



DIRECTORY OF SOCIAL AND COMMUNITY RESOURCES

LAURENTIDES / MRC LES PAYS-D'EN-HAUT / ALL CITIES



2-1-1



WWW.211.QC.CA

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Child, Youth and Family

CHILD WELFARE

DAYCARE AND RESPITE

FAMILY SUPPORT

MATERNITY SUPPORT AND ADOPTION

PARENTING EDUCATION

RECREATIONAL ACTIVITIES

YOUTH CENTRES AND SUPPORT

YOUTH EMPLOYMENT

YOUTH SHELTERS AND SUPPORT

Child welfare

ESCOUADE POUR L'ENFANCE

1332 Sainte-Adèle Boulevard, Suite 200, Sainte-Adèle, Laurentides, QC, J8B 0J7

450 229-6650

Website: escouade.org

Email: info@escouade.org

Services: Prevention of all types of violence against children. * Phone listening and support. * Awareness among adults and collaboration with field workers. * Educational program to empower children and adults.

Eligibility: children 4 to 12 years old of elementary schools and early childhood care centre, adults close to them

Coverage area: Laurentians

Hours: Monday to Friday 9h00 to 17h00, closed for summer

Financing: donations, self-financing, contributions

Legal status: non-profit organization

Daycare and respite

MAISON DE LA FAMILLE DES PAYS-D'EN HAUT (LA)

480 des Capucines Street, Sainte-Adèle, Laurentides, QC, J8B 1W5

450 229-3354

Website: maisondelafamille.com

Email: info@maisondelafamille.com

Services: Exchange and activity environment seeking to provide tools for parents and children, break their isolation and encourage their development. * Support. * Collective kitchens. * learning assistance for 6 to 12-year-olds. * Drop-in daycare. * Clothing counter. * Coffee chats. * Y'APP: parental skills, information, self-esteem, meeting and self-help workshops for parents of children 5 years old and under. * DÉLIMA: workshops seeking to promote children development and better the relationship between parents and babies. * Breakfasts discussions on baby related topics. * Bonhomme à lunette service point: low-cost glasses.

Eligibility: families, children 0 to 12 years old

Coverage area: MRC Les Pays-d'en-Haut

Hours: bonhomme à lunette: walk-in service, Tuesday 9h30 to 11h30

Fees: yearly membership: \$20

Financing: self-financing

Legal status: non-profit organization

Family Support

GROUPE JAD

848 Latour Street, Sainte-Adèle, Laurentides, QC, J8B 1J6

1 888 681-7717

Website: groupejad.com

Email: info@groupejad.com

Services: * Helpline. * Individual help: coaching, listening, prevention, support groups and on the spot activities. * Support for loved ones: listening and support for parents, coaching, support groups. * Training and conferences.

Eligibility: youth living with problems of addiction, of violence or with family communication, parents experiencing difficulties with their teen

Coverage area: MRC Laurentides

Hours: Monday to Friday 8h30 to 16h00, helpline: Monday and Wednesday 16h00 to 20h00, Friday 10h00 to 16h00

Fees: none

Financing: donations

Legal status: non-profit organization

MAISON DE LA FAMILLE DES PAYS-D'EN HAUT (LA)

480 des Capucines Street, Sainte-Adèle, Laurentides, QC, J8B 1W5

450 229-3354

Website: maisondefamille.com

Email: info@maisondefamille.com

Services: Exchange and activity environment seeking to provide tools for parents and children, break their isolation and encourage their development. * Support. * Collective kitchens. * learning assistance for 6 to 12-year-olds. * Drop-in daycare. * Clothing counter. * Coffee chats. * Y'APP: parental skills, information, self-esteem, meeting and self-help workshops for parents of children 5 years old and under. * DÉLIMA: workshops seeking to promote children development and better the relationship between parents and babies. * Breakfasts discussions on baby related topics. * Bonhomme à lunette service point: low-cost glasses.

Eligibility: families, children 0 to 12 years old

Coverage area: MRC Les Pays-d'en-Haut

Hours: bonhomme à lunette: walk-in service, Tuesday 9h30 to 11h30

Fees: yearly membership: \$20

Financing: self-financing

Legal status: non-profit organization

PALLIACCO - SAINT-SAUVEUR POINT OF SERVICE

200 Main Street Suite 21A and 21C, Saint-Sauveur, Laurentides, QC, J0R 1R0

819 717-9646 Fax: 819 717-4411

Website: www.palliacco.org/en

Email: references@palliacco.org

Services: Organization dedicated to supporting people who are ill and at the end of their lives and their entourage. * Accompaniment in palliative care. * Home support at the end of life. * Training in palliative care and support for caregivers. * Support groups: people with cancer or in remission, caregivers, bereaved people. * Respite care at home. * Individual support: counselling. * Massage therapy at home. * Yoga sessions. * Coffee meetings. * Conferences. * Fundraising campaign La randonnée sous les étoiles.

Eligibility: people with cancer, people who are ill and at the end of life, caregivers, bereaved people

Coverage area: MRC Les Laurentides, MRC Les Pays-d'en-Haut, La Macaza, L'Ascension, Nominingue, Rivière-Rouge

Hours: by appointment

Fees: none

Financing: donations, fundraising campaigns

Legal status: non-profit organization

Maternity support and adoption

MAISON DE LA FAMILLE DES PAYS-D'EN HAUT (LA)

480 des Capucines Street, Sainte-Adèle, Laurentides, QC, J8B 1W5

450 229-3354

Website: maisondefamille.com

Email: info@maisondefamille.com

Services: Exchange and activity environment seeking to provide tools for parents and children, break their isolation and encourage their development. * Support. * Collective kitchens. * learning assistance for 6 to 12-year-olds. * Drop-in daycare. * Clothing counter. * Coffee chats. * Y'APP: parental skills, information, self-esteem, meeting and self-help workshops for parents of children 5 years old and under. * DÉLIMA: workshops seeking to promote children development and better the relationship between parents and babies. * Breakfasts discussions on baby related topics. * Bonhomme à lunette service point: low-cost glasses.

Eligibility: families, children 0 to 12 years old

Coverage area: MRC Les Pays-d'en-Haut

Hours: bonhomme à lunette: walk-in service, Tuesday 9h30 to 11h30

Fees: yearly membership: \$20

Financing: self-financing

Legal status: non-profit organization

Parenting Education

MAISON DE LA FAMILLE DES PAYS-D'EN HAUT (LA)

480 des Capucines Street, Sainte-Adèle, Laurentides, QC, J8B 1W5

450 229-3354

Website: maisondefamille.com

Email: info@maisondefamille.com

Services: Exchange and activity environment seeking to provide tools for parents and children, break their isolation and encourage their development. * Support. * Collective kitchens. * learning assistance for 6 to 12-year-olds. * Drop-in daycare. * Clothing counter. * Coffee chats. * Y'APP: parental skills, information, self-esteem, meeting and self-help workshops for parents of children 5 years old and under. * DÉLIMA: workshops seeking to promote children development and better the relationship between parents and babies. * Breakfasts discussions on baby related topics. * Bonhomme à lunette service point: low-cost glasses.

Eligibility: families, children 0 to 12 years old

Coverage area: MRC Les Pays-d'en-Haut

Hours: bonhomme à lunette: walk-in service, Tuesday 9h30 to 11h30

Fees: yearly membership: \$20

Financing: self-financing

Legal status: non-profit organization

Recreational Activities

MAISON DE LA FAMILLE DES PAYS-D'EN HAUT (LA)

480 des Capucines Street, Sainte-Adèle, Laurentides, QC, J8B 1W5

450 229-3354

Website: maisondefamille.com

Email: info@maisondefamille.com

Services: Exchange and activity environment seeking to provide tools for parents and children, break their isolation and encourage their development. * Support. * Collective kitchens. * learning assistance for 6 to 12-year-olds. * Drop-in daycare. * Clothing counter. * Coffee chats. * Y'APP: parental skills, information, self-esteem, meeting and self-help workshops for parents of children 5 years old and under. * DÉLIMA: workshops seeking to promote children development and better the relationship between parents and babies. * Breakfasts discussions on baby related topics. * Bonhomme à lunette service point: low-cost glasses.

Eligibility: families, children 0 to 12 years old

Coverage area: MRC Les Pays-d'en-Haut

Hours: bonhomme à lunette: walk-in service, Tuesday 9h30 to 11h30

Fees: yearly membership: \$20

Financing: self-financing

Legal status: non-profit organization

Youth Centres and Support

MAISON DES JEUNES DE SAINTE-ADÈLE

95 Morin Street, Sainte-Adèle, Laurentides, QC, J8B 2P6

450 229-7452 Fax: 450 229-7972

Website: www.mdj-ste-adele.org

Email: intervenants@mdj-ste-adele.org

Services: Place of exchange and meeting for youth. * Reception and listening by outreach workers on site. * Workshops for discussion, prevention, awareness and exchanges. * Support in the search for solutions and in the achievement of projects. * Sports, cultural and entertainment activities.

Eligibility: youth from 12 to 17 years old, volunteers, parents who want to get involved

Coverage area: Sainte-Adèle

Hours: youth: Wednesday 15h00 to 19h30 (from September to June, Wednesdays are reserved for sixth grade students), Thursday and Friday 16h00 to 22h00, Saturday and Sunday 14h00 to 21h00, administration: Monday to Wednesday 9h00 to 17h00, Thursday and Friday by appointment

Fees: variable, membership: none

Financing: grants, donations, self-financing

Legal status: non-profit organization

MAISON DES JEUNES LOCO LOCAL

1508 d'Argenteuil Montée, Saint-Adolphe-d'Howard, Laurentides, QC, J0T 2B0

819 327-5021

Website: www.adolphins.com

Email: locolocal@adolphins.com

Services: Meeting place for young people. * Sports, cultural and entertainment activities. * Campado.

Eligibility: youth 12 to 17 years old

Coverage area: Saint-Adolphe-D'howard

Hours: summer period: Monday to Friday 8h00 to 17h00, Friday and Saturday 17h00 to 22h00, school period: Friday and Saturday 15h00 to 21h00

Fees: variable

Financing: self-financing, municipal, donations, grants

Legal status: non-profit organization

MAISON DES JEUNES SAINT-SAUVEUR - PIEDMONT

57 de l'Église Avenue, Saint-Sauveur, Laurentides, QC, J0R 1R0

450 694-2504

Email: mdjssp@gmail.com

Services: Meeting place for young people. * Sports, cultural and entertainment activities.

Eligibility: youth 12 to 17 years old

Coverage area: Saint-Sauveur, Piedmont

Hours: Friday 16h30 to 21h00, Saturday and Sunday 14h00 to 21h00

Fees: variable

Financing: self-financing, municipal, provincial

Legal status: non-profit organization

RESSOURCES COMMUNAUTAIRES SOPHIE

3458 Principale Road, Wentworth-Nord, Laurentides, QC, J0T 1Y0

450 226-1304 Fax: 450 226-5048

Email: ressourcessophie@gmail.com

Services: Multi-service community centre. * Community meals. * Clothing counter. * Accompaniment and listening for youth and their families to fight against dropping out of school, neglect and delinquency. * Social and educational activities. * Development of community action. * Assistance with administrative procedures. * Professional reintegration opportunities. * School supplies. * Tax clinic. * End of summer party. * Christmas meal and Santa Claus visit.

Eligibility: general public

Coverage area: Lac-des-Seize-Îles South sector, Laurel, Montfort and Saint-Michel-de-Wentworth sectors and the surroundings

Hours: Monday to Friday 6h00 to 18h00, Mass: Sunday 8h30 to 10h00

Fees: annual membership: \$10

Financing: provincial, Centraide Laurentides, grants, donations

Legal status: non-profit organization

Youth Employment

CARREFOUR JEUNESSE-EMPLOI DES PAYS-D'EN-HAUT

22 Goyer Street, Saint-Sauveur, Laurentides, QC, J0R 1R0

450 227-0074

Website: www.cjepdh.ca

Email: info@cjepdh.ca

Services: * Reception, information, accompaniment and referral. * Job search assistance, at home and abroad. * Assistance for school retention or return. * Guidance, vocational and school information. * School perseverance and dropout prevention program. * Place aux jeunes: assistance, advice, referral and networking for new citizens. * Youth entrepreneurship development. * Accompaniment in project development. * Job posting, CV bank and digitalized documentation centre. * Pairing. * Information on wage subsidies and financial contributions. * Employability-based special events organization. * Room and offices rental.

Eligibility: youth 15 to 35 years old

Coverage area: MRC Les Pays-d'en-Haut

Hours: Monday, Tuesday and Thursday 9h00 to 12h00 and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

RESSOURCES COMMUNAUTAIRES SOPHIE

3458 Principale Road, Wentworth-Nord, Laurentides, QC, J0T 1Y0

450 226-1304 Fax: 450 226-5048

Email: ressourcessophie@gmail.com

Services: Multi-service community centre. * Community meals. * Clothing counter. * Accompaniment and listening for youth and their families to fight against dropping out of school, neglect and delinquency. * Social and educational activities. * Development of community action. * Assistance with administrative procedures. * Professional reintegration opportunities. * School supplies. * Tax clinic. * End of summer party. * Christmas meal and Santa Claus visit.

Eligibility: general public

Coverage area: Lac-des-Seize-Îles South sector, Laurel, Montfort and Saint-Michel-de-Wentworth sectors and the surroundings

Hours: Monday to Friday 6h00 to 18h00, Mass: Sunday 8h30 to 10h00

Fees: annual membership: \$10

Financing: provincial, Centraide Laurentides, grants, donations

Legal status: non-profit organization

Youth Shelters and Support

ACCUEIL COMMUNAUTAIRE JEUNESSE LE LABYRINTHE

95 Morin Street, Sainte-Adèle, Laurentides, QC, J8B 2P6

450 229-4848

Website: www.mdj-ste-adele.org/labyrinthe.html

Email: acj_laby@hotmail.com

Services: Social integration of marginalized youth and adults. * Welcoming and accompaniment. * Temporary housing.

Eligibility: marginalized adolescents and young adults from 16 to 25 years old

Capacity: 10 beds

Coverage area: Sainte-Adèle

Hours: 24 hours / 7 days

Financing: municipal

Legal status: non-profit organization

GROUPE JAD

848 Latour Street, Sainte-Adèle, Laurentides, QC, J8B 1J6

1 888 681-7717

Website: groupejad.com

Email: info@groupejad.com

Services: * Helpline. * Individual help: coaching, listening, prevention, support groups and on the spot activities. * Support for loved ones: listening and support for parents, coaching, support groups. * Training and conferences.

Eligibility: youth living with problems of addiction, of violence or with family communication, parents experiencing difficulties with their teen

Coverage area: MRC Laurentides

Hours: Monday to Friday 8h30 to 16h00, helpline: Monday and Wednesday 16h00 to 20h00, Friday 10h00 to 16h00

Fees: none

Financing: donations

Legal status: non-profit organization

MAISON DES JEUNES DE SAINTE-ADÈLE

95 Morin Street, Sainte-Adèle, Laurentides, QC, J8B 2P6

450 229-7452 Fax: 450 229-7972

Website: www.mdj-ste-adele.org

Email: intervenants@mdj-ste-adele.org

Services: Place of exchange and meeting for youth. * Reception and listening by outreach workers on site. * Workshops for discussion, prevention, awareness and exchanges. * Support in the search for solutions and in the achievement of projects. * Sports, cultural and entertainment activities.

Eligibility: youth from 12 to 17 years old, volunteers, parents who want to get involved

Coverage area: Sainte-Adèle

Hours: youth: Wednesday 15h00 to 19h30 (from September to June, Wednesdays are reserved for sixth grade students), Thursday and Friday 16h00 to 22h00, Saturday and Sunday 14h00 to 21h00, administration: Monday to Wednesday 9h00 to 17h00, Thursday and Friday by appointment

Fees: variable, membership: none

Financing: grants, donations, self-financing

Legal status: non-profit organization

RESSOURCES COMMUNAUTAIRES SOPHIE

3458 Principale Road, Wentworth-Nord, Laurentides, QC, J0T 1Y0

450 226-1304 Fax: 450 226-5048

Email: ressourcessophie@gmail.com

Services: Multi-service community centre. * Community meals. * Clothing counter. * Accompaniment and listening for youth and their families to fight against dropping out of school, neglect and delinquency. * Social and educational activities. * Development of community action. * Assistance with administrative procedures. * Professional reintegration opportunities. * School supplies. * Tax clinic. * End of summer party. * Christmas meal and Santa Claus visit.

