



DIRECTORY OF SOCIAL AND COMMUNITY RESOURCES

LANAUDIÈRE / MRC MATAWINIE / ALL CITIES



2-1-1



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Child, Youth and Family

MATERNITY SUPPORT AND ADOPTION

PARENTING EDUCATION

YOUTH SHELTERS AND SUPPORT

Maternity support and adoption

CENTRE MULTISERVICES DE SANTÉ ET DE SERVICES SOCIAUX DE SAINT-JEAN-DE-MATHA

895 Louis-Cyr Road, Saint-Jean-de-Matha, Lanaudière, QC, J0K 2S0

450 886-3861

Website: www.cisss-lanaudiere.gouv.qc.ca/votre-cisss/coordonnees-et-horaires/clsc

Services: Frontline services for routine health and social services. * Authentication of the health insurance card. * Prenatal classes. * Listening and telephone support. * Vaccination.

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: parapublic organization

CLSC DE SAINT-DONAT

377 du Foyer Street, Saint-Donat, Lanaudière, QC, J0T 2C0

819 424-1511

Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1725&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J0T2C0

Services: Frontline services for routine health and social services. * Health insurance card authentication. * Same day or next day medical consultations (for all). * Contraception. * Telephone support and listening. * Radiology. * Recovery of used needles and syringes. * Psychological services (AAOR). * General vaccination.

Coverage area: Québec

Hours: Monday and Thursday 8h00 to 16h30, Tuesday, Wednesday and Friday 8h30 to 16h30, Saturday and Sunday 9h30 to 16h30

Financing: provincial

Legal status: parapublic organization

Parenting Education

CENTRE MULTISERVICES DE SANTÉ ET DE SERVICES SOCIAUX DE SAINT-JEAN-DE-MATHA

895 Louis-Cyr Road, Saint-Jean-de-Matha, Lanaudière, QC, J0K 2S0

450 886-3861

Website: www.cisss-lanaudiere.gouv.qc.ca/votre-cisss/coordonnees-et-horaires/clsc

Services: Frontline services for routine health and social services. * Authentication of the health insurance card. * Prenatal classes. * Listening and telephone support. * Vaccination.

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: parapublic organization

Youth Shelters and Support

CENTRE MULTISERVICES DE SANTÉ ET DE SERVICES SOCIAUX DE SAINT-JEAN-DE-MATHA

895 Louis-Cyr Road, Saint-Jean-de-Matha, Lanaudière, QC, J0K 2S0

450 886-3861

Website: www.cisss-lanaudiere.gouv.qc.ca/votre-cisss/coordonnees-et-horaires/clsc

Services: Frontline services for routine health and social services. * Authentication of the health insurance card. * Prenatal classes. * Listening and telephone support. * Vaccination.

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: parapublic organization

Disability

ADAPTED WORK AND EMPLOYABILITY SUPPORT

MOBILITY AIDS

RECREATION AND CAMPS

RESPIRE SERVICES AND HOUSING

SUPPORT ASSOCIATIONS

Adapted work and employability support

CYBER-CIBLE

3131 5th Avenue, Rawdon, Lanaudière, QC, J0K 1S0

450 834-4440

Website: cyber-cible.org

Email: info@cyber-cible.org

Services: Socio-professional integration organization with a social economy component. * Activités de Travail Valorisantes (ATV) Program. * Work platform in companies and in the organization. * Copy and office automation services.

Eligibility: ATV program: adults living with an intellectual disability, recipients of social solidarity and with severe employment constraints, work platform: adults living with an intellectual disability or on the autism spectrum, recipients of social solidarity and with severe employment constraints, people not eligible for another employability measure from Emploi-Québec, training: people at risk of social exclusion, copy center: small businesses, community organizations and individuals

Coverage area: Lanaudière

Hours: office: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00, copy centre: Tuesday to Thursday 9h00 to 12h00 and 13h00 to 16h00

Financing: provincial, donations, fundraising campaigns

Legal status: non-profit organization

PROVISION COMPASSION

3719 des Commissaires Street, Rawdon, Lanaudière, QC, J0K 1S0

450 834-4958

Email: provisioncompassion@outlook.com

Services: * Food counter: low cost baskets including perishable and non-perishable food. * Emergency food assistance. * Social integration programs.

Coverage area: Lanaudière

Hours: Thursday 9h00 to 12h00 and 13h00 to 19h00, Friday 13h00 to 16h00

Fees: variable

Financing: donations

Legal status: non-profit organization

Mobility aids

CENTRE MULTISERVICES DE SANTÉ ET DE SERVICES SOCIAUX DE SAINT-JEAN-DE-MATHA

895 Louis-Cyr Road, Saint-Jean-de-Matha, Lanaudière, QC, J0K 2S0

450 886-3861

Website: www.cisss-lanaudiere.gouv.qc.ca/votre-cisss/coordonnees-et-horaires/clsc

Services: Frontline services for routine health and social services. * Authentication of the health insurance card. * Prenatal classes. * Listening and telephone support. * Vaccination.

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: parapublic organization

Recreation and camps

CAMP FAMILIAL SAINT-URBAIN

1651 de Chertsey Road, Chertsey, Lanaudière, QC, J0K 3K0

1 888 882-4719

Website: www.campfamilial.org

Email: info@campfamilial.org

Services: * 2 to 13 nights holiday stay. * Companion leisure card (CAL).

Eligibility: priority to families on a low income, immigrants, people living with a disability, seniors

Capacity: 225 persons

Coverage area: Province of Québec

Hours: 7 days, 9h00 to 16h30

Fees: summer stays: according to income

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

FONDATION PAPILLON - CAMP PAPILLON

210 Papillon Avenue, Saint-Alphonse-Rodriguez, Lanaudière, QC, J0K 1W0

1 877 937-6172 Fax: 514 937-0082

Website: fondationpapillon.ca

Email: info@fondationpapillon.ca

Services: * Mixed camp with medical staff. * Adapted cottages for rent. * Nature class. * Respite stays.

