **FOYER SAINT-ANTOINE DE LONGUEUIL**

150 Grant Street, Longueuil, Montérégie, QC, J4H 3H6

**450 679-6654**

**Website:** foyerstantoinelongueuil.ca

**Email:** foyer.sta@videotron.ca

**Services:** Social integration and respite care environment for adults with physical or intellectual disabilities. \* Social integration.\* Enhancement of heritage value.\* Rooms rental.\* Tai Chi.\* Expression workshop.\* Cultural activities.\* Community dinner.\* Medium or long term adapted accommodation.\* Respite for adults with a physical disability.\* Day centre for adults with a physical or intellectual disability.

**Eligibility:** adults 18 to 65 years old with a physical, hearing, visual, motor or language impairment

**Coverage area:** Montérégie

**Hours:** day centre: Monday to Thursday 9h00 to 16h00, Friday 9h00 to 14h00, respite: 24 hours, 7 days

**Fees:** membership: \$25 per year, respite: \$50 per night

**Financing:** self-financing, federal

**Legal status:** non-profit organization

### **LUCIOLES (LES)**

Centre Pierre et Bernard Lucas, 2060 Homes Street, Longueuil, Montérégie, QC, J4T 1R8

**450 678-6765**

**Website:** www.lucioles.ca

**Email:** ca.lucioles@gmail.com

**Services:** \* Community lunches.\* Support group.\* Food surplus sale.\* Events.

**Eligibility:** autonomous people 18 to 65 years old with physical disabilities

**Capacity:** 30 people

**Coverage area:** Longueuil

**Hours:** Friday 10h00 to 14h30

**Fees:** membership: \$7 per year, lunch: \$6 for members, \$7 for non-members

**Financing:** provincial

**Legal status:** non-profit organization

## **Government services**

**MUNICIPAL SERVICES**

**PROVINCIAL SERVICES**

**PUBLIC TRANSPORTATION**

## Municipal services

### BOUCHERVILLE - LOISIR, CULTURE ET VIE COMMUNAUTAIRE

1075 Lionel-Daunais Street, Boucherville, Montérégie, QC, J4B 8N5

**450 449-8640** Fax: 450 449-7109

**Website:** [boucherville.ca/residants/sports-et-loisirs](http://boucherville.ca/residants/sports-et-loisirs)

**Email:** [loisir@boucherville.ca](mailto:loisir@boucherville.ca)

**Services:** Management and organization of community, cultural and sports activities. \* Aquatic centres and pool, sport centre, arena, ice rink, cultural centres, parks and playgrounds. \* Summer day camp. \* Coordination with community organizations.

**Coverage area:** Boucherville

**Fees:** variable

**Legal status:** municipal agency

### BROSSARD - CITY

2001 Rome Boulevard, Brossard, Montérégie, QC, J4W 3K5

**450 923-6311**

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

**Email:** [services@brossard.ca](mailto:services@brossard.ca)

**Services:** Management of municipal services. \* Management of animal licenses. \* Information on permits for the installation of swimming pools, fences, temporary car shelters, etc. \* Information on taxes and their payment and property assessment. \* Info-travaux: information on the progress of road projects. \* Schedule of collections of recyclable materials and garbage and information on the management of residual materials: [www.ville.brossard.qc.ca/services-citoyens/matieres-residuelles/Matieres-residuelles-et-organiques.aspx?lang=en-ca](http://www.ville.brossard.qc.ca/services-citoyens/matieres-residuelles/Matieres-residuelles-et-organiques.aspx?lang=en-ca) \* Public security: police department and fire department of the agglomeration of Longueuil.

**Hours:** Monday to Thursday 8h30 to 19h30, Friday 8h30 to 16h30, Saturday 9h00 to 12h00

**Financing:** municipal

**Legal status:** municipal agency

### BROSSARD - RECREATION AND CULTURE

2001 de Rome Boulevard, Brossard, Montérégie, QC, J4W 3K5

**450 923-6311a**

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

**Email:** [services@brossard.ca](mailto:services@brossard.ca)

**Services:** \* Multi-purpose pavilion, pools, parks and playgrounds. \* Management and organization of community, cultural and sports activities. \* Regular and specialized summer day camp.

**Coverage area:** Brossard

**Fees:** variable

**Financing:** municipal

**Legal status:** municipal agency

### GREENFIELD PARK - DISTRICT

156 Churchill Boulevard, Longueuil, Montérégie, QC, J4V 2M3

**450 463-7216** Fax: 450 463-7394

**Website:** [www.longueuil.quebec/fr/bureau-presidence-arrondissement-greenfield-park](http://www.longueuil.quebec/fr/bureau-presidence-arrondissement-greenfield-park)

**Services:** District president's office. \* Protection and improvement of local services.

**Coverage area:** Greenfield Park

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

**Legal status:** municipal agency

**GREENFIELD PARK - DISTRICT - DIRECTION DE LA CULTURE, DU LOISIR ET DE LA VIE COMMUNAUTAIRE**

156 Churchill Boulevard, Longueuil, Montérégie, QC, J4V 2M3

**450 463-7311** Fax: 450 463-7394

**Website:** [www.longueuil.quebec/en/direction-culture-du-loisir-vie-communautaire](http://www.longueuil.quebec/en/direction-culture-du-loisir-vie-communautaire)

**Services:** \* Community, sociocultural and sports activities.\* Parks, multifunctional centres, cultural and community centres, swimming pools, arenas.\* Summer day camps.\* Coordination with community organizations.

**Coverage area:** Greenfield Park

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

**Financing:** municipal

**Legal status:** municipal agency

**LONGUEUIL - ÉCOCENTRE GRANDE ALLÉE**

8005 Grande Allée, Longueuil, Montérégie, QC, J4Z 3H8

**450 463-7311**

**Website:** [www.longueuil.quebec/fr/ecocentre-grande-allee](http://www.longueuil.quebec/fr/ecocentre-grande-allee)

**Services:** Recovery of residual materials. \* Hazardous domestic waste: aerosols, paint, oil, batteries, etc.\* Computer and electronic waste.\* Metals and scraps.\* Tires.\* Construction waste.\* Wood.\* Large items: armchairs, mattresses, etc.\* Recyclable materials.\* Branches, soil and green residues.

**Eligibility:** residents, businesses

**Coverage area:** Longueuil agglomeration

**Hours:** Monday to Friday 8h00 to 17h30, Saturday 9h00 to 13h00, summer: Monday to Wednesday 8h00 to 17h30, Thursday and Friday 8h00 to 20h00, Saturday 8h00 to 16h00

**Fees:** variable

**Financing:** municipal

**Legal status:** municipal agency

**LONGUEUIL - ÉCOCENTRE MARIE-VICTORIN**

1140 Marie-Victorin Boulevard, Longueuil, Montérégie, QC, J4G 2H9

**450 463-7311**

**Website:** [www.longueuil.quebec/fr/ecocentre-marie-victorin](http://www.longueuil.quebec/fr/ecocentre-marie-victorin)

**Services:** Recovery of residual materials. \* Computer and electronic waste.\* Metals and scraps.\* Appliances containing halocarbon: refrigerators, air-conditioners, etc.\* Tires.\* Construction waste.\* Wood.\* Large items: armchairs, mattresses, etc.\* Recyclable materials.\* Branches, soil and green residues.

**Eligibility:** residents

**Coverage area:** Longueuil agglomeration

**Hours:** Wednesday and Friday 10h00 to 18h00, Saturday and Sunday 9h00 to 17h00, summer: Monday to Friday 8h00 to 18h00, Saturday and Sunday 8h00 to 17h00

**Fees:** free

**Financing:** municipal

**Legal status:** municipal agency

**LONGUEUIL - ÉCOCENTRE SAINT-BRUNO**

600 Sagard Street, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 6B9

**450 645-2960**

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

**Services:** Recovery of residual materials. \* Hazardous domestic waste: aerosols, paint, oil, batteries, etc.\* Computer and electronic waste.\* Metals and scraps.\* Appliances containing halocarbon: refrigerators, air-conditioners, etc.\* Tires.\* Construction waste.\* Wood.\* Large items: armchairs, mattresses, etc.\* Recyclable materials.

**Eligibility:** residents

**Coverage area:** Longueuil agglomeration

**Hours:** Monday to Friday 7h30 to 12h00 and 13h00 to 18h00, Saturday and Sunday 12h00 to 18h00

**Fees:** free

**Financing:** municipal

**Legal status:** municipal agency

### **SAINT-HUBERT - DISTRICT**

4250 de la Savane Road, Longueuil, Montérégie, QC, J3Y 9G4

**450 463-7100 ext. 2444 Fax:** 450 463-7400

**Website:** [www.longueuil.quebec/fr/bureau-presidence-arrondissement-saint-hubert](http://www.longueuil.quebec/fr/bureau-presidence-arrondissement-saint-hubert)

**Services:** District president's office. \* Protection and improvement of local services.

**Coverage area:** Saint-Hubert

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

**Legal status:** municipal agency

### **SAINT-HUBERT - DISTRICT - DIRECTION DE LA CULTURE, DU LOISIR ET DE LA VIE COMMUNAUTAIRE**

7405 Terrasse du Centre, Longueuil, Montérégie, QC, J3Y 7Z6

**450 463-7311 Fax:** 450 463-7394

**Website:** [www.longueuil.ca/fr/loisirs-culture](http://www.longueuil.ca/fr/loisirs-culture)

**Services:** \* Community, sociocultural and sports activities.\* Parks, multifunctional centres, cultural and community centres, swimming pools, arenas.\* Summer day camps.\* Coordination with community organizations.

**Eligibility:** citizens of all ages, families, seniors, disabled persons, teenagers

**Coverage area:** Saint-Hubert

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

**Financing:** municipal

**Legal status:** municipal agency

### **SERVICE DE POLICE DE L'AGGLOMÉRATION DE LONGUEUIL**

4800 Leckie Street, Longueuil, Montérégie, QC, J3Z 1H6

**450 463-7011 Fax:** 450 646-8497

**Website:** [www.longueuil.quebec/en/police](http://www.longueuil.quebec/en/police)

**Email:** [spal@longueuil.quebec](mailto:spal@longueuil.quebec)

**Services:** Respond to safety needs of the public. \* Protect the lives and property of citizens.\* Maintain peace and public safety.\* Prevent and combat crime.\* Enforce the laws and regulations in effect.\* Trade your ticket: program that allows cyclists to cancel a ticket in exchange for participation to a bike safety education workshop.

**Coverage area:** Brossard, Greenfield Park, Saint-Bruno-de-Montarville and Saint-Hubert

**Financing:** municipal

**Legal status:** municipal agency

### **SERVICE DE POLICE DE L'AGGLOMÉRATION DE LONGUEUIL - DIVISION NORD**

699 Curé-Poirier Boulevard West, Longueuil, Montérégie, QC, J4J 2J1

**450 463-7011 Fax:** 450 463-7362

**Website:** [www.longueuil.quebec/en/police](http://www.longueuil.quebec/en/police)

**Email:** [spal@longueuil.quebec](mailto:spal@longueuil.quebec)

**Services:** Respond to safety needs of the public. \* Protect the lives and property of citizens.\* Maintain peace and public safety.\* Prevent and combat crime.\* Enforce the laws and regulations in effect.\* Trade your ticket: program that allows cyclists to cancel a ticket in exchange for participation to a bike safety education workshop.

**Coverage area:** Boucherville, Saint-Lambert and Vieux-Longueuil

**Financing:** municipal

**Legal status:** municipal agency

### **VIEUX-LONGUEUIL - DISTRICT**

300 Saint-Charles Street West, Longueuil, Montérégie, QC, J4H 1E6

**450 463-7311 Fax:** 450 463-7391

**Website:** [www.longueuil.quebec/fr/bureau-presidence-arrondissement-vieux-longueuil](http://www.longueuil.quebec/fr/bureau-presidence-arrondissement-vieux-longueuil)

**Services:** District president's office. \* Protection and improvement of local services.

**Coverage area:** Vieux-Longueuil

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

**Legal status:** municipal agency

### **VIEUX-LONGUEUIL - DISTRICT - DIRECTION DE LA CULTURE, DU LOISIR ET DE LA VIE COMMUNAUTAIRE**

1 Curé-Poirier Boulevard East, Longueuil, Montérégie, QC, J4J 5K7

**450 463-7311 Fax:** 450 463-7394

**Website:** [www.longueuil.ca/fr/loisirs-culture](http://www.longueuil.ca/fr/loisirs-culture)

**Services:** \* Community, sociocultural and sports activities.\* Parks, multifunctional centres, cultural and community centres, swimming pools, arenas.\* Coordination with community organizations.\* Summer day camps.

**Eligibility:** citizens of all ages, families, seniors, disabled persons, teenagers

**Coverage area:** Vieux-Longueuil

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

**Fees:** variable

**Legal status:** municipal agency

## **Provincial services**

### **COMMISSION DE PROTECTION DU TERRITOIRE AGRICOLE DU QUÉBEC**

25 Lafayette Boulevard, 3rd floor, Longueuil, Montérégie, QC, J4K 5C7

**450 442-7100 Fax:** 450 651-2258

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

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

**Services:** Application of the Loi sur la protection du territoire et des activités agricoles. \* General and specialized information service.\* Management of individual authorization application: inclusion, alienation, subdivision, maple tree cut, etc.\* Issuance of license and attestation.\* Management of denunciations: verification and investigation.\* Complaint management.\* Online authorization application form: [www.cptaq.gouv.qc.ca/fileadmin/fr/publications/forms/formulairedemandeautorisationLPTAA.pdf](http://www.cptaq.gouv.qc.ca/fileadmin/fr/publications/forms/formulairedemandeautorisationLPTAA.pdf)\* Online right declaration

form: [www.cptaq.gouv.qc.ca/fileadmin/fr/publications/forms/formulairedeclarationdroitLPTAA.pdf](http://www.cptaq.gouv.qc.ca/fileadmin/fr/publications/forms/formulairedeclarationdroitLPTAA.pdf)

**Coverage area:** Province of Québec

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

**Financing:** provincial

**Legal status:** parapublic organization

### **CURATEUR PUBLIC - DIRECTION TERRITORIALE SUD - LONGUEUIL**

201 Place Charles-Le Moyne, RC 02, Longueuil, Montérégie, QC, J4K 2T5

**450 928-8800**

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

**Services:** \* Protection of rights and interests.\* Information, assistance and support to families and close friends who are representing incapacitated individuals, administering the estate of an incapacitated person or a minor, or serving as a member of a tutorship council.

**Eligibility:** incapacitated individuals, incapacity may be declared due to a mental or degenerative illness, stroke, intellectual disability, head injury or weakened state as a result of old age that alters the mental faculties or physical ability to express their own will, represented by the Curateur public, under provisional administration, under tutorship or under private curatorship, private tutors and curators

**Coverage area:** South of the province of Québec

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

**Financing:** provincial

**Legal status:** provincial government agency

## Public transportation

### CONSEIL INTERMUNICIPAL DE TRANSPORT CHAMBLY-RICHELIEU-CARIGNAN

375 Roland-Therrien Boulevard, Suite 520, Longueuil, Montérégie, QC, J4H 4A6

**514 877-6003** Fax: 450 635-2573

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

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

**Services:** Manages mass transit and paratransit services.

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

**Coverage area:** Chambly, Richelieu, Carignan, Marieville and Saint-Mathias-sur-Richelieu

**Hours:** Monday to Friday 7h00 to 19h00, Saturday and Sunday 9h00 to 17h00

**Fees:** variable

**Financing:** self-financing, provincial

**Legal status:** parapublic organization

### CONSEIL INTERMUNICIPAL DE TRANSPORT LE RICHELAIN

375 Roland-Therrien Boulevard, Suite 520, Longueuil, Montérégie, QC, J4H 4A6

**514 877-6003**

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

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

**Services:** Public transit: buses, suburb trains.

**Coverage area:** Candiac, La Prairie, Saint-Philippe

**Hours:** Monday to Friday 7h00 to 19h00, Saturday and Sunday 9h00 to 17h00

**Fees:** variable

**Financing:** self-financing, provincial

**Legal status:** parapublic organization

### CONSEIL INTERMUNICIPAL DE TRANSPORT ROUSSILLON

375 Roland-Therrien Boulevard, Suite 520, Longueuil, Montérégie, QC, J4H 4A6

**514 877-6003**

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

**Email:** [infota@gestran.ca](mailto:infota@gestran.ca)

**Services:** Public organization that manages mass transit services: autobus, taxibus and carpooling.

**Coverage area:** Delson, Sainte-Catherine and Saint-Constant

**Hours:** Monday to Friday 7h00 to 19h00, Saturday and Sunday 9h00 to 17h00

**Fees:** variable

**Financing:** self-financing, provincial

**Legal status:** parapublic organization



## **RÉSEAU DE TRANSPORT DE LONGUEUIL**

1150 Marie-Victorin Boulevard, Longueuil, Montérégie, QC, J4G 2M4

**450 442-8600**

**Website:** [www.rtl-longueuil.qc.ca](http://www.rtl-longueuil.qc.ca)

**Services:** Public transportation. \* Regular transportation services and paratransit. \* RTL mobile: application allowing to obtain the information concerning a bus route.

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

**Coverage area:** Longueuil agglomeration

**Hours:** office: Monday to Friday 8h30 to 16h30, customer service: Monday to Friday 7h00 to 20h00, Saturday, Sunday and national holidays: 8h30 to 16h30

**Fees:** variable

**Financing:** self-financing, provincial

**Legal status:** parapublic organization

## **SAINTE-JULIE - TRANSPORT COLLECTIF**

375 Roland-Therrien Boulevard, Suite 520, Longueuil, Montérégie, QC, J4H 4A6

**514 877-6003**

**Website:** [transport.ville.sainte-julie.qc.ca](http://transport.ville.sainte-julie.qc.ca)

**Services:** Public transportation with local circuits and circuits to Longueuil, Montréal and Saint-Hyacinthe. \* Public transportation.\* Paratransit.\* Carpooling.\* Taxi 12-17: collective transportation for teenagers.

**Coverage area:** Sainte-Julie

**Hours:** Monday to Friday 7h00 to 19h00, Saturday 9h00 to 17h00

**Fees:** variable, some circuits are free

**Legal status:** municipal agency

## **Health**

**DENTAL CARE**

**EYE CARE**

**FUNERAL COOPERATIVES**

**HOSPITALS, CLSC AND COMMUNITY CLINICS**

**PUBLIC HEALTH**

**SUPPORT ASSOCIATIONS FOR THE SICK**

## Dental care

### CÉGEP ÉDOUARD-MONTPETIT - CLINIQUE D'HYGIÈNE DENTAIRE

945 Chemin de Chambly, Suite B-223, Longueuil, Montérégie, QC, J4H 3M6

**450 679-2631 ext. 2523**

**Website:** [www.cegepmontpetit.ca/cegep/communaute/cliniques/hygiene-dentaire](http://www.cegepmontpetit.ca/cegep/communaute/cliniques/hygiene-dentaire)

**Services:** \* Affordable dental hygiene care provided by 2nd and 3rd year students, under the supervision of their professors.

**Capacity:** 80 appointments per day

**Coverage area:** province of Québec

**Fees:** variable

**Financing:** self-financing

**Legal status:** parapublic organization

### CÉGEP ÉDOUARD-MONTPETIT - CLINIQUE DE DENTUROLOGIE

945 Chemin de Chambly, Suite A-220, Longueuil, Montérégie, QC, J4H 3M6

**450 679-2631 ext. 2511**

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

**Email:** [clinique.denturologie@cegepmontpetit.ca](mailto:clinique.denturologie@cegepmontpetit.ca)

**Services:** \* The manufacturing, at low cost, of full and partial dental prosthesis by students, under the supervision of a dental teacher.\* Patient must be available for 8 to 12 appointments of about 2 hours each, depending on the schedule of the student.

**Coverage area:** province of Québec

**Hours:** Monday to Friday, during school year

**Financing:** self-financing

**Legal status:** parapublic organization

## Eye care

### CÉGEP ÉDOUARD-MONTPETIT - CLINIQUE DE LENTILLES CORNÉENNES

945 Chemin de Chambly, Suite A-225, Longueuil, Montérégie, QC, J4H 3M6

**450 679-2630 ext. 2561**

**Website:** [www.cegepmontpetit.ca/cegep/communaute/cliniques/lentilles-cornennes](http://www.cegepmontpetit.ca/cegep/communaute/cliniques/lentilles-cornennes)

**Services:** \* Eyesight exams carried out by a graduated optometrist.\* Low cost purchase, adjustment and replacement of contact lenses.

**Coverage area:** province of Québec

**Hours:** by appointment, Monday, Tuesday and Thursday 12h10 to 17h00, eyesight exams: Monday to Thursday 8h30 to 16h30

**Fees:** variables

**Financing:** self-financing

**Legal status:** parapublic organization

### CÉGEP ÉDOUARD-MONTPETIT - CLINIQUE DE LUNETTERIE

945 Chemin de Chambly, Suite A-228, Longueuil, Montérégie, QC, J4H 3M6

**450 679-2631 ext. 2561**

**Website:** <http://www.cegepmontpetit.ca/cegep/communaute/cliniques/lunetterie>

**Services:** \* Eyesight exams carried out by a graduated optometrist.\* The purchase, adjustment and repair of glasses.

**Coverage area:** province of Québec

**Fees:** variables

**Financing:** self-financing

**Legal status:** parapublic organization

## Funeral cooperatives

### RÉSIDENCE FUNÉRAIRE CURÉ-POIRIER

635 Curé-Poirier Boulevard West, Longueuil, Montérégie, QC, J4J 2H8

**450 677-5203** Fax: 450 677-6221

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

**Email:** [accueil@cfgrandmontreal.com](mailto:accueil@cfgrandmontreal.com)

**Services:** Funeral cooperative.

**Coverage area:** Province of Québec

**Fees:** 10% discount for members

**Legal status:** cooperative

### RÉSIDENCE FUNÉRAIRE SAINT-HUBERT

5000 Cousineau Boulevard, Longueuil, Montérégie, QC, J3Y 7G5

**450 766-0503**

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

**Email:** [saint-hubert@cfgrandmontreal.com](mailto:saint-hubert@cfgrandmontreal.com)

**Services:** Funeral cooperative.

**Coverage area:** Montérégie

**Fees:** 10% discount for members

**Legal status:** cooperative

## Hospitals, CLSC and community clinics

### CÉGEP ÉDOUARD-MONTPETIT - CLINIQUE DE LA SANTÉ

945 Chemin de Chambly, Suite A-3, Longueuil, Montérégie, QC, J4H 3M6

**450 679-2631 ext. 2636**

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

**Services:** \* Clinical consultations provided by nursing students supervised by their teachers.\* Free services such as evaluation of health, sample, screening of heart diseases and other nursing care.