Eligibility: general public

Coverage area: Lac-des-Seize-Îles South sector, Laurel, Montfort and Saint-Michel-de-Wentworth sectors and the surroundings

Hours: Monday to Friday 6h00 to 18h00, Mass: Sunday 8h30 to 10h00

Fees: annual membership: \$10

Financing: provincial, Centraide Laurentides, grants, donations

Legal status: non-profit organization

Community Action

ADVISORY AND CITIZEN ACTION ORGANIZATIONS

CHARITY ORGANIZATIONS

COMMUNITY DEVELOPMENT

INFORMATION AND REFERRAL

VOLUNTEERING AND VOLUNTEER CENTRES

Advisory and citizen action organizations

ENTRAIDE BÉNÉVOLE DES PAYS-D'EN-HAUT (L')

1013 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M4

450 229-9020 Fax: 450 229-7539

Website: www.entraidebenevolepdh.com

Email: info@entraidebenevolepdh.com

Services: * Reception and referral. * Meals on wheels: delivery of frozen meals at home. * Friendly health: blood pressure check by volunteer nurses. * Visits and friendship calls. * Help with filling out forms. * Community action development. * Volunteer support: welcome, supervision and training. * Van: group transportation service for outings (grocery store, bank, etc.) * Kindness calls. * Help with small household jobs. * Computer support. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Monthly community meal. * Blood collection. * Accompaniment for walking.

Eligibility: people with temporary or permanent loss of autonomy, seniors

Coverage area: MRC Les Pays-d'en-Haut

Hours: Monday to Friday 8h30 to 16h30

Fees: meals on wheels: \$8,50 per meal, community meal: \$6 per meal, light housework: travel expenses, van: small contribution

Financing: donations, self-financing

Legal status: non-profit organization

REGROUPEMENT DES PARTENAIRES DES PAYS-D'EN-HAUT

1014 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M3

450 229-6637 ext. 126

Website: lespaysdenhaut.com/regroupement-partenaires-pays-den-haut/

Email: regroupementpdh@gmail.com

Services: * Citizen mobilization and consultation on social and community development issues. * Development and support for organizations.

Eligibility: community organization, regional issue tables

Coverage area: MRC Les Pays-d'en-Haut

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

Financing: municipal

Legal status: non-profit organization

TABLE DE CONCERTATION RÉGIONALE DES ÂÎNÉ-E-S DES LAURENTIDES

19 de la gare Street, Room D, Saint-Sauveur, Laurentides, QC, J0R 1R0

450 602-8477

Website: tcral.ca

Email: tralaurentides@gmail.com

Services: Place for exchange and dialogue to improve the living conditions of seniors in the Laurentians.

Eligibility: seniors, organizations that provide services to seniors

Coverage area: Laurentians

Hours: Monday to Thursday 9h00 to 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

Charity Organizations

FONDATION NOËL AU PRINTEMPS

Confidential Address Fax: 514 788-4473

Website: www.fnap.ca

Email: info@fnap.ca

Services: * Financial assistance to pay for medical treatment for children living with an illness or disability.

Eligibility: families on a low income receiving the Canada Child Tax Benefit and receiving benefits for children with disabilities

Coverage area: Province of Québec

Fees: none

Financing: donations

Legal status: non-profit organization

Community development

REGROUPEMENT DES PARTENAIRES DES PAYS-D'EN-HAUT

1014 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M3

450 229-6637 ext. 126

Website: lespaysdenhaut.com/regroupement-partenaires-pays-den-haut/

Email: regroupementpdh@gmail.com

Services: * Citizen mobilization and consultation on social and community development issues. * Development and support for organizations.

Eligibility: community organization, regional issue tables

Coverage area: MRC Les Pays-d'en-Haut

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

Financing: municipal

Legal status: non-profit organization

Information and referral

ANTR'AIDANT (L')

205 Principale Street, Saint-Sauveur, Laurentides, QC, J0R 1R0

579 888-0211

Website: lantraidant.com

Email: information@lantraidant.com

Services: Support for caregivers. * Phone reception and listening. * Information, needs assessment and referral. * Individual accompaniment, counselling and follow-up. * Caregiver coaching. * Weekly support group in person and online. * Awareness activities, conferences and workshops. * Online tools and capsules.

Eligibility: caregivers of adults and seniors living with a physical or cognitive loss, formative awareness workshops: caregivers, workers, community environments

Coverage area: MRC Thérèse-de Blainville, MRC Deux-Montagnes, MRC d'Argenteuil, MRC des Pays-d'en-Haut, MRC des Laurentides, MRC Antoine-Labelle, MRC La Rivière-du-Nord, Sud de Mirabel, North of Mirabel

Hours: Monday to Sunday 8h30 to 16h30

Fees: none

Financing: federal, provincial, Centraide Laurentides, self-financing, donations

Legal status: non-profit organization

Volunteering and volunteer centres

CLSM - COLLECTIF DES LAURENTIDES EN SANTÉ MENTALE

1370 Sainte-Adèle Boulevard, Sainte-Adèle, Laurentides, QC, J8B 0K2

450 229-8440

Website: www.clsmqc.org

Email: clsm227@gmail.com

Services: Unite, advocate, promote and raise awareness of the needs and interests of people who have lived or are living with mental health problems. * Popular education. * Social meetings. * Representation with government authorities. * Advocacy of rights and interests. * Promotion and awareness.

Eligibility: people who have lived or are living with mental health problems

Coverage area: Laurentians

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: donations, grants

Legal status: non-profit organization

ENTRAIDE BÉNÉVOLE DES PAYS-D'EN-HAUT (L')

1013 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M4

450 229-9020 Fax: 450 229-7539

Website: www.entraidebenevolepdh.com

Email: info@entraidebenevolepdh.com

Services: * Reception and referral. * Meals on wheels: delivery of frozen meals at home. * Friendly health: blood pressure check by volunteer nurses. * Visits and friendship calls. * Help with filling out forms. * Community action development. * Volunteer support: welcome, supervision and training. * Van: group transportation service for outings (grocery store, bank, etc.) * Kindness calls. * Help with small household jobs. * Computer support. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Monthly community meal. * Blood collection. * Accompaniment for walking.

Eligibility: people with temporary or permanent loss of autonomy, seniors

Coverage area: MRC Les Pays-d'en-Haut

Hours: Monday to Friday 8h30 to 16h30

Fees: meals on wheels: \$8,50 per meal, community meal: \$6 per meal, light housework: travel expenses, van: small contribution

Financing: donations, self-financing

Legal status: non-profit organization

GARDE-MANGER DES PAYS-D'EN-HAUT (LE)

100 Morin Street, Sainte-Adèle, Laurentides, QC, J8B 2P7

450 227-3757 Fax: 450 745-1811

Website: www.gardemangerpdh.ca/en

Email: secretariat@gardemangerpdh.ca

Services: Food and clothing support. * Food counter. * Emergency food assistance. * Collective kitchen. * In-school lunches. * Meals on wheels. * Christmas vouchers. * La Fouillerie: clothing counter. * Help with school supplies.

Eligibility: families and people in need

Coverage area: MRC Les Pays-d'en-Haut

Hours: Monday to Thursday 9h00 to 16h30, food counter: Monday 13h00 to 16h00, collective kitchen: Monday, Wednesday and Friday

Fees: food counter: \$3, collective kitchen: \$18 for 5 meals, emergency food assistance: free

Financing: donations, self-financing

Legal status: non-profit organization

GARDE-MANGER DES PAYS-D'EN-HAUT (LE) - COMPTOIR ALIMENTAIRE DE LAUREL - WENTWORTH-NORD

3470 Main Road, Wentworth-Nord, Laurentides, QC, J0T 1Y0

450 229-2011

Website: www.gardemangerpdh.ca/comptoireAlimentaire

Email: info@gardemangerpdh.ca

Services: * Food assistance.

Eligibility: families and people in need

Coverage area: MRC Les Pays-d'en-Haut

Hours: Thursday 14h30 to 15h00

Fees: \$3 per household

Financing: donations, self-financing

Legal status: non-profit organization

GARDE-MANGER DES PAYS-D'EN-HAUT (LE) - COMPTOIR ALIMENTAIRE DE MORIN-HEIGHTS

567 Village Road, Morin-Heights, Laurentides, QC, J0R 1H0

450 229-2011

Website: www.gardemangerpdh.ca

Email: info@gardemangerpdh.ca

Services: * Food assistance.

Eligibility: families and people in need

Coverage area: MRC des Pays-d'en-Haut

Hours: Tuesday 14h15 to 15h00

Fees: \$3 per household

Financing: donations, self-financing

Legal status: non-profit organization

GARDE-MANGER DES PAYS-D'EN-HAUT (LE) - COMPTOIR ALIMENTAIRE DE SAINT-ADOLPHE-D'HOWARD

1896 Village Road, Saint-Adolphe-d'Howard, Laurentides, QC, J0T 2B0

450 229-2011

Website: www.gardemangerpdh.ca

Email: info@gardemangerpdh.ca

Services: * Food assistance.

Eligibility: families and people in need

Coverage area: MRC des Pays-d'en-Haut

Hours: Tuesday 12h30 to 13h30

Fees: \$3 per household

Financing: donations, self-financing

Legal status: non-profit organization

GARDE-MANGER DES PAYS-D'EN-HAUT (LE) - COMPTOIR ALIMENTAIRE DE SAINT-SAUVEUR

205 Principale Street, Saint-Sauveur, Laurentides, QC, J0R 1R0

450 229-2011

Website: www.gardemangerpdh.ca/comptoireAlimentaire

Email: info@gardemangerpdh.ca

Services: * Food assistance.

Eligibility: families or people in need

Coverage area: MRC Les Pays-d'en-Haut

Hours: Wednesday 9h30 to 11h00

Fees: \$3 per household

Financing: donations, self-financing

Legal status: non-profit organization

GARDE-MANGER DES PAYS-D'EN-HAUT (LE) - COMPTOIR ALIMENTAIRE DE SAINTE-MARGUERITE

2 Masson Road, Estérel, Laurentides, QC, J0T 1L0

450 229-2011

Website: www.gardemangerpdh.ca/comptoireAlimentaire

Email: info@gardemangerpdh.ca

Services: * Food assistance.

Eligibility: families and people in need

Coverage area: MRC Les Pays-d'en-Haut

Hours: Thursday 11h30 to 12h30

Fees: \$3 per household

Financing: donations, self-financing

Legal status: non-profit organization

PALLIACCO - SAINT-SAUVEUR POINT OF SERVICE

200 Main Street Suite 21A and 21C, Saint-Sauveur, Laurentides, QC, J0R 1R0

819 717-9646 Fax: 819 717-4411

Website: www.palliacco.org/en

Email: references@palliacco.org

Services: Organization dedicated to supporting people who are ill and at the end of their lives and their entourage. * Accompaniment in palliative care. * Home support at the end of life. * Training in palliative care and support for caregivers. * Support groups: people with cancer or in remission, caregivers, bereaved people. * Respite care at home. * Individual support: counselling. * Massage therapy at home. * Yoga sessions. * Coffee meetings. * Conferences. * Fundraising campaign La randonnée sous les étoiles.

Eligibility: people with cancer, people who are ill and at the end of life, caregivers, bereaved people

Coverage area: MRC Les Laurentides, MRC Les Pays-d'en-Haut, La Macaza, L'Ascension, Nominingue, Rivière-Rouge

Hours: by appointment

Fees: none

Financing: donations, fundraising campaigns

Legal status: non-profit organization

Disability

ADAPTED WORK AND EMPLOYABILITY SUPPORT

LANGUAGE DISORDERS

MOBILITY AIDS

RECREATION AND CAMPS

RESPITE SERVICES AND HOUSING

SUPPORT ASSOCIATIONS

THERAPY AND REHABILITATION CENTRES

Adapted work and employability support

CENTRE D'AIDE PROFESSIONNELLE POUR L'EMPLOI - SAINTE-ADÈLE POINT OF SERVICE

810 Sainte-Adèle Boulevard, Sainte-Adèle, Laurentides, QC, J8B 2N2

450 229-6524 Fax: 450 229-1787

Website: capemploi.ca

Email: info@capemploi.ca

Services: Specialized and personalized employability services. * Support, supervision and accompaniment in the professional or academic reintegration process. * Needs, obstacles and goals assessment. * Individual and group counselling. * Psychosocial follow-up.

Eligibility: people 18 to 65 years old

Coverage area: Laurentians

Hours: Monday to Friday 9h00 to 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

RESSOURCES COMMUNAUTAIRES SOPHIE

3458 Principale Road, Wentworth-Nord, Laurentides, QC, J0T 1Y0

450 226-1304 Fax: 450 226-5048

Email: ressourcessophie@gmail.com

Services: Multi-service community centre. * Community meals. * Clothing counter. * Accompaniment and listening for youth and their families to fight against dropping out of school, neglect and delinquency. * Social and educational activities. * Development of community action. * Assistance with administrative procedures. * Professional reintegration opportunities. * School supplies. * Tax clinic. * End of summer party. * Christmas meal and Santa Claus visit.

Eligibility: general public

Coverage area: Lac-des-Seize-Îles South sector, Laurel, Montfort and Saint-Michel-de-Wentworth sectors and the surroundings

Hours: Monday to Friday 6h00 to 18h00, Mass: Sunday 8h30 to 10h00

Fees: annual membership: \$10

Financing: provincial, Centraide Laurentides, grants, donations

Legal status: non-profit organization

Language disorders

AVC APHASIE LAURENTIDES - SAINTE-ADÈLE SERVICE POINT

168 de la Vallée du Golf Street, Sainte-Adèle, Laurentides, QC, J8B 1P5

1 866 974-1888 Fax: 450 974-3757

Website: grpa.ca/en

Email: coordination@grpa.ca

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

Eligibility: people who experienced a stroke with or without aphasia, caregivers

Coverage area: Laurentians

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

Fees: membership: \$40 per year

Financing: provincial

Legal status: non-profit organization

Mobility aids

ENTRAIDE BÉNÉVOLE DES PAYS-D'EN-HAUT (L')

1013 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M4

450 229-9020 Fax: 450 229-7539

Website: www.entraidebenevolepdh.com

Email: info@entraidebenevolepdh.com

Services: * Reception and referral. * Meals on wheels: delivery of frozen meals at home. * Friendly health: blood pressure check by volunteer nurses. * Visits and friendship calls. * Help with filling out forms. * Community action development. * Volunteer support: welcome, supervision and training. * Van: group transportation service for outings (grocery store, bank, etc.) * Kindness calls. * Help with small household jobs. * Computer support. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Monthly community meal. * Blood collection. * Accompaniment for walking.

Eligibility: people with temporary or permanent loss of autonomy, seniors

Coverage area: MRC Les Pays-d'en-Haut

Hours: Monday to Friday 8h30 to 16h30

Fees: meals on wheels: \$8,50 per meal, community meal: \$6 per meal, light housework: travel expenses, van: small contribution

Financing: donations, self-financing

Legal status: non-profit organization

Recreation and camps

AVC APHASIE LAURENTIDES - SAINTE-ADÈLE SERVICE POINT

168 de la Vallée du Golf Street, Sainte-Adèle, Laurentides, QC, J8B 1P5

1 866 974-1888 Fax: 450 974-3757

Website: grpa.ca/en

Email: coordination@grpa.ca

Services: * Information and documentation. * Physical and social activities: adapted physical exercise and outings. * Artistic activities: creative workshops, music therapy, drawing, painting and Chi Qong. *

Communication: coffee-meetings and language stimulation. * Support group for caregivers.

Eligibility: people who experienced a stroke with or without aphasia, caregivers

Coverage area: Laurentians

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

Fees: membership: \$40 per year

Financing: provincial

Legal status: non-profit organization

BASE DE PLEIN AIR BON DÉPART

4610 Principale Road, Wentworth-Nord, Laurentides, QC, J0T 1Y0

450 226-3336

Website: www.bpabondepart.ca/en/

Email: info@bpabondepart.ca

Services: 4-season camp. * Respite camp for people living with intellectual disabilities. * Holiday and school break camp, day camp. * Group reception, nature class. * Open air activities for campers.