Eligibility: people living with a physical or intellectual disabilities or living with an autism spectrum disorder in different age groups: adults 18 years and older, adolescents 13 to 17 years old, children 2 to 12 years old

Coverage area: Province of Québec

Fees: according to the income

Financing: fundraising campaigns, grants, contributions

Legal status: non-profit organization

Respite services and housing

CENTRE DE JOUR JARDIN D'ÉTOILES

3931 Lakeshore Drive Street, Rawdon, Lanaudière, QC, J0K 1S0

450 834-3070 ext. 1027

Website: jardinetoiles.ca

Email: info@jardinetoiles.ca

Services: Day centre for adults 18 to 65 years old living with a severe disability. * Adapted play activities. *

Supervision of the participants by counsellors, individually or in pairs according to their needs. * Music therapy and zootherapy. * Sensory room.

Eligibility: adults 18 to 65 years old living with a severe disability

Coverage area: Lanaudière

Hours: Monday, Wednesday and Friday 9h00 to 11h30 and 13h00 to 15h30

Fees: sensory room: none, other services: variable

Financing: donations, provincial

Legal status: non-profit organization

FONDATION PAPILLON - CAMP PAPILLON

210 Papillon Avenue, Saint-Alphonse-Rodriguez, Lanaudière, QC, J0K 1W0

1 877 937-6172 Fax: 514 937-0082

Website: fondationpapillon.ca

Email: info@fondationpapillon.ca

Services: * Mixed camp with medical staff. * Adapted cottages for rent. * Nature class. * Respite stays.

Eligibility: people living with a physical or intellectual disabilities or living with an autism spectrum disorder in different age groups: adults 18 years and older, adolescents 13 to 17 years old, children 2 to 12 years old

Coverage area: Province of Québec

Fees: according to the income

Financing: fundraising campaigns, grants, contributions

Legal status: non-profit organization

Support Associations

CENTRE DE JOUR JARDIN D'ÉTOILES

3931 Lakeshore Drive Street, Rawdon, Lanaudière, QC, J0K 1S0

450 834-3070 ext. 1027

Website: jardinettoiles.ca

Email: info@jardinettoiles.ca

Services: Day centre for adults 18 to 65 years old living with a severe disability. * Adapted play activities. * Supervision of the participants by counsellors, individually or in pairs according to their needs. * Music therapy and zootherapy. * Sensory room.

Eligibility: adults 18 to 65 years old living with a severe disability

Coverage area: Lanaudière

Hours: Monday, Wednesday and Friday 9h00 to 11h30 and 13h00 to 15h30

Fees: sensory room: none, other services: variable

Financing: donations, provincial

Legal status: non-profit organization

CENTRE MULTISERVICES DE SANTÉ ET DE SERVICES SOCIAUX DE SAINT-JEAN-DE-MATHA

895 Louis-Cyr Road, Saint-Jean-de-Matha, Lanaudière, QC, J0K 2S0

450 886-3861

Website: www.cisss-lanaudiere.gouv.qc.ca/votre-cisss/coordonnees-et-horaires/clsc

Services: Frontline services for routine health and social services. * Authentication of the health insurance card. * Prenatal classes. * Listening and telephone support. * Vaccination.

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: parapublic organization

ENGLISH COMMUNITY ORGANIZATION OF LANAUDIÈRE

3657 Queen Street, Rawdon, Lanaudière, QC, J0K 1S0

450 834-2268

Website: www.ecol-lanaudiere.org

Email: ecol@ecol-lanaudiere.org

Services: Support and promote the well-being of the English-speaking community. * Information and referrals. * Food bank: prepared meals for low cost. * Collects donations of English used items: school supplies, books, etc. * Outreach services and support for seniors: health and legal information, friendly visits and calls, etc. * General support groups for adults and seniors. * Cancer support group. * Anger management group. * Community activities related to health, social service, culture, employment, etc. * Employment support: information, translation and interpretation, CV writing and interview simulation, etc. * Day wellness centre for seniors. * Informal interpretation services. * Christmas community meals with possible delivery service. * Bursary program for students in health or social services. * Other point of service: 2180 Sainte-Marie Road, Mascouche. * Other point of service: 50 Thouin Street, Suite 217, Repentigny.

Eligibility: general public, health professionals, students, employment support: people seeking employment, employment agencies

Coverage area: Lanaudière

Hours: Monday to Friday 9h00 to 16h00

Fees: annual membership: \$5, food band: \$5 per meal

Financing: federal, provincial, municipal, donations

Legal status: None or unknown

Education and Literacy

PUBLIC EDUCATION

Public education

ENGLISH COMMUNITY ORGANIZATION OF LANAUDIÈRE

3657 Queen Street, Rawdon, Lanaudière, QC, J0K 1S0

450 834-2268

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Eligibility: general public, health professionals, students, employment support: people seeking employment, employment agencies

Coverage area: Lanaudière

Hours: Monday to Friday 9h00 to 16h00

Fees: annual membership: \$5, food band: \$5 per meal

Financing: federal, provincial, municipal, donations

Legal status: None or unknown

Employment and Income Support

ADVOCACY FOR WORKERS AND UNEMPLOYED

BUDGET MANAGEMENT AND CONSUMPTION

EMPLOYMENT SUPPORT AND TRAINING

VOCATIONAL REHABILITATION AND DISABILITY-RELATED EMPLOYMENT

Advocacy for workers and unemployed

ASSOCIATION DES TRAVAILLEURS, TRAVAILLEUSES ACCIDENTÉS DE JOLI-MONT

4046 Queen Street, Suite 207, Rawdon, Lanaudière, QC, J0K 1S0

450 834-1220 Fax: 450 834-1240

Website: attaj.ca

Email: info@attaj.ca

Services: * Phone information service on rights and recourses. * Information meetings on compensation for work-related accidents and illnesses. * Support and follow-up of files. * Popular education activities. * Collective rights defence action.

Eligibility: workers victim of work related accidents or occupational diseases

Coverage area: Lanaudière

Hours: Monday to Thursday 8h00 to 16h00

Fees: none

Financing: donations, provincial

Legal status: non-profit organization

Budget management and consumption

ENGLISH COMMUNITY ORGANIZATION OF LANAUDIÈRE

3657 Queen Street, Rawdon, Lanaudière, QC, J0K 1S0

450 834-2268

Website: www.ecol-lanaudiere.org

Email: ecol@ecol-lanaudiere.org

Services: Support and promote the well-being of the English-speaking community. * Information and referrals. * Food bank: prepared meals for low cost. * Collects donations of English used items: school supplies, books, etc. * Outreach services and support for seniors: health and legal information, friendly visits and calls, etc. * General support groups for adults and seniors. * Cancer support group. * Anger management group. * Community activities related to health, social service, culture, employment, etc. * Employment support: information, translation and interpretation, CV writing and interview simulation, etc. * Day wellness centre for seniors. * Informal interpretation services. * Christmas community meals with possible delivery service. * Bursary program for students in health or social services. * Other point of service: 2180 Sainte-Marie Road, Mascouche. * Other point of service: 50 Thouin Street, Suite 217, Repentigny.