**Coverage area:** province of Québec

**Legal status:** parapublic organization

### CLSC DE LONGUEUIL-OUEST

201 Curé-Poirier Boulevard West, 3rd floor, Longueuil, Montérégie, QC, J4J 2G4

**450 651-9830**

**Website:** [www.santemonteregie.qc.ca](http://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:** Vieux-Longueuil district

**Hours:** Monday to Friday 8h00 to 21h00, Saturday, Sunday and holidays 8h00 to 12h00 and 13h00 to 16h00

**Financing:** provincial

**Legal status:** parapublic organization

### CLSC DES PATRIOTES - SAINT-BRUNO-DE-MONTARVILLE SERVICE OFFICE

50 De la Rabastalière Road East, Suite 10, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 2A5

**450 461-1012** Fax: 450 461-3088

**Website:** [www.santemonteregie.qc.ca](http://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:** Saint-Bruno-de-Montarville, Saint-Basile-le-Grand

**Hours:** Monday, Wednesday, Thursday, Friday 8h00 to 16h30, Tuesday 8h00 to 20h00, tests centre: Monday to Friday 7h00 to 9h30

**Financing:** provincial

**Legal status:** parapublic organization

### **CLSC DES SEIGNEURIES DE BOUCHERVILLE**

160 de Montarville Boulevard, Boucherville, Montérégie, QC, J4B 6S2

**450 468-3530** Fax: 450 655-8530

**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:** Boucherville

**Hours:** Monday 8h30 to 16h30, Tuesday, Wednesday, Friday 7h00 to 16h30, Thursday 7h00 to 19h30

**Financing:** provincial

**Legal status:** parapublic organization

### **CLSC SAINT-HUBERT**

6800 Cousineau Boulevard, Longueuil, Montérégie, QC, J3Y 8Z4

**450 443-7400**

**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:** Longueuil: Saint-Hubert

**Hours:** Monday to Friday 7h45 to 20h00, Saturday and Sunday 7h45 to 16h00

**Financing:** provincial

**Legal status:** parapublic organization

### **CLSC SAMUEL-DE-CHAMPLAIN**

5811 Taschereau Boulevard, Suite 100, Brossard, Montérégie, QC, J4Z 1A5

**450 445-4452**

**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:** Brossard, Longueuil, Saint-Lambert

**Hours:** Monday to Friday 7h45 to 20h00

**Financing:** provincial

**Legal status:** parapublic organization

### **CLSC SIMONNE-MONET-CHARTRAND**

1303 Jacques-Cartier Boulevard East, Longueuil, Montérégie, QC, J4M 2Y8

**450 463-2850** Fax: 450 646-7552

**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.\* Tests centre.

**Coverage area:** Vieux-Longueuil district

**Hours:** Monday to Friday 8h00 to 21h00, Saturday, Sunday and holidays 8h00 to 16h00, tests centre: 7h00 to 9h30

**Financing:** provincial

**Legal status:** parapublic organization

## **HÔPITAL CHARLES-LE MOYNE**

3120 Taschereau Boulevard, Longueuil, Montérégie, QC, J4V 2H1

**450 466-5000 ext. 5050 Fax: 450 466-8887**

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

**Services:** Hospital centre offering general and specialized cares. \* Emergency.\* Psychiatry department: consultation, day centre and external clinics.\* Voluntary termination of pregnancy.

**Coverage area:** Montérégie

**Hours:** 24 hours, 7 days

**Financing:** provincial

**Legal status:** non-profit organization

## **Public Health**

### **DIRECTION DE SANTÉ PUBLIQUE DE LA MONTÉRÉGIE**

1255 Beauregard Street, Longueuil, Montérégie, QC, J4K 2M3

**450 928-6777 Fax: 450 679-6443**

**Website:** <http://extranet.santemonteregie.qc.ca/index.fr.html>

**Services:** Information, prevention, promotion and the protection of general health. \* Monitoring and surveillance of improvement or risk factors for health state.\* Promote orientations and remedies.\* Consulting service for the health and social services network.

**Coverage area:** Montérégie

**Financing:** provincial

**Legal status:** parapublic organization

## **Support associations for the sick**

### **DIABÈTE RIVE-SUD**

150 Grant Street, Suite 111, Longueuil, Montérégie, QC, J4H 3H6

**450 928-3422**

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

**Services:** \* Association affiliated with Diabetes Québec whose goal is to educate people with diabetes about their condition.\* Conferences and training courses for health professionals.\* Screening clinics. \* Accessible library.

**Eligibility:** people with pre-diabetes and diabetes, their relatives

**Coverage area:** Montérégie

**Hours:** by appointment, variable for conferences

**Fees:** variable

**Financing:** fundraising campaigns

**Legal status:** non-profit organization

### **PARKINSON RIVE-SUD**

526 Oak Avenue, Saint-Lambert, Montérégie, QC, J4P 2R4

**514 560 5391**

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

**Email:** [rivesud@parkinsonquebec.ca](mailto:rivesud@parkinsonquebec.ca)

**Services:** \* Monthly self-help groups with lectures for people living with Parkinson's and their families.\* Many weekly exercise groups in the surrounding cities.\* Support and information.

**Eligibility:** people with a Parkinson diagnosis and their relatives

**Capacity:** 3 self-help groups, between 10 to 50 people and various exercise groups, between 10 to 20 people

**Coverage area:** Montérégie, self-help groups: Longueuil, Saint-Jean and Saint-Constant

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

**Financing:** donations, fundraising campaign

**Legal status:** non-profit organization

## **Homelessness**

**DAY AND EVENING CENTRES**

**TRANSITIONAL HOUSING**



## Day and evening centres

### ABRI DE LA RIVE-SUD

885 Sainte-Hélène Street, Longueuil, Montérégie, QC, J4K 3R7

**450 646-7809** Fax: 450 646-4522

**Website:** www.abri-rive-sud.org

**Email:** abri\_admin@videotron.ca

**Services:** Frontline shelter with meals included. \* Support and psychosocial intervention without appointment, accompaniment and counselling.\* Daytime service offering accompaniment for appointments.

**Eligibility:** homeless men 18 years old and over, coping with poly-drug use, substance abuse, delinquency and physical or mental health problems

**Capacity:** 14 beds

**Coverage area:** Montérégie

**Hours:** 9h00 to 12h00, 13h00 to 15h00 and 17h00 to 7h30, admission: 9h00 to 21h00

**Fees:** none

**Financing:** donations, provincial, federal

**Legal status:** non-profit organization

## Transitional housing

### ANTRE-TEMPS LONGUEUIL (L')

950 Roland-Therrien Boulevard, Longueuil, Montérégie, QC, J4J 5H3

**450 651-0125** Fax: 450 651-0126

**Website:** www.antre-temps.org

**Email:** admin@antre-temps.org

**Services:** \* Shelter for youth in difficulty: for a period of one day to 6 months, on a voluntary basis.\* Room and board.\* Psychosocial follow-up.\* Job and house search assistance.\* Assistance with maintaining in and returning to school.\* Weekly support group for parents.\* Budget assistance.\* Information and referral.\* Post-shelter follow-up and accompaniment.

**Eligibility:** youth in difficulty 16 to 21 years old, support group: parents with children 12 years and over

**Capacity:** 14 places, support group: 5 to 10 parents

**Coverage area:** priority to South Shore

**Hours:** 24 hours, 7 days, support group: Wednesday evening

**Fees:** shelter: \$8 per day, support group: no charge

**Financing:** donations, self-financing, provincial, federal, Centraide of Greater Montréal, foundations

**Legal status:** non-profit organization

### HÉBERGEMENT LA CASA BERNARD-HUBERT

1215 Sainte-Foy Boulevard, Longueuil, Montérégie, QC, J4K 1X4

**450 442-4777** Fax: 450 442-1953

**Website:** www.lacasabernardhubert.org

**Email:** hebergement@lacasabernardhubert.org

**Services:** Short-term housing (up to 6 months) with room and board. \* Assessment, guidance and referral.\* Individualized intervention plan.\* Psychosocial monitoring and support.

**Eligibility:** men 18 years and over

**Capacity:** 20 beds in double rooms

**Coverage area:** south shore of Montréal

**Hours:** 24 hours, 7 days

**Fees:** \$10 per day including meals

**Financing:** provincial, federal, foundation, Centraide of Greater Montréal

**Legal status:** non-profit organization

### **HÉBERGEMENT MAISON DE LA PAIX INC.**

1617 Sainte-Hélène Street, Longueuil, Montérégie, QC, J4K 3S8

**450 674-0059** Fax: 450 674-5511

**Website:** www.maisondelapaix.org

**Email:** info@maisondelapaix.org

**Services:** Short, medium or long-term housing. \* Monitoring, rehabilitation, social reintegration and preparation for living autonomously. \* Psychosocial follow-up, counselling and active listening. \* Support and referral. \* Educational workshops on issues concerning teenagers. \* Meal preparation assistance and education. \* Resume writing assistance. \* Job search assistance. \* High school exam preparation. \* Recreational and group activities.

**Eligibility:** youth 14 to 17 years old

**Capacity:** 11 individual rooms

**Coverage area:** Montérégie

**Hours:** 24 hours, 7 days, information: Monday to Friday 8h00 to 16h30

**Fees:** PSOC clientele: \$7 per day with meals, other residents: contract with Centre jeunesse de la Montérégie

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

**Legal status:** non-profit organization

### **HÉBERGEMENT MAISON DE LA PAIX INC. (LA CHAUMIÈRE)**

Confidential Address

**450 674-0059** Fax: 450 674-5511

**Website:** www.maisondelapaix.org

**Email:** info@maisondelapaix.org

**Services:** Transitional social housing with community support. \* Individualized intervention plan. \* Psychosocial follow-up. \* Accompaniment and social reintegration. \* Promotion of empowerment, education and independence. \* Supervision for individual needs. \* Workshops, group activities and training. \* La Chaumière: observation and assessment, parenting skill development for teenage mothers.

**Eligibility:** young women 18 years and over homeless or in difficulty, with or without children, La Chaumière: teenage mothers 25 years and under

**Capacity:** 24 apartments

**Coverage area:** Montérégie

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

**Fees:** 3½: \$450 per month, 4½: \$550 per month, all included except meals, La Chaumière: contract with Centre Jeunesse de la Montérégie

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

**Legal status:** non-profit organization

### **HÉBERGEMENT MAISON DE LA PAIX INC. (LE HALO)**

1638 Sainte-Hélène Street, Longueuil, Montérégie, QC, J4K 3S7

**450 674-0059** Fax: 450 674-5511

**Website:** www.maisondelapaix.org

**Email:** info@maisondelapaix.org

**Services:** Transitional housing with community support. \* Psychosocial follow-up. \* Development of an action plan. \* Follow-up, listening and accompaniment towards the achievement of academic and vocational goals. \* Training workshops and community activities.

**Eligibility:** young men 18 to 35 years old on a low income, wanting to stay in school or balance work and school

**Capacity:** 8 studios

**Coverage area:** Montérégie

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

**Fees:** \$400 per month, meals excluded

**Financing:** fundraising campaigns, donations

**Legal status:** non-profit organization

**MAISON ÉLISABETH-BERGERON**

Confidential Address

**450 651-3591 Fax:** 450 646-4522

**Website:** [www.abri-rive-sud.org](http://www.abri-rive-sud.org)

**Email:** [abri\\_admin@videotron.ca](mailto:abri_admin@videotron.ca)

**Services:** \* Housing for 1 to 30 days maximum.\* Accompaniment.

**Eligibility:** homeless women 18 years old and over, without children

**Capacity:** 5 beds

**Coverage area:** Montérégie

**Financing:** federal

**Legal status:** non-profit organization

## **Immigration and cultural communities**

**GOVERNMENT SERVICES**

**MULTICULTURAL CENTRES AND ASSOCIATIONS**

**SETTLEMENT SERVICES FOR NEWCOMERS**

## Government services

### CENTRE LOCAL D'EMPLOI DE BOUCHERVILLE

135-H de Mortagne Boulevard, Boucherville, Montérégie, QC, J4B 6G4

**450 655-5646** Fax: 450 655-6373

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

**Services:** 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:** Boucherville, Saint-Amable, Varennes, Sainte-Julie

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

**Financing:** provincial

**Legal status:** parapublic organization

### CENTRE LOCAL D'EMPLOI DE BROSSARD

1 Place du Commerce, Suite 200, Brossard, Montérégie, QC, J4W 2Z7

**450 672-1335** Fax: 450 672-4667

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

**Services:** 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:** Brossard, LeMoyne, Longueuil, Saint-Lambert, Saint-Hubert, Greenfield Park

**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

### CENTRE LOCAL D'EMPLOI DE LONGUEUIL

2877 de Chambly Road, Suite 40, Longueuil, Montérégie, QC, J4L 1M8

**450 677-5517** Fax: 450 677-5397

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

**Services:** 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:** Longueuil agglomeration

**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

## **CENTRES LOCAUX D'EMPLOI - DIRECTION RÉGIONALE DE LA MONTÉRÉGIE**

135-H de Mortagne Boulevard, Boucherville, Montérégie, QC, J4B 6G4

**1 877 767-8773 Fax:** 450 655-1277

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

**Services:** Regional administration of the local employment centres.

**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:** Montérégie

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

**Financing:** provincial

**Legal status:** parapublic organization

## **COMMISSION DE LA SANTÉ ET DE LA SÉCURITÉ DU TRAVAIL DU QUÉBEC - LONGUEUIL**

25 La Fayette Boulevard, Longueuil, Montérégie, QC, J4K 5B7

**1 844 838-0808 Fax:** 450 442-6373

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

**Services:** \* Support for workers and employers in their efforts to eliminate hazards in their workplace.\* Inspection of workplaces.\* Promotion of occupational health and safety.\* Compensation for workers who suffered an occupational injury.\* Rehabilitation of workers who, because of an occupational injury, suffered a permanent impairment of physical or mental integrity.

**Eligibility:** employers and workers

**Coverage area:** Montérégie

**Hours:** office: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, except holidays

**Financing:** membership fees, self-financing

**Legal status:** provincial government agency

## **REVENU QUÉBEC - LONGUEUIL**

Place-Longueuil, 825 Saint-Laurent Street West, Longueuil, Montérégie, QC, J4K 2V1

**1 800 267-6299 Fax:** 514 873-7502 **TTY:** 1 800 361-3795

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

**Services:** \* Administration of Québec's tax system by collecting taxes.\* Administration of programs and services related to income: tax credits, housing benefit, work bonus, maintenance allowances, provisional administration of unclaimed property, the Registraire des entreprises.

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 10h00 to 16h30, phone service: Monday to Friday 8h30 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

## **SERVICES QUÉBEC - BROSSARD**

1 place du Commerce, Suite 200, Brossard, Montérégie, QC, J4W 2Z7

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

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

**Services:** \* Information on government programs and services.

**Coverage area:** Montérégie

**Hours:** In person: Monday, Tuesday, Thursday, Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30, by phone: Monday to Friday 8h00 to 20h00

**Legal status:** provincial government agency

## **SERVICES QUÉBEC - LONGUEUIL**

2877 de Chambly Road, Suite 40, Longueuil, Montérégie, QC, J4L 1M8

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

**Website:** [www.monteregie.gouv.qc.ca](http://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.\* Services of the Registrar of Civil Status.

**Coverage area:** South Shore

**Hours:** In person, counter: Monday, Tuesday, Thursday, Friday 8h30 to 16h30, Wednesday 10h00 to 16h30, Land register: 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

## Multicultural centres and associations

### SOUTH SHORE BLACK COMMUNITY ASSOCIATION

725 Provencher Boulevard, Brossard, Montérégie, QC, J4W 1Y5

**Email:** ssbca.info@gmail.com

**Services:** Services to the Black English-speaking community of the South Shore of Montréal. \* Listening, information and referrals.\* Recreational and sports activities.\* Black history events.\* Group outings.\* Support other like organizations.

**Eligibility:** people from the black community

**Coverage area:** South-Shore of Montréal

**Fees:** membership: annual fees

**Financing:** membership, grant

**Legal status:** non-profit organization

## Settlement services for newcomers

### CENTRE DES FEMMES DE LONGUEUIL

1529 Lafayette Boulevard, Longueuil, Montérégie, QC, J4K 3B6

**450 670-0111 Fax:** 450 670-9749

**Website:** www.centrefemmeslongueuil.org

**Email:** info@centrefemmeslongueuil.org

**Services:** \* Self-knowledge and skills development workshops.\* Reception of newcomers.\* Self-help group for gay women.\* Support group for women with violent behaviors.\* Individual meetings.\* Reception and referral.\* Family and collective activities.\* Internet café.\* Library and documentation centre.

**Eligibility:** women

**Coverage area:** Longueuil agglomeration

**Hours:** Monday to Thursday 9h00 to 12h00 and 13h15 to 16h00, Friday 9h00 to 12h00

**Fees:** none

**Legal status:** non-profit organization

### VISION INTER-CULTURES

2255 Cartier Street, Suite 60, Longueuil, Montérégie, QC, J4K 4G1

**450 646-6731 Fax:** 450 646-6726

**Website:** www.visionintercultures.com

**Email:** vision1@bellnet.ca

**Services:** \* Intervention among the public: raise awareness and inform on intercultural relationships.\* Support to families, school actors and immigrants.\* Training for field counselors: training workshops and conferences on intercultural relationships, diversity management and the migration process.

**Eligibility:** youth 5 to 17 years old and their families, immigrant families

**Coverage area:** agglomeration of Longueuil

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

**Fees:** free

**Financing:** donations, federal, provincial, religious communities

**Legal status:** non-profit organization



# **Indigenous Peoples**

## **GOVERNMENT SERVICES**

## Government Services

### CENTRE LOCAL D'EMPLOI DE BOUCHERVILLE

135-H de Mortagne Boulevard, Boucherville, Montérégie, QC, J4B 6G4

**450 655-5646** Fax: 450 655-6373

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

**Services:** 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:** Boucherville, Saint-Amable, Varennes, Sainte-Julie

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

**Financing:** provincial

**Legal status:** parapublic organization

### CENTRE LOCAL D'EMPLOI DE BROSSARD

1 Place du Commerce, Suite 200, Brossard, Montérégie, QC, J4W 2Z7

**450 672-1335** Fax: 450 672-4667

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

**Services:** 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:** Brossard, LeMoyne, Longueuil, Saint-Lambert, Saint-Hubert, Greenfield Park

**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

### CENTRE LOCAL D'EMPLOI DE LONGUEUIL

2877 de Chambly Road, Suite 40, Longueuil, Montérégie, QC, J4L 1M8

**450 677-5517** Fax: 450 677-5397

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

**Services:** 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:** Longueuil agglomeration

**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

## **CENTRES LOCAUX D'EMPLOI - DIRECTION RÉGIONALE DE LA MONTÉRÉGIE**

135-H de Mortagne Boulevard, Boucherville, Montérégie, QC, J4B 6G4

**1 877 767-8773 Fax:** 450 655-1277

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

**Services:** Regional administration of the local employment centres.

**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:** Montérégie

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

**Financing:** provincial

**Legal status:** parapublic organization

## **COMMISSION DE LA SANTÉ ET DE LA SÉCURITÉ DU TRAVAIL DU QUÉBEC - LONGUEUIL**

25 La Fayette Boulevard, Longueuil, Montérégie, QC, J4K 5B7

**1 844 838-0808 Fax:** 450 442-6373

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

**Services:** \* Support for workers and employers in their efforts to eliminate hazards in their workplace.\* Inspection of workplaces.\* Promotion of occupational health and safety.\* Compensation for workers who suffered an occupational injury.\* Rehabilitation of workers who, because of an occupational injury, suffered a permanent impairment of physical or mental integrity.

**Eligibility:** employers and workers

**Coverage area:** Montérégie

**Hours:** office: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, except holidays

**Financing:** membership fees, self-financing

**Legal status:** provincial government agency

## **REVENU QUÉBEC - LONGUEUIL**

Place-Longueuil, 825 Saint-Laurent Street West, Longueuil, Montérégie, QC, J4K 2V1

**1 800 267-6299 Fax:** 514 873-7502 **TTY:** 1 800 361-3795

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

**Services:** \* Administration of Québec's tax system by collecting taxes.\* Administration of programs and services related to income: tax credits, housing benefit, work bonus, maintenance allowances, provisional administration of unclaimed property, the Registraire des entreprises.

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 10h00 to 16h30, phone service: Monday to Friday 8h30 to 16h30

**Financing:** provincial

**Legal status:** provincial government agency

## **SERVICES QUÉBEC - BROSSARD**

1 place du Commerce, Suite 200, Brossard, Montérégie, QC, J4W 2Z7

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

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

**Services:** \* Information on government programs and services.

**Coverage area:** Montérégie

**Hours:** In person: Monday, Tuesday, Thursday, Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30, by phone: Monday to Friday 8h00 to 20h00

**Legal status:** provincial government agency

## **SERVICES QUÉBEC - LONGUEUIL**

2877 de Chambly Road, Suite 40, Longueuil, Montérégie, QC, J4L 1M8

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

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

## Indigenous Peoples

**Services:** \* Information on government programs and services.\* Self-service computer stations.\* Services related to the Land Register of Quebec.\* Administration-of-oath services.\* Services of the Registrar of Civil Status.

**Coverage area:** South Shore

**Hours:** In person, counter: Monday, Tuesday, Thursday, Friday 8h30 to 16h30, Wednesday 10h00 to 16h30, Land register: 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**

**RESPITE SERVICES AND HOUSING**

**THERAPY AND REHABILITATION CENTRES**

## Autism, PDD, ADHD

### AMIS-SOLEILS DE SAINT-BRUNO (LES)

1820 De Grosbois Street, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 4N3

**514 260-4063**

**Email:** lesamissoileils@gmail.com

**Services:** Adapted recreational for people with intellectual disabilities or other development disorders. \* Summer day camp. \* Sports. \* Artistic activities.

**Eligibility:** children, adolescents and adults with intellectual disabilities or other development disorders, their parents

**Capacity:** summer camp: about 40 youth

**Coverage area:** Saint-Bruno-de-Montarville, Longueuil, MRC La Vallée-du-Richelieu

**Hours:** activities on weekends

**Fees:** variable depending on the season, reduced prices for the residents of Saint-Bruno-de-Montarville

**Financing:** fundraising campaigns, donations

**Legal status:** non-profit organization

### ASSOCIATION DE PARENTS DE L'ENFANCE EN DIFFICULTÉ DE LA RIVE-SUD-MONTRÉAL

360 Cherbourg Street, Longueuil, Montérégie, QC, J4J 4Z3

**450 679-9310 Fax:** 450 679-3294

**Website:** www.aped.org

**Email:** info@aped.org

**Services:** \* Phone support, accompaniment, information and referral. \* Individual meetings. \* Evening conferences, training sessions, workshops. \* Respite. \* Monthly thematic self-help groups for parents of children with ADHD and GTS. \* Saturday activities and psycho-educational activities. \* Respite camp. \* Specialized day camps.