Eligibility: respite: mixed clientele 7 to 99 years old, autistic or living with intellectual disabilities, holiday camp: youth 6 to 14 years old, day camp: youth 6 to 12 years old, nature class: schools and childcare services at a primary level, group reception: autonomous group of children, teenagers, adults, people with disabilities and families

Capacity: 6,500 holidaymakers per year

Coverage area: province of Québec

Hours: Monday to Friday 8h30 to 16h30

Fees: variable

Financing: donations, provincial, grants

Legal status: non-profit organization

CLSM - COLLECTIF DES LAURENTIDES EN SANTÉ MENTALE

1370 Sainte-Adèle Boulevard, Sainte-Adèle, Laurentides, QC, J8B 0K2

450 229-8440

Website: www.clsmqc.org

Email: clsm227@gmail.com

Services: Unite, advocate, promote and raise awareness of the needs and interests of people who have lived or are living with mental health problems. * Popular education. * Social meetings. * Representation with government authorities. * Advocacy of rights and interests. * Promotion and awareness.

Eligibility: people who have lived or are living with mental health problems

Coverage area: Laurentians

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: donations, grants

Legal status: non-profit organization

RÉPIT, BIEN-ÊTRE

19 de la Gare Avenue, Suite I, Saint-Sauveur, Laurentides, QC, J0R 1R0

450 224-2657

Website: www.repitbienetre.com

Email: repit.bienetre@gmail.com

Services: Respite and home help services. * Individual respite at home. * Social respite: community lunches, activities. * Respite camp: 3-day camp for caregivers and people receiving care.

Eligibility: seniors with a loss of autonomy, caregivers

Coverage area: Laurentides

Fees: variable according to income

Financing: donations, grants

Legal status: non-profit organization

Respite services and housing

BASE DE PLEIN AIR BON DÉPART

4610 Principale Road, Wentworth-Nord, Laurentides, QC, J0T 1Y0

450 226-3336

Website: www.bpabondepart.ca/en/

Email: info@bpabondepart.ca

Services: 4-season camp. * Respite camp for people living with intellectual disabilities. * Holiday and school break camp, day camp. * Group reception, nature class. * Open air activities for campers.

Eligibility: respite: mixed clientele 7 to 99 years old, autistic or living with intellectual disabilities, holiday camp: youth 6 to 14 years old, day camp: youth 6 to 12 years old, nature class: schools and childcare services at a primary level, group reception: autonomous group of children, teenagers, adults, people with disabilities and families

Capacity: 6,500 holidaymakers per year

Coverage area: province of Québec

Hours: Monday to Friday 8h30 to 16h30

Fees: variable

Financing: donations, provincial, grants

Legal status: non-profit organization

Support Associations

AVC APHASIE LAURENTIDES - SAINTE-ADÈLE SERVICE POINT

168 de la Vallée du Golf Street, Sainte-Adèle, Laurentides, QC, J8B 1P5

1 866 974-1888 Fax: 450 974-3757

Website: grpa.ca/en

Email: coordination@grpa.ca

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

Eligibility: people who experienced a stroke with or without aphasia, caregivers

Coverage area: Laurentians

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

Fees: membership: \$40 per year

Financing: provincial

Legal status: non-profit organization

GROUPE JAD

848 Latour Street, Sainte-Adèle, Laurentides, QC, J8B 1J6

1 888 681-7717

Website: groupejad.com

Email: info@groupejad.com

Services: * Helpline. * Individual help: coaching, listening, prevention, support groups and on the spot activities. * Support for loved ones: listening and support for parents, coaching, support groups. * Training and conferences.

Eligibility: youth living with problems of addiction, of violence or with family communication, parents experiencing difficulties with their teen

Coverage area: MRC Laurentides

Hours: Monday to Friday 8h30 to 16h00, helpline: Monday and Wednesday 16h00 to 20h00, Friday 10h00 to 16h00

Fees: none

Financing: donations

Legal status: non-profit organization

MAISON DE LA FAMILLE DES PAYS-D'EN HAUT (LA)

480 des Capucines Street, Sainte-Adèle, Laurentides, QC, J8B 1W5

450 229-3354

Website: maisondefamille.com

Email: info@maisondefamille.com

Services: Exchange and activity environment seeking to provide tools for parents and children, break their isolation and encourage their development. * Support. * Collective kitchens. * learning assistance for 6 to 12-year-olds. * Drop-in daycare. * Clothing counter. * Coffee chats. * Y'APP: parental skills, information, self-esteem, meeting and self-help workshops for parents of children 5 years old and under. * DÉLIMA: workshops seeking to promote children development and better the relationship between parents and babies. * Breakfasts discussions on baby related topics. * Bonhomme à lunette service point: low-cost glasses.

Eligibility: families, children 0 to 12 years old

Coverage area: MRC Les Pays-d'en-Haut

Hours: bonhomme à lunette: walk-in service, Tuesday 9h30 to 11h30

Fees: yearly membership: \$20

Financing: self-financing

Legal status: non-profit organization

PALLIACCO - SAINT-SAUVEUR POINT OF SERVICE

200 Main Street Suite 21A and 21C, Saint-Sauveur, Laurentides, QC, J0R 1R0

819 717-9646 Fax: 819 717-4411

Website: www.palliacco.org/en

Email: references@palliacco.org

Services: Organization dedicated to supporting people who are ill and at the end of their lives and their entourage. * Accompaniment in palliative care. * Home support at the end of life. * Training in palliative care and support for caregivers. * Support groups: people with cancer or in remission, caregivers, bereaved people. * Respite care at home. * Individual support: counselling. * Massage therapy at home. * Yoga sessions. * Coffee meetings. * Conferences. * Fundraising campaign La randonnée sous les étoiles.

Eligibility: people with cancer, people who are ill and at the end of life, caregivers, bereaved people

Coverage area: MRC Les Laurentides, MRC Les Pays-d'en-Haut, La Macaza, L'Ascension, Nominingue, Rivière-Rouge

Hours: by appointment

Fees: none

Financing: donations, fundraising campaigns

Legal status: non-profit organization

Therapy and rehabilitation centres**AVC APHASIE LAURENTIDES - SAINTE-ADÈLE SERVICE POINT**

168 de la Vallée du Golf Street, Sainte-Adèle, Laurentides, QC, J8B 1P5

1 866 974-1888 Fax: 450 974-3757

Website: grpa.ca/en

Email: coordination@grpa.ca

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

Eligibility: people who experienced a stroke with or without aphasia, caregivers

Coverage area: Laurentians

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

Fees: membership: \$40 per year

Financing: provincial

Legal status: non-profit organization

Education and Literacy

ACADEMIC AND VOCATIONAL GUIDANCE

COMPUTER WORKSHOPS

HOMEWORK ASSISTANCE AND TUTORING

PUBLIC EDUCATION

SCHOOL PERSEVERANCE

Academic and vocational guidance

CARREFOUR JEUNESSE-EMPLOI DES PAYS-D'EN-HAUT

22 Goyer Street, Saint-Sauveur, Laurentides, QC, J0R 1R0

450 227-0074

Website: www.cjepdh.ca

Email: info@cjepdh.ca

Services: * Reception, information, accompaniment and referral. * Job search assistance, at home and abroad. * Assistance for school retention or return. * Guidance, vocational and school information. * School perseverance and dropout prevention program. * Place aux jeunes: assistance, advice, referral and networking for new citizens. * Youth entrepreneurship development. * Accompaniment in project development. * Job posting, CV bank and digitalized documentation centre. * Pairing. * Information on wage subsidies and financial contributions. * Employability-based special events organization. * Room and offices rental.

Eligibility: youth 15 to 35 years old

Coverage area: MRC Les Pays-d'en-Haut

Hours: Monday, Tuesday and Thursday 9h00 to 12h00 and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

Computer workshops

CENTRE D'ACCÈS COMMUNAUTAIRE INFORMATIQUE

33 de l'Église Avenue, Saint-Sauveur, Laurentides, QC, J0R 1R0

450 227-0000

Website: www.caci.saint-sauveur.qc.ca

Email: info.caci.saint.sauveur@gmail.com

Services: * Computer training workshops. * Computer help desk clinic.

Eligibility: people of 55 years old and over

Capacity: workshops: 40

Coverage area: Laurentians

Hours: clinic: by appointment, workshops: first Tuesday of each month 9h30 to 11h30

Fees: annual membership: \$10 for residents of Saint-Sauveur or Piedmont, \$15 for non-residents, workshops: free for members, \$10 per workshop for non-members, computer clinic: \$10 per hour for everyone

Financing: membership fees, self-financing

Legal status: non-profit organization

ENTRAIDE BÉNÉVOLE DES PAYS-D'EN-HAUT (L')

1013 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M4

450 229-9020 Fax: 450 229-7539

Website: www.entraidebenevolepdh.com

Email: info@entraidebenevolepdh.com

Services: * Reception and referral. * Meals on wheels: delivery of frozen meals at home. * Friendly health: blood pressure check by volunteer nurses. * Visits and friendship calls. * Help with filling out forms. * Community action development. * Volunteer support: welcome, supervision and training. * Van: group transportation service for outings (grocery store, bank, etc.) * Kindness calls. * Help with small household jobs. * Computer support. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Monthly community meal. * Blood collection. * Accompaniment for walking.

Eligibility: people with temporary or permanent loss of autonomy, seniors

Coverage area: MRC Les Pays-d'en-Haut

Hours: Monday to Friday 8h30 to 16h30

Fees: meals on wheels: \$8,50 per meal, community meal: \$6 per meal, light housework: travel expenses, van: small contribution

Financing: donations, self-financing

Legal status: non-profit organization

Homework assistance and tutoring

MAISON DE LA FAMILLE DES PAYS-D'EN HAUT (LA)

480 des Capucines Street, Sainte-Adèle, Laurentides, QC, J8B 1W5

450 229-3354

Website: maisondefamille.com

Email: info@maisondefamille.com

Services: Exchange and activity environment seeking to provide tools for parents and children, break their isolation and encourage their development. * Support. * Collective kitchens. * learning assistance for 6 to 12-year-olds. * Drop-in daycare. * Clothing counter. * Coffee chats. * Y'APP: parental skills, information, self-esteem, meeting and self-help workshops for parents of children 5 years old and under. * DÉLIMA: workshops seeking to promote children development and better the relationship between parents and babies. * Breakfasts discussions on baby related topics. * Bonhomme à lunette service point: low-cost glasses.

Eligibility: families, children 0 to 12 years old

Coverage area: MRC Les Pays-d'en-Haut

Hours: bonhomme à lunette: walk-in service, Tuesday 9h30 to 11h30

Fees: yearly membership: \$20

Financing: self-financing

Legal status: non-profit organization

Public education

ÉCLUSE DES LAURENTIDES (L')

1008 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M3

450 229-2887 Fax: 450 229-5687

Website: www.ecluse.org

Email: eclusedeslaurentides@bellnet.ca

Services: * Street work: presence, listening, information, personalized referral, support and accompaniment. * Needle exchange and distribution. * Naloxone kits distribution. * Awareness activities. * Street workers available for each intervention sector. * Distribution and delivery of fentanyl test strips.

Eligibility: people facing social breakdown and coping with issues such as social exclusion, isolation, poverty, marginalization, addiction, dropping out, physical or mental health, psychological distress, or any other issue affecting their life

Coverage area: MRC Antoine-Labelle, MRC Argenteuil, MRC Deux-Montagnes, MRC La Rivière-du-Nord, MRC Les Laurentides, MRC Les Pays-d'en-Haut, MRC Thérèse-De Blainville

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

Fees: none

Financing: provincial, municipal, federal, donations

Legal status: non-profit organization

School perseverance

CARREFOUR JEUNESSE-EMPLOI DES PAYS-D'EN-HAUT

22 Goyer Street, Saint-Sauveur, Laurentides, QC, J0R 1R0

450 227-0074

Website: www.cjepdh.ca

Email: info@cjepdh.ca

Services: * Reception, information, accompaniment and referral. * Job search assistance, at home and abroad. * Assistance for school retention or return. * Guidance, vocational and school information. * School perseverance and dropout prevention program. * Place aux jeunes: assistance, advice, referral and networking for new citizens. * Youth entrepreneurship development. * Accompaniment in project development. * Job posting, CV bank and digitalized documentation centre. * Pairing. * Information on wage subsidies and financial contributions. * Employability-based special events organization. * Room and offices rental.

Eligibility: youth 15 to 35 years old

Coverage area: MRC Les Pays-d'en-Haut

Hours: Monday, Tuesday and Thursday 9h00 to 12h00 and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

RESSOURCES COMMUNAUTAIRES SOPHIE

3458 Principale Road, Wentworth-Nord, Laurentides, QC, J0T 1Y0

450 226-1304 Fax: 450 226-5048

Email: ressourcessophie@gmail.com

Services: Multi-service community centre. * Community meals. * Clothing counter. * Accompaniment and listening for youth and their families to fight against dropping out of school, neglect and delinquency. * Social and educational activities. * Development of community action. * Assistance with administrative procedures. * Professional reintegration opportunities. * School supplies. * Tax clinic. * End of summer party. * Christmas meal and Santa Claus visit.

Eligibility: general public

Coverage area: Lac-des-Seize-Îles South sector, Laurel, Montfort and Saint-Michel-de-Wentworth sectors and the surroundings

Hours: Monday to Friday 6h00 to 18h00, Mass: Sunday 8h30 to 10h00

Fees: annual membership: \$10

Financing: provincial, Centraide Laurentides, grants, donations

Legal status: non-profit organization

Employment and Income Support

BUDGET MANAGEMENT AND CONSUMPTION

BUSINESS DEVELOPMENT

EMPLOYMENT SUPPORT AND TRAINING

EMPLOYMENT SUPPORT FOR YOUTH

VOCATIONAL REHABILITATION AND DISABILITY-RELATED EMPLOYMENT

Budget management and consumption

FONDATION NOËL AU PRINTEMPS

Confidential Address Fax: 514 788-4473

Website: www.fnap.ca

Email: info@fnap.ca

Services: * Financial assistance to pay for medical treatment for children living with an illness or disability.

Eligibility: families on a low income receiving the Canada Child Tax Benefit and receiving benefits for children with disabilities

Coverage area: Province of Québec

Fees: none

Financing: donations

Legal status: non-profit organization

Business development

SOCIÉTÉ D'AIDE AU DÉVELOPPEMENT DES COLLECTIVITÉS DES LAURENTIDES

1332 Sainte-Adèle Boulevard, Suite 230, Sainte-Adèle, Laurentides, QC, J8B 0J7

450 229-3001

Website: sadclairentides.org/en

Email: info@sadclairentides.org

Services: Services to entrepreneurs. * Financing. * Business mentoring. * Coaching. * Training. * Tools and resources.

Eligibility: entrepreneurs

Coverage area: MRC Les Pays-d'en-Haut, MRC Les Laurentides

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

Financing: federal

Legal status: non-profit organization

Employment support and training

ATTITUDE CENTER

707, rue Principale, Piedmont, Laurentides, QC, J0R 1K0

450 240-0404 Fax: 450 240-0340

Website: centreattitude.com

Email: info@centreattitude.com

Services: * Individual counselling in a helping relationship. * 5-day intensive in-patient workshops on addiction issues, based on the 12 steps of remission (various issues, non-exclusive) every two weeks (Wednesday to Sunday). * 3-day intensive in-patient workshops for couples or teens every two months (Friday to Sunday). * Weekly addiction support groups based on the 12 stages of remission (various issues, non-exclusive).

Eligibility: adults, teenagers 12 to 17 years old and couples struggling with addiction (alcohol, drugs, gambling, cyberaddiction) or on a journey, support groups: 16 years old and over

Capacity: 40

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: individual consultations and intensive sessions: variable, support groups: voluntary contribution

Financing: donations, self-financing, fundraising campaigns

Legal status: non-profit organization

CENTRE D'AIDE PROFESSIONNELLE POUR L'EMPLOI - SAINTE-ADÈLE POINT OF SERVICE

810 Sainte-Adèle Boulevard, Sainte-Adèle, Laurentides, QC, J8B 2N2

450 229-6524 Fax: 450 229-1787

Website: capemploi.ca

Email: info@capemploi.ca

Services: Specialized and personalized employability services. * Support, supervision and accompaniment in the professional or academic reintegration process. * Needs, obstacles and goals assessment. * Individual and group counselling. * Psychosocial follow-up.