Eligibility: general public, health professionals, students, employment support: people seeking employment, employment agencies

Coverage area: Lanaudière

Hours: Monday to Friday 9h00 to 16h00

Fees: annual membership: \$5, food band: \$5 per meal

Financing: federal, provincial, municipal, donations

Legal status: None or unknown

Employment support and training

ENGLISH COMMUNITY ORGANIZATION OF LANAUDIÈRE

3657 Queen Street, Rawdon, Lanaudière, QC, J0K 1S0

450 834-2268

Website: www.ecol-lanaudiere.org

Email: ecol@ecol-lanaudiere.org

Services: Support and promote the well-being of the English-speaking community. * Information and referrals. * Food bank: prepared meals for low cost. * Collects donations of English used items: school supplies, books, etc. * Outreach services and support for seniors: health and legal information, friendly visits and calls, etc. * General support groups for adults and seniors. * Cancer support group. * Anger management group. * Community activities related to health, social service, culture, employment, etc. * Employment support: information, translation and interpretation, CV writing and interview simulation, etc. * Day wellness centre for seniors. * Informal interpretation services. * Christmas community meals with possible delivery service. * Bursary program for students in health or social services. * Other point of service: 2180 Sainte-Marie Road, Mascouche. * Other point of service: 50 Thouin Street, Suite 217, Repentigny.

Eligibility: general public, health professionals, students, employment support: people seeking employment, employment agencies

Coverage area: Lanaudière

Hours: Monday to Friday 9h00 to 16h00

Fees: annual membership: \$5, food band: \$5 per meal

Financing: federal, provincial, municipal, donations

Legal status: None or unknown

PROVISION COMPASSION

3719 des Commissaires Street, Rawdon, Lanaudière, QC, J0K 1S0

450 834-4958

Email: provisioncompassion@outlook.com

Services: * Food counter: low cost baskets including perishable and non-perishable food. * Emergency food assistance. * Social integration programs.

Coverage area: Lanaudière

Hours: Thursday 9h00 to 12h00 and 13h00 to 19h00, Friday 13h00 to 16h00

Fees: variable

Financing: donations

Legal status: non-profit organization

Vocational rehabilitation and disability-related employment

CYBER-CIBLE

3131 5th Avenue, Rawdon, Lanaudière, QC, J0K 1S0

450 834-4440

Website: cyber-cible.org

Email: info@cyber-cible.org

Services: Socio-professional integration organization with a social economy component. * Activités de Travail Valorisantes (ATV) Program. * Work platform in companies and in the organization. * Copy and office automation services.

Eligibility: ATV program: adults living with an intellectual disability, recipients of social solidarity and with severe employment constraints, work platform: adults living with an intellectual disability or on the autism spectrum, recipients of social solidarity and with severe employment constraints, people not eligible for another employability measure from Emploi-Québec, training: people at risk of social exclusion, copy center: small businesses, community organizations and individuals

Coverage area: Lanaudière

Hours: office: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00, copy centre: Tuesday to Thursday 9h00 to 12h00 and 13h00 to 16h00

Financing: provincial, donations, fundraising campaigns

Legal status: non-profit organization

PROVISION COMPASSION

3719 des Commissaires Street, Rawdon, Lanaudière, QC, J0K 1S0

450 834-4958

Email: provisioncompassion@outlook.com

Services: * Food counter: low cost baskets including perishable and non-perishable food. * Emergency food assistance. * Social integration programs.

Coverage area: Lanaudière

Hours: Thursday 9h00 to 12h00 and 13h00 to 19h00, Friday 13h00 to 16h00

Fees: variable

Financing: donations

Legal status: non-profit organization

Food

CHRISTMAS BASKET

FOOD ASSISTANCE

FOOD AID FOR PREGNANT WOMEN AND CHILDREN

LOW COST OR FREE MEALS

Christmas basket

ENGLISH COMMUNITY ORGANIZATION OF LANAUDIÈRE

3657 Queen Street, Rawdon, Lanaudière, QC, J0K 1S0

450 834-2268

Website: www.ecol-lanaudiere.org

Email: ecol@ecol-lanaudiere.org

Services: Support and promote the well-being of the English-speaking community. * Information and referrals. * Food bank: prepared meals for low cost. * Collects donations of English used items: school supplies, books, etc. * Outreach services and support for seniors: health and legal information, friendly visits and calls, etc. * General support groups for adults and seniors. * Cancer support group. * Anger management group. * Community activities related to health, social service, culture, employment, etc. * Employment support: information, translation and interpretation, CV writing and interview simulation, etc. * Day wellness centre for seniors. * Informal interpretation services. * Christmas community meals with possible delivery service. * Bursary program for students in health or social services. * Other point of service: 2180 Sainte-Marie Road, Mascouche. * Other point of service: 50 Thouin Street, Suite 217, Repentigny.

Eligibility: general public, health professionals, students, employment support: people seeking employment, employment agencies

Coverage area: Lanaudière

Hours: Monday to Friday 9h00 to 16h00

Fees: annual membership: \$5, food band: \$5 per meal

Financing: federal, provincial, municipal, donations

Legal status: None or unknown

Food Assistance

ENGLISH COMMUNITY ORGANIZATION OF LANAUDIÈRE

3657 Queen Street, Rawdon, Lanaudière, QC, J0K 1S0

450 834-2268

Website: www.ecol-lanaudiere.org

Email: ecol@ecol-lanaudiere.org

Services: Support and promote the well-being of the English-speaking community. * Information and referrals. * Food bank: prepared meals for low cost. * Collects donations of English used items: school supplies, books, etc. * Outreach services and support for seniors: health and legal information, friendly visits and calls, etc. * General support groups for adults and seniors. * Cancer support group. * Anger management group. * Community activities related to health, social service, culture, employment, etc. * Employment support: information, translation and interpretation, CV writing and interview simulation, etc. * Day wellness centre for seniors. * Informal interpretation services. * Christmas community meals with possible delivery service. * Bursary program for students in health or social services. * Other point of service: 2180 Sainte-Marie Road, Mascouche. * Other point of service: 50 Thouin Street, Suite 217, Repentigny.