**Eligibility:** parents of youth aged 5 to 21 years old with intellectual disabilities, autism spectrum disorder, attention deficit disorder with or without hyperactivity, behavioral disorders or mental health issues

**Coverage area:** CSSS Pierre-Boucher and CSSS Champlain-Charles LeMoine

**Hours:** Monday to Friday 8h30 to 16h30, self-help groups and training in the evening

**Fees:** annual membership: \$15, participation fees for some services

**Financing:** Centraide of Greater Montréal, provincial, municipal, self-financing

**Legal status:** non-profit organization

### ASSOCIATION DES ENFANTS ET ADULTES HANDICAPÉS DE BOUCHERVILLE ET VARENNES

566 Marie-Victorin Street, Boucherville, Montérégie, QC, J4B 1X1

**514 771-8347**

**Website:** www.aeahbv.org

**Email:** aehbv@hotmail.com

**Services:** Support for people with a disability. \* Recreational activities, outings. \* Respite service. \* Fall and winter camps. \* Day camp and respite trip in summer.

**Eligibility:** people with an intellectual disability or an Autism spectrum disorder, aged 5 years old and over

**Coverage area:** Boucherville and Varennes

**Hours:** activities and outings: mainly on Saturdays

**Fees:** variable according to activities

**Financing:** fundraising campaigns, donations

**Legal status:** non-profit organization

### AUTISME MONTRÉGIE

755 Sainte-Foy Boulevard, Suite 210, Longueuil, Montérégie, QC, J4J 1Z4

**1 888 424-1212 Fax:** 450 646-4633

**Website:** www.autismemonteregie.org

**Email:** administration@autismemonteregie.org

**Services:** \* Reception, telephone support, referral.\* Self-help groups for adults with and their parents.\* Information and training.\* Awareness and promotion of rights.\* Respite.\* List of caretakers and specialized attendants.

**Eligibility:** people with an autism spectrum disorder (ASD), their families and relatives

**Coverage area:** Montérégie

**Hours:** Monday to Friday 8h00 to 16h00, summer: variable

**Financing:** donations, grants, provincial

**Legal status:** non-profit organization

## **CENTRE DE RÉADAPTATION EN DÉFICIENCE INTELLECTUELLE ET EN TROUBLES ENVAHISSANTS DU DÉVELOPPEMENT MONTÉRÉGIE-EST**

1255 Beauregard Street, Suite 2201, Longueuil, Montérégie, QC, J4K 2M3

**450 679-6511 Fax:** 450 928-3315

**Website:** www.crditedme.ca

**Services:** Specialized rehabilitation services \* Access, assessment and orientation service.\* Adjustment and rehabilitation services in a context of residential, workplace and community integration.\* Specialized educational assistance for the family and friends.\* Specialized support for partners.

**Eligibility:** people with an intellectual disability or pervasive developmental disorders (PDD), their families and relatives

**Coverage area:** Montérégie

**Financing:** provincial

**Legal status:** parapublic organization

## **CENTRE PETITE ÉCHELLE**

431 Sainte-Hélène Street, Longueuil, Montérégie, QC, J4K 3R3

**450 674-2201 ext. 103**

**Website:** www.petiteechelle.org

**Email:** coordo@petiteechelle.org

**Services:** \* Stimulation services for children with special needs between 0 and 12 years old.\* Family respite services.

**Eligibility:** children with specific needs related to one or more diagnosis, autism spectrum disorder, cerebral lesions, intellectual, visual, motor disability or hearing impairment

**Coverage area:** Montérégie

**Hours:** 7 days, 9h00 to 16h00

**Fees:** daycare and respite: \$31 for 3 hours, \$41 for 4 hours and \$67 for 7 hours

**Financing:** self-financing, provincial

**Legal status:** non-profit organization

## **HYPER-LUNE**

5675 Chambly Road, Suite 50, Longueuil, Montérégie, QC, J3Y 3R1

**450 678-8434**

**Website:** www.hyper-lune.org

**Email:** hyperadmin@videotron.ca

**Services:** \* Self-help, discussion and support.\* In-school assistance for parents.\* Individual and family informative meetings.\* Observation in childcare centres and daycares.\* Support group for children and teenagers.\* Training for families and professionals.\* Coffee-chats and workshops for adults.\* Conferences.\* Library and educational games.\* Family activities.

**Eligibility:** parents, children, teenagers and adults living with an attention deficit disorder with or without hyperactivity (ADD/ADHD), with a diagnosis or in the process of obtaining one, their family, professionals

**Coverage area:** Montérégie

**Hours:** Monday to Friday 9h00 to 16h30

**Fees:** annual membership: \$20 per parent, guardian or adult, \$50 per professional, \$15 per supporter, services: variable

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

**Legal status:** non-profit organization

### **MAISON DE RÉPIT MICHELANGE**

2054 des Cèdres Street, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 3M3

**450 280-0776**

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

**Email:** [nicole.goulet@bell.net](mailto:nicole.goulet@bell.net)

**Services:** \* Respite.\* Activities.

**Eligibility:** people 12 years and over with intellectual, physical disabilities, spectrum of autism, ADHD, severe behavior disorder (TGC) or living with a mental health problem

**Capacity:** 7

**Coverage area:** Montérégie, Montréal, Lanaudière, Laurentides

**Hours:** 24 hours, 7 days

**Legal status:** non-profit organization

### **MAISON RÉPIT-VACANCES**

482 De Gentilly Street West, Longueuil, Montérégie, QC, J4H 2A4

**450 928-9105**

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

**Services:** Respite for people living with an intellectual disability or a disorder of the autism spectrum. \* Camp weekend.\* Special camp.\* Occasional respite.\* Drop-in respite.

**Eligibility:** adults having intellectual disabilities or pervasive developmental disorder without motor impairment or behavioral disorder

**Coverage area:** Montérégie

**Hours:** week-end camp: Friday 18h00 to Sunday 16h00, drop-in respite: Monday to Friday 8h00 to 16h00, occasional respite: by appointment

**Fees:** week-end camp: \$160, special camp: prices can change depending on the number of entries, location or accommodation, emergency respite: \$80

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

**Legal status:** non-profit organization

### **PARRAINAGE CIVIQUE CHAMPLAIN**

3222 Windsor Street, Longueuil, Montérégie, QC, J4T 2X2

**450 678-7025** Fax: 450 676-6111

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

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

**Services:** \* Pairing for people living with a disability.\* Day camp for 5 to 21 year olds.\* Social and sexual education.

**Eligibility:** people living with an intellectual disability, a pervasive developmental disorder (PDD, autism), a physical disability or a mental health disorder

**Coverage area:** Greater Longueuil: Boucherville, Brossard, Longueuil, Saint-Bruno-de-Montarville, Saint-Lambert and Candiac (provided that the person can travel)

**Hours:** Monday to Friday 9h00 to 16h00

**Fees:** mandatory membership card: \$10 per year, day camp: \$150 per week, \$32 per day, childcare: \$8 per day

**Financing:** grants, provincial

**Legal status:** non-profit organization

### **RÉPIT TED-AUTISME MONTÉRÉGIE**

2580 Murville Street, Brossard, Montérégie, QC, J4Y 1M9

**450 443-7335**

**Website:** [www.repit-ted-autisme.qc.ca](http://www.repit-ted-autisme.qc.ca)

**Email:** [repit-ted-autisme@videotron.ca](mailto:repit-ted-autisme@videotron.ca)



**Services:** \* Week-end respite: outings on Saturday and thematic days on Sunday adapted to each groups of age.\* Specialized support: variable ratio of 1 for 1 to 1 for 2.\* Home babysitting list.\* Documentation Centre.

**Eligibility:** people with autism spectrum

**Capacity:** 4 people per night, 6-7 people per day

**Coverage area:** Montérégie

**Hours:** respite center: Friday 19h00 to Sunday 19h00, pedagogical days upon request, office: Monday to Friday 9h00 to 17h00

**Fees:** membership: \$25 per year, variable hourly rates

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

**Legal status:** non-profit organization

## **SOUTH SHORE ASSOCIATION FOR THE INTELLECTUALLY HANDICAPPED**

80 Bétournay Avenue, Saint-Lambert, Montérégie, QC, J4R 2L8

**450 671-5344 Fax:** 450 671-6733

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

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

**Services:** \* External and in-home respite.\* Adapted workshops, daytime activities.\* Day camps.

**Eligibility:** people with an intellectual disability or an autism spectrum disorder

**Capacity:** 31 children

**Coverage area:** Montérégie

**Fees:** variable

**Financing:** self-financing

**Legal status:** non-profit organization

## **UNIVERSITÉ DE SHERBROOKE - CAMPUS DE LONGUEUIL - CLINIQUE D'ÉVALUATION ET D'INTERVENTION EN ENFANCE ET EN ADOLESCENCE**

150 Place Charles-Le Moyne, Longueuil, Montérégie, QC, J4K 0A8

**450 463-1835 ext. 61612**

**Website:** [www.usherbrooke.ca/psychologie/clinique-devaluation-et-dintervention-en-enfance-et-en-adolescence/](http://www.usherbrooke.ca/psychologie/clinique-devaluation-et-dintervention-en-enfance-et-en-adolescence/)

**Email:** [psychologie@usherbrooke.ca](mailto:psychologie@usherbrooke.ca)

**Services:** Psychological assessment and follow-up by interns or doctoral students supervised by psychologists members of the Ordre des psychologues du Québec. \* Psychological assessment.\* Individual and familial therapy.\* Issues that are treated: development and adaptation issues, relationships and behaviors issues, school issues, mood, appetite and sleeping disorders, anxiety signs.

**Eligibility:** children, adolescents and their families

**Coverage area:** Greater Montréal

**Hours:** September to April, by appointment

**Fees:** file opening: \$10, vary depending on activities

**Legal status:** non-profit organization

## **Recreation and camps**

### **ASSOCIATION DES PARENTS ET DES HANDICAPÉS DE LA RIVE-SUD MÉTROPOLITAINE**

2545 De Lorimier Street, Suite 110, Longueuil, Montérégie, QC, J4K 3P7

**450 674-5224 Fax:** 450 674-8594

**Website:** [aphrsm.org](http://aphrsm.org)

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

**Services:** \* Therapeutic and specialized sports and recreational activities.

**Eligibility:** adults with intellectual disabilities, with or without incapacitation

**Capacity:** variable

**Coverage area:** La Prairie, Candiac, Delson, Saint-Constant, Brossard, Longueuil, Boucherville, Saint-Lambert, Sainte-Julie

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

**Fees:** variable

**Financing:** donations, membership fees, grants

**Legal status:** non-profit organization

### **CENTRE DE RÉPIT-DÉPANNAGE AUX QUATRE-POCHES**

560 du Lac Road, Boucherville, Montérégie, QC, J4B 6X3

**450 641-1255**

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

**Email:** [coordo@centrequatrepoches.org](mailto:coordo@centrequatrepoches.org)

**Services:** Temporary housing for children with disabilities. \* Respite.\* School childcare.\* Day camp.\*  
Emergency respite.

**Eligibility:** children over 3 years old with light or severe intellectual disabilities, with or without physical disabilities and behavior disorders

**Capacity:** 30 children in the day and 18 in the night

**Coverage area:** Montérégie

**Hours:** week-ends: 24 hours, school childcare: 15h00 to 18h00, pedagogical days: 7h00 to 18h00

**Fees:** \$46 for 8 hours, \$92 for 24 hours, \$184 for 48 hours

**Financing:** donations, contributions, grants

**Legal status:** non-profit organization

## **Respite services and housing**

### **ACADÉMIE ZÉNITH**

3063 de Lyon Street, Longueuil, Montérégie, QC, J4L 3R8

**450 332-4406**

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

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

**Services:** Day centre aiming at maintaining and developing abilities acquired in school. \* Adapted social activities and workshops.\* Artistic activities and cultural visits.

**Eligibility:** people 21 years and over with an intellectual disability, paired or not with a physical disability or a pervasive development disorder

**Coverage area:** Longueuil agglomeration

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

**Fees:** free

**Financing:** donations, fundraising campaigns

**Legal status:** non-profit organization

### **ACTION INTÉGRATION EN DÉFICIENCE INTELLECTUELLE**

6180 Agathe Street, Brossard, Montérégie, QC, J4Z 1E1

**450 676-5058** Fax: 450 676-5686

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

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

**Services:** Support for people with intellectual disabilities and their families. \* Recreational activities.\* Day centre.\* Advocacy of rights.\* Support for social integration.\* Respite.

**Eligibility:** people 16 years and over with intellectual disabilities

**Coverage area:** Montréal South Shore, from Sainte-Catherine to Varennes

**Hours:** office: Monday to Friday 8h30 to 16h30, activities: 7 days

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

**Financing:** provincial, fundraising campaigns, membership fees, federal

**Legal status:** non-profit organization

## Therapy and rehabilitation centres

### AÎNÉS EN MOUVEMENT

Confidential Address

**450 465-2609** Fax: 450 465-2290

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

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

**Services:** \* Adapted and accessible physical activities programs designed by a team of kinesiologists.\* Le Bouge-Aînés program.\* Other activities: Zumba, énergie-boomers, stretching, balance circuit, Pilates-Streching, outdoors, aquafitness (only in summer).

**Eligibility:** seniors aged 60 years old and up

**Coverage area:** Longueuil agglomeration, various service points

**Hours:** 4 sessions of 12 weeks per year

**Fees:** membership card: \$10 each year, Le Bouge-Aînés program: \$72 for 12 class, other courses: \$96 for each session of 12 weeks

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

**Legal status:** non-profit organization

### HÔPITAL PIERRE-BOUCHER

1333 Jacques-Cartier Boulevard East, Longueuil, Montérégie, QC, J4M 2A5

**450 468-8111**

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

**Services:** Hospital centre offering general, specialized and ultra specialized cares.\* Emergency.\* Physiotherapy and occupational therapy.\* Sleep clinic.\* Psychiatric external clinic: evaluation and treatment of psychiatric disorders, post-hospitalisation take-over.\* Birth unit.\* General psychiatry.

**Capacity:** 323 beds

**Coverage area:** Montérégie

**Hours:** 24 hours, 7 days

**Financing:** provincial

**Legal status:** non-profit organization

## **Justice and Advocacy**

**ADVOCACY GROUPS**

**CORRECTIONAL SERVICES**

**COURTHOUSES AND TRIBUNALS**

**INFORMATION AND LEGAL ASSISTANCE**

**PROFESSIONAL ORDERS AND ASSOCIATIONS**

**SUPPORT FOR OFFENDERS**

## Advocacy groups

### ALTERNATIVE-CENTREGENS

462 Sainte-Foy Boulevard, Longueuil, Montérégie, QC, J4J 1Y2

**450 651-0651** Fax: 450 651-0678

**Website:** www.centregens.ca

**Email:** info@centregens.ca

**Services:** Day centre. \* Support and accompaniment, helping relationship, listening.\* Food bank for members.\* Bi-weekly soups.\* Educational leisure activities.\* Training activities.\* Promotion, awareness and advocacy of rights.\* Self-help groups.

**Eligibility:** adults with mental health problems past or present

**Coverage area:** Vieux-Longueuil and Saint-Hubert

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

**Fees:** annual membership: \$6

**Financing:** provincial, contributions

**Legal status:** non-profit organization

### COLLECTIF DE DÉFENSE DES DROITS DE LA MONTÉRÉGIE

1295 Chambly Road, Longueuil, Montérégie, QC, J4J 3X1

**1 800 567-8080** Fax: 450 674-3019

**Website:** www.cddm.qc.ca

**Email:** collectif@videotron.ca

**Services:** \* Advocacy of rights for people who have or have had emotional problems.\* Denunciation of psychiatric abuses.\* Training.

**Eligibility:** people with or having experienced emotional problems

**Coverage area:** Montérégie

**Hours:** Monday to Friday 9h00 to 16h00

**Fees:** free

**Financing:** provincial

**Legal status:** non-profit organization

## Correctional services

### CORRECTIONAL SERVICE CANADA - LONGUEUIL PAROLE OFFICE

550 Chambly Road, Suite 280, Longueuil, Montérégie, QC, J4H 3L8

**450 928-4311** Fax: 450 928-4306

**Website:** www.csc-scc.gc.ca

**Services:** Office under the jurisdiction of The Parole Board of Canada (PBC). \* Monitoring offenders serving a part of their sentence under conditional release or restricted parole.

**Eligibility:** people serving a sentence in a federal detention facility

**Coverage area:** South Shore of Montréal

**Legal status:** federal government agency

### SERVICES CORRECTIONNELS DU QUÉBEC - SERVICES DE PROBATION - LONGUEUIL

2555 Roland-Therrien Boulevard, Suite RC-02, Longueuil, Montérégie, QC, J4M 2J4

**450 468-2777** Fax: 450 468-3987

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

**Services:** Social reintegration services. \* Assessment of offenders and follow-up\* Management of sentencing measures within community.\* Administration of outing permissions and conditional releases in case of correctional measures.

**Eligibility:** offenders under provincial jurisdiction, on probation in case of suspended sentence, conditional release, outing permission or community services

**Coverage area:** Montérégie

**Legal status:** provincial government agency

## Courthouses and tribunals

### COURT OF QUÉBEC - CIVIL DIVISION - LONGUEUIL

1111 Jacques-Cartier Boulevard East, Longueuil, Montérégie, QC, J4M 2J6

**450 646-4009**

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

**Services:** Court constituting the judicial system of Québec. \* Hearing of cases where the amount in dispute is less than \$85,000 and the prosecution of voluntary deposits and municipal and school affairs.\* Requests for psychiatric assessment: judgment administration for temporary or authorized custody when a doctor wants to keep a person in hospital to conduct a psychiatric examination or when a person refuses to go to hospital to submit for an examination.

**Coverage area:** South-Shore of Montréal: Longueuil judicial district

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

**Financing:** provincial

**Legal status:** provincial government agency

### COURT OF QUÉBEC - CRIMINAL AND PENAL DIVISION - LONGUEUIL

1111 Jacques-Cartier Boulevard East, Longueuil, Montérégie, QC, J4M 2J6

**450 646-4011**

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

**Services:** Court constituting the judicial system of Québec. \* Hearing prosecutions under the Criminal Code, the Code of penal Procedure and all other regulatory offence statutes.

**Coverage area:** South-Shore of Montréal: Longueuil judicial district

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

**Financing:** provincial

**Legal status:** provincial government agency

### COURT OF QUÉBEC - SMALL CLAIMS DIVISION - LONGUEUIL

1111 Jacques-Cartier Boulevard East, Longueuil, Montérégie, QC, J4M 2J6

**450 646-4067** Fax: 450 928-8853

**Website:** [www.justice.gouv.qc.ca/francais/publications/generale/creance.htm](http://www.justice.gouv.qc.ca/francais/publications/generale/creance.htm)

**Email:** [pclongueuil@justice.gouv.qc.ca](mailto:pclongueuil@justice.gouv.qc.ca)

**Services:** Court hearing cases in which the disputed amount of money is inferior to \$15,000 and where people represent themselves, without a lawyer. \* Free mediation service to parties wishing to resolve their dispute by an agreement before the hearing of their case by the judge.

**Eligibility:** any natural or legal person if it employed at most 10 people during the 12 months prior to the claim

**Coverage area:** South-Shore of Montréal: Longueuil judicial district

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

**Financing:** provincial

**Legal status:** provincial government agency

### LONGUEUIL COURTHOUSE

1111 Jacques-Cartier Boulevard East, Longueuil, Montérégie, QC, J4M 2J6

**450 646-4010** Fax: 450 928-7982

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

**Services:** Administration or court services of Longueuil. \* Support to various courts constituting the judicial system of Québec and some specialized courts.\* Judicial services: curatorships, tutorships and wills, civil wedding and partnership, divorce records, family mediation and alimony.

**Coverage area:** South-Shore of Montréal: Longueuil judicial district

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

**Financing:** provincial

**Legal status:** provincial government agency

### **SUPERIOR COURT - LONGUEUIL**

1111 Jacques-Cartier Boulevard East, Longueuil, Montérégie, QC, J4M 2J6

**450 646-4009**

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

**Services:** Court constituting the judicial system of Québec. \* Hearing the cases where the amount in dispute is more than \$70,000 and administrative, familial and bankruptcy litigations.\* Hearing jury trial in criminal cases and appeals in summary conviction.

**Coverage area:** South-Shore of Montréal: Longueuil judicial district

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

**Financing:** provincial

**Legal status:** provincial government agency

## **Information and legal assistance**

### **BARREAU DE LONGUEUIL**

Confidential Address

**450 468-2609** Fax: 450 468-1895

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

**Email:** [barreau.longueuil@bellnet.ca](mailto:barreau.longueuil@bellnet.ca)

**Services:** Professional association. \* Referral service for the population.

**Eligibility:** lawyers who are members and public members

**Capacity:** one person is served at a time

**Coverage area:** Agglomeration of Longueuil

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

**Fees:** free referral service for public members

**Financing:** membership fees

**Legal status:** non-profit organization

### **BARREAU DE LONGUEUIL - REFERRAL SERVICE**

Confidential Address

**450 468-2609** Fax: 450 468-1895

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

**Email:** [barreau.longueuil@bellnet.ca](mailto:barreau.longueuil@bellnet.ca)

**Services:** \* Telephone referral to lawyers.

**Eligibility:** people in search of a lawyer

**Coverage area:** South Shore

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

**Fees:** fixed honorary: \$50 for 30 minutes, additional time at the lawyer's regular fare

**Financing:** contributions

**Legal status:** non-profit organization

### **BUREAU DES INFRACTIONS ET AMENDES - LONGUEUIL**

1111 Jacques-Cartier Boulevard East, Suite RC-25, Longueuil, Montérégie, QC, J4M 2J6

**1 877 263-6337** Fax: 450 928-8757

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

**Email:** [amendes@justice.gouv.qc.ca](mailto:amendes@justice.gouv.qc.ca)

**Services:** Administration of offenses under the majority of penal provincial laws and certain federal laws concerning road safety, working relations in the field of construction, food products and others. \* Recovery of fines and unpaid legal fees.\* Online payment services for court records and statements of offense.