Eligibility: people 18 to 65 years old

Coverage area: Laurentians

Hours: Monday to Friday 9h00 to 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

RESSOURCES COMMUNAUTAIRES SOPHIE

3458 Principale Road, Wentworth-Nord, Laurentides, QC, J0T 1Y0

450 226-1304 Fax: 450 226-5048

Email: ressourcessophie@gmail.com

Services: Multi-service community centre. * Community meals. * Clothing counter. * Accompaniment and listening for youth and their families to fight against dropping out of school, neglect and delinquency. * Social and educational activities. * Development of community action. * Assistance with administrative procedures. * Professional reintegration opportunities. * School supplies. * Tax clinic. * End of summer party. * Christmas meal and Santa Claus visit.

Eligibility: general public

Coverage area: Lac-des-Seize-Îles South sector, Laurel, Montfort and Saint-Michel-de-Wentworth sectors and the surroundings

Hours: Monday to Friday 6h00 to 18h00, Mass: Sunday 8h30 to 10h00

Fees: annual membership: \$10

Financing: provincial, Centraide Laurentides, grants, donations

Legal status: non-profit organization

Employment support for youth**CARREFOUR JEUNESSE-EMPLOI DES PAYS-D'EN-HAUT**

22 Goyer Street, Saint-Sauveur, Laurentides, QC, J0R 1R0

450 227-0074

Website: www.cjepdh.ca

Email: info@cjepdh.ca

Services: * Reception, information, accompaniment and referral. * Job search assistance, at home and abroad. * Assistance for school retention or return. * Guidance, vocational and school information. * School perseverance and dropout prevention program. * Place aux jeunes: assistance, advice, referral and networking for new citizens. * Youth entrepreneurship development. * Accompaniment in project development. * Job posting, CV bank and digitalized documentation centre. * Pairing. * Information on wage subsidies and financial contributions. * Employability-based special events organization. * Room and offices rental.

Eligibility: youth 15 to 35 years old

Coverage area: MRC Les Pays-d'en-Haut

Hours: Monday, Tuesday and Thursday 9h00 to 12h00 and 13h00 to 16h30, Wednesday 10h00 to 12h00 and 13h00 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

RESSOURCES COMMUNAUTAIRES SOPHIE

3458 Principale Road, Wentworth-Nord, Laurentides, QC, J0T 1Y0

450 226-1304 Fax: 450 226-5048

Email: ressourcessophie@gmail.com

Services: Multi-service community centre. * Community meals. * Clothing counter. * Accompaniment and listening for youth and their families to fight against dropping out of school, neglect and delinquency. * Social and educational activities. * Development of community action. * Assistance with administrative procedures. * Professional reintegration opportunities. * School supplies. * Tax clinic. * End of summer party. * Christmas meal and Santa Claus visit.

Eligibility: general public

Coverage area: Lac-des-Seize-Îles South sector, Laurel, Montfort and Saint-Michel-de-Wentworth sectors and the surroundings

Hours: Monday to Friday 6h00 to 18h00, Mass: Sunday 8h30 to 10h00

Fees: annual membership: \$10

Financing: provincial, Centraide Laurentides, grants, donations

Legal status: non-profit organization

Vocational rehabilitation and disability-related employment**CENTRE D'AIDE PROFESSIONNELLE POUR L'EMPLOI - SAINTE-ADÈLE POINT OF SERVICE**

810 Sainte-Adèle Boulevard, Sainte-Adèle, Laurentides, QC, J8B 2N2

450 229-6524 Fax: 450 229-1787

Website: capemploi.ca

Email: info@capemploi.ca

Services: Specialized and personalized employability services. * Support, supervision and accompaniment in the professional or academic reintegration process. * Needs, obstacles and goals assessment. * Individual and group counselling. * Psychosocial follow-up.

Eligibility: people 18 to 65 years old

Coverage area: Laurentians

Hours: Monday to Friday 9h00 to 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

RESSOURCES COMMUNAUTAIRES SOPHIE

3458 Principale Road, Wentworth-Nord, Laurentides, QC, J0T 1Y0

450 226-1304 Fax: 450 226-5048

Email: ressourcessophie@gmail.com

Services: Multi-service community centre. * Community meals. * Clothing counter. * Accompaniment and listening for youth and their families to fight against dropping out of school, neglect and delinquency. * Social and educational activities. * Development of community action. * Assistance with administrative procedures. * Professional reintegration opportunities. * School supplies. * Tax clinic. * End of summer party. * Christmas meal and Santa Claus visit.

Eligibility: general public

Coverage area: Lac-des-Seize-Îles South sector, Laurel, Montfort and Saint-Michel-de-Wentworth sectors and the surroundings

Hours: Monday to Friday 6h00 to 18h00, Mass: Sunday 8h30 to 10h00

Fees: annual membership: \$10

Financing: provincial, Centraide Laurentides, grants, donations

Legal status: non-profit organization

Food

CHRISTMAS BASKET

COLLECTIVE KITCHENS AND COOKING WORKSHOPS

COMMUNITY GARDENS AND MARKETS

FOOD ASSISTANCE

FOOD ASSISTANCE COORDINATION

FOOD ASSISTANCE IN SCHOOLS

LOW COST OR FREE MEALS

PREPARED MEALS AND MEALS-ON-WHEELS

Christmas basket

CAFÉ COMMUNAUTAIRE L'ENTRE-GENS

1006 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M3

450 229-2211

Website: lentregens.org

Email: entregen@cgocable.ca

Services: * Food and clothing assistance. * Recovery and sale of clothing. * Economic community meals. * Recreational and educational activities: yoga, gymnastics, arts, community garden, etc. * Support with procedures and telephone support. * Telephone, computer, photocopies, Internet connection. * Christmas baskets.

Eligibility: food and clothing assistance: people who are homeless, other services: people who want to get out of social or economic isolation, people who have experienced grief, separation, illness, job loss, retirement, newcomers, people who are homeless

Coverage area: Sainte-Adèle and surroundings

Hours: Monday to Friday 9h00 to 16h00

Fees: membership: \$5, full meals: variable

Financing: self-financing

Legal status: non-profit organization

GARDE-MANGER DES PAYS-D'EN-HAUT (LE)

100 Morin Street, Sainte-Adèle, Laurentides, QC, J8B 2P7

450 227-3757 Fax: 450 745-1811

Website: www.gardemangerpdh.ca/en

Email: secretariat@gardemangerpdh.ca

Services: Food and clothing support. * Food counter. * Emergency food assistance. * Collective kitchen. * In-school lunches. * Meals on wheels. * Christmas vouchers. * La Fouillerie: clothing counter. * Help with school supplies.

Eligibility: families and people in need

Coverage area: MRC Les Pays-d'en-Haut

Hours: Monday to Thursday 9h00 to 16h30, food counter: Monday 13h00 to 16h00, collective kitchen: Monday, Wednesday and Friday

Fees: food counter: \$3, collective kitchen: \$18 for 5 meals, emergency food assistance: free

Financing: donations, self-financing

Legal status: non-profit organization

RENCONTRE DE STE-MARGUERITE (LA)

2 Masson Road, Estérel, Laurentides, QC, J0T 1L0

450 228-8606

Email: coordolarencontre@gmail.com

Services: * Meals on wheels. * Delivery of hot meals to elementary schools. * Food counter. * Community dinners. * Help and referrals. * Thrift store: clothes and household items. * Christmas baskets in the form of vouchers. * Tax clinic.

Eligibility: people in need, general population

Coverage area: Sainte-Marguerite-du-Lac-Masson

Hours: office hours: Monday to Thursday 8h30 to 15h00, meal delivery: Tuesday to Thursday, community dinners: Wednesday, food counter: Thursday

Fees: meals on wheels: \$6, community dinner: \$7

Financing: Centraide Laurentides, provincial

Legal status: non-profit organization

RESSOURCES COMMUNAUTAIRES SAINT-ADOLPHE

Confidential Address

819 324-8240

Website: ressourcescommunautaires.org

Email: ressourcescommunautaires@adolphins.com

Services: * Food assistance. * Meal delivery. * Christmas gifts for children.

Eligibility: general public, meal delivery: people without transportation, people 70 years old and over

Coverage area: Saint-Adolphe-d'Howard

Fees: none

Financing: provincial, self-financing, donations, foundations

Legal status: non-profit organization

Collective kitchens and cooking workshops

ÉCHELON DES PAYS-D'EN-HAUT (L')

168 de la Vallée du Golf Street, Sainte-Adèle, Laurentides, QC, J8B 1P5

450 745-0133 Fax: 450 745-0176

Website: www.echelonpaysdenhaut.com

Email: info.echelonpdh@gmail.com

Services: * Day centre. * Accompaniment, mutual aid, referral and support. * Activities, thematic workshops, arts, etc. * Collective kitchen. * Community lunches.

Eligibility: people 18 years old and over living with a mental health issue

Coverage area: MRC Les Pays-d'en-Haut

Hours: Monday to Thursday 9h00 to 15h30

Fees: regular services: free, special activities: low cost

Financing: grants, donations

Legal status: non-profit organization

GARDE-MANGER DES PAYS-D'EN-HAUT (LE)

100 Morin Street, Sainte-Adèle, Laurentides, QC, J8B 2P7

450 227-3757 Fax: 450 745-1811

Website: www.gardemangerpdh.ca/en

Email: secretariat@gardemangerpdh.ca

Services: Food and clothing support. * Food counter. * Emergency food assistance. * Collective kitchen. * In-school lunches. * Meals on wheels. * Christmas vouchers. * La Fouillerie: clothing counter. * Help with school supplies.

Eligibility: families and people in need

Coverage area: MRC Les Pays-d'en-Haut

Hours: Monday to Thursday 9h00 to 16h30, food counter: Monday 13h00 to 16h00, collective kitchen: Monday, Wednesday and Friday

Fees: food counter: \$3, collective kitchen: \$18 for 5 meals, emergency food assistance: free

Financing: donations, self-financing

Legal status: non-profit organization

MAISON DE LA FAMILLE DES PAYS-D'EN HAUT (LA)

480 des Capucines Street, Sainte-Adèle, Laurentides, QC, J8B 1W5

450 229-3354

Website: maisondelafamille.com

Email: info@maisondelafamille.com

Services: Exchange and activity environment seeking to provide tools for parents and children, break their isolation and encourage their development. * Support. * Collective kitchens. * learning assistance for 6 to 12-year-olds. * Drop-in daycare. * Clothing counter. * Coffee chats. * Y'APP: parental skills, information, self-esteem, meeting and self-help workshops for parents of children 5 years old and under. * DÉLIMA: workshops seeking to promote children development and better the relationship between parents and babies. * Breakfasts discussions on baby related topics. * Bonhomme à lunette service point: low-cost glasses.

Eligibility: families, children 0 to 12 years old

Coverage area: MRC Les Pays-d'en-Haut

Hours: bonhomme à lunette: walk-in service, Tuesday 9h30 to 11h30

Fees: yearly membership: \$20

Financing: self-financing

Legal status: non-profit organization

Community gardens and markets

CAFÉ COMMUNAUTAIRE L'ENTRE-GENS

1006 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M3

450 229-2211

Website: lentregens.org

Email: entregen@cgocable.ca

Services: * Food and clothing assistance. * Recovery and sale of clothing. * Economic community meals. * Recreational and educational activities: yoga, gymnastics, arts, community garden, etc. * Support with procedures and telephone support. * Telephone, computer, photocopies, Internet connection. * Christmas baskets.

Eligibility: food and clothing assistance: people who are homeless, other services: people who want to get out of social or economic isolation, people who have experienced grief, separation, illness, job loss, retirement, newcomers, people who are homeless

Coverage area: Sainte-Adèle and surroundings

Hours: Monday to Friday 9h00 to 16h00

Fees: membership: \$5, full meals: variable

Financing: self-financing

Legal status: non-profit organization

PIEDMONT - MUNICIPALITY

670 Principale Street, Piedmont, Laurentides, QC, J0R 1K0

450 227-1888 Fax: 450-227-6716

Website: www.piedmont.ca

Email: info@piedmont.ca

Services: Management of municipal services. * Municipal counter: information on permits, subsidies and taxes, payment of taxes. * Calendar of recyclable and garbage collections and information on waste management: www.piedmont.ca/infos-collectes.html * Here it is: mobile application allowing to report an incident requiring the intervention of the road service. * Public safety: fire safety service, Sûreté du Québec. * Community gardens.

Coverage area: Piedmont

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

Financing: municipal

Legal status: municipal agency

Food Assistance

CAFÉ COMMUNAUTAIRE L'ENTRE-GENS

1006 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M3

450 229-2211

Website: lentregens.org

Email: entregen@cgocable.ca

Services: * Food and clothing assistance. * Recovery and sale of clothing. * Economic community meals. * Recreational and educational activities: yoga, gymnastics, arts, community garden, etc. * Support with procedures and telephone support. * Telephone, computer, photocopies, Internet connection. * Christmas baskets.

Eligibility: food and clothing assistance: people who are homeless, other services: people who want to get out of social or economic isolation, people who have experienced grief, separation, illness, job loss, retirement, newcomers, people who are homeless

Coverage area: Sainte-Adèle and surroundings

Hours: Monday to Friday 9h00 to 16h00

Fees: membership: \$5, full meals: variable

Financing: self-financing

Legal status: non-profit organization

COOPÉRATIVE DE SOLIDARITÉ - CAFÉ O' MARGUERITES

100 Masson Road, Sainte-Marguerite-du-Lac-Masson, Laurentides, QC, J0T 1L0

450 228-4888

Website: www.cafeomarguerites.com

Email: info@cafeomarguerites.com

Services: * Organic catering service. * Ready-to-eat to take out. * Free high speed Wi-Fi. * Organic fruit and vegetable baskets and groceries. * Online orders. * Delivery service.

Eligibility: general public

Capacity: 70 clients

Coverage area: Sainte-Marguerite-du-Lac-Masson

Hours: Monday to Thursday 7h00 to 16h00, Friday 7h00 to 20h00, Saturday and Sunday 8h00 to 16h00

Financing: grants, self-financing

Legal status: cooperative

GARDE-MANGER DES PAYS-D'EN-HAUT (LE)

100 Morin Street, Sainte-Adèle, Laurentides, QC, J8B 2P7

450 227-3757 Fax: 450 745-1811

Website: www.gardemangerpdh.ca/en

Email: secretariat@gardemangerpdh.ca

Services: Food and clothing support. * Food counter. * Emergency food assistance. * Collective kitchen. * In-school lunches. * Meals on wheels. * Christmas vouchers. * La Fouillerie: clothing counter. * Help with school supplies.

Eligibility: families and people in need

Coverage area: MRC Les Pays-d'en-Haut

Hours: Monday to Thursday 9h00 to 16h30, food counter: Monday 13h00 to 16h00, collective kitchen: Monday, Wednesday and Friday

Fees: food counter: \$3, collective kitchen: \$18 for 5 meals, emergency food assistance: free

Financing: donations, self-financing

Legal status: non-profit organization

GARDE-MANGER DES PAYS-D'EN-HAUT (LE) - COMPTOIR ALIMENTAIRE DE LAUREL - WENTWORTH-NORD

3470 Main Road, Wentworth-Nord, Laurentides, QC, J0T 1Y0

450 229-2011

Website: www.gardemangerpdh.ca/comptoireAlimentaire

Email: info@gardemangerpdh.ca

Services: * Food assistance.

Eligibility: families and people in need

Coverage area: MRC Les Pays-d'en-Haut

Hours: Thursday 14h30 to 15h00

Fees: \$3 per household

Financing: donations, self-financing

Legal status: non-profit organization

GARDE-MANGER DES PAYS-D'EN-HAUT (LE) - COMPTOIR ALIMENTAIRE DE MORIN-HEIGHTS

567 Village Road, Morin-Heights, Laurentides, QC, J0R 1H0

450 229-2011

Website: www.gardemangerpdh.ca

Email: info@gardemangerpdh.ca

Services: * Food assistance.

Eligibility: families and people in need

Coverage area: MRC des Pays-d'en-Haut

Hours: Tuesday 14h15 to 15h00

Fees: \$3 per household

Financing: donations, self-financing

Legal status: non-profit organization

GARDE-MANGER DES PAYS-D'EN-HAUT (LE) - COMPTOIR ALIMENTAIRE DE SAINT-ADOLPHE-D'HOWARD

1896 Village Road, Saint-Adolphe-d'Howard, Laurentides, QC, J0T 2B0

450 229-2011

Website: www.gardemangerpdh.ca

Email: info@gardemangerpdh.ca

Services: * Food assistance.