Eligibility: general public, health professionals, students, employment support: people seeking employment, employment agencies

Coverage area: Lanaudière

Hours: Monday to Friday 9h00 to 16h00

Fees: annual membership: \$5, food band: \$5 per meal

Financing: federal, provincial, municipal, donations

Legal status: None or unknown

MAISONS FAMILIALES PAR AMOUR (LES) - CHERTSEY

13200 335 Road, Chertsey, Lanaudière, QC, J0K 3K0

450 882-3535

Website: lesmaisonsfamilialesparamour.com

Email: info@lesmaisonsfamilialesparamour.com

Services: * Food assistance.

Eligibility: people on a low income, people in vulnerable situations

Coverage area: Lanaudière

Hours: Tuesday 9h00 to 11h00, Friday 9h00 to 11h00 and 13h00 to 15h00

Fees: food basket: \$10

Financing: self-financing, donations

Legal status: non-profit organization

PROVISION COMPASSION

3719 des Commissaires Street, Rawdon, Lanaudière, QC, J0K 1S0

450 834-4958

Email: provisioncompassion@outlook.com

Services: * Food counter: low cost baskets including perishable and non-perishable food. * Emergency food assistance. * Social integration programs.

Coverage area: Lanaudière

Hours: Thursday 9h00 to 12h00 and 13h00 to 19h00, Friday 13h00 to 16h00

Fees: variable

Financing: donations

Legal status: non-profit organization

Food aid for pregnant women and children

CENTRE MULTISERVICES DE SANTÉ ET DE SERVICES SOCIAUX DE SAINT-JEAN-DE-MATHA

895 Louis-Cyr Road, Saint-Jean-de-Matha, Lanaudière, QC, J0K 2S0

450 886-3861

Website: www.cisss-lanaudiere.gouv.qc.ca/votre-cisss/coordonnees-et-horaires/clsc

Services: Frontline services for routine health and social services. * Authentication of the health insurance card. * Prenatal classes. * Listening and telephone support. * Vaccination.

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: parapublic organization

Low cost or free meals

RESCOUSSE AMICALE (LA)

3689 Albert Street, Rawdon, Lanaudière, QC, J0K 1S0

450 834-3151 Fax: 450 834-5557

Website: rescousseamicale.ca

Email: rescousseamicale@bellnet.ca

Services: Alternative mental health support group. * Reception, information and referral. * Individual meetings. * Support group. * Thematic workshops, trainings and conferences. * Coffee-meeting and community lunches. * Sporting and cultural activities. * Transportation and accompaniment for the activities of the organization. * Library.

Eligibility: people 18 years and over living with or having lived with a mental health problem or emotional distress

Coverage area: MRC Matawinie

Hours: Monday to Friday 9h00 to 16h00

Fees: services: free, membership card: \$5

Financing: contributions

Legal status: non-profit organization

Health

FAMILY PLANNING

HOME CARE

PALLIATIVE CARE

PATIENT SUPPORT ASSOCIATIONS

PUBLIC HEALTH

Family planning

CENTRE MULTISERVICES DE SANTÉ ET DE SERVICES SOCIAUX DE SAINT-JEAN-DE-MATHA

895 Louis-Cyr Road, Saint-Jean-de-Matha, Lanaudière, QC, J0K 2S0

450 886-3861

Website: www.cisss-lanaudiere.gouv.qc.ca/votre-cisss/coordonnees-et-horaires/clsc

Services: Frontline services for routine health and social services. * Authentication of the health insurance card. * Prenatal classes. * Listening and telephone support. * Vaccination.

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: parapublic organization

CLSC DE SAINT-DONAT

377 du Foyer Street, Saint-Donat, Lanaudière, QC, J0T 2C0

819 424-1511

Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1725&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J0T2C0

Services: Frontline services for routine health and social services. * Health insurance card authentication. * Same day or next day medical consultations (for all). * Contraception. * Telephone support and listening. * Radiology. * Recovery of used needles and syringes. * Psychological services (AAOR). * General vaccination.

Coverage area: Québec

Hours: Monday and Thursday 8h00 to 16h30, Tuesday, Wednesday and Friday 8h30 to 16h30, Saturday and Sunday 9h30 to 16h30

Financing: provincial

Legal status: parapublic organization

Home care

CENTRE MULTISERVICES DE SANTÉ ET DE SERVICES SOCIAUX DE SAINT-JEAN-DE-MATHA

895 Louis-Cyr Road, Saint-Jean-de-Matha, Lanaudière, QC, J0K 2S0

450 886-3861

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Services: Frontline services for routine health and social services. * Authentication of the health insurance card. * Prenatal classes. * Listening and telephone support. * Vaccination.

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: parapublic organization

Palliative care

CENTRE MULTISERVICES DE SANTÉ ET DE SERVICES SOCIAUX DE SAINT-JEAN-DE-MATHA

895 Louis-Cyr Road, Saint-Jean-de-Matha, Lanaudière, QC, J0K 2S0

450 886-3861

Website: www.cisss-lanaudiere.gouv.qc.ca/votre-cisss/coordonnees-et-horaires/clsc

Services: Frontline services for routine health and social services. * Authentication of the health insurance card. * Prenatal classes. * Listening and telephone support. * Vaccination.

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: parapublic organization

Patient support associations

CENTRE MULTISERVICES DE SANTÉ ET DE SERVICES SOCIAUX DE SAINT-JEAN-DE-MATHA

895 Louis-Cyr Road, Saint-Jean-de-Matha, Lanaudière, QC, J0K 2S0

450 886-3861

Website: www.cisss-lanaudiere.gouv.qc.ca/votre-cisss/coordonnees-et-horaires/clsc

Services: Frontline services for routine health and social services. * Authentication of the health insurance card. * Prenatal classes. * Listening and telephone support. * Vaccination.