**Coverage area:** Longueuil, Saint-Hyacinthe, Saint-Jean-sur-Richelieu, Salaberry-de-Valleyfield, Sorel-Tracy

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

**Financing:** provincial

**Legal status:** provincial government agency

## **CENTRE DE JUSTICE DE PROXIMITÉ DE LA MONTÉRÉGIE**

6300 Auteuil Avenue, Suite 503, Brossard, Montérégie, QC, J4Z 3P2

**579 723-3700**

**Website:** [www.justicedeproximite.qc.ca/centres/monteregie](http://www.justicedeproximite.qc.ca/centres/monteregie)

**Email:** [monteregie@cjpqc.ca](mailto:monteregie@cjpqc.ca)

**Services:** \* Legal information clinic: explanation of laws, information on various recourses and legal procedures, orientation within the justice system.\* Referral to community services and alternative ways to resolve conflicts.\* Material on legal information, information sessions on legal matters.\* Does not represent citizens in Court.\* Does not provide legal advice.

**Eligibility:** citizens searching for legal information

**Coverage area:** South Shore, MRC d'Acton, MRC de Beauharnois-Salaberry, MRC de Brome-Missisquoi, MRC du Haut-Saint-Laurent, MRC du Haut-Richelieu, MRC de La Haute-Yamaska, MRC des Jardins-de-Napierville, MRC de Marguerite-D'Youville, MRC des Maskoutains, MRC de Pierre-De Saurel, MRC de Roussillon, MRC de Rouville, MRC de La Vallée-du-Richelieu, MRC de Vaudreuil-Soulanges

**Hours:** without appointment: Monday, Tuesday, Wednesday 9h00 to 12h00 and 13h00 to 16h30, Thursday 10h00 to 12h00 and 13h00 to 19h30, by appointment only: Friday 9h00 to 12h00 and 13h00 to 16h30

**Fees:** free of charge

**Legal status:** non-profit organization

## **COMMUNITY LEGAL CENTRE OF THE SOUTH SHORE**

Place Agropur, 101 Roland-Therrien Boulevard, Suite 301, Longueuil, Montérégie, QC, J4H 4B9

**450 928-7655 Fax: 450 928-7657**

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

**Email:** [administration@ccjrs.com](mailto:administration@ccjrs.com)

**Services:** Legal aid services, free or at a low cost to eligible individuals, provided by family, matrimonial, youth protection, young offenders, criminal and penal, administrative, social, civil and immigration lawyers or notaries.

\* Representation before a first instance or appeal court, as plaintiff or defendant.\* Assistance in certain cases expressly provided for in the Legal Aid Act.\* Legal consultation.\* Phone consultation, available 24/7, for detention or custody.\* Legal information regarding rights and obligations of legal aid recipients.\* Community involvement.

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

**Coverage area:** South Shore

**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

## **LEGAL AID OFFICE - BROSSARD**

6200 Taschereau Boulevard, Suite 302, Brossard, Montérégie, QC, J4W 3J8

**450 462-6200 Fax: 450 462-8400**

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

**Email:** [brossard@ccjrs.com](mailto:brossard@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:** Brossard, La Prairie, Candiac, Chambly, Greenfield Park, Saint-Hubert

**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

### **LEGAL AID OFFICE - LONGUEUIL - CIVIL SECTION**

101 Place Charles-Lemoyne, Suite 221, Longueuil, Montérégie, QC, J4K 4Z1

**450 928-7659 Fax:** 450 928-7670

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

**Email:** [longueuilcivil@ccjrs.com](mailto:longueuilcivil@ccjrs.com)

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

**Eligibility:** prestataires d'aide de dernier recours ou toute autre personnes admissibles dépendamment de ses revenus, ses biens et ses liquidités

**Coverage area:** Boucherville, Saint-Amable, Saint-Bruno-de-Montarville, Saint-Basile, Sainte-Julie-de-Verchères, Saint-Lambert, Varennes, Verchères, Longueuil

**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

### **LEGAL AID OFFICE - LONGUEUIL - YOUTH AND CRIMINAL DIVISION**

377 Curé-Poirier Boulevard West, Longueuil, Montérégie, QC, J4J 2H1

**450 928-7666 Fax:** 450 928-7671

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

**Email:** [longueuilcrim-jeun@ccjrs.com](mailto:longueuilcrim-jeun@ccjrs.com)

**Services:** Free or low cost legal services concerning youth or criminal rights 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:** Longueuil, Brossard

**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

### **LONGUEUIL - MUNICIPAL COURT**

100 Place Charles-Le Moyne, Suite 209, Longueuil, Montérégie, QC, J4K 2T4

**450 463-7006 Fax:** 450 646-8897

**Website:** [www.longueuil.quebec/fr/cour-municipale](http://www.longueuil.quebec/fr/cour-municipale)

**Services:** First-instance justice court hearing lawsuits relative to municipal by-laws or infringements to the Code de la Sécurité routière, the Loi de l'impôt sur le tabac and the Loi sur le transport par taxi. \* Ticket payment or contestation.\* Recovery of unpaid amounts.

**Coverage area:** Agglomération de Longueuil

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

**Financing:** municipal

**Legal status:** municipal agency

## **UNIVERSITÉ DE SHERBROOKE - CLINIQUE DE MÉDIATION**

150 Charles Le-Moyne Place, Longueuil, Montérégie, QC, J4K 0A8

**450 463-1835 ext. 65515**

**Website:** [www.usherbrooke.ca/clinique-mediation](http://www.usherbrooke.ca/clinique-mediation)

**Email:** [clinique.mediation@usherbrooke.ca](mailto:clinique.mediation@usherbrooke.ca)

**Services:** Free mediation service offered by graduate students of the alternative dispute resolution program.

**Eligibility:** general public, companies and organizations

**Coverage area:** Greater Montréal

**Fees:** free

**Financing:** provincial

**Legal status:** parapublic organization

## **Professional orders and associations**

### **ORDRE DES DENTUROLOGISTES DU QUÉBEC**

395 Parc-Industriel Street, Longueuil, Montérégie, QC, J4H 3V7

**450 646-7922 Fax:** 450 646-2509

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

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

**Services:** Professional order. \* Public protection and supervision of the practice of the profession.\* Reception of complaints.\* Denturologists repertory: <https://odq.com/trouver-un-denturologiste>

**Eligibility:** denturists, general public

**Coverage area:** province of Québec

**Hours:** Monday to Friday 9h00 to 17h00

**Financing:** membership fees

**Legal status:** non-profit organization

### **REGROUPEMENT DES CENTRES DE LA PETITE ENFANCE DE LA MONTÉRÉGIE**

1854 Marie Boulevard, Longueuil, Montérégie, QC, J4T 2A9

**450 672-8826 Fax:** 450 672-9648

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

**Email:** [cpemonteregie@rcpem.com](mailto:cpemonteregie@rcpem.com)

**Services:** Improvement of early childhood centres. \* Development of early childhood centres.\* Training and material on the Pikler approach.

**Coverage area:** Montérégie

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

**Financing:** contributions, self-financing

**Legal status:** non-profit organization

## **Support for offenders**

### **COMPENSATORY COMMUNITY WORK PROGRAM - CENTRE DE BÉNÉVOLAT DE LA RIVE-SUD**

18 Montcalm Street, Longueuil, Montérégie, QC, J4J 2K6

**1 866 679-8770 Fax:** 450 679-8396

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

**Email:** [ptcmonteregie@benevolatrivesud.qc.ca](mailto:ptcmonteregie@benevolatrivesud.qc.ca)

**Services:** This program offers, to any adult citizen, that is unable to pay their required fine, the possibility to do community service for a community organization.

**Coverage area:** Montérégie: from Valleyfield to Sorel-Tracy

**Hours:** Monday to Friday 9h00 to 16h00

**Financing:** provincial

**Legal status:** non-profit organization

## **Material Assistance and Housing**

**EMERGENCY**

**HOUSING COOPERATIVES AND CORPORATIONS**

**HOUSING SEARCH ASSISTANCE**

**THRIFT STORES**

## Emergency

### BOUCHERVILLE - CITY

500 de la Rivière-aux-Pins Street, Boucherville, Montérégie, QC, J4B 2Z7

**450 449-8100** Fax: 450 655-0086

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

**Email:** [information@boucherville.ca](mailto:information@boucherville.ca)

**Services:** Municipal services management. \* Collection: heavy items, dead leaves and branches, cardboard surplus and pines, domestic and recyclable wastes.\* Construction works licenses.\* Online property assessment.\* SAM system: automatized message system in case of emergencies.\* Insta-taxes Services: tax online record.\* Bottins des récupérateurs: [www.bottinrecuperateurs.boucherville.ca](http://www.bottinrecuperateurs.boucherville.ca)\* Fire protection: desserved by Longueuil's fire safety department.

**Hours:** Monday to Friday 8h30 to 12h00 and 13h15 to 16h30

**Legal status:** municipal agency

### LONGUEUIL - CITY

4250 de la Savane Road, Longueuil, Montérégie, QC, J3Y 9G4

**3-1-1** Fax: 450 463-7400

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

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

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

**Legal status:** municipal agency

### SAINT-BRUNO-DE-MONTARVILLE - CITY

1585 Montarville Street, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 3T8

**450 653-2443** Fax: 450 441-8481

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

**Email:** [information@stbruno.ca](mailto:information@stbruno.ca)

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

**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 12h00

**Legal status:** municipal agency

### SAINT-LAMBERT - CITY

55 Argyle Avenue, Saint-Lambert, Montérégie, QC, J4P 2H3

**450 672-4444**

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

**Email:** [info.citoyens@saint-lambert.ca](mailto:info.citoyens@saint-lambert.ca)

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

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

**Legal status:** municipal agency

## Housing cooperatives and corporations

### COMITÉ LOGEMENT MONTÉRÉGIE

405 Sainte-Foy Boulevard, Longueuil, Montérégie, QC, J4J 1X5

**450 670-5080** Fax: 450 677-1545

Email: clgtmonteregie@bellnet.ca

**Services:** \* Legal information\* Grouping tenants for specific problems, training.\* Preparation of tenants' files for hearing before the Régie du logement.

**Coverage area:** Montérégie

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

**Fees:** membership: \$15

**Financing:** provincial, donations

**Legal status:** non-profit organization

### COMITÉ LOGEMENT RIVE-SUD - BUREAU DE LONGUEUIL

173 Sainte-Catherine Street, Longueuil, Montérégie, QC, J4H 2B4

**450 332-3331** Fax: 450 332-5372

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

Email: info@comite-logement.org

**Services:** Technical resources group. \* Promotion and development of social housing projects. \* Advocacy of tenants' rights.\* Telephone information service.\* Individual meetings (by appointment only).\* Preparation and accompaniment to a hearing of Régie du logement.\* Help in writing letters.

**Eligibility:** tenants

**Coverage area:** South Shore of Montréal

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

**Fees:** free

**Financing:** Centraide, provincial

**Legal status:** non-profit organization

### FÉDÉRATION DES COOPÉRATIVES D'HABITATION MONTÉRÉGIENNE

150 Grant Street, Suite 124, Longueuil, Montérégie, QC, J4H 3H6

**1 888 651-5520** Fax: 450 651-5522

**Website:** www.cooperativehabitation.coop/monteregie

Email: info@fecham.coop

**Services:** Representation and services for housing cooperatives. \* Telephone consultation.\* Financial services: insurance, planning, administration, investment funds.\* Management workshops.

**Eligibility:** housing cooperatives, people searching for housing

**Capacity:** 98 cooperatives

**Coverage area:** Montérégie

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

**Financing:** grants

**Legal status:** non-profit organization

### MAISON LA VIREVOLTE

335 LeMoyné Street West, Longueuil, Montérégie, QC, J4H 1W4

**450 651-1901** Fax: 450 651-9125

Email: info@maisonlavirevolte.com

**Services:** Improve life quality of low income families. \* Help with homework (6 to 12 years).\* Daycare.\*

Information and sharing luncheon meetings for parents.\* Parent and child workshops.\* Discussion groups for men and fathers.\* Father and child activities.\* Nobody's perfect program.\* Popular education coffee chats.\*

Family activities, animation in parks and family camps (summer and winter).\* Supports families mainly

from HLM.\* Member of the RCLALQ.

**Eligibility:** families and those living in HLMS

**Coverage area:** Vieux-Longueuil

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** membership: \$5 per family or \$2 per person, other fees for specific activities

**Financing:** Centraide, federal, provincial

**Legal status:** non-profit organization

### **OFFICE MUNICIPAL D'HABITATION DE LONGUEUIL**

445 Labonté Street, Longueuil, Montérégie, QC, J4H 2P8

**450 670-2733** Fax: 450 670-0084

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

**Email:** [omhl@omhl.org](mailto:omhl@omhl.org)

**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

**Capacity:** 3678 units

**Coverage area:** Longueuil agglomeration

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

**Legal status:** non-profit organization

### **RÉGIE DU LOGEMENT - LONGUEUIL**

Édifice Montval, 201 Charles-Lemoyne Place, Longueuil, Montérégie, QC, J4K 2T5

**514 873-2245** Fax: 514 864-8077

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

**Services:** Specialized court that has the authority regarding residential lease matters. \* Information to citizens about their rights and obligations relating to their lease. \* Reaching agreements between landlords and tenants. \* Protection of the rights of tenants. \* Assistance with filling court application forms. \* Calculation for the fixing of rent online: [www.rdl.gouv.qc.ca/fr/calcul-pour-la-fixation-de-loyer/outil-de-calcul](http://www.rdl.gouv.qc.ca/fr/calcul-pour-la-fixation-de-loyer/outil-de-calcul) \* On site: station to consult the Régie's decisions, television, VHS and DVD.

**Eligibility:** tenants, landlords

**Coverage area:** Longueuil

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

**Fees:** variable

**Financing:** provincial

**Legal status:** provincial government agency

## **Housing search assistance**

### **MACADAM SUD**

895 Sainte-Hélène Street, Longueuil, Montérégie, QC, J4K 3R7

**450 677-9021** Fax: 450 677-4741

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

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

**Services:** Support centre for young people. \* Information and referral. \* Squat: assistance for taking charge of one's free time, recreational activities, family support services. \* Street and outreach work: prevention, distribution of safer use material and condoms, parenting education. \* Capab: adapted secondary school, school dropout, learning disabilities and difficulties. \* Troc: mobile intervention unit. \* Espace-jeunes: drop-in centre, listening, referral and accompaniment. \* Mental health community support. \* Crime, violence and juvenile delinquency prevention. \* Support for perpetrators. \* Assistance to victims of sexual assault, incest and domestic violence. \* Dependency prevention.

**Eligibility:** youth 12 to 35 years old marginalized or at risk of marginalization, Squat: youth 12 to 17 years old, Espace-jeunes: youth 15 to 29 years old, any person in distress

**Coverage area:** Greater Longueuil

**Hours:** services: variable, administration: Monday to Friday 9h00 to 17h00

**Fees:** free

**Financing:** federal, provincial, fundraising campaigns, foundations, municipal, Centraide of Greater Montréal

**Legal status:** non-profit organization

## RÉSEAU D'HABITATIONS CHEZ SOI

3115 Saint-Hubert Road, Longueuil, Montérégie, QC, J3Y 4J2

**450 676-8940** Fax: 450 676-7696

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

**Email:** [rhcs@qc.aira.com](mailto:rhcs@qc.aira.com)

**Services:** \* Assistance in the search for adequate housing and follow-up within the living environment.\*

Promoting social housing for people with mental health problems of with unstable housing conditions.

**Eligibility:** adults with mental health problems, homeless or at risk of homelessness, either referred by social services or not

**Coverage area:** Longueuil, MRC Marguetie-D'Youville, Boucherville, Brossard, La Prairie, Saint-Bruno-de-Montarville, Saint-Lambert, Saint-Philippe

**Hours:** Monday to Friday 9h00 to 16h30

**Financing:** provincial, grants

**Legal status:** non-profit organization

## Thrift stores

### ALPHABÉTISATION IOTA

200 Saint-Louis Street, Longueuil, Montérégie, QC, J4R 2L6

**450 466-0076 ext. 223**

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

**Email:** [direction@alphaiota.ca](mailto:direction@alphaiota.ca)

**Services:** \* Literacy.\* Lessons, individualized and for small groups, adapted to the needs and backgrounds of the participants.\* On-site recovery of books.\* Annual sale of books.

**Eligibility:** adults coping with illiteracy or with little schooling, 18 years and over

**Coverage area:** South Shore of Montréal

**Hours:** Monday to Thursday 8h45 to 16h00

**Fees:** \$5 per session

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

**Legal status:** non-profit organization

### BAMBINERIE DE BOUCHERVILLE (LA)

Centre multifonctionnel France-Gadbois, 1075 Lionel-Daunais Street, Suite 108, Boucherville, Montérégie, QC, J4B 8N5

**450 641-2366**

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

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

**Services:** Support and activities for families. \* Morning meetings.\* Daycare.\* Activities for 0-5 and 6-12 year-olds and play room.\* School preparation workshops.\* Flea market with child items.\* Creative workshops, conferences, educational outings and theme parties.

**Eligibility:** families and children

**Coverage area:** Boucherville

**Hours:** Monday to Friday 9h00 to 16h00

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

**Financing:** municipal, self-financing

**Legal status:** non-profit organization



### **BARBAPARENTS (LES)**

542 King-George Street, Longueuil, Montérégie, QC, J4J 2V7

**450 448-3454** Fax: 450 448-5501

**Website:** www.barbaparents.org

**Email:** barbaparents@bellnet.ca

**Services:** \* Educational and recreational activities, outdoor outings.\* Babysitting classes.\* Daycare.\* Activities for parents.\* Respite days.\* Flea market.\* Barbabanque: list of second-hand items for sale.

**Eligibility:** families with children 0 to 11 years old

**Capacity:** 40

**Coverage area:** Longueuil

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

**Fees:** annual membership: \$25 per family

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

**Legal status:** non-profit organization

### **BOUTIQUE QUEVILLON (LA) - PAROISSE JEAN XXIII (SAINT HUBERT)**

4850 Quévillon Street, Longueuil, Montérégie, QC, J3Y 2V4

**450 676-1337**

**Website:** www.paroissejeanXXIII.org

**Email:** secretariat@paroissejeanXXIII.org

**Services:** Family depot. \* Low-cost items.

**Coverage area:** Saint-Jean XXIII Parish

**Hours:** Tuesday 12h30 to 15h30, Wednesday 18h30 to 21h00

**Financing:** donations

**Legal status:** non-profit organization

### **CENTRE DE RECUPÉRATION ET DE RECYCLAGE DES TEXTILES**

7500 Grande-Allée Boulevard, Longueuil, Montérégie, QC, J3Y 5K2

**450 926-1733** Fax: 450 926-1304

**Website:** www.certexcanada.com

**Email:** certex@certexcanada.com

**Services:** \* Sorting center specialized in the recovery and recycling of clothes, shoes, accessories and textiles.\* Employment program for people living with physical and intellectual disabilities.\* ValorisAction program: recovery of new and used textile materials from industrial, commercial and institutional businesses.\* FripeShop: sale of clothing, shoes, books, fabric and toys.\* At-home collection of clothing donations.

**Coverage area:** Province of Québec

**Hours:** Saint-Hubert: Monday to Friday 8h00 to 16h30, Saturday and Sunday 10h00 to 17h00, Terrebonne:

Monday to Friday 8h00 to 16h30, at-home collection of clothing donations: by appointment

**Fees:** variable for sale products

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

**Legal status:** non-profit organization

### **CENTRE DES GÉNÉRATIONS DE BOUCHERVILLE - USED ITEMS RECOVERY**

61 De Montbrun Street, Boucherville, Montérégie, QC, J4B 7H4

**450 655-6944**

**Website:** www.centredesgenerations.org

**Email:** cgb@centredesgenerations.com

**Services:** \* Donations pick-up at home: clothes, appliances, furniture, house hold items, toys, sports equipment.\* Used items recycling on site.

**Coverage area:** Boucherville

**Hours:** Monday and Friday 13h00 to 16h00, Wednesday 9h00 to 12h00, Saturday 9h00 to 16h00

**Financing:** donations

**Legal status:** non-profit organization

### **COMITÉ D'ENTRAIDE - UNITÉ PASTORALE SAINT-LAMBERT - USED ITEMS RECOVERY**

311 Saint-Thomas Street, Saint-Lambert, Montérégie, QC, J4R 1Y2

**450 671-5721 ext. 0**

**Website:** [www.upsaint-lambert.org](http://www.upsaint-lambert.org)

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

**Services:** \* Recovery of donations: furniture, household items, clothing, food.\* Furniture pick-up.

**Coverage area:** Saint-Lambert

**Hours:** Monday to Friday 10h00 to 12h00 and 14h00 to 16h00

**Financing:** donations

**Legal status:** non-profit organization

### **COMPTOIR FAMILIAL DES FILLES D'ISABELLE**

566 Marie-Victorin Boulevard, Boucherville, Montérégie, QC, J4B 1X1

**450 641-0902**

**Services:** \* Familial counter: sale of used items at low prices.\* Redistribution of profit to organizations and foundations in the city.

**Coverage area:** Boucherville

**Hours:** Thursday 9h30 to 14h30

**Financing:** donations

**Legal status:** non-profit organization

### **CROISÉE DE LONGUEUIL (LA) - USED ITEMS RECOVERY?**

1230 Green Street, Longueuil, Montérégie, QC, J4K 4Z5

**450 677-8918 Fax: 450 677-3377**

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

**Email:** [lacroisee@lacroiseedelongueuil.qc.ca](mailto:lacroisee@lacroiseedelongueuil.qc.ca)

**Services:** \* Used items recovery: clothing, home furniture, office furniture, small household items, toys and leisure equipment.\* Collection on site and at-home pickup.

**Coverage area:** South Shore

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

**Financing:** self-financing, Centraide of Greater Montréal, provincial, municipal

**Legal status:** non-profit organization

### **ÉCRIT TÔT DE SAINT-HUBERT (L')**

4050 Grande Allée Boulevard, Longueuil, Montérégie, QC, J4T 2W2

**450 443-1411 Fax: 450 443-3772**

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

**Email:** [ecritot@bellnet.ca](mailto:ecritot@bellnet.ca)

**Services:** \* Help adults and families in basic skills in reading, writing and arithmetic.\* Illiteracy prevention.\* Dropout prevention.\* Awareness of population.\* Literacy workshops.\* Program l'École des parents: basic training, socialization and research tools to support the academic success of children.\* Program Lecteurs à domicile: give the love of reading in young children experiencing academic difficulties.\* Educational activities.\* Thrift store.