Eligibility: families and people in need

Coverage area: MRC des Pays-d'en-Haut

Hours: Tuesday 12h30 to 13h30

Fees: \$3 per household

Financing: donations, self-financing

Legal status: non-profit organization

GARDE-MANGER DES PAYS-D'EN-HAUT (LE) - COMPTOIR ALIMENTAIRE DE SAINT-SAUVEUR

205 Principale Street, Saint-Sauveur, Laurentides, QC, J0R 1R0

450 229-2011

Website: www.gardemangerpdh.ca/comptoireAlimentaire

Email: info@gardemangerpdh.ca

Services: * Food assistance.

Eligibility: families or people in need

Coverage area: MRC Les Pays-d'en-Haut

Hours: Wednesday 9h30 to 11h00

Fees: \$3 per household

Financing: donations, self-financing

Legal status: non-profit organization

GARDE-MANGER DES PAYS-D'EN-HAUT (LE) - COMPTOIR ALIMENTAIRE DE SAINTE-MARGUERITE

2 Masson Road, Estérel, Laurentides, QC, J0T 1L0

450 229-2011

Website: www.gardemangerpdh.ca/comptoireAlimentaire

Email: info@gardemangerpdh.ca

Services: * Food assistance.

Eligibility: families and people in need

Coverage area: MRC Les Pays-d'en-Haut

Hours: Thursday 11h30 to 12h30

Fees: \$3 per household

Financing: donations, self-financing

Legal status: non-profit organization

RENCONTRE DE STE-MARGUERITE (LA)

2 Masson Road, Estérel, Laurentides, QC, J0T 1L0

450 228-8606

Email: coordolarencontre@gmail.com

Services: * Meals on wheels. * Delivery of hot meals to elementary schools. * Food counter. * Community dinners. * Help and referrals. * Thrift store: clothes and household items. * Christmas baskets in the form of vouchers. * Tax clinic.

Eligibility: people in need, general population

Coverage area: Sainte-Marguerite-du-Lac-Masson

Hours: office hours: Monday to Thursday 8h30 to 15h00, meal delivery: Tuesday to Thursday, community dinners: Wednesday, food counter: Thursday

Fees: meals on wheels: \$6, community dinner: \$7

Financing: Centraide Laurentides, provincial

Legal status: non-profit organization

RESSOURCES COMMUNAUTAIRES SAINT-ADOLPHE

Confidential Address

819 324-8240

Website: ressourcescommunautaires.org

Email: ressourcescommunautaires@adolphins.com

Services: * Food assistance. * Meal delivery. * Christmas gifts for children.

Eligibility: general public, meal delivery: people without transportation, people 70 years old and over

Coverage area: Saint-Adolphe-d'Howard

Fees: none

Financing: provincial, self-financing, donations, foundations

Legal status: non-profit organization

Food assistance coordination

SOUPE ET COMPAGNIE DES PAYS-D'EN-HAUT - POINT DE SERVICE DE SAINT-SAUVEUR

205 Principale Street, Saint-Sauveur, Laurentides, QC, J0R 1R0

450 744-0207

Website: www.soupeetcompagnie.com/en

Email: info@soupeetcompagnie.com

Services: * Community meals. * Distribution of healthy snacks and meals in nearby schools. * Free conferences. * Food collection.

Eligibility: people in vulnerable situations

Coverage area: MRC Les Pays-d'en-Haut

Hours: community dinner: Monday, Tuesday and Thursday 12h00 to 13h00, distribution on demand

Fees: voluntary contribution

Financing: donations

Legal status: non-profit organization

SOUPE ET COMPAGNIE DES PAYS-D'EN-HAUT - POINT DE SERVICE DE SAINTE-ANNE-DES-LACS

1 Fournel Road, Sainte-Anne-des-Lacs, Laurentides, QC, J0R 1B0

450 744-0207

Website: www.soupeetcompagnie.com/en

Email: info@soupeetcompagnie.com

Services: * Community meals. * Food collection.

Eligibility: people in vulnerable situations

Coverage area: Sainte-Anne-des-Lacs

Fees: voluntary contribution

Financing: donations

Legal status: non-profit organization

Food assistance in schools

GARDE-MANGER DES PAYS-D'EN-HAUT (LE)

100 Morin Street, Sainte-Adèle, Laurentides, QC, J8B 2P7

450 227-3757 Fax: 450 745-1811

Website: www.gardemangerpdh.ca/en

Email: secretariat@gardemangerpdh.ca

Services: Food and clothing support. * Food counter. * Emergency food assistance. * Collective kitchen. * In-school lunches. * Meals on wheels. * Christmas vouchers. * La Fouillerie: clothing counter. * Help with school supplies.

Eligibility: families and people in need

Coverage area: MRC Les Pays-d'en-Haut

Hours: Monday to Thursday 9h00 to 16h30, food counter: Monday 13h00 to 16h00, collective kitchen: Monday, Wednesday and Friday

Fees: food counter: \$3, collective kitchen: \$18 for 5 meals, emergency food assistance: free

Financing: donations, self-financing

Legal status: non-profit organization

SOUPE ET COMPAGNIE DES PAYS-D'EN-HAUT - POINT DE SERVICE DE SAINT-SAUVEUR

205 Principale Street, Saint-Sauveur, Laurentides, QC, J0R 1R0

450 744-0207

Website: www.soupeetcompagnie.com/en

Email: info@soupeetcompagnie.com

Services: * Community meals. * Distribution of healthy snacks and meals in nearby schools. * Free conferences. * Food collection.

Eligibility: people in vulnerable situations

Coverage area: MRC Les Pays-d'en-Haut

Hours: community dinner: Monday, Tuesday and Thursday 12h00 to 13h00, distribution on demand

Fees: voluntary contribution

Financing: donations

Legal status: non-profit organization

Low cost or free meals

CAFÉ COMMUNAUTAIRE L'ENTRE-GENS

1006 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M3

450 229-2211

Website: lentregens.org

Email: entregen@cgocable.ca

Services: * Food and clothing assistance. * Recovery and sale of clothing. * Economic community meals. * Recreational and educational activities: yoga, gymnastics, arts, community garden, etc. * Support with procedures and telephone support. * Telephone, computer, photocopies, Internet connection. * Christmas baskets.

Eligibility: food and clothing assistance: people who are homeless, other services: people who want to get out of social or economic isolation, people who have experienced grief, separation, illness, job loss, retirement, newcomers, people who are homeless

Coverage area: Sainte-Adèle and surroundings

Hours: Monday to Friday 9h00 to 16h00

Fees: membership: \$5, full meals: variable

Financing: self-financing

Legal status: non-profit organization

ÉCHELON DES PAYS-D'EN-HAUT (L')

168 de la Vallée du Golf Street, Sainte-Adèle, Laurentides, QC, J8B 1P5

450 745-0133 Fax: 450 745-0176

Website: www.echelonpaysdenhaut.com

Email: info.echelonpdh@gmail.com

Services: * Day centre. * Accompaniment, mutual aid, referral and support. * Activities, thematic workshops, arts, etc. * Collective kitchen. * Community lunches.

Eligibility: people 18 years old and over living with a mental health issue

Coverage area: MRC Les Pays-d'en-Haut

Hours: Monday to Thursday 9h00 to 15h30

Fees: regular services: free, special activities: low cost

Financing: grants, donations

Legal status: non-profit organization

ENTRAIDE BÉNÉVOLE DES PAYS-D'EN-HAUT (L')

1013 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M4

450 229-9020 Fax: 450 229-7539

Website: www.entraidebenevolepdh.com

Email: info@entraidebenevolepdh.com

Services: * Reception and referral. * Meals on wheels: delivery of frozen meals at home. * Friendly health: blood pressure check by volunteer nurses. * Visits and friendship calls. * Help with filling out forms. * Community action development. * Volunteer support: welcome, supervision and training. * Van: group transportation service for outings (grocery store, bank, etc.) * Kindness calls. * Help with small household jobs. * Computer support. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Monthly community meal. * Blood collection. * Accompaniment for walking.

Eligibility: people with temporary or permanent loss of autonomy, seniors

Coverage area: MRC Les Pays-d'en-Haut

Hours: Monday to Friday 8h30 to 16h30

Fees: meals on wheels: \$8,50 per meal, community meal: \$6 per meal, light housework: travel expenses, van: small contribution

Financing: donations, self-financing

Legal status: non-profit organization

RENCONTRE DE STE-MARGUERITE (LA)

2 Masson Road, Estérel, Laurentides, QC, J0T 1L0

450 228-8606

Email: coordolarencontre@gmail.com

Services: * Meals on wheels. * Delivery of hot meals to elementary schools. * Food counter. * Community dinners. * Help and referrals. * Thrift store: clothes and household items. * Christmas baskets in the form of vouchers. * Tax clinic.

Eligibility: people in need, general population

Coverage area: Sainte-Marguerite-du-Lac-Masson

Hours: office hours: Monday to Thursday 8h30 to 15h00, meal delivery: Tuesday to Thursday, community dinners: Wednesday, food counter: Thursday

Fees: meals on wheels: \$6, community dinner: \$7

Financing: Centraide Laurentides, provincial

Legal status: non-profit organization

RÉPIT, BIEN-ÊTRE

19 de la Gare Avenue, Suite I, Saint-Sauveur, Laurentides, QC, J0R 1R0

450 224-2657

Website: www.repitbienetre.com

Email: repit.bienetre@gmail.com

Services: Respite and home help services. * Individual respite at home. * Social respite: community lunches, activities. * Respite camp: 3-day camp for caregivers and people receiving care.

Eligibility: seniors with a loss of autonomy, caregivers

Coverage area: Laurentides

Fees: variable according to income

Financing: donations, grants

Legal status: non-profit organization

RESSOURCES COMMUNAUTAIRES SOPHIE

3458 Principale Road, Wentworth-Nord, Laurentides, QC, J0T 1Y0

450 226-1304 Fax: 450 226-5048

Email: ressourcessophie@gmail.com

Services: Multi-service community centre. * Community meals. * Clothing counter. * Accompaniment and listening for youth and their families to fight against dropping out of school, neglect and delinquency. * Social and educational activities. * Development of community action. * Assistance with administrative procedures. * Professional reintegration opportunities. * School supplies. * Tax clinic. * End of summer party. * Christmas meal and Santa Claus visit.

Eligibility: general public

Coverage area: Lac-des-Seize-Îles South sector, Laurel, Montfort and Saint-Michel-de-Wentworth sectors and the surroundings

Hours: Monday to Friday 6h00 to 18h00, Mass: Sunday 8h30 to 10h00

Fees: annual membership: \$10

Financing: provincial, Centraide Laurentides, grants, donations

Legal status: non-profit organization

SOUPE ET COMPAGNIE DES PAYS-D'EN-HAUT - POINT DE SERVICE DE SAINT-ADOLPHE-D'HOWARD

1657 de l'Avalanche Road, Saint-Adolphe-d'Howard, Laurentides, QC, J0T 2B0

450 744-0207

Website: www.soupeetcompagnie.com/en

Email: info@soupeetcompagnie.com

Services: * Community meals.

Eligibility: people in vulnerable situations

Coverage area: Saint-Adolphe-d'Howard

Hours: Tuesday 12h00

Fees: \$7

Financing: donations

Legal status: non-profit organization

SOUPE ET COMPAGNIE DES PAYS-D'EN-HAUT - POINT DE SERVICE DE SAINT-SAUVEUR

205 Principale Street, Saint-Sauveur, Laurentides, QC, J0R 1R0

450 744-0207

Website: www.soupeetcompagnie.com/en

Email: info@soupeetcompagnie.com

Services: * Community meals. * Distribution of healthy snacks and meals in nearby schools. * Free conferences. * Food collection.

Eligibility: people in vulnerable situations

Coverage area: MRC Les Pays-d'en-Haut

Hours: community dinner: Monday, Tuesday and Thursday 12h00 to 13h00, distribution on demand

Fees: voluntary contribution

Financing: donations

Legal status: non-profit organization

SOUPE ET COMPAGNIE DES PAYS-D'EN-HAUT - POINT DE SERVICE DE SAINTE-ANNE-DES-LACS

1 Fournel Road, Sainte-Anne-des-Lacs, Laurentides, QC, J0R 1B0

450 744-0207

Website: www.soupeetcompagnie.com/en

Email: info@soupeetcompagnie.com

Services: * Community meals. * Food collection.

Eligibility: people in vulnerable situations

Coverage area: Sainte-Anne-des-Lacs

Fees: voluntary contribution

Financing: donations

Legal status: non-profit organization

Prepared meals and Meals-on-wheels

ENTRAIDE BÉNÉVOLE DES PAYS-D'EN-HAUT (L')

1013 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M4

450 229-9020 Fax: 450 229-7539

Website: www.entraidebenevolepdh.com

Email: info@entraidebenevolepdh.com

Services: * Reception and referral. * Meals on wheels: delivery of frozen meals at home. * Friendly health: blood pressure check by volunteer nurses. * Visits and friendship calls. * Help with filling out forms. * Community action development. * Volunteer support: welcome, supervision and training. * Van: group transportation service for outings (grocery store, bank, etc.) * Kindness calls. * Help with small household jobs. * Computer support. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Monthly community meal. * Blood collection. * Accompaniment for walking.

Eligibility: people with temporary or permanent loss of autonomy, seniors

Coverage area: MRC Les Pays-d'en-Haut

Hours: Monday to Friday 8h30 to 16h30

Fees: meals on wheels: \$8,50 per meal, community meal: \$6 per meal, light housework: travel expenses, van: small contribution

Financing: donations, self-financing

Legal status: non-profit organization

GARDE-MANGER DES PAYS-D'EN-HAUT (LE)

100 Morin Street, Sainte-Adèle, Laurentides, QC, J8B 2P7

450 227-3757 Fax: 450 745-1811

Website: www.gardemangerpdh.ca/en

Email: secretariat@gardemangerpdh.ca

Services: Food and clothing support. * Food counter. * Emergency food assistance. * Collective kitchen. * In-school lunches. * Meals on wheels. * Christmas vouchers. * La Fouillerie: clothing counter. * Help with school supplies.

Eligibility: families and people in need

Coverage area: MRC Les Pays-d'en-Haut

Hours: Monday to Thursday 9h00 to 16h30, food counter: Monday 13h00 to 16h00, collective kitchen: Monday, Wednesday and Friday

Fees: food counter: \$3, collective kitchen: \$18 for 5 meals, emergency food assistance: free

Financing: donations, self-financing

Legal status: non-profit organization

RENCONTRE DE STE-MARGUERITE (LA)

2 Masson Road, Estérel, Laurentides, QC, J0T 1L0

450 228-8606

Email: coordolarencontre@gmail.com

Services: * Meals on wheels. * Delivery of hot meals to elementary schools. * Food counter. * Community dinners. * Help and referrals. * Thrift store: clothes and household items. * Christmas baskets in the form of vouchers. * Tax clinic.

Eligibility: people in need, general population

Coverage area: Sainte-Marguerite-du-Lac-Masson

Hours: office hours: Monday to Thursday 8h30 to 15h00, meal delivery: Tuesday to Thursday, community dinners: Wednesday, food counter: Thursday

Fees: meals on wheels: \$6, community dinner: \$7

Financing: Centraide Laurentides, provincial

Legal status: non-profit organization

RESSOURCES COMMUNAUTAIRES SAINT-ADOLPHE

Confidential Address

819 324-8240

Website: ressourcescommunautaires.org

Email: ressourcescommunautaires@adolphins.com

Services: * Food assistance. * Meal delivery. * Christmas gifts for children.

Eligibility: general public, meal delivery: people without transportation, people 70 years old and over

Coverage area: Saint-Adolphe-d'Howard

Fees: none

Financing: provincial, self-financing, donations, foundations

Legal status: non-profit organization

SOUPE ET COMPAGNIE DES PAYS-D'EN-HAUT - POINT DE SERVICE DE SAINT-SAUVEUR

205 Principale Street, Saint-Sauveur, Laurentides, QC, J0R 1R0

450 744-0207

Website: www.soupeetcompagnie.com/en

Email: info@soupeetcompagnie.com

Services: * Community meals. * Distribution of healthy snacks and meals in nearby schools. * Free conferences. * Food collection.