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: parapublic organization

ENGLISH COMMUNITY ORGANIZATION OF LANAUDIÈRE

3657 Queen Street, Rawdon, Lanaudière, QC, J0K 1S0

450 834-2268

Website: www.ecol-lanaudiere.org

Email: ecol@ecol-lanaudiere.org

Services: Support and promote the well-being of the English-speaking community. * Information and referrals. * Food bank: prepared meals for low cost. * Collects donations of English used items: school supplies, books, etc. * Outreach services and support for seniors: health and legal information, friendly visits and calls, etc. * General support groups for adults and seniors. * Cancer support group. * Anger management group. * Community activities related to health, social service, culture, employment, etc. * Employment support: information, translation and interpretation, CV writing and interview simulation, etc. * Day wellness centre for seniors. * Informal interpretation services. * Christmas community meals with possible delivery service. * Bursary program for students in health or social services. * Other point of service: 2180 Sainte-Marie Road, Mascouche. * Other point of service: 50 Thouin Street, Suite 217, Repentigny.

Eligibility: general public, health professionals, students, employment support: people seeking employment, employment agencies

Coverage area: Lanaudière

Hours: Monday to Friday 9h00 to 16h00

Fees: annual membership: \$5, food band: \$5 per meal

Financing: federal, provincial, municipal, donations

Legal status: None or unknown

Public Health

CENTRE MULTISERVICES DE SANTÉ ET DE SERVICES SOCIAUX DE SAINT-JEAN-DE-MATHA

895 Louis-Cyr Road, Saint-Jean-de-Matha, Lanaudière, QC, J0K 2S0

450 886-3861

Website: www.cisss-lanaudiere.gouv.qc.ca/votre-cisss/coordonnees-et-horaires/clsc

Services: Frontline services for routine health and social services. * Authentication of the health insurance card. * Prenatal classes. * Listening and telephone support. * Vaccination.

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: parapublic organization

ENGLISH COMMUNITY ORGANIZATION OF LANAUDIÈRE

3657 Queen Street, Rawdon, Lanaudière, QC, J0K 1S0

450 834-2268

Website: www.ecol-lanaudiere.org

Email: ecol@ecol-lanaudiere.org

Services: Support and promote the well-being of the English-speaking community. * Information and referrals.

* Food bank: prepared meals for low cost. * Collects donations of English used items: school supplies, books, etc. * Outreach services and support for seniors: health and legal information, friendly visits and calls, etc. *

General support groups for adults and seniors. * Cancer support group. * Anger management group. *

Community activities related to health, social service, culture, employment, etc. * Employment support: information, translation and interpretation, CV writing and interview simulation, etc. * Day wellness centre for seniors. *

Informal interpretation services. * Christmas community meals with possible delivery service. *

Bursary program for students in health or social services. * Other point of service: 2180 Sainte-Marie Road, Mascouche. * Other point of service: 50 Thouin Street, Suite 217, Repentigny.

Eligibility: general public, health professionals, students, employment support: people seeking employment, employment agencies

Coverage area: Lanaudière

Hours: Monday to Friday 9h00 to 16h00

Fees: annual membership: \$5, food bank: \$5 per meal

Financing: federal, provincial, municipal, donations

Legal status: None or unknown

Homelessness

TRANSITIONAL HOUSING

Transitional housing

CHAUMIÈRE JEUNESSE DE RAWDON (LA)

3299 14th Avenue, Rawdon, Lanaudière, QC, J0K 1S0

450 834-2517 Fax: 450 834-1335

Website: www.chaumierejeunesse.com

Email: direction@chaumierejeunesse.com

Services: Transitional housing. * Maximum duration of 1 year. * Listening, support and accompaniment. * Social reintegration. * Advocacy. * Post-housing follow-up.

Eligibility: young adults 18 to 30 years old, experiencing difficulties and at risk of experiencing homelessness

Capacity: 9 mixed places

Coverage area: Lanaudière

Hours: admission: 7 days, 8h00 to 20h00, housing: 24 hours / 7 days

Fees: \$300 per month

Financing: provincial, federal, fundraising campaigns, donations

Legal status: non-profit organization

Immigration and cultural communities

INTERPRETATION AND TRANSLATION

PREVENTION AND FIGHT AGAINST RACISM

Interpretation and translation

ENGLISH COMMUNITY ORGANIZATION OF LANAUDIÈRE

3657 Queen Street, Rawdon, Lanaudière, QC, J0K 1S0

450 834-2268

Website: www.ecol-lanaudiere.org

Email: ecol@ecol-lanaudiere.org

Services: Support and promote the well-being of the English-speaking community. * Information and referrals. * Food bank: prepared meals for low cost. * Collects donations of English used items: school supplies, books, etc. * Outreach services and support for seniors: health and legal information, friendly visits and calls, etc. * General support groups for adults and seniors. * Cancer support group. * Anger management group. * Community activities related to health, social service, culture, employment, etc. * Employment support: information, translation and interpretation, CV writing and interview simulation, etc. * Day wellness centre for seniors. * Informal interpretation services. * Christmas community meals with possible delivery service. * Bursary program for students in health or social services. * Other point of service: 2180 Sainte-Marie Road, Mascouche. * Other point of service: 50 Thouin Street, Suite 217, Repentigny.

Eligibility: general public, health professionals, students, employment support: people seeking employment, employment agencies

Coverage area: Lanaudière

Hours: Monday to Friday 9h00 to 16h00

Fees: annual membership: \$5, food band: \$5 per meal

Financing: federal, provincial, municipal, donations

Legal status: None or unknown

Prevention and fight against racism

ENGLISH COMMUNITY ORGANIZATION OF LANAUDIÈRE

3657 Queen Street, Rawdon, Lanaudière, QC, J0K 1S0

450 834-2268

Website: www.ecol-lanaudiere.org

Email: ecol@ecol-lanaudiere.org

Services: Support and promote the well-being of the English-speaking community. * Information and referrals. * Food bank: prepared meals for low cost. * Collects donations of English used items: school supplies, books, etc. * Outreach services and support for seniors: health and legal information, friendly visits and calls, etc. * General support groups for adults and seniors. * Cancer support group. * Anger management group. * Community activities related to health, social service, culture, employment, etc. * Employment support: information, translation and interpretation, CV writing and interview simulation, etc. * Day wellness centre for seniors. * Informal interpretation services. * Christmas community meals with possible delivery service. * Bursary program for students in health or social services. * Other point of service: 2180 Sainte-Marie Road, Mascouche. * Other point of service: 50 Thouin Street, Suite 217, Repentigny.