**Eligibility:** parents and children experiencing academic difficulties, illiterate

**Coverage area:** Montérégie

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

**Fees:** membership: \$5

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

**Legal status:** non-profit organization

### **ENTRAIDE CHEZ-NOUS - USED ITEMS RECOVERY**

155 Brodeur Street, Longueuil, Montérégie, QC, J4J 2S3

**450 468-1726** Fax: 450 468-6638

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

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

**Services:** \* Furniture pick-up.\* Food and used item recovery: clothing, furniture, appliances, mattresses, household items, toys, books.

**Coverage area:** pick-up: Brossard, Boucherville, Saint-Hubert, Greenfield Park, Lemoyne, Saint-Lambert and Longueuil

**Hours:** Monday 10h00 to 11h45 and 13h00 to 15h45, Tuesday, Wednesday and Friday 9h30 to 11h45 and 13h00 to 15h45

**Financing:** provincial, self-financing, Centraide of Greater Montréal

**Legal status:** non-profit organization

### **ÉQUIPE SERVICE QUARTIER ST-VINCENT-DE-PAUL - USED ITEMS RECOVERY**

2027 Daniel Street, Longueuil, Montérégie, QC, J4J 5M1

**450 646-8808** Fax: 450 646-8806

**Services:** \* Recovery of housewares, small appliances, kitchenware, clothing and books.\* Small items pick-up.

**Coverage area:** Longueuil: Saint-Vincent-de-Paul neighbourhood

**Hours:** by appointment

**Financing:** donations, self-financing

**Legal status:** non-profit organization

### **HOME-START CHAMPLAIN**

78 Saint-Louis Street, Longueuil, Montérégie, QC, J4R 2L4

**450 923-4138**

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

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

**Services:** Family support organization. \* Help and support at home.\* Language stimulation workshops.\* Clothing bank 0 to 5 years old.\* Rental of car seats.\* Summer day camp for parents and children 0 to 5 years old.\* Pre-school preparation workshops.\* Occasional activities.\* Workshops Parlons Poupous 6-18 months old.\* Neuro-sensorimotor workshops.\* Workshop in french for allophone children from 3 to 5 years old.\* Social skills program 6-12 years old.

**Eligibility:** families with children under 12 years old

**Coverage area:** South Shore: Brossard, Saint-Hubert, Greenfield Park, LeMoyne and Saint-Lambert

**Hours:** Monday to Friday 9h00 to 16h30

**Fees:** varied prices for workshops

**Financing:** provincial

**Legal status:** non-profit organization

### **JOUJOUTHÈQUE DE SAINT-HUBERT**

3625 Montée Saint-Hubert, Longueuil, Montérégie, QC, J3Y 4J8

**450 678-6038**

**Website:** [www.joujoutheque-saint-hubert.com](http://www.joujoutheque-saint-hubert.com)

**Email:** [joujoutheque-st-hubert@hotmail.com](mailto:joujoutheque-st-hubert@hotmail.com)

**Services:** \* Games, toys and theme suitcases lending.\* Games and toys lending for children with special needs.\* Desjardins sensory room.\* Recovery centre for toys: recuperation and reuse.

**Eligibility:** families

**Coverage area:** Saint-Hubert

**Hours:** Thursday 9h00 to 12h00, Friday 13h00 to 20h00 and Saturday 10h00 to 14h00

**Fees:** by activity

**Financing:** self-financing

**Legal status:** non-profit organization

**MAISON DU PÈRE DE L'ESPOIR (LA) - USED ITEMS RECOVERY**

470 Sainte-Foy Boulevard, Longueuil, Montérégie, QC, J4J 1Y2  
**514 233-6703**

**Services:** \* Recovery of donations: food, clothing, kitchen items, books, sporting equipment, toys, furniture, appliances, mattresses.\* Pick-up for furniture, appliances, mattresses and other large items.

**Coverage area:** South-Shore

**Hours:** Saturday 9h00 to 15h00

**Financing:** self-financing, donations

**Legal status:** non-profit organization

**MAM AUTOUR DE LA MATERNITÉ**

2060 Holmes Street, Longueuil, Montérégie, QC, J4T 1R8  
**514 990-9626**

**Website:** www.mam.qc.ca

**Email:** admin@mam.qc.ca

**Services:** Welcomes, accompanies and informs women and their families throughout the prenatal period. \* Telephone pairing with an experimented godmother.\* Prenatal meetings.\* Yoga courses with baby.\* Thrift store.\* Breastfeeding clinic.\* Accompanied at birth.

**Eligibility:** pregnant women, breastfeeding mom and baby

**Coverage area:** Beloeil, Longueuil, McMasterville, Otterburn Park, Saint-Antoine-Sur-Richelieu, Saint-Basile-Le-Grand, Saint-Bruno-de-Montarville, Saint-Charles-Sur-Richelieu, Saint-Denis-Sur-Richelieu, Mont Saint-Hilaire, Saint-Hubert, Saint-Jean-Baptiste, Saint-Marc-Sur-Richelieu, Saint-Mathieu-de-Beloeil

**Hours:** Monday to Wednesday 9h00 to 12h00, Thursday 9h00 to 15h30, breastfeeding clinic: Thursday 10h00 to 12h00

**Fees:** some activities are charged

**Financing:** provincial

**Legal status:** non-profit organization

**PETITE CAISSE (LA) - PAROISSE SAINT-JEAN XXIII (SAINT-HUBERT)**

4990 Redmond Street, Longueuil, Montérégie, QC, J3Y 2C2  
**450 812-9486**

**Website:** www.paroissejeanXXIII.org

**Email:** secretariat@paroissejeanXXIII.org

**Services:** Family depot. \* Low-cost items.\* Donation of clothes and furniture to homeless people.

**Coverage area:** Saint-Jean XXIII Parish

**Hours:** Tuesday and Thursday 12h00 to 17h00

**Financing:** donations

**Legal status:** non-profit organization

**SALVATION ARMY - BROSSARD STORE**

1875 Panama Boulevard, Brossard, Montérégie, QC, J4W 2S8  
**450 462-9185** Fax: 450 462-1885

**Website:** www.salvationarmy.ca/quebec

**Services:** \* Reception and sale of donated goods to finance Salvation Army social programs.

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

**Coverage area:** Brossard and surroundings

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

**Legal status:** non-profit organization

**SOCIÉTÉ DE SAINT-VINCENT-DE-PAUL - IMMACULÉE-CONCEPTION (SAINT-HUBERT) - FRIPERIE**

5682 Chambly Road, Longueuil, Montérégie, QC, J3Y 3P7

**450 676-2661**

**Email:** robdion@videotron.ca

**Services:** Recovery and sale of clothing and household items.

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

**Coverage area:** Saint-Hubert

**Hours:** Tuesday to Thursday 10h00 to 16h00, Friday 10h00 to 18h00, Saturday 10h00 to 14h00

**Financing:** donations, self-financing

**Legal status:** non-profit organization

## **Mental Health and addictions**

**ADDICTION TREATMENT**

**COMMUNITY SUPPORT IN MENTAL HEALTH**

**CRISIS CENTRES AND SUICIDE PREVENTION**

**MENTAL HEALTH ADVOCACY GROUPS**

**MENTAL HEALTH HOUSING**

**PSYCHIATRIC SERVICES**

**SELF-HELP GROUPS FOR MENTAL HEALTH ISSUES**

## Addiction treatment

### CARREFOUR LE POINT TOURNANT

1111 Beaugard Street, Longueuil, Montérégie, QC, J4K 2L2

**1 888 651-0418** Fax: 450 677-9712

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

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

**Services:** Residential treatment centre for people coping with alcohol and drug addictions. \* Internal treatment lasting 3 months.\* Reception and assessment.\* Clinic support and health services.\* Group and individual meetings on a weekly base, group therapy.\* Support to social reintegration.

**Eligibility:** men aged 18 years old and over coping with alcohol or drug addictions

**Capacity:** 12 people

**Coverage area:** Province of Québec

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

**Financing:** self-financing, grants

**Legal status:** non-profit organization

### CENTRE DE RÉADAPTATION EN DÉPENDANCE LE VIRAGE - LONGUEUIL

1525 Joliette Street, Longueuil, Montérégie, QC, J4K 4W4

**1 888 651-3113**

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

**Services:** \* Internal et external detoxification.\* Gamblers rehabilitation.\* Support to the relatives: individual and group meetings.\* Centralized reception and assessment.

**Eligibility:** youth 13 years and over, adults dealing with addictions, support for relatives, people with mental health problems, homeless or with a sensory disability are welcomed

**Coverage area:** Longueuil

**Hours:** Monday to Wednesday 8h30 to 12h00, 13h00 to 16h30 and 18h00 to 21h00, Thursday and Friday 8h30 to 12h00 and 13h00 to 16h30

**Fees:** free

**Financing:** provincial

**Legal status:** parapublic organization

### CENTRE DE RÉADAPTATION EN DÉPENDANCE LE VIRAGE - SAINT-HUBERT - HEAD OFFICE

5110 Cousineau Boulevard, Longueuil, Montérégie, QC, J3Y 7G5

**1 866 964 4413** Fax: 450 443-0522

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

**Services:** \* Internal et external detoxification.\* Support to the relatives.\* Centralized reception and assessment.\* Drivers assessment service.\* Treatment for Internet addiction (people under 18 years only).

**Eligibility:** youth 12 years and older, adults dealing with addictions, support for relatives, people with mental health problems, homeless or with a sensory disability are welcomed

**Capacity:** 19 mixed

**Coverage area:** Montérégie

**Hours:** Monday and Tuesday 8h30 to 12h00, 13h00 to 16h30, 18h00 to 21h00, Wednesday, Thursday and Friday 8h30 to 12h00, 13h00 to 16h30

**Fees:** free

**Financing:** provincial

**Legal status:** parapublic organization

### FOSTER ADDICTION REHABILITATION CENTRE (THE) - EXTERNAL SERVICES - SAINT-HUBERT

5110 Cousineau Boulevard, Longueuil, Montérégie, QC, J3Y 7G5

**450 443-2100** Fax: 450 443-4196

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

**Services:** \* Internal et external detoxification.\* Consultation and treatment for compulsive gamblers.\* Support to the relatives: individual and group meetings, support group for parents of teenagers and group for adults relatives.\* Social rehabilitation.

**Eligibility:** youth 12 years and older, adults dealing with addictions, relatives

**Capacity:** 20 mixed

**Coverage area:** Montérégie

**Fees:** free

**Financing:** provincial

**Legal status:** parapublic organization

## Community support in mental health

### CRIME VICTIMS ASSISTANCE CENTRE OF MONTÉRÉGIE

1085 Sainte-Foy Boulevard, Suite 201, Longueuil, Montérégie, QC, J4K 1W7

**1 888 670-3401 Fax:** 450 670-3402

**Website:** [www.cavac.qc.ca/regions/monteregie](http://www.cavac.qc.ca/regions/monteregie)

**Email:** [infocavac@cavacmonteregie.com](mailto:infocavac@cavacmonteregie.com)

**Services:** \* Post-trauma and psychological intervention.\* Information and referral: rights and possibilities, ressources, etc.\* Assistance with the procedures.\* Service offices: Courthouses of Châteauguay, Valleyfield, Longueuil, Saint-Hyacinthe, Saint-Jean and Sorel.\* Having filed a complaint is not required to access services.

**Eligibility:** victims of criminal acts, their relatives

**Coverage area:** Montérégie

**Hours:** Monday to Friday 8h30 to 17h00

**Financing:** provincial, donations

**Legal status:** non-profit organization

## Crisis centres and suicide prevention

### ACCÈS (L'): EMERGENCY CRISIS CENTRE

Confidential Address

**450 679-8689 Fax:** 450 468-8090

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

**Services:** Crisis intervention and suicide prevention over the telephone, 24 hours, 7 days. \* Support to relatives.\* Outpatient crisis follow-up for a maximum of 8 weeks.\* Emergency shelter for a maximum of 7 days.\* Family and community postvention.

**Eligibility:** adults 18 years and over living in a psychosocial or psychiatric crisis situation with or without suicidal thoughts

**Capacity:** accommodation: 4 beds

**Coverage area:** sub-region of Longueuil, territory of CSSS Pierre-Boucher and CISSS Montérégie Centre: Longueuil, Boucherville, Varennes, Verchères, Contrecoeur, Calixa-Lavallée, Saint-Amable, Sainte-Julie, Saint-Bruno-de-Montarville, Saint-Hubert, Brossard, Greenfield Park, Lemoyne, Saint-Lambert

**Hours:** helpline: 24 hours, 7 days

**Fees:** free

**Financing:** provincial

**Legal status:** parapublic organization

### CARREFOUR LE MOUTIER - RÉSEAU SENTINELLES

100 Place Charles-Le Moyne, Suite 281, Longueuil, Montérégie, QC, J4K 2T4

**450 679-7111 Fax:** 450 679-5562

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

**Email:** [preventiondetresse@carrefourmoutier.org](mailto:preventiondetresse@carrefourmoutier.org)



**Services:** Mental health outreach work. \* Training of outreach volunteers.

**Eligibility:** people in social and psychological distress

**Coverage area:** Longueuil and surroundings

**Hours:** Monday to Friday 9h00 to 17h00

**Legal status:** non-profit organization

### **RÉSEAU SENTINELLE CHAMPLAIN**

3339 Grande-Allée, Longueuil, Montérégie, QC, J4T 2S9

**514 961-9415**

**Email:** reseausentinelle@gmail.com

**Services:** Risk-detection and prevention of suicide. \* Referral to appropriated resources.\* Youth and Elder Programs: training of the sentinels so they can detect and help youth and elder at-risk in their work and live places.\* Intervention in the environment of elders: information, referrals, support through the process, accompaniment in the resources.

**Eligibility:** youth between 11 and 25 years and elders 60 years and over, sentinels: everyone

**Coverage area:** Saint-Lambert, Saint-Hubert, Lemoyne, Greenfield Park and Brossard

**Fees:** free

**Financing:** provincial, fundraising campaigns

**Legal status:** non-profit organization

## **Mental health advocacy groups**

### **SANTÉ MENTALE QUÉBEC - SOUTH SHORE**

150 Grant Street, Suite 227, Longueuil, Montérégie, QC, J4H 3H6

**450 616-1569**

**Website:** www.smqrivesud.ca

**Email:** direction@smqrivesud.ca

**Services:** \* Mental health promotion and prevention: information, awareness and training.\* Research and development actions: tools productions and implementation of new programs.\* Participation to the annual campaign for mental health promotion.

**Coverage area:** South Shore of Montréal

**Hours:** Monday to Thursday 9h00 to 12h00 and 13h00 to 15h00

**Fees:** variable depending on the activities

**Financing:** provincial

**Legal status:** non-profit organization

## **Mental health housing**

### **HÉBERGEMENT L'ENTRE-DEUX**

1625 Bourassa Street, Longueuil, Montérégie, QC, J4J 3A5

**450 651-0715** Fax: 450 651-0716

**Website:** www.cooptel.qc.ca/~entre2

**Email:** entre2@cooptel.qc.ca

**Services:** Therapeutic approach and housing. \* Duration of 15 weeks.\* Individual and group intervention.\* Body awareness, writing, art therapy and relaxation workshops.\* Post-housing follow-up of 8 months.

**Eligibility:** women 18 years and over with depression or a borderline personality disorder, without drug addiction or abstinent for at least 4 to 6 months

**Capacity:** accommodation: 12 women

**Coverage area:** Greater Montréal

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

**Fees:** housing: \$175 per week, external follow-up: \$140

**Financing:** provincial, self-financing  
**Legal status:** non-profit organization

### **MAISON JACQUES-FERRON**

2250 Cartier Street, Longueuil, Montérégie, QC, J4K 4E9  
**450 646-5381 Fax:** 450 646-9989  
**Website:** www.mj-f.org  
**Email:** mj-f@videotron.ca

**Services:** Integration program in a residential setting. \* Psychosocial care.\* Psychotherapeutic follow-up.\* Therapeutic environment.\* Sociocultural activities.\* Post housing follow-up.

**Eligibility:** people with severe mental health difficulties

**Capacity:** housing: 9, outpatient services: 6

**Coverage area:** Longueuil

**Hours:** 24 hours, 7 days

**Financing:** provincial

**Legal status:** non-profit organization

### **OUR HARBOUR / LE HAVRE**

440 Notre-Dame Avenue, Saint-Lambert, Montérégie, QC, J4P 2K4  
**450 671-9160 Fax:** 450 671-9160  
**Website:** ourharbour.org  
**Email:** info@ourharbour.org

**Services:** Long-term housing. \* Friendly visits, regular social contacts.\* Assistance with medical, welfare and social service procedures.\* Referral.\* Life-management support: budgeting, organizing meals.\* Individual and group activities.

**Eligibility:** adults with mental health problems

**Capacity:** 24 adults

**Coverage area:** Montréal, Montérégie, Estrie

**Hours:** Monday to Friday, variable hours

**Legal status:** non-profit organization

## **Psychiatric services**

### **HÔPITAL CHARLES-LE MOYNE - CLINIQUE EXTERNE DE PSYCHIATRIE POUR ENFANTS ET ADOLESCENTS**

2924 Taschereau Boulevard, Longueuil, Montérégie, QC, J4V 2G8  
**450 466-5000 ext. 2414**  
**Website:** www.santemonteregie.qc.ca

**Services:** Psychiatric care and consultation for children and teenagers. \* On referral only.

**Eligibility:** people of less than 18 years old

**Coverage area:** Montérégie

**Hours:** on appointment

**Financing:** provincial

**Legal status:** parapublic organization

### **HÔPITAL CHARLES-LE MOYNES - EXTERNAL PSYCHIATRY CLINIC FOR ADULTS**

2924 Taschereau Boulevard, Longueuil, Montérégie, QC, J4V 2G8  
**450 466-5620**  
**Website:** www.santemonteregie.qc.ca

**Services:** Psychiatric care and consultation for adults. \* On referral only.

**Eligibility:** people of more than 18 years old

**Coverage area:** Montérégie  
**Hours:** on appointment  
**Financing:** provincial  
**Legal status:** parapublic organization

## Self-help groups for mental health issues

### ASSOCIATION DES PARENTS ET AMIS DE LA PERSONNE ATTEINTE DE MALADIE MENTALE - RIVE-SUD

10 Churchill Street, Suite 206, Longueuil, Montérégie, QC, J4V 2L7

**450 766-0524**

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

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

**Services:** \* Self-help groups for relatives.\* Weekly conferences and psycho-educational trainings for relatives on subjects such as borderline personality, schizophrenia and bipolar disorder.\* Thematic workshops.\* Art therapy for adolescents and children close to someone with mental health issues.\* Respite for the family.\* Hotline, referral and counseling.

**Eligibility:** adults and children aged 5 years old and up, coping with a relative's mental health issues

**Coverage area:** Longueuil agglomeration and MRC Marguerite-D'Youville

**Hours:** office: Monday to Friday 9h00 to 17h00, family activities: during the week, days and evenings

**Fees:** free, fees for documentation

**Financing:** grants, contributions, donations

**Legal status:** non-profit organization

### AU SECOND LIEU

3200 Grande-Allée Boulevard, Longueuil, Montérégie, QC, J4T 2S5

**450 672-8725** Fax: 450 672-8499

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

**Services:** \* Support and self-help groups.\* Meetings intended to define people's needs and allow them to rediscover their abilities, resources, talents and break out of isolation.\* Enable access to a better quality of life.

**Eligibility:** people coping or having coped with mental health issues

**Coverage area:** Longueuil

**Hours:** activities and support groups on mornings and evenings: Tuesday, Wednesday and Thursday 9h00 to 20h00, Monday and Friday 9h00 to 16h00, office: Monday and Friday 9h00 to 16h00,

**Fees:** membership card: \$7

**Financing:** provincial, Centraide of Greater Montreal, donations, self-financing

**Legal status:** non-profit organization

### G.E.M.E. GROUPE D'ENTRAIDE POUR UN MIEUX ÊTRE

1085 Sainte-Foy Boulevard, Suite 232, Longueuil, Montérégie, QC, J4K 1W7

**450 332-4463** Fax: 450 332-4463

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

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

**Services:** \* Weekly meetings.\* Support groups.\* Documentation, workshops, conferences.\* Individual support.

**Eligibility:** people 18 years and over with anxiety disorders: stress, simple or social phobia, agoraphobia, panic disorder, depression or burnout, post-traumatic stress

**Capacity:** support groups: 10 to 25 people per group

**Coverage area:** support groups: Longueuil, La Prairie, Pointe-aux-Trembles, Saint-Bruno-de-Montarville, Saint-Jean-sur-Richelieu, Repentigny, Saint-Hubert, Laval, Blainville

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

**Fees:** contributions

**Financing:** fundraising campaigns, self-financing, membership fees, provincial

**Legal status:** non-profit organization

**MAISON D'INTERVENTION VIVRE**

1807 Duke Street, Longueuil, Montérégie, QC, J4T 2A5

**450 465-0264** Fax: 450 465-0266

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

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

**Services:** Intensive group process. \* Minimum duration of 3 months.\* Body consciousness, arts and creativity workshops.\* Group and individual meetings.\* Massage therapy.\* Post-program monitoring.

**Eligibility:** women and men 18 to 55 years old, mainly with depression

**Capacity:** 15 people

**Coverage area:** Montérégie

**Hours:** Monday to Friday 9h30 to 17h00, process: 4 days a week

**Fees:** \$3 to \$12 a day, depending on the income

**Financing:** provincial, donations

**Legal status:** non-profit organization

## **Physical Disability**

**DEAF AND HEARING IMPAIRED**

**MOBILITY AIDS**

**PARATRANSIT**

**RECREATION AND CAMPS**

**RESPITE SERVICES AND HOUSING**

**SUPPORT ASSOCIATIONS**

**THE BLIND**

**THERAPY AND REHABILITATION CENTRES**

## Deaf and hearing impaired

### ÉMISSAIRE

1005 Curé-Poirier Boulevard West, Suite 101, Longueuil, Montérégie, QC, J4K 2E2

**450 651-9229**

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

**Email:** [sylvain.gauthier@emissaire.ca](mailto:sylvain.gauthier@emissaire.ca)

**Services:** \* Information and referral.\* Promotion of sexual health.\* Sex education workshops.\* Support and assistance.\* Individual intervention.