Eligibility: people in vulnerable situations

Coverage area: MRC Les Pays-d'en-Haut

Hours: community dinner: Monday, Tuesday and Thursday 12h00 to 13h00, distribution on demand

Fees: voluntary contribution

Financing: donations

Legal status: non-profit organization

SOUPE ET COMPAGNIE DES PAYS-D'EN-HAUT - POINT DE SERVICE DE SAINTE-ANNE-DES-LACS

1 Fournel Road, Sainte-Anne-des-Lacs, Laurentides, QC, J0R 1B0

450 744-0207

Website: www.soupeetcompagnie.com/en

Email: info@soupeetcompagnie.com

Services: * Community meals. * Food collection.

Eligibility: people in vulnerable situations

Coverage area: Sainte-Anne-des-Lacs

Fees: voluntary contribution

Financing: donations

Legal status: non-profit organization

Government services

INCOME STATEMENTS

MUNICIPAL SERVICES

MUNICIPALITÉ RÉGIONALE DE COMTÉ (MRC)

OFFICIAL DOCUMENTS

PROVINCIAL SERVICES

Income statements

ESTÉREL - MUNICIPALITY

115 Dupuis Road, Estérel, Laurentides, QC, J0T 1E0

450 928-3232 Fax: 450 228-3737

Website: villedesterel.com

Email: info@villedesterel.com

Services: Management of municipal services. * Urban planning services and permit issuance. * Residual materials management. * Public safety: fire safety service, protection service. Sûreté du Québec. * Recreation and culture department.

Coverage area: Estérel

Financing: municipal

Legal status: municipal agency

LAC-DES-SEIZE-ÎLES - MUNICIPALITY

47 de l'Église Street, Lac-des-Seize-Îles, Laurentides, QC, J0T 2M0

450 226-3117 Fax: 450 226-3337

Website: www.lac-des-seize-iles.com/en

Email: info@lac-des-seizes-iles.com

Services: Municipal services management. * Information on waste management. * Municipal counter: information on permits, subsidies and taxes, and payment of taxes. * Public security: fire department, Sûreté du Québec. * Leisure, culture, and community life. * Library.

Coverage area: Lac-des-Seize-Îles

Hours: Tuesday to Friday 9h00 to 12h00 et 13h00 to 16h00

Financing: municipal

Legal status: municipal agency

MORIN-HEIGHTS - MUNICIPALITY

567 du Village Road, Morin-Heights, Laurentides, QC, J0R 1H0

450 226-3232 Fax: 450 226-8786

Website: morinheights.com/?lang=en

Email: municipalite@morinheights.com

Services: Management of municipal services. * Municipal counter: information on permits, subsidies and taxes, payment of taxes. * Calendar of recyclable and garbage collections and information on the management of residual materials: morinheights.com/Waste-management * Public safety: fire safety service, Sûreté du Québec. * Animal licenses. * Leisure and culture. * Library.

Coverage area: Morin-Heights

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

Financing: municipal

Legal status: municipal agency

PIEDMONT - MUNICIPALITY

670 Principale Street, Piedmont, Laurentides, QC, J0R 1K0

450 227-1888 Fax: 450-227-6716

Website: www.piedmont.ca

Email: info@piedmont.ca

Services: Management of municipal services. * Municipal counter: information on permits, subsidies and taxes, payment of taxes. * Calendar of recyclable and garbage collections and information on waste management: www.piedmont.ca/infos-collectes.html * Here it is: mobile application allowing to report an incident requiring the intervention of the road service. * Public safety: fire safety service, Sûreté du Québec. * Community gardens.

Coverage area: Piedmont

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

Financing: municipal

Legal status: municipal agency

SAINT-ADOLPHE-D'HOWARD - MUNICIPALITY

1881 du Village Road, Saint-Adolphe-d'Howard, Laurentides, QC, J0T 2B0

819 327-2044 Fax: 819 327-2282

Website: stadolphedhoward.qc.ca

Email: info@stah.ca

Services: Management of municipal services. * Municipal counter: information on permits, subsidies and taxes, payment of taxes. * Calendar of recyclable and garbage collections and information on waste management: stadolphedhoward.qc.ca/services-aux-citoyens/travaux-publics-et-hygiene-du-milieu/matieres-residuals * Public safety: fire safety service, Sûreté du Québec. * Animal licenses. * Leisure, culture, and community life. * Library.

Coverage area: Saint-Adolphe-d'Howard

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

Financing: municipal

Legal status: municipal agency

SAINT-SAUVEUR - CITY

1 de la Mairie Place, Saint-Sauveur, Laurentides, QC, J0R 1R6

450 227-0000 Fax: 1 866 313-6267

Website: vss.ca

Email: administration@vss.ca

Services: Management of municipal services. * Municipal counter: information on permits, subsidies and taxes, payment of taxes. * Information on waste management: vss.ca/services-aux-citoyens/services/collectes-et-matieres-residuelles * Public safety: fire safety service, Sûreté du Québec. * OMNIVIGIL, emergency alert service for citizens: saint-sauveur.omnivigil.com

Coverage area: Saint-Sauveur

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

Financing: municipal

Legal status: municipal agency

WENTWORTH-NORD - MUNICIPALITY

3488 Principale Road, Wentworth-Nord, Laurentides, QC, J0T 1Y0

450 226-2416 Fax: 450 226-2109

Website: wentworth-nord.ca

Email: info@wentworth-nord.ca

Services: Municipal services management. * Municipal tax payment. * Collection of residual waste. * Urban planning service: construction permits. * Fire department.

Coverage area: Wentworth-Nord

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

Financing: municipal

Legal status: non-profit organization

Municipal services

ESTÉREL - MUNICIPALITY

115 Dupuis Road, Estérel, Laurentides, QC, J0T 1E0

450 928-3232 Fax: 450 228-3737

Website: villedesterel.com

Email: info@villedesterel.com

Services: Management of municipal services. * Urban planning services and permit issuance. * Residual materials management. * Public safety: fire safety service, protection service. Sûreté du Québec. * Recreation and culture department.

Coverage area: Estérel

Financing: municipal

Legal status: municipal agency

LAC-DES-SEIZE-ÎLES - MUNICIPALITY

47 de l'Église Street, Lac-des-Seize-Îles, Laurentides, QC, J0T 2M0

450 226-3117 Fax: 450 226-3337

Website: www.lac-des-seize-iles.com/en

Email: info@lac-des-seizes-iles.com

Services: Municipal services management. * Information on waste management. * Municipal counter: information on permits, subsidies and taxes, and payment of taxes. * Public security: fire department, Sûreté du Québec. * Leisure, culture, and community life. * Library.

Coverage area: Lac-des-Seize-Îles

Hours: Tuesday to Friday 9h00 to 12h00 et 13h00 to 16h00

Financing: municipal

Legal status: municipal agency

MORIN-HEIGHTS - MUNICIPALITY

567 du Village Road, Morin-Heights, Laurentides, QC, J0R 1H0

450 226-3232 Fax: 450 226-8786

Website: morinheights.com/?lang=en

Email: municipalite@morinheights.com

Services: Management of municipal services. * Municipal counter: information on permits, subsidies and taxes, payment of taxes. * Calendar of recyclable and garbage collections and information on the management of residual materials: morinheights.com/Waste-management * Public safety: fire safety service, Sûreté du Québec. * Animal licenses. * Leisure and culture. * Library.

Coverage area: Morin-Heights

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

Financing: municipal

Legal status: municipal agency

PIEDMONT - MUNICIPALITY

670 Principale Street, Piedmont, Laurentides, QC, J0R 1K0

450 227-1888 Fax: 450-227-6716

Website: www.piedmont.ca

Email: info@piedmont.ca

Services: Management of municipal services. * Municipal counter: information on permits, subsidies and taxes, payment of taxes. * Calendar of recyclable and garbage collections and information on waste management: www.piedmont.ca/infos-collectes.html * Here it is: mobile application allowing to report an incident requiring the intervention of the road service. * Public safety: fire safety service, Sûreté du Québec. * Community gardens.

Coverage area: Piedmont

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

Financing: municipal

Legal status: municipal agency

SAINT-ADOLPHE-D'HOWARD - MUNICIPALITY

1881 du Village Road, Saint-Adolphe-d'Howard, Laurentides, QC, J0T 2B0

819 327-2044 Fax: 819 327-2282

Website: stadolphedhoward.qc.ca

Email: info@stah.ca

Services: Management of municipal services. * Municipal counter: information on permits, subsidies and taxes, payment of taxes. * Calendar of recyclable and garbage collections and information on waste management: stadolphedhoward.qc.ca/services-aux-citoyens/travaux-publics-et-hygiene-du-milieu/matieres-residuals * Public safety: fire safety service, Sûreté du Québec. * Animal licenses. * Leisure, culture, and community life. * Library.

Coverage area: Saint-Adolphe-d'Howard

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

Financing: municipal

Legal status: municipal agency

SAINT-SAUVEUR - CITY

1 de la Mairie Place, Saint-Sauveur, Laurentides, QC, J0R 1R6

450 227-0000 Fax: 1 866 313-6267

Website: vss.ca

Email: administration@vss.ca

Services: Management of municipal services. * Municipal counter: information on permits, subsidies and taxes, payment of taxes. * Information on waste management: vss.ca/services-aux-citoyens/services/collectes-et-matieres-residuelles * Public safety: fire safety service, Sûreté du Québec. * OMNIVIGIL, emergency alert service for citizens: saint-sauveur.omnivigil.com

Coverage area: Saint-Sauveur

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

Financing: municipal

Legal status: municipal agency

SAINTE-ADÈLE - CITY

1381 Sainte-Adèle Boulevard, Sainte-Adèle, Laurentides, QC, J8B 1A3

450 229-2921 Fax: 450 229-4179

Website: www.ville.sainte-adele.qc.ca

Email: info@vdsa.ca

Services: Management of municipal services. * Municipal counter: information on permits, subsidies and taxes, and payment of taxes. * Calendar of recyclable and garbage collections and information on waste management: ville.sainte-adele.qc.ca/page-calendrier-des-collectes.php * Public safety: fire safety service, Sûreté du Québec. * Leisure and sports. * Ecocenter.

Coverage area: Sainte-Adèle

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

Financing: municipal

Legal status: municipal agency

SÛRETÉ DU QUÉBEC - POSTE MRC DES PAYS-D'EN-HAUT

2141 Jean Adam Road, Saint-Sauveur, Laurentides, QC, J0R 1R2

450 227-6848 Fax: 450 227-1505

Website: www.sq.gouv.qc.ca/en/the-surete-du-quebec/

Services: * Patrol. * Response to assistance requests. * Monitoring and control of road traffic. * Enforce laws and regulations. * Crime prevention. * Community relations activities.

Coverage area: MRC Les Pays-d'en-Haut

Hours: administration: Monday to Friday 8h30 to 16h30, emergency: 24 hours / 7 days

Financing: provincial

Legal status: provincial government agency

WENTWORTH-NORD - MUNICIPALITY

3488 Principale Road, Wentworth-Nord, Laurentides, QC, J0T 1Y0

450 226-2416 Fax: 450 226-2109

Website: wentworth-nord.ca

Email: info@wentworth-nord.ca

Services: Municipal services management. * Municipal tax payment. * Collection of residual waste. * Urban planning service: construction permits. * Fire department.

Coverage area: Wentworth-Nord

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

Financing: municipal

Legal status: non-profit organization

Municipalité régionale de comté (MRC)**MRC LES PAYS-D'EN-HAUT**

1014 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M3

450 229-6637 Fax: 450 229-5203

Website: lespaysdenhaut.com

Email: info@mrcpdh.org

Services: Administration of regional services with supra-local character. * Land management and development. * Urban planning regulations. * Management of public services: watercourses, waste management, property assessment, civil, fire and public security. * Participation in socio-economic development. * Promotion of heritage, culture and tourism. * Sports centre.

Coverage area: MRC Les Pays-d'en-Haut

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

Financing: municipal, provincial

Legal status: municipal agency

Official documents**ESTÉREL - MUNICIPALITY**

115 Dupuis Road, Estérel, Laurentides, QC, J0T 1E0

450 928-3232 Fax: 450 228-3737

Website: villedesterel.com

Email: info@villedesterel.com

Services: Management of municipal services. * Urban planning services and permit issuance. * Residual materials management. * Public safety: fire safety service, protection service. Sûreté du Québec. * Recreation and culture department.

Coverage area: Estérel

Financing: municipal

Legal status: municipal agency

LAC-DES-SEIZE-ÎLES - MUNICIPALITY

47 de l'Église Street, Lac-des-Seize-Îles, Laurentides, QC, J0T 2M0

450 226-3117 Fax: 450 226-3337

Website: www.lac-des-seize-iles.com/en

Email: info@lac-des-seizes-iles.com

Services: Municipal services management. * Information on waste management. * Municipal counter: information on permits, subsidies and taxes, and payment of taxes. * Public security: fire department, Sûreté du Québec. * Leisure, culture, and community life. * Library.

Coverage area: Lac-des-Seize-Îles

Hours: Tuesday to Friday 9h00 to 12h00 et 13h00 to 16h00

Financing: municipal

Legal status: municipal agency

MORIN-HEIGHTS - MUNICIPALITY

567 du Village Road, Morin-Heights, Laurentides, QC, J0R 1H0

450 226-3232 Fax: 450 226-8786

Website: morinheights.com/?lang=en

Email: municipalite@morinheights.com

Services: Management of municipal services. * Municipal counter: information on permits, subsidies and taxes, payment of taxes. * Calendar of recyclable and garbage collections and information on the management of residual materials: morinheights.com/Waste-management * Public safety: fire safety service, Sûreté du Québec. * Animal licenses. * Leisure and culture. * Library.

Coverage area: Morin-Heights

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

Financing: municipal

Legal status: municipal agency

PIEDMONT - MUNICIPALITY

670 Principale Street, Piedmont, Laurentides, QC, J0R 1K0

450 227-1888 Fax: 450-227-6716

Website: www.piedmont.ca

Email: info@piedmont.ca

Services: Management of municipal services. * Municipal counter: information on permits, subsidies and taxes, payment of taxes. * Calendar of recyclable and garbage collections and information on waste management: www.piedmont.ca/infos-collectes.html * Here it is: mobile application allowing to report an incident requiring the intervention of the road service. * Public safety: fire safety service, Sûreté du Québec. * Community gardens.

Coverage area: Piedmont

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

Financing: municipal

Legal status: municipal agency

SAINT-ADOLPHE-D'HOWARD - MUNICIPALITY

1881 du Village Road, Saint-Adolphe-d'Howard, Laurentides, QC, J0T 2B0

819 327-2044 Fax: 819 327-2282

Website: stadolphedhoward.qc.ca

Email: info@stah.ca

Services: Management of municipal services. * Municipal counter: information on permits, subsidies and taxes, payment of taxes. * Calendar of recyclable and garbage collections and information on waste management: stadolphedhoward.qc.ca/services-aux-citoyens/travaux-publics-et-hygiene-du-milieu/matieres-residuals * Public safety: fire safety service, Sûreté du Québec. * Animal licenses. * Leisure, culture, and community life. * Library.

Coverage area: Saint-Adolphe-d'Howard

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

Financing: municipal

Legal status: municipal agency

SAINT-SAUVEUR - CITY

1 de la Mairie Place, Saint-Sauveur, Laurentides, QC, J0R 1R6

450 227-0000 Fax: 1 866 313-6267

Website: vss.ca

Email: administration@vss.ca

Services: Management of municipal services. * Municipal counter: information on permits, subsidies and taxes, payment of taxes. * Information on waste management: vss.ca/services-aux-citoyens/services/collectes-et-matieres-residuelles * Public safety: fire safety service, Sûreté du Québec. * OMNIVIGIL, emergency alert service for citizens: saint-sauveur.omnavigil.com

Coverage area: Saint-Sauveur

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

Financing: municipal

Legal status: municipal agency

SÛRETÉ DU QUÉBEC - POSTE MRC DES PAYS-D'EN-HAUT

2141 Jean Adam Road, Saint-Sauveur, Laurentides, QC, J0R 1R2

450 227-6848 Fax: 450 227-1505

Website: www.sq.gouv.qc.ca/en/the-surete-du-quebec/

Services: * Patrol. * Response to assistance requests. * Monitoring and control of road traffic. * Enforce laws and regulations. * Crime prevention. * Community relations activities.