Eligibility: general public, health professionals, students, employment support: people seeking employment, employment agencies

Coverage area: Lanaudière

Hours: Monday to Friday 9h00 to 16h00

Fees: annual membership: \$5, food band: \$5 per meal

Financing: federal, provincial, municipal, donations

Legal status: None or unknown

Justice and Advocacy

ADVOCACY GROUPS

CONSUMER PROTECTION AND COMPLAINTS

LEGAL ASSISTANCE AND INFORMATION

Advocacy groups

ASSOCIATION DES TRAVAILLEURS, TRAVAILLEUSES ACCIDENTÉS DE JOLI-MONT

4046 Queen Street, Suite 207, Rawdon, Lanaudière, QC, J0K 1S0

450 834-1220 Fax: 450 834-1240

Website: attaj.ca

Email: info@attaj.ca

Services: * Phone information service on rights and recourses. * Information meetings on compensation for work-related accidents and illnesses. * Support and follow-up of files. * Popular education activities. * Collective rights defence action.

Eligibility: workers victim of work related accidents or occupational diseases

Coverage area: Lanaudière

Hours: Monday to Thursday 8h00 to 16h00

Fees: none

Financing: donations, provincial

Legal status: non-profit organization

COMITÉ DES USAGERS CHSLD HEATHER

3931 Lakeshore Drive, Rawdon, Lanaudière, QC, J0K 1S0

450 834-3070 ext. 3015

Website: chheather.com/residents-et-familles/comite-de-residents

Email: comitedesresidents@groupeasantearbec.com

Services: Users committee. * Information on the rights and obligations of users. * Advocacy. * Assistance in the proceedings when making a complaint.

Eligibility: CHSLD Heather services users

Coverage area: Lanaudière

Financing: provincial

Legal status: parapublic organization

ENGLISH COMMUNITY ORGANIZATION OF LANAUDIÈRE

3657 Queen Street, Rawdon, Lanaudière, QC, J0K 1S0

450 834-2268

Website: www.ecol-lanaudiere.org

Email: ecol@ecol-lanaudiere.org

Services: Support and promote the well-being of the English-speaking community. * Information and referrals. * Food bank: prepared meals for low cost. * Collects donations of English used items: school supplies, books, etc. * Outreach services and support for seniors: health and legal information, friendly visits and calls, etc. * General support groups for adults and seniors. * Cancer support group. * Anger management group. * Community activities related to health, social service, culture, employment, etc. * Employment support: information, translation and interpretation, CV writing and interview simulation, etc. * Day wellness centre for seniors. * Informal interpretation services. * Christmas community meals with possible delivery service. * Bursary program for students in health or social services. * Other point of service: 2180 Sainte-Marie Road, Mascouche. * Other point of service: 50 Thouin Street, Suite 217, Repentigny.

Eligibility: general public, health professionals, students, employment support: people seeking employment, employment agencies

Coverage area: Lanaudière

Hours: Monday to Friday 9h00 to 16h00

Fees: annual membership: \$5, food bank: \$5 per meal

Financing: federal, provincial, municipal, donations

Legal status: None or unknown

Consumer protection and complaints

COMITÉ DES USAGERS CHSLD HEATHER

3931 Lakeshore Drive, Rawdon, Lanaudière, QC, J0K 1S0

450 834-3070 ext. 3015

Website: chheather.com/residents-et-familles/comite-de-residents

Email: comitedesresidents@groupesantearbec.com

Services: Users committee. * Information on the rights and obligations of users. * Advocacy. * Assistance in the proceedings when making a complaint.

Eligibility: CHSLD Heather services users

Coverage area: Lanaudière

Financing: provincial

Legal status: parapublic organization

Legal assistance and information

ASSOCIATION DES TRAVAILLEURS, TRAVAILLEUSES ACCIDENTÉS DE JOLI-MONT

4046 Queen Street, Suite 207, Rawdon, Lanaudière, QC, J0K 1S0

450 834-1220 Fax: 450 834-1240

Website: attaj.ca

Email: info@attaj.ca

Services: * Phone information service on rights and recourses. * Information meetings on compensation for work-related accidents and illnesses. * Support and follow-up of files. * Popular education activities. * Collective rights defence action.

Eligibility: workers victim of work related accidents or occupational diseases

Coverage area: Lanaudière

Hours: Monday to Thursday 8h00 to 16h00

Fees: none

Financing: donations, provincial

Legal status: non-profit organization

Mental Health and addictions

ADDICTION TREATMENT

COMMUNITY SUPPORT IN MENTAL HEALTH

CRISIS CENTRES AND SUICIDE PREVENTION

HELPLINES

MENTAL HEALTH ADVOCACY GROUPS

Addiction treatment

CENTRE MULTISERVICES DE SANTÉ ET DE SERVICES SOCIAUX DE SAINT-JEAN-DE-MATHA

895 Louis-Cyr Road, Saint-Jean-de-Matha, Lanaudière, QC, J0K 2S0

450 886-3861

Website: www.cisss-lanaudiere.gouv.qc.ca/votre-cisss/coordonnees-et-horaires/clsc

Services: Frontline services for routine health and social services. * Authentication of the health insurance card. * Prenatal classes. * Listening and telephone support. * Vaccination.

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: parapublic organization

Community support in mental health

RESCOUSSE AMICALE (LA)

3689 Albert Street, Rawdon, Lanaudière, QC, J0K 1S0

450 834-3151 Fax: 450 834-5557

Website: rescousseamicale.ca

Email: rescousseamicale@bellnet.ca

Services: Alternative mental health support group. * Reception, information and referral. * Individual meetings. * Support group. * Thematic workshops, trainings and conferences. * Coffee-meeting and community lunches. * Sporting and cultural activities. * Transportation and accompaniment for the activities of the organization. * Library.

Eligibility: people 18 years and over living with or having lived with a mental health problem or emotional distress

Coverage area: MRC Matawinie

Hours: Monday to Friday 9h00 to 16h00

Fees: services: free, membership card: \$5

Financing: contributions

Legal status: non-profit organization

Crisis centres and suicide prevention

SERVICES DE CRISE DE LANAUDIÈRE (LES) - RAWDON SITE

Confidential Address

1 800 436-0966

Website: crise-lanaudiere.ca

Email: administration@crise-lanaudiere.ca

Services: Alternative to hospitalization for adults in crisis by staying in one of their houses of Rawdon or Repentigny. * Phone intervention.