**Eligibility:** people living with HIV and AIDS and their families, young people 16 to 24 years old attending Carrefour jeunesse-emploi (CJE) and adult education, people attending drug rehab therapy centres, female sex workers

**Coverage area:** Montérégie

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** free

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

**Legal status:** non-profit organization

### MAISON DE SOINS PALLIATIFS SOURCE BLEUE

1130 de Montbrun Street, Boucherville, Montérégie, QC, J4B 8W6

**450 641-3165** Fax: 450 641-0934

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

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

**Services:** Reception and accompaniment of adults at the final stage of life. \* Psychological counselling.\* Medical services, nursing, pharmacy.\* Massage therapy, music therapy, aromatherapy, hairdresser.\* Volunteering.\* Spiritual accompaniment.

**Eligibility:** adult people at the final stage of life with cancer or with a terminal disease and a prognosis of less than 3 months, their families

**Capacity:** 16 people

**Coverage area:** Montérégie

**Hours:** 24/7

**Fees:** costs of medication and personal care products

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

**Legal status:** non-profit organization

## Mobility aids

### CENTRE MONTÉRÉGIEN DE RÉADAPTATION - CHÂTEAUGUAY

250 Christ-Roi Road, Longueuil, Montérégie, QC, J3Y 3N7

**1 866 301-3171** Fax: 450 692-9754

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

**Email:** [admission-AEO.cmr16@ssss.gouv.qc.ca](mailto:admission-AEO.cmr16@ssss.gouv.qc.ca)

**Services:** \* Outpatient rehabilitation.\* Intensive functional rehabilitation.\* Evaluation and occupational and social integration, in childcare and school environments for youth and in socio-professional environment for adults.\* Family Support.\* Training, awareness and consultation with various living environments of the user.\* Residential Resources Program: evaluation and accreditation of non-institutional resources, monitoring and control of residential resources according to the person's needs, support for customer and his entourage.\* Access to technology and communications: evaluation, testing, recommendation and allocation of technical and technological aid.\* Earing aids.\* Evaluation of driving and vehicle modification.

**Eligibility:** hearing disability: clients of all ages with significant and persistent disabilities as the result of trauma, disease or a congenital condition (deafness, hearing loss, tinnitus, etc.), language disability: youth 0 to 18 years with significant and persistent disabilities at the speech or language following a language disability, motor disability: clients of all ages with significant and persistent disabilities following a disease or congenital condition or acquired

**Coverage area:** Châteauguay

**Hours:** Monday to Friday 8h00 to 16h30, emergency services: Monday to Friday 8h00 to 21h00, Saturday and Sunday 9h00 to 21h00

**Financing:** provincial

**Legal status:** parapublic organization

## **CENTRE MONTÉRÉGIEN DE RÉADAPTATION - LONGUEUIL**

388 Lamarre Street, Longueuil, Montérégie, QC, J4J 1T2

**450 928-4727 Fax:** 450 651-6326

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

**Email:** [16cmr@ssss.gouv.qc.ca](mailto:16cmr@ssss.gouv.qc.ca)

**Services:** \* Outpatient rehabilitation.\* Intensive functional rehabilitation.\* Evaluation and occupational and social integration, in childcare and school environments for youth and in socio-professional environment for adults.\* Family Support.\* Training, awareness and consultation with various living environments of the user.\* Residential Resources Program: evaluation and accreditation of non-institutional resources, monitoring and control of residential resources according to the person's needs, support for customer and his entourage.\* Access to technology and communications: evaluation, testing, recommendation and allocation of technical and technological aid.\* Earing aids.\* Evaluation of driving and vehicle modification.

**Eligibility:** hearing disability: clients of all ages with significant and persistent disabilities as the result of trauma, disease or a congenital condition (deafness, hearing loss, tinnitus, etc.), language disability: youth 0 to 18 years with significant and persistent disabilities at the speech or language following a language disability, motor disability: clients of all ages with significant and persistent disabilities following a disease or congenital condition or acquired

**Coverage area:** Montérégie

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

**Financing:** provincial

**Legal status:** parapublic organization

## **CENTRE MONTÉRÉGIEN DE RÉADAPTATION - SAINT-HUBERT**

5300 de Chambly Road, Longueuil, Montérégie, QC, J3Y 3N7

**1 800 667-4369 Fax:** 450 676-0047 **TTY:** 1 866 676-1411

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

**Email:** [admission-AEO.cmr16@ssss.gouv.qc.ca](mailto:admission-AEO.cmr16@ssss.gouv.qc.ca)

**Services:** \* Outpatient rehabilitation.\* Intensive functional rehabilitation.\* Evaluation and occupational and social integration, in childcare and school environments for youth and in socio-professional environment for adults.\* Family Support.\* Training, awareness and consultation with various living environments of the user.\* Residential Resources Program: evaluation and accreditation of non-institutional resources, monitoring and control of residential resources according to the person's needs, support for customer and his entourage.\* Access to technology and communications: evaluation, testing, recommendation and allocation of technical and technological aid.\* Earing aids.\* Evaluation of driving and vehicle modification.

**Eligibility:** hearing disability: clients of all ages with significant and persistent disabilities as the result of trauma, disease or a congenital condition (deafness, hearing loss, tinnitus, etc.), language disability: youth 0 to 18 years with significant and persistent disabilities at the speech or language following a language disability, motor disability: clients of all ages with significant and persistent disabilities following a disease or congenital condition or acquired

**Coverage area:** Saint-Hubert

**Hours:** Monday to Friday 7h30 to 17h30, assistive hearing counter, Monday to Friday 8h00 to 16h30, emergency services: Monday to Friday 8h00 to 21h00, Saturday and Sunday 9h00 to 21h00

**Financing:** provincial

**Legal status:** Select Legal Status

## **CENTRE MONTÉRÉGIEN DE RÉADAPTATION - VAUDREUIL-DORION - ADULTS**

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

**450 510-0932** Fax: 450 510-1743

**Website:** www.cmrmonteregie.ca

**Email:** admission-AEO.cmr16@ssss.gouv.qc.ca

**Services:** \* Outpatient rehabilitation.\* Intensive functional rehabilitation.\* Evaluation and occupational and social integration, in childcare and school environments for youth and in socio-professional environment for adults.\* Family Support.\* Training, awareness and consultation with various living environments of the user.\* Residential Resources Program: evaluation and accreditation of non-institutional resources, monitoring and control of residential resources according to the person's needs, support for customer and his entourage.\* Access to technology and communications: evaluation, testing, recommendation and allocation of technical and technological aid.\* Earing aids.\* Evaluation of driving and vehicle modification.

**Eligibility:** hearing disability: clients of all ages with significant and persistent disabilities as the result of trauma, disease or a congenital condition (deafness, hearing loss, tinnitus, etc.), language disability: youth 0 to 18 years with significant and persistent disabilities at the speech or language following a language disability, motor disability: clients of all ages with significant and persistent disabilities following a disease or congenital condition or acquired

**Coverage area:** Vaudreuil-Dorion

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

**Financing:** provincial

**Legal status:** parapublic organization

## **CENTRE MONTÉRÉGIEN DE RÉADAPTATION - VAUDREUIL-DORION - YOUTH**

486 Chicoine Street, Suite 100, Longueuil, Montérégie, QC, J7V 7M9

**450 455-2625** Fax: 450 455-2140

**Website:** www.cmrmonteregie.ca

**Email:** admission-AEO.cmr16@ssss.gouv.qc.ca

**Services:** \* Outpatient rehabilitation.\* Intensive functional rehabilitation.\* Evaluation and occupational and social integration, in childcare and school environments for youth and in socio-professional environment for adults.\* Family Support.\* Training, awareness and consultation with various living environments of the user.\* Residential Resources Program: evaluation and accreditation of non-institutional resources, monitoring and control of residential resources according to the person's needs, support for customer and his entourage.\* Access to technology and communications: evaluation, testing, recommendation and allocation of technical and technological aid.\* Earing aids.\* Evaluation of driving and vehicle modification.

**Eligibility:** youth with an auditive, a motor or a speech impairment

**Coverage area:** Vaudreuil-Dorion

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

**Financing:** provincial

**Legal status:** parapublic organization

## **NOUVEL ENVOL**

Centre Georges-Henri Brossard, 3205 Rome Boulevard, Brossard, Montérégie, QC, J4Y 1R2

**450 671-5718** Fax: 450 678-5057

**Email:** beaucheminboivin@hotmail.com

**Services:** \* Open weekly support group, based on the exchange, with sometimes a guest the healthcare professional.\* Conferences.\* Lending of books, cassettes, wigs and wheelchairs.\* Spiritual accompaniment.

**Eligibility:** adults living with cancer

**Capacity:** regular meetings, between 15 and 20 people, conferences up to 40 people

**Coverage area:** Montérégie

**Hours:** support group or conferences: Wednesday 13h30 to 15h30

**Fees:** free for support group

**Legal status:** non-profit organization



## Paratransit

### ASSOCIATION DES USAGERS DU TRANSPORT ADAPTÉ DE LONGUEUIL

150 Grant Street, Suite 118, Longueuil, Montérégie, QC, J4H 3H6

**450 646-2224**

**Email:** autal@bellnet.ca

**Services:** \* Phone information and referral.\* Support to paratransit users in their complaint procedures to the Réseau de transport de Longueuil and follow-up with carriers.\* Information workshops for users and field workers.\* Representation among decision-makers.

**Eligibility:** people with disabilities and other paratransit users

**Coverage area:** Longueuil agglomeration

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

**Financing:** provincial

**Legal status:** non-profit organization

### HANDI-BUS

375 Boulevard Roland-Therrien, Suite 520, Longueuil, Montérégie, QC, J4H 4A6

**450 460-2000** Fax: 450 635-2573

**Website:** www.monblus.ca/CITHandiBus.aspx

**Email:** infota@gestrans.ca

**Services:** Adapted transportation by bus.

**Eligibility:** people with disabilities or reduced mobility

**Coverage area:** Carignan, Chambly, Marieville, Richelieu, Rougemont, Sainte-Angèle-de-Monnoir, Saint-Césaire, Saint-Mathias-sur-Richelieu

**Hours:** office: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, transportation: every day 5h00 to 23h30

**Fees:** variable

**Financing:** self-financing, provincial

**Legal status:** non-profit organization

### SERVICE DE TRANSPORT ADAPTÉ - RÉSEAU DE TRANSPORT DE LONGUEUIL

1150 Marie-Victorin Boulevard, Longueuil, Montérégie, QC, J4G 2M4

**450 670-2992** Fax: 450 656-6802

**Website:** www.rtl-longueuil.qc.ca/fr-CA/transport-adapte

**Services:** Regular, occasional, metropolitan and secondary transportation by adapted minibus or by taxi. \* Possibility to travel with your accompanist.

**Eligibility:** in accordance with the ministère des Transports du Québec (MTQ) admission policy for handy transportation, only people duly authorized by the Eligibility Committee can use this type of service

**Coverage area:** Longueuil

**Hours:** Monday to Thursday 6h30 to 24h00, Friday and Saturday 6h30 to 1h00, Sunday 6h30 to 23h00, administration: Monday to Friday 8h30 to 16h30

**Fees:** variable

**Financing:** provincial, municipal

**Legal status:** parapublic organization

### TARSO

375 Roland-Therrien Boulevard, Suite 520, Longueuil, Montérégie, QC, J4H 4A6

**450 444-2555** Fax: 450 635-2573

**Website:** www.citroussillon.com/transport\_adapte

**Email:** infota@gestrans.ca

**Services:** Bus paratransit.

**Eligibility:** people with disabilities or mobility limitations

**Coverage area:** Candiac, La Prairie, Saint-Philippe, Saint-Mathieu, Delson, Saint-Constant, Sainte-Catherine  
**Hours:** office: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, transportation: everyday 5h00 to 2h00  
**Fees:** variable  
**Financing:** provincial, self-financing  
**Legal status:** non-profit organization

## Recreation and camps

### ASSOCIATION DES PARENTS ET DES HANDICAPÉS DE LA RIVE-SUD MÉTROPOLITAINE

2545 De Lorimier Street, Suite 110, Longueuil, Montérégie, QC, J4K 3P7

**450 674-5224** Fax: 450 674-8594

**Website:** [aphrsm.org](http://aphrsm.org)

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

**Services:** \* Therapeutic and specialized sports and recreational activities.

**Eligibility:** adults with intellectual disabilities, with or without incapacitation

**Capacity:** variable

**Coverage area:** La Prairie, Candiac, Delson, Saint-Constant, Brossard, Longueuil, Boucherville, Saint-Lambert, Sainte-Julie

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

**Fees:** variable

**Financing:** donations, membership fees, grants

**Legal status:** non-profit organization

### CENTRE DE RÉPIT-DÉPANNAGE AUX QUATRE-POCHES

560 du Lac Road, Boucherville, Montérégie, QC, J4B 6X3

**450 641-1255**

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

**Email:** [coordo@centrequatrepoches.org](mailto:coordo@centrequatrepoches.org)

**Services:** Temporary housing for children with disabilities. \* Respite.\* School childcare.\* Day camp.\*  
Emergency respite.

**Eligibility:** children over 3 years old with light or severe intellectual disabilities, with or without physical disabilities and behavior disorders

**Capacity:** 30 children in the day and 18 in the night

**Coverage area:** Montérégie

**Hours:** week-ends: 24 hours, school childcare: 15h00 to 18h00, pedagogical days: 7h00 to 18h00

**Fees:** \$46 for 8 hours, \$92 for 24 hours, \$184 for 48 hours

**Financing:** donations, contributions, grants

**Legal status:** non-profit organization

## Respite services and housing

### ACADÉMIE ZÉNITH

3063 de Lyon Street, Longueuil, Montérégie, QC, J4L 3R8

**450 332-4406**

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

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

**Services:** Day centre aiming at maintaining and developing abilities acquired in school. \* Adapted social activities and workshops.\* Artistic activities and cultural visits.

**Eligibility:** people 21 years and over with an intellectual disability, paired or not with a physical disability or a pervasive development disorder

**Coverage area:** Longueuil agglomeration

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

**Fees:** free

**Financing:** donations, fundraising campaigns

**Legal status:** non-profit organization

### **ACTION INTÉGRATION EN DÉFICIENCE INTELLECTUELLE**

6180 Agathe Street, Brossard, Montérégie, QC, J4Z 1E1

**450 676-5058 Fax:** 450 676-5686

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

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

**Services:** Support for people with intellectual disabilities and their families. \* Recreational activities.\* Day centre.\* Advocacy of rights.\* Support for social integration.\* Respite.

**Eligibility:** people 16 years and over with intellectual disabilities

**Coverage area:** Montréal South Shore, from Sainte-Catherine to Varennes

**Hours:** office: Monday to Friday 8h30 to 16h30, activities: 7 days

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

**Financing:** provincial, fundraising campaigns, membership fees, federal

**Legal status:** non-profit organization

## **Support Associations**

### **APHASIE RIVE-SUD**

1720 De Gaulle Street, Longueuil, Montérégie, QC, J4T 1M9

**450 550-4466**

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

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

**Services:** \* Workshops: language (speech therapy), written language, theater, choir, games, adapted scrabble, etc.

**Eligibility:** adults with aphasia

**Coverage area:** South Shore of Montreal

**Hours:** Monday to Friday 8h30 to 15h30, workshops: Monday to Friday 9h30 to 11h30

**Fees:** membership card and participation in the activities: \$90 per year, membership card only: \$30 per year

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

**Legal status:** non-profit organization

### **ASSOCIATION DE LA FIBROMYALGIE - RÉGION MONTÉRÉGIE**

570 Roland-Therrien Boulevard, Suite 205, Longueuil, Montérégie, QC, J4H 3V9

**450 928-1261**

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

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

**Services:** \* Phone listening.\* Support and information, conferences, workshops.\* Adapted physical courses and activities.\* Self-help groups at many service points.\* Documentation centre.

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

**Coverage area:** Montérégie

**Hours:** Tuesday to Thursday 8h30 to 12h00 and 13h00 to 16h30

**Fees:** membership: \$20 per year, support membership: \$10 per year, activities: variable, support groups: free

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

**Legal status:** non-profit organization

### **ASSOCIATION QUÉBÉCOISE DES PARENTS D'ENFANTS HANDICAPÉS VISUELS**

10 Churchill Boulevard, Suite 203, Longueuil, Montérégie, QC, J4V 2L7

**1 888 849-8729 Fax:** 450 465-5129

**Website:** www.aqpehv.qc.ca

**Email:** direction.generale@aqpehv.qc.ca

**Services:** \* Telephone referral.\* Intervention and support.\* Discussion days: conferences and workshops.\* Parenting assistance groups.\* Production of specialized documents.

**Eligibility:** parents of visually impaired children aged 0 to 21 years old

**Coverage area:** Province of Québec

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** active members: \$10 per parent, support members: \$25 per person, member organization: \$30

**Financing:** grants, donations

**Legal status:** non-profit organization

### **ASSOCIATION SCLÉROSE EN PLAQUES RIVE-SUD**

3825 Windsor Street, Longueuil, Montérégie, QC, J4T 2Z6

**450 926-5210 Fax:** 450 926-5215

**Website:** www.asprs.qc.ca

**Email:** info@asprs.qc.ca

**Services:** \* Support to people with multiple sclerosis and their relatives.\* Assistance for members to access all the services available.\* Claims for essential services.\* Listening, accompaniment, information and referral.\* Group outings, community lunches, information meetings and conferences.\* Support and mutual aid activities.

**Eligibility:** people with multiple sclerosis and their relatives

**Coverage area:** Montérégie

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

**Financing:** provincial, Centraide of Greater Montreal

**Legal status:** non-profit organization

### **CANADIAN CANCER SOCIETY - SOUTH SHORE REGIONAL OFFICE**

550 Chambly Road, Suite 110, Longueuil, Montérégie, QC, J4H 3L8

**450 442-9430 Fax:** 450 442-0592

**Website:** www.cancer.ca

**Email:** sccrivesud@quebec.cancer.ca

**Services:** \* Documentation and information.\* Donation of breast prosthesis.\* Loan of wigs.\* Support group for patients and relatives.

**Eligibility:** people living with cancer, caregivers, general public

**Coverage area:** Rive-Sud, MRC de Rouville and MRC de la Vallée-du-Richelieu

**Hours:** Monday to Friday 9h00 to 12h00 and 13h00 to 16h30, support groups: 3rd Monday of the month 19h00 to 20h30 and 3rd Tuesday of the month 13h30 to 15h00

**Financing:** fundraising campaigns, donations

**Legal status:** non-profit organization

### **CONSEIL CANADIEN DES AVEUGLES DE LONGUEUIL**

1255 Beaugard Street, Suite 2509, Longueuil, Montérégie, QC, J4K 2M3

**450 442-2008**

**Website:** www.ccalongueuil.org

**Email:** info@ccalongueuil.org

**Services:** Improve the quality of life of people living with a visual impairment. \* Recreational and educative activities.\* Outings.\* Individual and collective support.

**Eligibility:** people with a partial or total vision loss

**Coverage area:** Longueuil, Brossard, Boucherville, Saint-Bruno-de-Montarville, Saint-Lambert, Greenfield Park, Lemoyne

**Hours:** weekly activities: variable, outings: a Saturday per month

**Fees:** annual contribution: \$5, variable costs for activities

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

**Legal status:** non-profit organization

### **QUEBEC CELIAC FOUNDATION**

1235 Guay-Lussac Street, Boucherville, Montérégie, QC, J4B 7K1

**514 529-8806**

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

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

**Services:** \* Information on celiac disease, non celiac gluten sensitivity and gluten free diet.\* Assistance by phone or email.\* Internet discussion forum.\* Nutrition workshops, cookbooks.\* Guide on how to read food labels.\* Guide for CPE, daycares and primary schools, guide for restaurants.\* Conferences.

**Eligibility:** people with a gluten-induced disease (celiac disease, dermatitis herpetiformis, gluten ataxia or non celiac gluten sensitivity), health professionals and companies interested by the topic

**Coverage area:** Canada

**Hours:** Monday to Friday 9h00 to 17h00

**Fees:** membership: \$75

**Financing:** membership fees, donations, fundraising campaigns

**Legal status:** non-profit organization

### **SCLÉRODERMIE QUÉBEC**

550 Chambly Road, Suite 040, Longueuil, Montérégie, QC, J4H 3L8

**1 844 990-6789** Fax: 450 748-0981

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

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

**Services:** \* Hotline, information and guidance.\* Mutual aid committees.\* Meetings, conferences.\* Promotion and research funding.

**Eligibility:** people with scleroderma and their families

**Capacity:** 10 regional groups across Quebec

**Coverage area:** Province of Québec

**Hours:** administration: Monday to Friday 8h30 to 17h00, hotline: 11h00 to 19h00

**Financing:** donations, self-financing, fundraising campaign, membership fees

**Legal status:** non-profit organization

## **The Blind**

### **BOUCHERVILLE PUBLIC LIBRARY**

501 du Lac Road, Boucherville, Montérégie, QC, J4B 6V6

**450 449-8650** Fax: 450 449-6865

**Website:** [boucherville.ca/bibliotheque](http://boucherville.ca/bibliotheque)

**Email:** [bibliotheque@boucherville.ca](mailto:bibliotheque@boucherville.ca)

**Services:** \* Loan and renewal: access to books and audio-visual documents for children and adults.\* On-site consultation.\* Computers, Internet access and printing devices.\* Rental of four office rooms.\* Databases.\*

Adapted services for disabled people.\* Animations and reading activities for any ages.

**Eligibility:** children, youth and adults

**Coverage area:** Boucherville

**Hours:** Monday to Wednesday 10h00 to 21h00, Thursday and Friday 12h00 to 21h00, Saturday and Sunday 10h00 to 17h00, Summer, June 18th to September 5th: closed Saturday

**Fees:** variable

**Financing:** municipal

**Legal status:** municipal agency

## Therapy and rehabilitation centres

### AÎNÉS EN MOUVEMENT

Confidential Address

**450 465-2609** Fax: 450 465-2290

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

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

**Services:** \* Adapted and accessible physical activities programs designed by a team of kinesiologists.\* Le Bouge-Aînés program.\* Other activities: Zumba, énergie-boomers, stretching, balance circuit, Pilates-Streching, outdoors, aquafitness (only in summer).

**Eligibility:** seniors aged 60 years old and up

**Coverage area:** Longueuil agglomeration, various service points

**Hours:** 4 sessions of 12 weeks per year

**Fees:** membership card: \$10 each year, Le Bouge-Aînés program: \$72 for 12 class, other courses: \$96 for each session of 12 weeks

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

**Legal status:** non-profit organization

### HÔPITAL PIERRE-BOUCHER

1333 Jacques-Cartier Boulevard East, Longueuil, Montérégie, QC, J4M 2A5

**450 468-8111**

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

**Services:** Hospital centre offering general, specialized and ultra specialized cares.\* Emergency.\* Physiotherapy and occupational therapy.\* Sleep clinic.\* Psychiatric external clinic: evaluation and treatment of psychiatric disorders, post-hospitalisation take-over.\* Birth unit.\* General psychiatry.