Coverage area: MRC Les Pays-d'en-Haut

Hours: administration: Monday to Friday 8h30 to 16h30, emergency: 24 hours / 7 days

Financing: provincial

Legal status: provincial government agency

Provincial services

SÛRETÉ DU QUÉBEC - POSTE MRC DES PAYS-D'EN-HAUT

2141 Jean Adam Road, Saint-Sauveur, Laurentides, QC, J0R 1R2

450 227-6848 Fax: 450 227-1505

Website: www.sq.gouv.qc.ca/en/the-surete-du-quebec/

Services: * Patrol. * Response to assistance requests. * Monitoring and control of road traffic. * Enforce laws and regulations. * Crime prevention. * Community relations activities.

Coverage area: MRC Les Pays-d'en-Haut

Hours: administration: Monday to Friday 8h30 to 16h30, emergency: 24 hours / 7 days

Financing: provincial

Legal status: provincial government agency

Health

EYE CARE

HOME CARE

PATIENT SUPPORT ASSOCIATIONS

Eye care

MAISON DE LA FAMILLE DES PAYS-D'EN HAUT (LA)

480 des Capucines Street, Sainte-Adèle, Laurentides, QC, J8B 1W5

450 229-3354

Website: maisondefamille.com

Email: info@maisondefamille.com

Services: Exchange and activity environment seeking to provide tools for parents and children, break their isolation and encourage their development. * Support. * Collective kitchens. * learning assistance for 6 to 12-year-olds. * Drop-in daycare. * Clothing counter. * Coffee chats. * Y'APP: parental skills, information, self-esteem, meeting and self-help workshops for parents of children 5 years old and under. * DÉLIMA: workshops seeking to promote children development and better the relationship between parents and babies. * Breakfasts discussions on baby related topics. * Bonhomme à lunette service point: low-cost glasses.

Eligibility: families, children 0 to 12 years old

Coverage area: MRC Les Pays-d'en-Haut

Hours: bonhomme à lunette: walk-in service, Tuesday 9h30 to 11h30

Fees: yearly membership: \$20

Financing: self-financing

Legal status: non-profit organization

Home care

ENTRAIDE BÉNÉVOLE DES PAYS-D'EN-HAUT (L')

1013 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M4

450 229-9020 Fax: 450 229-7539

Website: www.entraidebenevolepdh.com

Email: info@entraidebenevolepdh.com

Services: * Reception and referral. * Meals on wheels: delivery of frozen meals at home. * Friendly health: blood pressure check by volunteer nurses. * Visits and friendship calls. * Help with filling out forms. * Community action development. * Volunteer support: welcome, supervision and training. * Van: group transportation service for outings (grocery store, bank, etc.) * Kindness calls. * Help with small household jobs. * Computer support. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Monthly community meal. * Blood collection. * Accompaniment for walking.

Eligibility: people with temporary or permanent loss of autonomy, seniors

Coverage area: MRC Les Pays-d'en-Haut

Hours: Monday to Friday 8h30 to 16h30

Fees: meals on wheels: \$8,50 per meal, community meal: \$6 per meal, light housework: travel expenses, van: small contribution

Financing: donations, self-financing

Legal status: non-profit organization

Patient support associations

AVC APHASIE LAURENTIDES - SAINTE-ADÈLE SERVICE POINT

168 de la Vallée du Golf Street, Sainte-Adèle, Laurentides, QC, J8B 1P5

1 866 974-1888 Fax: 450 974-3757

Website: grpa.ca/en

Email: coordination@grpa.ca

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

Eligibility: people who experienced a stroke with or without aphasia, caregivers

Coverage area: Laurentians

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

Fees: membership: \$40 per year

Financing: provincial

Legal status: non-profit organization

ENTRAIDE BÉNÉVOLE DES PAYS-D'EN-HAUT (L')

1013 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M4

450 229-9020 Fax: 450 229-7539

Website: www.entraidebenevolepdh.com

Email: info@entraidebenevolepdh.com

Services: * Reception and referral. * Meals on wheels: delivery of frozen meals at home. * Friendly health: blood pressure check by volunteer nurses. * Visits and friendship calls. * Help with filling out forms. * Community action development. * Volunteer support: welcome, supervision and training. * Van: group transportation service for outings (grocery store, bank, etc.) * Kindness calls. * Help with small household jobs. * Computer support. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Monthly community meal. * Blood collection. * Accompaniment for walking.

Eligibility: people with temporary or permanent loss of autonomy, seniors

Coverage area: MRC Les Pays-d'en-Haut

Hours: Monday to Friday 8h30 to 16h30

Fees: meals on wheels: \$8,50 per meal, community meal: \$6 per meal, light housework: travel expenses, van: small contribution

Financing: donations, self-financing

Legal status: non-profit organization

FONDATION NOËL AU PRINTEMPS

Confidential Address **Fax:** 514 788-4473

Website: www.fnap.ca

Email: info@fnap.ca

Services: * Financial assistance to pay for medical treatment for children living with an illness or disability.

Eligibility: families on a low income receiving the Canada Child Tax Benefit and receiving benefits for children with disabilities

Coverage area: Province of Québec

Fees: none

Financing: donations

Legal status: non-profit organization

PALLIACCO - SAINT-SAUVEUR POINT OF SERVICE

200 Main Street Suite 21A and 21C, Saint-Sauveur, Laurentides, QC, J0R 1R0

819 717-9646 Fax: 819 717-4411

Website: www.palliacco.org/en

Email: references@palliacco.org

Services: Organization dedicated to supporting people who are ill and at the end of their lives and their entourage. * Accompaniment in palliative care. * Home support at the end of life. * Training in palliative care and support for caregivers. * Support groups: people with cancer or in remission, caregivers, bereaved people. * Respite care at home. * Individual support: counselling. * Massage therapy at home. * Yoga sessions. * Coffee meetings. * Conferences. * Fundraising campaign La randonnée sous les étoiles.

Eligibility: people with cancer, people who are ill and at the end of life, caregivers, bereaved people

Coverage area: MRC Les Laurentides, MRC Les Pays-d'en-Haut, La Macaza, L'Ascension, Nominingue, Rivière-Rouge

Hours: by appointment

Fees: none

Financing: donations, fundraising campaigns

Legal status: non-profit organization

Homelessness

MOBILE UNITS AND STREET WORK

TRANSITIONAL HOUSING

Mobile units and street work

ÉCLUSE DES LAURENTIDES (L')

1008 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M3

450 229-2887 Fax: 450 229-5687

Website: www.ecluse.org

Email: eclusedeslaurentides@bellnet.ca

Services: * Street work: presence, listening, information, personalized referral, support and accompaniment. * Needle exchange and distribution. * Naloxone kits distribution. * Awareness activities. * Street workers available for each intervention sector. * Distribution and delivery of fentanyl test strips.

Eligibility: people facing social breakdown and coping with issues such as social exclusion, isolation, poverty, marginalization, addiction, dropping out, physical or mental health, psychological distress, or any other issue affecting their life

Coverage area: MRC Antoine-Labelle, MRC Argenteuil, MRC Deux-Montagnes, MRC La Rivière-du-Nord, MRC Les Laurentides, MRC Les Pays-d'en-Haut, MRC Thérèse-De Blainville

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

Fees: none

Financing: provincial, municipal, federal, donations

Legal status: non-profit organization

Transitional housing

ACCUEIL COMMUNAUTAIRE JEUNESSE LE LABYRINTHE

95 Morin Street, Sainte-Adèle, Laurentides, QC, J8B 2P6

450 229-4848

Website: www.mdj-ste-adele.org/labyrinthe.html

Email: acj_laby@hotmail.com

Services: Social integration of marginalized youth and adults. * Welcoming and accompaniment. * Temporary housing.

Eligibility: marginalized adolescents and young adults from 16 to 25 years old

Capacity: 10 beds

Coverage area: Sainte-Adèle

Hours: 24 hours / 7 days

Financing: municipal

Legal status: non-profit organization

Housing

ADVOCACY FOR HOUSING

EMERGENCY

HOUSING COOPERATIVES AND CORPORATIONS

HOUSING SEARCH ASSISTANCE

SOCIAL HOUSING AND HOUSING COOPERATIVES

Advocacy for housing

OFFICE MUNICIPAL D'HABITATION DES PAYS-D'EN-HAUT

800 Blondin Street, Sainte-Adèle, Laurentides, QC, J8B 2R1

450 229-2264

Email: demande@omhpdh.com

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

Eligibility: individuals, seniors and families on a low and moderate income

Capacity: 139 units

Coverage area: MRC Les Pays-d'en-Haut

Financing: municipal, provincial

Legal status: parapublic organization

Emergency

ESTÉREL - MUNICIPALITY

115 Dupuis Road, Estérel, Laurentides, QC, J0T 1E0

450 928-3232 Fax: 450 228-3737

Website: villedesterel.com

Email: info@villedesterel.com

Services: Management of municipal services. * Urban planning services and permit issuance. * Residual materials management. * Public safety: fire safety service, protection service. Sûreté du Québec. * Recreation and culture department.

Coverage area: Estérel

Financing: municipal

Legal status: municipal agency

LAC-DES-SEIZE-ÎLES - MUNICIPALITY

47 de l'Église Street, Lac-des-Seize-Îles, Laurentides, QC, J0T 2M0

450 226-3117 Fax: 450 226-3337

Website: www.lac-des-seize-iles.com/en

Email: info@lac-des-seizes-iles.com

Services: Municipal services management. * Information on waste management. * Municipal counter: information on permits, subsidies and taxes, and payment of taxes. * Public security: fire department, Sûreté du Québec. * Leisure, culture, and community life. * Library.

Coverage area: Lac-des-Seize-Îles

Hours: Tuesday to Friday 9h00 to 12h00 et 13h00 to 16h00

Financing: municipal

Legal status: municipal agency

MORIN-HEIGHTS - MUNICIPALITY

567 du Village Road, Morin-Heights, Laurentides, QC, J0R 1H0

450 226-3232 Fax: 450 226-8786

Website: morinheights.com/?lang=en

Email: municipalite@morinheights.com

Services: Management of municipal services. * Municipal counter: information on permits, subsidies and taxes, payment of taxes. * Calendar of recyclable and garbage collections and information on the management of residual materials: morinheights.com/Waste-management * Public safety: fire safety service, Sûreté du Québec. * Animal licenses. * Leisure and culture. * Library.

Coverage area: Morin-Heights

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

Financing: municipal

Legal status: municipal agency

PIEDMONT - MUNICIPALITY

670 Principale Street, Piedmont, Laurentides, QC, J0R 1K0

450 227-1888 Fax: 450-227-6716

Website: www.piedmont.ca

Email: info@piedmont.ca

Services: Management of municipal services. * Municipal counter: information on permits, subsidies and taxes, payment of taxes. * Calendar of recyclable and garbage collections and information on waste management: www.piedmont.ca/infos-collectes.html * Here it is: mobile application allowing to report an incident requiring the intervention of the road service. * Public safety: fire safety service, Sûreté du Québec. * Community gardens.

Coverage area: Piedmont

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

Financing: municipal

Legal status: municipal agency

SAINT-ADOLPHE-D'HOWARD - MUNICIPALITY

1881 du Village Road, Saint-Adolphe-d'Howard, Laurentides, QC, J0T 2B0

819 327-2044 Fax: 819 327-2282

Website: stadolphedhoward.qc.ca

Email: info@stah.ca

Services: Management of municipal services. * Municipal counter: information on permits, subsidies and taxes, payment of taxes. * Calendar of recyclable and garbage collections and information on waste management: stadolphedhoward.qc.ca/services-aux-citoyens/travaux-publics-et-hygiene-du-milieu/matieres-residuels * Public safety: fire safety service, Sûreté du Québec. * Animal licenses. * Leisure, culture, and community life. * Library.

Coverage area: Saint-Adolphe-d'Howard

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

Financing: municipal

Legal status: municipal agency

SAINT-SAUVEUR - CITY

1 de la Mairie Place, Saint-Sauveur, Laurentides, QC, J0R 1R6

450 227-0000 Fax: 1 866 313-6267

Website: vss.ca

Email: administration@vss.ca

Services: Management of municipal services. * Municipal counter: information on permits, subsidies and taxes, payment of taxes. * Information on waste management: vss.ca/services-aux-citoyens/services/collectes-et-matieres-residuelles * Public safety: fire safety service, Sûreté du Québec. * OMNIVIGIL, emergency alert service for citizens: saint-sauveur.omnavigil.com

Coverage area: Saint-Sauveur

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

Financing: municipal

Legal status: municipal agency

SAINTE-ADÈLE - CITY

1381 Sainte-Adèle Boulevard, Sainte-Adèle, Laurentides, QC, J8B 1A3

450 229-2921 Fax: 450 229-4179

Website: www.ville.sainte-adele.qc.ca

Email: info@vdsa.ca

Services: Management of municipal services. * Municipal counter: information on permits, subsidies and taxes, and payment of taxes. * Calendar of recyclable and garbage collections and information on waste management: ville.sainte-adele.qc.ca/page-calendrier-des-collectes.php * Public safety: fire safety service, Sûreté du Québec. * Leisure and sports. * Ecocenter.

Coverage area: Sainte-Adèle

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

Financing: municipal

Legal status: municipal agency

WENTWORTH-NORD - MUNICIPALITY

3488 Principale Road, Wentworth-Nord, Laurentides, QC, J0T 1Y0

450 226-2416 Fax: 450 226-2109

Website: wentworth-nord.ca

Email: info@wentworth-nord.ca

Services: Municipal services management. * Municipal tax payment. * Collection of residual waste. * Urban planning service: construction permits. * Fire department.

Coverage area: Wentworth-Nord

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

Financing: municipal

Legal status: non-profit organization

Housing cooperatives and corporations

OFFICE MUNICIPAL D'HABITATION DES PAYS-D'EN-HAUT

800 Blondin Street, Sainte-Adèle, Laurentides, QC, J8B 2R1

450 229-2264

Email: demande@omhpdh.com

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

Eligibility: individuals, seniors and families on a low and moderate income

Capacity: 139 units

Coverage area: MRC Les Pays-d'en-Haut

Financing: municipal, provincial

Legal status: parapublic organization

Housing search assistance

COOPÉRATIVE DE SOLIDARITÉ AIDE CHEZ SOI DES PAYS-D'EN-HAUT

1332 Ste-Adèle Boulevard, Suite 170, Sainte-Adèle, Laurentides, QC, J8B 0J7

450 229-6677 Fax: 450 553-8194

Website: aidechezsoipdh.ca

Email: info@aidechezsoipdh.ca

Services: Specialized solidarity cooperative in home maintenance and care services. * Regular or heavy house cleaning, preparation of meals without a specific diet, assistance with shopping, thorough cleanup, window cleaning services. * Preparation for moves. * Household chores: raking, gardening, packing, garage and shed cleaning, etc.

Eligibility: seniors, people of all ages with temporary or permanent physical limitations

Coverage area: Sainte-Marguerite, Estérel, Sainte-Adèle, Saint-Sauveur, Sainte-Anne-des-Lacs, Piedmont, Morin-Heights, Saint-Adolphe d'Howard, Lac-des-Seize-Iles, Wentworth-Nord

Hours: Monday to Friday 8h00 to 16h00

Financing: provincial, self-financing

Legal status: cooperative

Social housing and housing cooperatives

HABITATIONS DE LA VALLÉE DE SAINT-SAUVEUR (LES)

121 Lac-Millette Road, Saint-Sauveur, Laurentides, QC, J0R 1R6

450 227-6661

Email: habitationdelavallee@gmail.com

Services: Housing for people on a low or modest income.

Eligibility: families, single autonomous individuals, on a low or modest income

Capacity: 20 units

Coverage area: Saint-Sauveur

Fees: subsidized housing: 25% of income according to the provincial notice of assessment

Financing: provincial, grants

Legal status: non-profit organization

HABITATIONS MONT DU ROCHER

931 des Monts Boulevard, Sainte-Adèle, Laurentides, QC, J8B 1K4

514 592-7199

Email: normandrochon27@hotmail.com

Services: Affordable housing. * Housing for seniors. * Housing for families at 3232 du Mont du Rocher Street and at 3250-3260 du Mont du Rocher Street.