Eligibility: adults 18 years old and over, in crisis

Capacity: 8 people per house

Coverage area: Lanaudière

Hours: 24 hours / 7 days

Fees: \$5 per day

Financing: provincial

Legal status: non-profit organization

Helplines

SERVICES DE CRISE DE LANAUDIÈRE (LES) - RAWDON SITE

Confidential Address

1 800 436-0966

Website: crise-lanaudiere.ca

Email: administration@crise-lanaudiere.ca

Services: Alternative to hospitalization for adults in crisis by staying in one of their houses of Rawdon or Repentigny. * Phone intervention.

Eligibility: adults 18 years old and over, in crisis

Capacity: 8 people per house

Coverage area: Lanaudière

Hours: 24 hours / 7 days

Fees: \$5 per day

Financing: provincial

Legal status: non-profit organization

Mental health advocacy groups

CENTRE MULTISERVICES DE SANTÉ ET DE SERVICES SOCIAUX DE SAINT-JEAN-DE-MATHA

895 Louis-Cyr Road, Saint-Jean-de-Matha, Lanaudière, QC, J0K 2S0

450 886-3861

Website: www.cisss-lanaudiere.gouv.qc.ca/votre-cisss/coordonnees-et-horaires/clsc

Services: Frontline services for routine health and social services. * Authentication of the health insurance card. * Prenatal classes. * Listening and telephone support. * Vaccination.

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: parapublic organization

Seniors

CAREGIVERS

COMMUNITY AND RECREATION CENTRES

DAY CENTRES AND RESPITE

FRIENDLY VISITS AND SAFETY CALLS

HOME SUPPORT

HOUSING FOR SENIORS

Caregivers

CENTRE MULTISERVICES DE SANTÉ ET DE SERVICES SOCIAUX DE SAINT-JEAN-DE-MATHA

895 Louis-Cyr Road, Saint-Jean-de-Matha, Lanaudière, QC, J0K 2S0

450 886-3861

Website: www.cisss-lanaudiere.gouv.qc.ca/votre-cisss/coordonnees-et-horaires/clsc

Services: Frontline services for routine health and social services. * Authentication of the health insurance card. * Prenatal classes. * Listening and telephone support. * Vaccination.

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: parapublic organization

Community and Recreation Centres

ENGLISH COMMUNITY ORGANIZATION OF LANAUDIÈRE

3657 Queen Street, Rawdon, Lanaudière, QC, J0K 1S0

450 834-2268

Website: www.ecol-lanaudiere.org

Email: ecol@ecol-lanaudiere.org

Services: Support and promote the well-being of the English-speaking community. * Information and referrals. * Food bank: prepared meals for low cost. * Collects donations of English used items: school supplies, books, etc. * Outreach services and support for seniors: health and legal information, friendly visits and calls, etc. * General support groups for adults and seniors. * Cancer support group. * Anger management group. * Community activities related to health, social service, culture, employment, etc. * Employment support: information, translation and interpretation, CV writing and interview simulation, etc. * Day wellness centre for seniors. * Informal interpretation services. * Christmas community meals with possible delivery service. * Bursary program for students in health or social services. * Other point of service: 2180 Sainte-Marie Road, Mascouche. * Other point of service: 50 Thouin Street, Suite 217, Repentigny.

Eligibility: general public, health professionals, students, employment support: people seeking employment, employment agencies

Coverage area: Lanaudière

Hours: Monday to Friday 9h00 to 16h00

Fees: annual membership: \$5, food bank: \$5 per meal

Financing: federal, provincial, municipal, donations

Legal status: None or unknown

Day centres and respite

CENTRE MULTISERVICES DE SANTÉ ET DE SERVICES SOCIAUX DE SAINT-JEAN-DE-MATHA

895 Louis-Cyr Road, Saint-Jean-de-Matha, Lanaudière, QC, J0K 2S0

450 886-3861

Website: www.cisss-lanaudiere.gouv.qc.ca/votre-cisss/coordonnees-et-horaires/clsc

Services: Frontline services for routine health and social services. * Authentication of the health insurance card. * Prenatal classes. * Listening and telephone support. * Vaccination.

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: parapublic organization

Friendly visits and safety calls

ENGLISH COMMUNITY ORGANIZATION OF LANAUDIÈRE

3657 Queen Street, Rawdon, Lanaudière, QC, J0K 1S0

450 834-2268

Website: www.ecol-lanaudiere.org

Email: ecol@ecol-lanaudiere.org

Services: Support and promote the well-being of the English-speaking community. * Information and referrals.

* Food bank: prepared meals for low cost. * Collects donations of English used items: school supplies, books, etc. * Outreach services and support for seniors: health and legal information, friendly visits and calls, etc. *

General support groups for adults and seniors. * Cancer support group. * Anger management group. *

Community activities related to health, social service, culture, employment, etc. * Employment support: information, translation and interpretation, CV writing and interview simulation, etc. * Day wellness centre for seniors. * Informal interpretation services. * Christmas community meals with possible delivery service. *

Bursary program for students in health or social services. * Other point of service: 2180 Sainte-Marie Road, Mascouche. * Other point of service: 50 Thouin Street, Suite 217, Repentigny.

Eligibility: general public, health professionals, students, employment support: people seeking employment, employment agencies

Coverage area: Lanaudière

Hours: Monday to Friday 9h00 to 16h00

Fees: annual membership: \$5, food band: \$5 per meal

Financing: federal, provincial, municipal, donations

Legal status: None or unknown

Home support

CENTRE MULTISERVICES DE SANTÉ ET DE SERVICES SOCIAUX DE SAINT-JEAN-DE-MATHA

895 Louis-Cyr Road, Saint-Jean-de-Matha, Lanaudière, QC, J0K 2S0

450 886-3861

Website: www.cisss-lanaudiere.gouv.qc.ca/votre-cisss/coordonnees-et-horaires/clsc

Services: Frontline services for routine health and social services. * Authentication of the health insurance card. * Prenatal classes. * Listening and telephone support. * Vaccination.