**Capacity:** 323 beds

**Coverage area:** Montérégie

**Hours:** 24 hours, 7 days

**Financing:** provincial

**Legal status:** non-profit organization

## **Psychosocial support**

**CAREGIVERS**

**DOMESTIC VIOLENCE**

**SEXUAL ASSAULT AND INCEST**

**SUPPORT FOR VICTIMS**

## Caregivers

### **CENTRE MONTÉRÉGIEN DE RÉADAPTATION - SAINT-BRUNO-DE-MONTARVILLE**

265, Seigneurial Boulevard West, Longueuil, Montérégie, QC, J4J 1T2

**450 441-5503** Fax: 450 441-7016

**Website:** www.cmrmonteregie.ca

**Email:** 16cmr@ssss.gouv.qc.ca

**Services:** \* Outpatient rehabilitation.\* Intensive functional rehabilitation.\* Evaluation and occupational and social integration, in childcare and school environments for youth and in socio-professional environment for adults.\* Family Support.\* Training, awareness and consultation with various living environments of the user.\* Residential Resources Program: evaluation and accreditation of non-institutional resources, monitoring and control of residential resources according to the person's needs, support for customer and his entourage.\* Access to technology and communications: evaluation, testing, recommendation and allocation of technical and technological aid.\* Earing aids.\* Evaluation of driving and vehicle modification.

**Eligibility:** hearing disability: clients of all ages with significant and persistent disabilities as the result of trauma, disease or a congenital condition (deafness, hearing loss, tinnitus, etc.), language disability: youth 0 to 18 years with significant and persistent disabilities at the speech or language following a language disability, motor disability: clients of all ages with significant and persistent disabilities following a disease or congenital condition or acquired

**Coverage area:** Saint-Bruno-de-Montarville

**Hours:** Monday to Friday 7h30 to 17h30

**Financing:** provincial

**Legal status:** parapublic organization

### **MULTIPLE SCLEROSIS SOCIETY OF CANADA - QUÉBEC DIVISION - MONTÉRÉGIE SECTION**

1705 Victoria Avenue, Suite C-121, Saint-Lambert, Montérégie, QC, J4R 2T7

**450 466-5209** Fax: 450 466-9268

**Website:** www.scleroseenplaques.ca

**Email:** info.monteregie@scleroseenplaques.ca

**Services:** \* Support groups for individuals or couples.\* Workshops for caregivers.\* Psychological support.\* Referral.\* Information sessions and conferences.\* Adapted exercise for groups, individualized and supervised by a specialized kinesiologist.\* Yoga.

**Eligibility:** patients with multiple sclerosis and their relatives

**Coverage area:** Montérégie

**Hours:** Monday to Friday 9h00 to 17h00

**Financing:** fundraising campaign, donations, grants

**Legal status:** non-profit organization

## Domestic violence

### **CARREFOUR POUR ELLE**

Confidential Address

**450 651-5800** Fax: 450 651-0269

**Website:** www.carrefourpourelle.org

**Email:** info@carrefourpourelle.org

**Services:** Shelter and follow-up for women and children who are victims of violence. \* External services: consultation over the phone, information and referral, brief encounters.\* Support groups in the form of 12 meetings on a weekly basis for women who have survived domestic violence.

**Eligibility:** women and children who are victims of domestic violence

**Capacity:** 20 beds: 10 women maximum with their children, 6 groups per year

**Coverage area:** South Shore of Montréal

**Hours:** 7 days, 24 hours, support groups at day and evening time



**Fees:** support groups and housing are free

**Financing:** provincial, federal, donations, fund-raising campaigns

**Legal status:** non-profit organization

## **PAVILLON MARGUERITE DE CHAMPLAIN**

Confidential Address

**450 656-1946 Fax:** 450 656-6548

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

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

**Services:** Shelter for women victims of domestic violence. \* Individual and group counselling.\* Awareness and prevention.\* Post-housing follow-up.\* 24/7 phoneline: counselling, active listening, referral.

**Eligibility:** women victims of domestic violence with or without children

**Capacity:** housing: 18 people

**Coverage area:** South Shore and surroundings

**Hours:** 24/7

**Financing:** provincial, grants, fundraising campaign, donations

**Legal status:** non-profit organization

## **Sexual assault and incest**

### **CENTRE D'INTERVENTION EN VIOLENCE ET AGRESSIONS SEXUELLES DE LA MONTÉRÉGIE**

5100 Cousineau Boulevard, Suite 300-311, Longueuil, Montérégie, QC, J3Y 7G5

**450 656-6524 Fax:** 450 656-8075

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

**Email:** [civas.m@bellnet.ca](mailto:civas.m@bellnet.ca)

**Services:** \* Therapeutic activities in 3 steps spread over 20 months.\* Individual or group support.\* Specialized education.\* Support group.\* Individual support meetings: for teenagers aged 14 to 18 years old, and relatives.

**Eligibility:** people who have committed or are likely to commit a sexual assault, adults, teenagers aged 14 to 18 years old, relatives

**Coverage area:** Montérégie

**Hours:** Monday to Thursday 8h30 to 16h30, services on appointment

**Fees:** depending in the income

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

**Legal status:** non-profit organization

## **Support for victims**

### **RESSOURCES ALTERNATIVES RIVE-SUD**

620 Sainte-Foy Boulevard, Longueuil, Montérégie, QC, J4J 1Y9

**450 647-9024 Fax:** 450 647-9027

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

**Email:** [rars@b2b2c.ca](mailto:rars@b2b2c.ca)

**Services:** Development and support of local initiatives aiming to manage crime, dispute and conflict. \* Community mediation, school mediation.\* Under the Youth Criminal Justice Act (YCJA), services to young offenders, their parents, victims as well as the community: consultation with the victim, measures addressing harm repair towards the victim and the community, development of social skills.

**Eligibility:** young offenders from 12 to 18 years old, victims of criminal acts, citizens, community

**Coverage area:** Montérégie

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

**Financing:** provincial

**Legal status:** non-profit organization

## **Seniors**

**CAREGIVERS**

**COMMUNITY AND RECREATION CENTRES**

**DAY CENTRES AND RESPITE**

**HOME SUPPORT**

**HOUSING FOR SENIORS**

**INTERGENERATIONAL ACTIVITIES**

**INTERVENTION WITH SENIORS SUBJECTED TO ABUSE**

**VOLUNTEER TRANSPORTATION**

## Caregivers

### **CENTRE MONTÉRÉGIEN DE RÉADAPTATION - SAINT-BRUNO-DE-MONTARVILLE**

265, Seigneurial Boulevard West, Longueuil, Montérégie, QC, J4J 1T2

**450 441-5503** Fax: 450 441-7016

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

**Email:** [16cmr@ssss.gouv.qc.ca](mailto:16cmr@ssss.gouv.qc.ca)

**Services:** \* Outpatient rehabilitation.\* Intensive functional rehabilitation.\* Evaluation and occupational and social integration, in childcare and school environments for youth and in socio-professional environment for adults.\* Family Support.\* Training, awareness and consultation with various living environments of the user.\* Residential Resources Program: evaluation and accreditation of non-institutional resources, monitoring and control of residential resources according to the person's needs, support for customer and his entourage.\* Access to technology and communications: evaluation, testing, recommendation and allocation of technical and technological aid.\* Earing aids.\* Evaluation of driving and vehicle modification.

**Eligibility:** hearing disability: clients of all ages with significant and persistent disabilities as the result of trauma, disease or a congenital condition (deafness, hearing loss, tinnitus, etc.), language disability: youth 0 to 18 years with significant and persistent disabilities at the speech or language following a language disability, motor disability: clients of all ages with significant and persistent disabilities following a disease or congenital condition or acquired

**Coverage area:** Saint-Bruno-de-Montarville

**Hours:** Monday to Friday 7h30 to 17h30

**Financing:** provincial

**Legal status:** parapublic organization

### **MULTIPLE SCLEROSIS SOCIETY OF CANADA - QUÉBEC DIVISION - MONTÉRÉGIE SECTION**

1705 Victoria Avenue, Suite C-121, Saint-Lambert, Montérégie, QC, J4R 2T7

**450 466-5209** Fax: 450 466-9268

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

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

**Services:** \* Support groups for individuals or couples.\* Workshops for caregivers.\* Psychological support.\* Referral.\* Information sessions and conferences.\* Adapted exercise for groups, individualized and supervised by a specialized kinesiologist.\* Yoga.

**Eligibility:** patients with multiple sclerosis and their relatives

**Coverage area:** Montérégie

**Hours:** Monday to Friday 9h00 to 17h00

**Financing:** fundraising campaign, donations, grants

**Legal status:** non-profit organization

## Community and Recreation Centres

### **CARREFOUR DES AÎNÉS DE BOUCHERVILLE**

Centre multifonctionnel Francine-Gadbois, 1075 Lionel-Daunais Street, Boucherville, Montérégie, QC, J4B 8N5

**450 655-1168**

**Email:** [carrefourdesainesboucherville@gmail.com](mailto:carrefourdesainesboucherville@gmail.com)

**Services:** \* Promotion of seniors' individual autonomy.\* Cultural and educational activities: seminars, language classes, etc.\* Adapted physical activities.\* Christmas party.\* Occasional community dinners.

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

**Coverage area:** Boucherville

**Hours:** variable

**Fees:** membership: \$25 per year

**Financing:** membership fees

**Legal status:** non-profit organization

### **CLUB DE L'ÂGE D'OR DE SAINT-BRUNO**

Maison Richelieu, 1741 Montarville Street, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 3V2

**450 461-0127**

**Email:** dianeaubin@sympatico.ca

**Services:** Social and recreational activities for seniors. \* Pool, bingo, scrabble and cards.\* Orchestra.\* Arts.\* Bowling.\* Walking and bicycling.\* Monthly meals.

**Eligibility:** seniors 50 years and over

**Coverage area:** Saint-Bruno-de-Montarville

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

**Financing:** self-financing

**Legal status:** non-profit organization

### **CLUB LIBERTÉ 50 DE BROSSARD**

Centre Georges-Henri-Brossard, 3205 Rome Boulevard, Brossard, Montérégie, QC, J4Y 1R2

**450 443-3355**

**Website:** www.clubliberte50debrossard.org

**Email:** info@clubliberte50debrossard.org

**Services:** \* Social and recreational activities for seniors: line dancing, golf, bicycle, card games, painting, gymnastics, bingo, pool, cribbage.\* Dinners and dances.\* Trips.

**Eligibility:** seniors 50 years and over

**Coverage area:** Brossard

**Hours:** office: Monday 14h00 to 16h00, Tuesday and Thursday 18h00 to 19h30, Wednesday 9h30 to 11h30

**Fees:** FADOQ membership: \$20

**Financing:** membership fees

**Legal status:** non-profit organization

### **INTERMISSION DE LONGUEUIL (L')**

Confidential Address

**450 679-7070**

**Website:** www.intermissiondelongueuil.com

**Email:** intermission\_de\_longueuil@yahoo.ca

**Services:** \* Social and recreational activities: friendly dinners, dinner dances, brunches, hiking, bowling, seasonal activities, etc.

**Eligibility:** seniors aged 50 years and over who are isolated

**Coverage area:** Montérégie

**Hours:** activities and dinners: Saturday, brunch: Sunday 9h30 to 12h30

**Fees:** membership: \$15, activities: \$1 for members, \$2 for non-members

**Financing:** membership fees, municipal

**Legal status:** non-profit organization

### **JOIE DE VIVRE DE L'ÂGE D'OR DE BROSSARD**

2550 Asselin Street, Basement, Brossard, Montérégie, QC, J4Z 3K7

**450 672-6720**

**Services:** Recreative and social activities for seniors. \* Line dancing.\* Bowling, card games, bingo.\* Outings and trips.\* Thematic evenings.\* Musical and dancing afternoons.

**Eligibility:** seniors 50 years and over

**Coverage area:** Brossard

**Fees:** membership: \$6 per year

**Financing:** self-financing

**Legal status:** non-profit organization

### **JOYEUX RETRAITÉS (LES)**

Centre Jeanne-Dufresnoy, 1 Curé-Poirier Boulevard East, Longueuil, Montérégie, QC, J4J 5K7

**450 463-7100 ext. 2404**

**Website:** www.joyeuxretraites.com

**Email:** joyeuxretraites@bellnet.ca

**Services:** \* Recreational activities: dancing, bowling, gymnastics, zumba, aquafitness, games, bingo, petanque, walking club, etc.\* Friendly phone calls.\* Dancing dinners, pic-nics.\* Outings, trips.\* Spanish classes.\* Computer classes.\* Transportation to medical appointments.

**Eligibility:** people 50 years and over

**Coverage area:** Longueuil and surroundings, medical transportation: Vieux-Longueuil

**Hours:** administration: Wednesday 9h00 to 11h30, medical transportation: Monday to Friday

**Fees:** membership: \$10, medical transportation: \$5

**Financing:** donations, contributions, municipal

**Legal status:** non-profit organization

### **LUNCH CLUB SOLEIL**

3205 Rome Boulevard, Brossard, Montérégie, QC, J4Y 1R2

**438 496-5042**

**Email:** lunchclubsoleil@yahoo.com

**Services:** Break down the isolation of seniors and encourage the maintenance of their independence. \* Various activities: physical fitness and dance.\* Community meals.

**Eligibility:** autonomous seniors

**Capacity:** between 60 and 70 members, waiting list

**Coverage area:** Brossard, Saint-Hubert, Greenfield Park

**Hours:** Tuesday 9h30 to 15h00, variable, closed during the summer

**Fees:** membership fees: \$10, activities: \$6 a day

**Financing:** provincial, membership fees, donations

**Legal status:** non-profit organization

### **MAISON DES TOURNESOLS**

1720 De Gaulle Street, Longueuil, Montérégie, QC, J4T 1M9

**450 445-9290 Fax: 450 445-2815**

**Website:** www.maisondestournesols.org

**Email:** info@maisondestournesols.org

**Services:** \* Community meals.\* Physical, sensory and motor activities.\* Day trips.\* Alzheimer's respite program: stimulation activities and respite for people with Alzheimer's living at home.

**Eligibility:** seniors 65 years and over

**Coverage area:** Longueuil, Saint-Hubert, Brossard, LeMoyne, Greenfield Park, Saint-Lambert

**Hours:** Monday to Thursday 8h30 to 16h00, Friday 9h00 to 15h00

**Fees:** membership: \$15, community meal: \$10, transportation: \$6, respite for Alzheimer's: \$14 per day

**Financing:** provincial, foundation

**Legal status:** non-profit organization

### **PETITS FRÈRES (LES) - LONGUEUIL**

15 Pratt Street, Suite 115, Longueuil, Montérégie, QC, J4H 3S9

**579 721-5115**

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

**Email:** longueuil@petitsfreres.ca

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

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

**Coverage area:** Agglomeration of Longueuil

**Hours:** 8h00 to 16h00

**Fees:** free

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

**Legal status:** non-profit organization

### **SAINT-LAMBERT COUNCIL FOR SENIORS**

574 Notre-Dame Avenue, Saint-Lambert, Montérégie, QC, J4P 2K9

**450 671-1757 Fax:** 450 923-6608

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

**Email:** [stlambertseniors@bellnet.ca](mailto:stlambertseniors@bellnet.ca)

**Services:** \* Weekly and special activities: arts and crafts, bridge club, computer club, scrabble and pool.\* Trips and excursions.\* Allô Bonjour: daily phone calls with a volunteer.\* Monthly blood pressure clinic.\* Weekly foot care clinic.\* Monthly meetings.

**Eligibility:** people aged 55 years old and over

**Coverage area:** Saint-Lambert

**Hours:** Monday to Friday 9h00 to 16h00 from September to June

**Fees:** membership: \$35 per year

**Financing:** self-financing

**Legal status:** non-profit organization

### **UNIVERSITÉ DU TROISIÈME ÂGE - MONTÉRÉGIE - BOUCHERVILLE**

Centre multifonctionnel Francine-Gadbois, 1075 Lionel-Daunais Street, Boucherville, Montérégie, QC, J4B 8N5

**450 655-4292 Fax:** 819 821-8044

**Website:** [www.usherbrooke.ca/uta/prog/mtg/bel](http://www.usherbrooke.ca/uta/prog/mtg/bel)

**Email:** [uta.monteregie@usherbrooke.ca](mailto: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

### **UNIVERSITÉ DU TROISIÈME ÂGE - MONTÉRÉGIE - BROSSARD**

Centre multifonctionnel Francine-Gadbois, 1075 Lionel-Daunais Street, Brossard, Montérégie, QC, J4B 8N5

**450 670-5027 Fax:** 819 821-8044

**Website:** [www.usherbrooke.ca/uta/prog/mtg/bel](http://www.usherbrooke.ca/uta/prog/mtg/bel)

**Email:** [uta.monteregie@usherbrooke.ca](mailto: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

### **UNIVERSITÉ DU TROISIÈME ÂGE - MONTÉRÉGIE - LONGUEUIL**

Confidential Address

**450 670-5027 Fax:** 819 821-8044

**Website:** [www.usherbrooke.ca/uta/prog/mtg/lon/](http://www.usherbrooke.ca/uta/prog/mtg/lon/)

**Email:** [uta.monteregie@usherbrooke.ca](mailto: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

### UNIVERSITÉ DU TROISIÈME ÂGE - MONTÉRÉGIE - SAINT-BRUNO

Confidential Address

**450 670-5027 Fax:** 819 821-8044

**Website:** [www.usherbrooke.ca/uta/prog/mtg/lon/](http://www.usherbrooke.ca/uta/prog/mtg/lon/)

**Email:** [uta.monteregie@usherbrooke.ca](mailto: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

### UNIVERSITÉ DU TROISIÈME ÂGE - MONTÉRÉGIE - SAINT-LAMBERT

Confidential Address

**450 670-5027 Fax:** 819 821-8044

**Website:** [www.usherbrooke.ca/uta/prog/mtg/stl/](http://www.usherbrooke.ca/uta/prog/mtg/stl/)

**Email:** [uta.monteregie@usherbrooke.ca](mailto: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

## Day centres and respite

### CENTRE DE SOUTIEN ENTR'AIDANTS

1688 Gustave-Désourdy Street, Longueuil, Montérégie, QC, J4T 1Y6

**450 465-2520 ext. 204 Fax:** 450 465-2290

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

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

**Services:** \* Information and referral.\* Individual support.\* Monthly support groups, training and conferences: I Honour Me, Destress-Me!, Coffee-Meeting.\* Assistance with procedures.\* Transportation to activities.\* In-home respite during activities.\* Évasion: 50-hour respite.

**Eligibility:** caregivers of an elderly person

**Coverage area:** Brossard, Saint-Lambert, Greenfield Park, Saint-Hubert and LeMoyne

**Hours:** Monday to Friday 9h00 to 16h00, support groups during the day and evening

**Fees:** membership: \$10 per year, support group: \$2 in the evening or afternoon, \$3 in the morning, training: \$20, conferences and respite: free

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

**Legal status:** non-profit organization

## Home support

### **ACTION-SERVICES AUX PROCHES AIDANTS DE LONGUEUIL**

2160 Chemin du Tremblay, Suite 95, Longueuil, Montérégie, QC, J4N 1A8

**450 928-0776 Fax:** 450 928-3830

**Website:** www.asapal.org

**Email:** info@asapal.org

**Services:** Support for caregivers. \* Listening and referral service, burnout prevention workshop. \* Listening hotline for caregivers. \* Coffee-meetings, reunion meals and luncheons. \* Workshop: Prévenir l'épuisement chez les aidants naturels. \* Support group in the form of conferences and thematic discussions facilitated by a therapist in helping relationship. \* Social and cultural outings. \* Respite care service and home nurses. \* Management of the Employment-Service Check program. \* Monthly conferences for caregivers and seniors. \* Support group for the bereaved.

**Eligibility:** caregivers of person in loss of autonomy

**Coverage area:** Boucherville, Calixa-Lavallée, Contrecoeur, Saint-Amable, Saint-Bruno-De-Montarville, Sainte-Julie, Varennes, Verchères, Longueuil: Greenfield Park, Saint-Hubert, Vieux-Longueuil and Lemoyne area

**Hours:** Monday to Friday 8h30 to 16h30, support groups in the afternoon

**Fees:** annual membership: \$20

**Financing:** provincial

**Legal status:** non-profit organization

### **AMÉLYS - SERVICE D'AIDE À DOMICILE**

3323 Grande Allée, Longueuil, Montérégie, QC, J4T 2S9

**450 466-8444 Fax:** 450 466-4277

**Website:** www.amelys.ca

**Email:** info@amelys.ca

**Services:** \* Housekeeping. \* Errands. \* Meal preparation. \* Grooming, hygiene, hairdressing. \* Personal care, mobility. \* Companionship.

**Eligibility:** elders, people with reduced mobility, in convalescence in their home or with punctual needs

**Coverage area:** Brossard, Longueuil, Saint-Lambert, Boucherville, Greenfield Park, Lemoyne, Saint-Hubert

**Hours:** 8h00 to 17h00

**Fees:** housekeeping: \$22.50 per hour, heavy housework: \$28 per hour

**Financing:** provincial, self-financing

**Legal status:** non-profit organization

### **ASSOCIATION L'AIDE AUX VIEUX AMIS**

1235 du Tremblay Road, Suite 732, Longueuil, Montérégie, QC, J4N 1T7

**450 679-5003**

**Services:** \* Telephone listening. \* Home and hospital visits. \* Food assistance. \* Activities during the holidays.

**Eligibility:** isolated or disadvantaged seniors, people with a physical or intellectual disability

**Coverage area:** Longueuil

**Financing:** self-financing

**Legal status:** non-profit organization

### **CENTRE DE BÉNÉVOLAT DE LA RIVE-SUD - SAINT-LAMBERT SITE**

45 Argyle Street, Saint-Lambert, Montérégie, QC, J4P 2H2

**450 465-6130 Fax:** 450 465-5638

**Website:** www.benevolatrivesud.qc.ca

**Email:** stlambert@benevolatrivesud.qc.ca



**Services:** \* Meals-on-wheels: hot meals delivered at home.\* Accompaniment and transportation to medical appointments, shopping and running errands.\* Friendly visits.\* Tax clinic.\* Conferences.\* PAIR program.\* Community worker.