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: parapublic organization

Housing for seniors

CENTRE D'HÉBERGEMENT BRASSARD

390 Brassard Street, Saint-Michel-des-Saints, Lanaudière, QC, J0K 3B0

450 833-6331

Website: www.cisss-lanaudiere.gouv.qc.ca

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

Eligibility: seniors, people with a loss of autonomy

Coverage area: Lanaudière

Financing: provincial

Legal status: parapublic organization

CENTRE D'HÉBERGEMENT DE SAINT-DONAT

430 Bellevue Street, Saint-Donat, Lanaudière, QC, J0T 2C0

819 424-2503

Website: www.cisss-lanaudiere.gouv.qc.ca

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

Eligibility: seniors, people with a loss of autonomy

Coverage area: Lanaudière

Financing: provincial

Legal status: parapublic organization

CENTRE D'HÉBERGEMENT HEATHER

3931 Lakeshore Drive, Rawdon, Lanaudière, QC, J0K 1S0

450 834-3070 Fax: 450 834-5805

Website: chheather.com

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: Lanaudière

Financing: provincial

Legal status: parapublic organization

Sports, Recreation and Culture

DAY CAMPS AND SPECIALIZED CAMPS

LIBRARIES

SPORTS AND RECREATION FOR PEOPLE WITH A DISABILITY

Day camps and specialized camps

CAMP FAMILIAL SAINT-URBAIN

1651 de Chertsey Road, Chertsey, Lanaudière, QC, J0K 3K0

1 888 882-4719

Website: www.campfamilial.org

Email: info@campfamilial.org

Services: * 2 to 13 nights holiday stay. * Companion leisure card (CAL).

Eligibility: priority to families on a low income, immigrants, people living with a disability, seniors

Capacity: 225 persons

Coverage area: Province of Québec

Hours: 7 days, 9h00 to 16h30

Fees: summer stays: according to income

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

Libraries

RESCOUSSE AMICALE (LA)

3689 Albert Street, Rawdon, Lanaudière, QC, J0K 1S0

450 834-3151 Fax: 450 834-5557

Website: rescousseamicale.ca

Email: rescousseamicale@bellnet.ca

Services: Alternative mental health support group. * Reception, information and referral. * Individual meetings.

* Support group. * Thematic workshops, trainings and conferences. * Coffee-meeting and community lunches. *

Sporting and cultural activities. * Transportation and accompaniment for the activities of the organization. *

Library.

Eligibility: people 18 years and over living with or having lived with a mental health problem or emotional distress

Coverage area: MRC Matawinie

Hours: Monday to Friday 9h00 to 16h00

Fees: services: free, membership card: \$5

Financing: contributions

Legal status: non-profit organization

Sports and recreation for people with a disability

RESCOUSSE AMICALE (LA)

3689 Albert Street, Rawdon, Lanaudière, QC, J0K 1S0

450 834-3151 Fax: 450 834-5557

Website: rescousseamicale.ca

Email: rescousseamicale@bellnet.ca

Services: Alternative mental health support group. * Reception, information and referral. * Individual meetings.

* Support group. * Thematic workshops, trainings and conferences. * Coffee-meeting and community lunches. *

Sporting and cultural activities. * Transportation and accompaniment for the activities of the organization. *

Library.

Eligibility: people 18 years and over living with or having lived with a mental health problem or emotional distress

Coverage area: MRC Matawinie

Hours: Monday to Friday 9h00 to 16h00

Fees: services: free, membership card: \$5

Financing: contributions

Legal status: non-profit organization

Violence and abuse

SUPPORT FOR PERPETRATORS OF VIOLENCE AND THEIR FAMILIES

THERAPY AND COUNSELLING

Support for perpetrators of violence and their families

ENGLISH COMMUNITY ORGANIZATION OF LANAUDIÈRE

3657 Queen Street, Rawdon, Lanaudière, QC, J0K 1S0

450 834-2268

Website: www.ecol-lanaudiere.org

Email: ecol@ecol-lanaudiere.org

Services: Support and promote the well-being of the English-speaking community. * Information and referrals. * Food bank: prepared meals for low cost. * Collects donations of English used items: school supplies, books, etc. * Outreach services and support for seniors: health and legal information, friendly visits and calls, etc. * General support groups for adults and seniors. * Cancer support group. * Anger management group. * Community activities related to health, social service, culture, employment, etc. * Employment support: information, translation and interpretation, CV writing and interview simulation, etc. * Day wellness centre for seniors. * Informal interpretation services. * Christmas community meals with possible delivery service. * Bursary program for students in health or social services. * Other point of service: 2180 Sainte-Marie Road, Mascouche. * Other point of service: 50 Thouin Street, Suite 217, Repentigny.

Eligibility: general public, health professionals, students, employment support: people seeking employment, employment agencies

Coverage area: Lanaudière

Hours: Monday to Friday 9h00 to 16h00

Fees: annual membership: \$5, food band: \$5 per meal

Financing: federal, provincial, municipal, donations

Legal status: None or unknown

Therapy and counselling

CENTRE DE JOUR JARDIN D'ÉTOILES

3931 Lakeshore Drive Street, Rawdon, Lanaudière, QC, J0K 1S0

450 834-3070 ext. 1027

Website: jardinetoiles.ca

Email: info@jardinetoiles.ca

Services: Day centre for adults 18 to 65 years old living with a severe disability. * Adapted play activities. * Supervision of the participants by counsellors, individually or in pairs according to their needs. * Music therapy and zootherapy. * Sensory room.

Eligibility: adults 18 to 65 years old living with a severe disability

Coverage area: Lanaudière

Hours: Monday, Wednesday and Friday 9h00 to 11h30 and 13h00 to 15h30

Fees: sensory room: none, other services: variable

Financing: donations, provincial

Legal status: non-profit organization

CENTRE MULTISERVICES DE SANTÉ ET DE SERVICES SOCIAUX DE SAINT-JEAN-DE-MATHA

895 Louis-Cyr Road, Saint-Jean-de-Matha, Lanaudière, QC, J0K 2S0

450 886-3861

Website: www.cisss-lanaudiere.gouv.qc.ca/votre-cisss/coordonnees-et-horaires/clsc

Services: Frontline services for routine health and social services. * Authentication of the health insurance card. * Prenatal classes. * Listening and telephone support. * Vaccination.

Coverage area: Lanaudière

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: parapublic organization

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