**Eligibility:** people 65 years and older, ill, in recovery or living with a physical or intellectual disability

**Coverage area:** Saint-Lambert, Greenfield Park, Lemoyne and Brossard

**Hours:** Monday to Friday 8h30 to 16h30, meals-on-wheels: Tuesday and Thursday 10h00 to 12h00, frozen meals: Thursday 10h00 to 12h00

**Fees:** meals-on-wheels: \$6 per meal, transport and accompaniment to medical appointment or shopping: \$0,45 per km

**Financing:** provincial, Centraide of Greater Montréal

**Legal status:** non-profit organization

## **CENTRE DE BÉNÉVOLAT DE LA RIVE-SUD - SERVICE OFFICE OF LONGUEUIL**

16 Montcalm Street, Longueuil, Montérégie, QC, J4J 2K6

**450 677-5281 Fax:** 450 677-8067

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

**Email:** [longueuil@benevolatrivesud.qc.ca](mailto:longueuil@benevolatrivesud.qc.ca)

**Services:** \* Meals-on-wheels.\* Accompaniment-transportation to medical appointments and shopping.\* Assistance with filling out forms.\* Tax clinic.\* Friendly calls and visits.\* Coffee-meetings.\* Conferences.\* Compensatory work program.\* PAIR program: security calls for people living alone.

**Eligibility:** adults and seniors with a loss of autonomy, living alone or in convalescence

**Coverage area:** Longueuil

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

**Fees:** \$ 0.45/km for gas costs when accompanying, meals-on-wheels: \$6 per meal

**Legal status:** non-profit organization

## **COOP AIDE RIVE-SUD**

740 Sainte-Foy Boulevard, Suite 300, Longueuil, Montérégie, QC, J4J 1Z3

**450 679-2433 Fax:** 450 679-7910

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

**Email:** [routecooprivesud@gmail.com](mailto:routecooprivesud@gmail.com)

**Services:** \* Housekeeping, spring cleaning, hairdressing, meal preparation, shopping and commissions, laundry and clothing care, personal assistance, food services in seniors residences.

**Eligibility:** people with permanent or temporary physical limitations, people 65 years and over, greater public

**Coverage area:** Longueuil, Calixa-Lavallée, Brossard, Boucherville, Varennes, Saint-Lambert, Sainte-Julie, Saint-Amable, Verchères

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

**Fees:** depending on the service and family income, access to the RAMQ subsidy program, social share: \$10

**Financing:** self-financing, federal

**Legal status:** non-profit organization

## **MEALS ON WHEELS OF SAINT-LAMBERT**

125 Frontenac Street West, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 1B5

**450 461-2861**

**Services:** Home meal delivery.

**Eligibility:** seniors and people with limited mobility

**Coverage area:** Saint-Lambert

**Hours:** Tuesday and Thursday 9h00 to 13h00

**Fees:** \$4 per meal

**Financing:** self-financing

**Legal status:** non-profit organization

### **POPOTE ROULANTE DE BROSSARD**

Confidential Address

**450 445-4452 ext. 2430**

**Website:** popoteroulante.tripod.com

**Email:** popoteroulantedebrossard@gmail.com

**Services:** Home delivery of hot meals.

**Eligibility:** seniors, people sick or disabled, unable, temporarily or permanently, to prepare their meals

**Capacity:** 36 people

**Coverage area:** Brossard

**Hours:** Tuesday and Thursday

**Fees:** \$2 per meal

**Financing:** self-financing, grants

**Legal status:** non-profit organization

### **POPOTE ROULANTE GREENFIELD PARK**

Confidential Address

**450 445-4452 ext. 2430**

**Website:** popotes.org/sab/popote-roulante-greenfield-park

**Services:** Home delivery of meals.

**Eligibility:** seniors, ill or disabled people who are temporarily or permanently unable to prepare their meals

**Capacity:** 30 persons

**Coverage area:** Greenfield Park

**Fees:** \$3.50 per meal

**Financing:** donations, self-financing

**Legal status:** non-profit organization

## **Housing for seniors**

### **ALZHEIMER SOCIETY OF THE SOUTH SHORE**

1160 Nobert Boulevard, Longueuil, Montérégie, QC, J4K 2P1

**450 442-3333 Fax:** 450 442-9271

**Website:** www.alzheimerrivesud.ca

**Email:** info@alzheimerrivesud.ca

**Services:** Support for people with Alzheimer and their relatives. \* Helpline.\* Individual and family counseling.\* Training workshops and support for caregivers.\* L'Embellie: speech workshop and activities for people with Alzheimer's disease.\* Home respite.\* Drop-in respite and day centre.\* Vocational training.\* Maison au Campanile: housing.

**Eligibility:** people with Alzheimer's disease, families and caregivers

**Capacity:** Maison au Campanile: 23 rooms

**Coverage area:** Contrecoeur, Verchères, Calixa-Lavallée, Saint-Amable, Sainte-Julie, Varennes, Boucherville, Longueuil, Brossard, Saint-Lambert, Candiac, La Prairie, Delson, Sainte-Catherine, Saint-Constant, Saint-Mathieu, Saint-Philippe, Sorel-Tracy

**Hours:** Monday to Friday 8h30 to 17h00

**Financing:** fundraising campaign, donations

**Legal status:** non-profit organization

### **ASSOCIATION D'INFORMATIONS EN LOGEMENTS ET IMMEUBLES ADAPTÉS**

150 Grant Street, Suite 213, Longueuil, Montérégie, QC, J4H 3H6

**450 646-4343 Fax:** 450 646-6446

**Website:** www.ailia.info

**Email:** ailia@qc.aira.com

**Services:** Regional reference regarding adapted housing and universal accessibility. \* Support while searching for accessible apartments.\* Helps with procedures regarding programs for home adaptation or allowances for apartments adaptation.\* Information resource for universal accessibility.

**Eligibility:** people of all ages with loss of autonomy and reduced mobility

**Coverage area:** Montérégie

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

**Financing:** provincial

**Legal status:** non-profit organization

### **CENTRE D'HÉBERGEMENT CHAMPLAIN**

5050 Place Nogent, Brossard, Montérégie, QC, J4Y 2K3

**450 672-3320 ext. 3 Fax:** 450 469-319

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

**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:** Montérégie

**Financing:** provincial

**Legal status:** parapublic organization

### **CENTRE D'HÉBERGEMENT DE MGR-CODERRE**

2761 Beauvais Street, Longueuil, Montérégie, QC, J4M 2A4

**450 448-3111 Fax:** 450 448-4322

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

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

Day Centre offering therapeutic services to maintain the autonomy of seniors living at home.

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

**Coverage area:** Vieux-Longueuil

**Financing:** provincial

**Legal status:** parapublic organization

### **CENTRE D'HÉBERGEMENT DU CHEVALIER-DE-LÉVIS**

40 Lévis Street, Longueuil, Montérégie, QC, J4H 1S5

**450 670-5110 Fax:** 450 670-7292

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

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

Day Centre offering therapeutic services to maintain the autonomy of seniors living at home.

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

**Coverage area:** Vieux-Longueuil district

**Financing:** provincial

**Legal status:** parapublic organization

### **CENTRE D'HÉBERGEMENT DU MANOIR-TRINITÉ**

1275 Jacques-Cartier Boulevard East, Longueuil, Montérégie, QC, J4M 2Y8

**450 674-4948 Fax:** 450 674-8571

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

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

Day Centre offering therapeutic services to maintain the autonomy of seniors living at home.

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

**Coverage area:** Longueuil

**Fees:** 115 people

**Financing:** provincial

**Legal status:** parapublic organization

### **CENTRE D'HÉBERGEMENT HENRIETTE-CÉRÉ**

6435 Chambly Road, Longueuil, Montérégie, QC, J3Y 3R6

**450 672-3320**

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

**Services:** Long-term housing for seniors and people with a loss of autonomy.

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

**Coverage area:** Montérégie

**Financing:** provincial

**Legal status:** parapublic organization

### **CENTRE D'HÉBERGEMENT JEANNE-CREVIER**

151 De Muy Street, Boucherville, Montérégie, QC, J4B 4W7

**450 468-0590** Fax: 450 448-3082

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

**Services:** Public care centre for seniors and people with a loss of autonomy. \* Housing and long term cares.\* Day Centre offering therapeutic services to maintain the autonomy of seniors living at home.

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

**Capacity:** 93 people

**Coverage area:** Boucherville

**Financing:** provincial

**Legal status:** parapublic organization

### **CENTRE D'HÉBERGEMENT RENÉ-LÉVESQUE**

1901 Claude Street, Longueuil, Montérégie, QC, J4G 1Y5

**450 651-2210** Fax: 450 670-7731

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

**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

**Capacity:** 224 people

**Coverage area:** Vieux-Longueuil district

**Financing:** provincial

**Legal status:** parapublic organization

### **CENTRE DE RÉADAPTATION SAINT-LAMBERT**

831 Notre-Dame Street, Saint-Lambert, Montérégie, QC, J4R 1S1

**450 672-3320** Fax: 450 672-3370

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

**Services:** Long term housing for seniors and people with a loss of autonomy. \* Intensive functional rehabilitation unit.\* Recovery.\* Evaluation, intervention and orientation program.

**Capacity:** 25 places

**Coverage area:** Montérégie

**Financing:** provincial

**Legal status:** parapublic organization

### **COOPÉRATIVE DE SOLIDARITÉ EN HABITATION LA SEIGNEURIE DE BOUCHERVILLE**

810 Jean-Deslauriers Street, Boucherville, Montérégie, QC, J4B 0L3

**450 356-3100**

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

**Services:** Housing cooperative for elders. \* Dining room.\* Elevator.\* Surveillance system.\* Recreational activities.

**Eligibility:** people over 70 years old, autonomous or with a slight loss of autonomy, living or having lived in Boucherville, with income below \$40 000 for a single person or \$56 000 for a couple

**Capacity:** 80 apartments: 3½ and 4½

**Coverage area:** Boucherville

**Fees:** subsidized housing: 25% of income according to the provincial notice of assessment, 5 meals included

**Financing:** provincial, self-financing

**Legal status:** cooperative

### **HABITATIONS PAUL PRATT (LES)**

300 Lamarre Street, Longueuil, Montérégie, QC, J4J 0A1

**450 670-0006 ext. 1**

**Website:** www.habitations-paul-pratt.com

**Email:** habpaulpratt@bellnet.ca

**Services:** Community housing for autonomous seniors or with a slight loss of autonomy. \* Subsidized apartments (partly). \* Dining room. \* Activities. \* Living rooms on each floor and community centre. \* Emergency system connected to a 24 hours station in each apartment.

**Eligibility:** autonomous or with a slight loss of autonomy seniors

**Capacity:** 174 apartments

**Coverage area:** Longueuil agglomeration

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

**Fees:** starting at \$946 (including five meals per week, table service lunch and supper, cable, electricity, emergency system, community support)

**Financing:** self-financing, grants

**Legal status:** non-profit organization

### **INSTITUT NAZARETH ET LOUIS-BRAILLE**

1111 Saint-Charles Street West, Suite 200, Longueuil, Montérégie, QC, J4K 5G4

**1 800 361-7063 Fax: 450 463-0243**

**Website:** www.inlb.qc.ca

**Email:** info.inlb@ssss.gouv.qc.ca

**Services:** Rehabilitation center specialized in visual impairment. à \* Assessment, information and awareness. \* Low vision exam. \* Braille classes. \* Social activities and recreation. \* Development of self-reliance skills. \* Adjustment services of the living environment, positions of studies and work. \* Adjustment services of information in alternative formats. \* Psychosocial support and interventions. \* Educational and vocational guidance. \* Loan of technical aids (glasses, magnifying glass, enlarging screen, digital player, white cane) and appropriate games and toys. \* Documentation centre. \* Research collaboration and trainings, knowledge exchanges. \* Living environment and workplace adaptation. \* Provincial program for learning compensatory driving skills.

**Eligibility:** people with visual impairments

**Coverage area:** Laval, Montérégie, Montréal

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

**Financing:** provincial

**Legal status:** parapublic organization

## **Intergenerational activities**

### **CENTRE DES GÉNÉRATIONS DE BOUCHERVILLE**

61 De Montbrun Street, Boucherville, Montérégie, QC, J4B 7H4

**450 655-6944**

**Website:** www.centredesgenerations.org

**Email:** cgb@centredesgenerations.com

**Services:** Promote transmission and sharing of knowledge between generations. \* Thrift store: sale at affordable prices.

**Eligibility:** open to all, special conditions for people in need referred by the Comité d'entraide interparoissial

**Coverage area:** Boucherville

**Hours:** Monday and Friday 13h00 to 16h00, Wednesday 9h00 to 12h00, Saturday 9h00 to 16h00

**Financing:** donations

**Legal status:** non-profit organization

### **MAISON DE LA FAMILLE LEMOYNE**

1855 St-Pierre Street, Longueuil, Montérégie, QC, J4P 3K3

**450 465-3571**

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

**Email:** [mfl@bellnet.ca](mailto:mfl@bellnet.ca)

**Services:** Education, helping relationship, welcoming and referrals for neighbourhood families. \* Educational daycare for youth aged 0 to 5 years old: Sourissimo (3 to 18 months old), Souriceaux (18 months to 3 years old), Souris-Moi (3 to 5 years old). \* 7 weeks daycare during the summer: Lucioles (22 months to 3 years old), Libellules (3 to 6 years old). \* Parent-child activities: Trotti-bouge (18 months to 3 years old), Viens bouger avec moi en dansant (3 to 5 years old). \* In-school activities for the 6 to 12 years old: homework help, Lire et faire lire program, self-esteem workshops (6 to 12 years old), collective kitchens. \* Les P'tits vendredis: recreational activities in the evening for youth aged 8 to 12 years old. \* For parents: coffee-meetings in the morning, Relais-parents, Moments poupons (parents of children aged 0 to 12 months old). \* Welcome, listening and references. \* Family activities. \* Father-child activities. \* Espace-libre: community library for children, parents and the community of LeMoyne and surroundings, animations, workshop. \* Possibility of volunteering and getting involved in the activities.

**Eligibility:** parents, children 0 to 12 years, families, elderly

**Coverage area:** LeMoyne and surroundings (Longueuil, Greenfield Park, Saint-Lambert)

**Hours:** Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h30, Trotti-Bouge: 8 weeks, Friday 9h00 to 10h00 and 10h30 to 11h30, Viens bouger avec moi: 8 weeks, Wednesday 13h30 to 15h00, Conferences and discussions: Tuesday 9h00 to 11h15

**Fees:** Baby Respite: \$2.50 per morning, Mini Childcare: \$3 per morning, Daycare: \$3.50 per morning, Trotti-Bouge: \$25 for 8 weeks, Viens bouger avec moi: \$25 for 8 weeks

**Financing:** provincial, donations, self-financing, federal, Centraide Greater Montreal

**Legal status:** non-profit organization

## **Intervention with seniors subjected to abuse**

### **SINO-QUÉBEC CENTRE OF SOUTH SHORE**

7209 Taschereau Boulevard, Suite 108, Brossard, Montérégie, QC, J4Y 1A1

**450 445-6666** Fax: 450 445-8188

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

**Email:** [csqrs@qc.aira.com](mailto:csqrs@qc.aira.com)

**Services:** Services to the asian and chinese community members. \* Settlement assistance for newcomers. \* Part-time French language courses. \* Break the silence: program to end abuse against seniors. \* Support, interpretation, translation and certification of documents. \* Tax clinic. \* Cheng Qing Centre for Chinese elders. \* Assistance and guidance program on gambling addiction problems. \* Information sessions. \* Social activities.

**Eligibility:** Chinese and Asian communities

**Coverage area:** Montérégie

**Hours:** Monday to Friday 9h00 to 17h00

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

**Legal status:** non-profit organization

## Volunteer Transportation

### **BALADEUR RENÉ DE LONGUEUIL**

1901 Claude Street, Longueuil, Montérégie, QC, J4G 1Y5

**450 651-2210 ext. 75237**

**Website:** [baladeurrenedelongueuil.org](http://baladeurrenedelongueuil.org)

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

**Services:** Paratransit for seniors' groups via minibus.

**Eligibility:** seniors 55 years old and over with reduced mobility

**Capacity:** 2 minibuses with a capacity of 18 passengers each

**Coverage area:** Longueuil

**Hours:** transportation upon reservation

**Fees:** variable depending on the kilometres

**Financing:** grants, self-financing

**Legal status:** non-profit organization

### **LE 2159**

2159 de Chambly Road, Longueuil, Montérégie, QC, J4J 3Z1

**450 396-6426**

**Website:** [www.le2159.com](http://www.le2159.com)

**Email:** [info@le2159.com](mailto:info@le2159.com)

**Services:** \* Fixed-term housing.\* Activities and workshops offered on a weekly basis on various topics.\*

Psychosocial intervention: individual meetings with a counsellor.\* Accompaniment for a return to school, an internship, job or apartment search and for appointments.\* Social reinsertion through internships.\* School supplies.\* Christmas baskets and activities.

**Eligibility:** youth 15 to 25 years old

**Coverage area:** Montérégie

**Hours:** Monday to Friday 9h00 to 20h00

**Fees:** none

**Legal status:** non-profit organization

## **Sex and gender**

### **WOMEN'S ASSOCIATIONS**



## Women's associations

### **CERCLES DE FERMIERES DU QUÉBEC (LES)**

1043 Tiffin Road, Longueuil, Montérégie, QC, J4P 3G7

**450 442-3983** Fax: 450 442-4363

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

**Email:** [cerfer@cfq.qc.ca](mailto:cerfer@cfq.qc.ca)

**Services:** Improvement of women and families' living standards. \* Transmission of cultural and artisanal heritage: sharing of knowledge and know-how.\* Dissemination of information and organization of conferences.\* Commitment and involvement in social issues, volunteering.\* Publication of informational materials on crafts and culinary art. \* Cercles de Fermières directory, by area: [cfq.qc.ca/cercles-federations/trouver-mon-cercle](http://cfq.qc.ca/cercles-federations/trouver-mon-cercle)

**Eligibility:** women aged 14 years old and over

**Coverage area:** Province of Québec

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

**Fees:** subscription to the Actuelle magazine: \$25

**Financing:** self-financing, contributions

**Legal status:** non-profit organization

## **Sports and Recreation**

### **COMMUNITY RECREATION CENTRES**

### **LIBRARIES**

## Community recreation centres

### ACTION SANTÉ 50 ANS ET PLUS

Centre multifonctionnel Francine-Gadbois, 1075 Lionel-Daunais Street, Boucherville, Montérégie, QC, J4B 5H5  
**450 449-2151**

**Services:** Adapted sporting activities for seniors: volleyball, fitness, cardio, stretching.

**Eligibility:** people 50 years and over

**Coverage area:** Longueuil agglomeration

**Hours:** courses begin at 8h00, 10h00, 13h00, 15h00 and 19h00

**Financing:** self-financing

**Legal status:** non-profit organization

### LA PIAULE - MAISON DES JEUNES DE BOUCHERVILLE

540 Du Lac Road, Boucherville, Montérégie, QC, J4B 6X3  
**450 449-8346**

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

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

**Services:** \* Meeting, support and listening place.\* Recreational, sports and training activities.\* DosAdos camp.

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

**Coverage area:** Boucherville and surroundings

**Hours:** Monday, Tuesday and Thursday 17h00 to 21h00, Wednesday and Sunday 15h00 to 21h00, Friday 16h00 to 22h00, Saturday 15h00 to 22h00, public holidays and pedagogical days: opening at 15h00, summer: Monday to Friday 16h00 to 22h00, Saturday and Sunday 15h00 to 22h00

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

**Legal status:** non-profit organization

### MAISON DE JEUNES SAC-ADO

3025 de Lyon Street, Longueuil, Montérégie, QC, J4L 3R6  
**450 677-7254**

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

**Email:** [mdj.sac.ado@gmail.com](mailto:mdj.sac.ado@gmail.com)

**Services:** Community entertainment for teenagers. \* Learning of adult life.\* Prevention and educational intervention.\* Sports.\* Internet access centre.

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

**Capacity:** 83 people

**Coverage area:** Longueuil and surroundings

**Hours:** Monday to Friday 15h00 to 21h00

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

**Legal status:** non-profit organization

## Libraries

### LONGUEUIL PUBLIC LIBRARIES NETWORK - CITY OF LONGUEUIL

Confidential Address

**450 463-7180** Fax: 450 463-7387

**Website:** [www.longueuil.quebec/fr/bibliotheques-municipales](http://www.longueuil.quebec/fr/bibliotheques-municipales)

**Services:** Network of 9 public libraries. \* Loan of documents and web resources.\* Cultural, scientific and early-literacy activities.\* Common catalogue.

**Coverage area:** Longueuil

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

**Fees:** subscription: free

**Financing:** municipal

**Legal status:** municipal agency

### **SAINT-BRUNO-DE-MONTARVILLE PUBLIC LIBRARY**

82 Seigneurial Boulevard West, Saint-Bruno-de-Montarville, Montérégie, QC, J3V 5N7

**450 645-2950** Fax: 450 441-8485

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

**Email:** [bibliotheque@stbruno.ca](mailto:bibliotheque@stbruno.ca)

**Services:** \* Loan and consultation of books and audiovisual documents.\* Computers, Internet access and printing devices.\* Story time.\* Book clubs for adults.\* Book club for children.\* Biblio-Route: home loan.

**Coverage area:** Saint-Bruno-de-Montarville

**Hours:** Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00, summer: Monday to Thursday 10h00 to 21h00, Friday and Saturday 10h00 to 17h00

**Fees:** subscription: free

**Financing:** municipal

**Legal status:** municipal agency

## Youth

### YOUTH CENTRES AND SUPPORT

## Youth Centres and Support

### **PORTE OUVERTE, MAISON DES JEUNES (LA)**

3825 Adélaïde Street, Longueuil, Montérégie, QC, J3Y 4X1

**450 656-6789** Fax: 450 656-6621

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

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

**Services:** \* Listening, support, information and referral. Meeting place with leisure and thematic activities.\*  
Prevention and awareness.\* Other service point at 3527 Mance Street.

**Eligibility:** people 9 to 12 years old and 12 to 17 years old

**Capacity:** 275

**Coverage area:** Longueuil: Saint-Hubert

**Hours:** Mance Street for 12 to 17 years old: Monday to Friday 15h00 to 21h00, Adélaïde Street for 12 to 17 years old: Monday to Wednesday and Friday 15h00 to 21h00, Saturday 11h00 to 17h00, Mance Street for 9 to 11 years old: Tuesday to Thursday 16h00 to 19h00, Friday 15h30 to 19h00 and Saturday 11h00 to 16h00

**Fees:** membership: \$5

**Financing:** provincial, membership fees

**Legal status:** non-profit organization

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