Eligibility: autonomous seniors on a low or modest income, families on a low or modest income

Coverage area: Sainte-Adèle

Fees: variable

Financing: self-financing

Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DES PAYS-D'EN-HAUT

800 Blondin Street, Sainte-Adèle, Laurentides, QC, J8B 2R1

450 229-2264

Email: demande@omhpdh.com

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

Eligibility: individuals, seniors and families on a low and moderate income

Capacity: 139 units

Coverage area: MRC Les Pays-d'en-Haut

Financing: municipal, provincial

Legal status: parapublic organization

Justice and Advocacy

ADVOCACY GROUPS

CONSUMER PROTECTION AND COMPLAINTS

LEGAL ASSISTANCE AND INFORMATION

Advocacy groups

CLSM - COLLECTIF DES LAURENTIDES EN SANTÉ MENTALE

1370 Sainte-Adèle Boulevard, Sainte-Adèle, Laurentides, QC, J8B 0K2

450 229-8440

Website: www.clsmqc.org

Email: clsm227@gmail.com

Services: Unite, advocate, promote and raise awareness of the needs and interests of people who have lived or are living with mental health problems. * Popular education. * Social meetings. * Representation with government authorities. * Advocacy of rights and interests. * Promotion and awareness.

Eligibility: people who have lived or are living with mental health problems

Coverage area: Laurentians

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: donations, grants

Legal status: non-profit organization

TABLE DE CONCERTATION RÉGIONALE DES AÎNÉ-E-S DES LAURENTIDES

19 de la gare Street, Room D, Saint-Sauveur, Laurentides, QC, J0R 1R0

450 602-8477

Website: tcral.ca

Email: tralaurentides@gmail.com

Services: Place for exchange and dialogue to improve the living conditions of seniors in the Laurentians.

Eligibility: seniors, organizations that provide services to seniors

Coverage area: Laurentians

Hours: Monday to Thursday 9h00 to 16h00

Fees: none

Financing: provincial

Legal status: non-profit organization

Consumer protection and complaints

OFFICE MUNICIPAL D'HABITATION DES PAYS-D'EN-HAUT

800 Blondin Street, Sainte-Adèle, Laurentides, QC, J8B 2R1

450 229-2264

Email: demande@omhpdh.com

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

Eligibility: individuals, seniors and families on a low and moderate income

Capacity: 139 units

Coverage area: MRC Les Pays-d'en-Haut

Financing: municipal, provincial

Legal status: parapublic organization

Legal assistance and information

ESTÉREL - MUNICIPALITY

115 Dupuis Road, Estérel, Laurentides, QC, J0T 1E0

450 928-3232 Fax: 450 228-3737

Website: villedesterel.com

Email: info@villedesterel.com

Services: Management of municipal services. * Urban planning services and permit issuance. * Residual materials management. * Public safety: fire safety service, protection service. Sûreté du Québec. * Recreation and culture department.

Coverage area: Estérel

Financing: municipal

Legal status: municipal agency

MORIN-HEIGHTS - MUNICIPALITY

567 du Village Road, Morin-Heights, Laurentides, QC, J0R 1H0

450 226-3232 Fax: 450 226-8786

Website: morinheights.com/?lang=en

Email: municipalite@morinheights.com

Services: Management of municipal services. * Municipal counter: information on permits, subsidies and taxes, payment of taxes. * Calendar of recyclable and garbage collections and information on the management of residual materials: morinheights.com/Waste-management * Public safety: fire safety service, Sûreté du Québec. * Animal licenses. * Leisure and culture. * Library.

Coverage area: Morin-Heights

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

Financing: municipal

Legal status: municipal agency

PIEDMONT - MUNICIPALITY

670 Principale Street, Piedmont, Laurentides, QC, J0R 1K0

450 227-1888 Fax: 450-227-6716

Website: www.piedmont.ca

Email: info@piedmont.ca

Services: Management of municipal services. * Municipal counter: information on permits, subsidies and taxes, payment of taxes. * Calendar of recyclable and garbage collections and information on waste management: www.piedmont.ca/infos-collectes.html * Here it is: mobile application allowing to report an incident requiring the intervention of the road service. * Public safety: fire safety service, Sûreté du Québec. * Community gardens.

Coverage area: Piedmont

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

Financing: municipal

Legal status: municipal agency

SAINT-ADOLPHE-D'HOWARD - MUNICIPALITY

1881 du Village Road, Saint-Adolphe-d'Howard, Laurentides, QC, J0T 2B0

819 327-2044 Fax: 819 327-2282

Website: stadolphedhoward.qc.ca

Email: info@stah.ca

Services: Management of municipal services. * Municipal counter: information on permits, subsidies and taxes, payment of taxes. * Calendar of recyclable and garbage collections and information on waste management: stadolphedhoward.qc.ca/services-aux-citoyens/travaux-publics-et-hygiene-du-milieu/matieres-residuals * Public safety: fire safety service, Sûreté du Québec. * Animal licenses. * Leisure, culture, and community life. * Library.

Coverage area: Saint-Adolphe-d'Howard

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

Financing: municipal

Legal status: municipal agency

SAINT-SAUVEUR - CITY

1 de la Mairie Place, Saint-Sauveur, Laurentides, QC, J0R 1R6

450 227-0000 Fax: 1 866 313-6267

Website: vss.ca

Email: administration@vss.ca

Services: Management of municipal services. * Municipal counter: information on permits, subsidies and taxes, payment of taxes. * Information on waste management: vss.ca/services-aux-citoyens/services/collectes-et-matieres-residuelles * Public safety: fire safety service, Sûreté du Québec. * OMNIVIGIL, emergency alert service for citizens: saint-sauveur.omnivigil.com

Coverage area: Saint-Sauveur

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

Financing: municipal

Legal status: municipal agency

SAINTE-ADÈLE - CITY

1381 Sainte-Adèle Boulevard, Sainte-Adèle, Laurentides, QC, J8B 1A3

450 229-2921 Fax: 450 229-4179

Website: www.ville.sainte-adele.qc.ca

Email: info@vdsa.ca

Services: Management of municipal services. * Municipal counter: information on permits, subsidies and taxes, and payment of taxes. * Calendar of recyclable and garbage collections and information on waste management: ville.sainte-adele.qc.ca/page-calendrier-des-collectes.php * Public safety: fire safety service, Sûreté du Québec. * Leisure and sports. * Ecocenter.

Coverage area: Sainte-Adèle

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

Financing: municipal

Legal status: municipal agency

Mental Health and addictions

ADDICTION TREATMENT

COMMUNITY SUPPORT IN MENTAL HEALTH

HELPLINES

MENTAL HEALTH ADVOCACY GROUPS

MENTAL HEALTH HOUSING

SELF-HELP GROUPS FOR ADDICTION ISSUES

SELF-HELP GROUPS FOR MENTAL HEALTH ISSUES

Addiction treatment

ATTITUDE CENTER

707, rue Principale, Piedmont, Laurentides, QC, J0R 1K0

450 240-0404 Fax: 450 240-0340

Website: centreattitude.com

Email: info@centreattitude.com

Services: * Individual counselling in a helping relationship. * 5-day intensive in-patient workshops on addiction issues, based on the 12 steps of remission (various issues, non-exclusive) every two weeks (Wednesday to Sunday). * 3-day intensive in-patient workshops for couples or teens every two months (Friday to Sunday). * Weekly addiction support groups based on the 12 stages of remission (various issues, non-exclusive).

Eligibility: adults, teenagers 12 to 17 years old and couples struggling with addiction (alcohol, drugs, gambling, cyberaddiction) or on a journey, support groups: 16 years old and over

Capacity: 40

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: individual consultations and intensive sessions: variable, support groups: voluntary contribution

Financing: donations, self-financing, fundraising campaigns

Legal status: non-profit organization

CENTRE DE RÉADAPTATION EN DÉPENDANCE DES LAURENTIDES - SAINT-SAUVEUR

150 Principale Street, Saint-Sauveur, Laurentides, QC, J0R 1R6

811 option 2

Website: www.santelaurentides.gouv.qc.ca/nous-joindre/centres-de-readaptation

Services: Second-line addiction services. * Inpatient and outpatient rehabilitation of variable duration. * Inpatient rehabilitation for adults of 21 days. * Inpatient rehabilitation for young people in collaboration with Le Grand Chemin, Portage or Pavillon du Nouveau de Vue. * Outpatient rehabilitation. * Detoxification with medical assistance (3.2 and 3.7). * Social and professional reintegration, post-treatment follow-up. * Substitution treatment. * Support for relatives: individual consultations for partners and group meetings for parents. * Evaluation of driver convicted of impaired driving.

Eligibility: people 12 years and over with an alcohol, drug or gambling addiction and problematic Internet use (UPI), their relatives, pregnant women, deaf or hard of hearing clients accepted, people on a substitution program or with mental health problems

Coverage area: Laurentians

Fees: free

Financing: provincial

Legal status: parapublic organization

GROUPE JAD

848 Latour Street, Sainte-Adèle, Laurentides, QC, J8B 1J6

1 888 681-7717

Website: groupejad.com

Email: info@groupejad.com

Services: * Helpline. * Individual help: coaching, listening, prevention, support groups and on the spot activities. * Support for loved ones: listening and support for parents, coaching, support groups. * Training and conferences.

Eligibility: youth living with problems of addiction, of violence or with family communication, parents experiencing difficulties with their teen

Coverage area: MRC Laurentides

Hours: Monday to Friday 8h30 to 16h00, helpline: Monday and Wednesday 16h00 to 20h00, Friday 10h00 to 16h00

Fees: none

Financing: donations

Legal status: non-profit organization

Community support in mental health

ATTITUDE CENTER

707, rue Principale, Piedmont, Laurentides, QC, J0R 1K0

450 240-0404 Fax: 450 240-0340

Website: centreattitude.com

Email: info@centreattitude.com

Services: * Individual counselling in a helping relationship. * 5-day intensive in-patient workshops on addiction issues, based on the 12 steps of remission (various issues, non-exclusive) every two weeks (Wednesday to Sunday). * 3-day intensive in-patient workshops for couples or teens every two months (Friday to Sunday). * Weekly addiction support groups based on the 12 stages of remission (various issues, non-exclusive).

Eligibility: adults, teenagers 12 to 17 years old and couples struggling with addiction (alcohol, drugs, gambling, cyberaddiction) or on a journey, support groups: 16 years old and over

Capacity: 40

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: individual consultations and intensive sessions: variable, support groups: voluntary contribution

Financing: donations, self-financing, fundraising campaigns

Legal status: non-profit organization

ÉCHELON DES PAYS-D'EN-HAUT (L')

168 de la Vallée du Golf Street, Sainte-Adèle, Laurentides, QC, J8B 1P5

450 745-0133 Fax: 450 745-0176

Website: www.echelonpaysdenhaut.com

Email: info.echelonpdh@gmail.com

Services: * Day centre. * Accompaniment, mutual aid, referral and support. * Activities, thematic workshops, arts, etc. * Collective kitchen. * Community lunches.

Eligibility: people 18 years old and over living with a mental health issue

Coverage area: MRC Les Pays-d'en-Haut

Hours: Monday to Thursday 9h00 to 15h30

Fees: regular services: free, special activities: low cost

Financing: grants, donations

Legal status: non-profit organization

Helplines

ANTR'AIDANT (L')

205 Principale Street, Saint-Sauveur, Laurentides, QC, J0R 1R0

579 888-0211

Website: lantraidant.com

Email: information@lantraidant.com

Services: Support for caregivers. * Phone reception and listening. * Information, needs assessment and referral. * Individual accompaniment, counselling and follow-up. * Caregiver coaching. * Weekly support group in person and online. * Awareness activities, conferences and workshops. * Online tools and capsules.

Eligibility: caregivers of adults and seniors living with a physical or cognitive loss, formative awareness workshops: caregivers, workers, community environments

Coverage area: MRC Thérèse-de Blainville, MRC Deux-Montagnes, MRC d'Argenteuil, MRC des Pays-d'en-Haut, MRC des Laurentides, MRC Antoine-Labelle, MRC La Rivière-du-Nord, Sud de Mirabel, North of Mirabel

Hours: Monday to Sunday 8h30 to 16h30

Fees: none

Financing: federal, provincial, Centraide Laurentides, self-financing, donations

Legal status: non-profit organization

GROUPE JAD

848 Latour Street, Sainte-Adèle, Laurentides, QC, J8B 1J6

1 888 681-7717

Website: groupejad.com

Email: info@groupejad.com

Services: * Helpline. * Individual help: coaching, listening, prevention, support groups and on the spot activities. * Support for loved ones: listening and support for parents, coaching, support groups. * Training and conferences.

Eligibility: youth living with problems of addiction, of violence or with family communication, parents experiencing difficulties with their teen

Coverage area: MRC Laurentides

Hours: Monday to Friday 8h30 to 16h00, helpline: Monday and Wednesday 16h00 to 20h00, Friday 10h00 to 16h00

Fees: none

Financing: donations

Legal status: non-profit organization

Mental health advocacy groups**CLSM - COLLECTIF DES LAURENTIDES EN SANTÉ MENTALE**

1370 Sainte-Adèle Boulevard, Sainte-Adèle, Laurentides, QC, J8B 0K2

450 229-8440

Website: www.clsmqc.org

Email: clsm227@gmail.com

Services: Unite, advocate, promote and raise awareness of the needs and interests of people who have lived or are living with mental health problems. * Popular education. * Social meetings. * Representation with government authorities. * Advocacy of rights and interests. * Promotion and awareness.

Eligibility: people who have lived or are living with mental health problems

Coverage area: Laurentians

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: donations, grants

Legal status: non-profit organization

Mental health housing**SOUS LE TOIT DE L'ÉCHELON**

170 Vallée-du-Golf Street, Sainte-Adèle, Laurentides, QC, J8B 1P5

450 745-0133

Website: www.echelonpaysdenhaut.com/logement-social.html

Email: info.echelonpdh@gmail.com

Services: Subsidized housing for people living with a mental health problem. * Social housing. * Intervention service. * Community kitchen. * Community rooms: computer, television, games, arts and reception rooms.

Eligibility: people on a low income living with a mental health problem

Capacity: 30

Coverage area: MRC Les Pays-d'en-Haut

Hours: administration: Monday to Thursday 9h00 to 16h00, intervention: Monday to Friday 9h00 to 15h30

Fees: 25% of income according to the provincial notice of assessment

Financing: grants, donations

Legal status: Nonprofit - Incorporated

Self-help groups for addiction issues

ATTITUDE CENTER

707, rue Principale, Piedmont, Laurentides, QC, J0R 1K0

450 240-0404 Fax: 450 240-0340

Website: centreattitude.com

Email: info@centreattitude.com

Services: * Individual counselling in a helping relationship. * 5-day intensive in-patient workshops on addiction issues, based on the 12 steps of remission (various issues, non-exclusive) every two weeks (Wednesday to Sunday). * 3-day intensive in-patient workshops for couples or teens every two months (Friday to Sunday). * Weekly addiction support groups based on the 12 stages of remission (various issues, non-exclusive).

Eligibility: adults, teenagers 12 to 17 years old and couples struggling with addiction (alcohol, drugs, gambling, cyberaddiction) or on a journey, support groups: 16 years old and over

Capacity: 40

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: individual consultations and intensive sessions: variable, support groups: voluntary contribution

Financing: donations, self-financing, fundraising campaigns

Legal status: non-profit organization

GROUPE JAD

848 Latour Street, Sainte-Adèle, Laurentides, QC, J8B 1J6

1 888 681-7717

Website: groupejad.com

Email: info@groupejad.com

Services: * Helpline. * Individual help: coaching, listening, prevention, support groups and on the spot activities. * Support for loved ones: listening and support for parents, coaching, support groups. * Training and conferences.

Eligibility: youth living with problems of addiction, of violence or with family communication, parents experiencing difficulties with their teen

Coverage area: MRC Laurentides

Hours: Monday to Friday 8h30 to 16h00, helpline: Monday and Wednesday 16h00 to 20h00, Friday 10h00 to 16h00

Fees: none

Financing: donations

Legal status: non-profit organization

Self-help groups for mental health issues

PALLIACCO - SAINT-SAUVEUR POINT OF SERVICE

200 Main Street Suite 21A and 21C, Saint-Sauveur, Laurentides, QC, J0R 1R0

819 717-9646 Fax: 819 717-4411

Website: www.palliacco.org/en

Email: references@palliacco.org

Services: Organization dedicated to supporting people who are ill and at the end of their lives and their entourage. * Accompaniment in palliative care. * Home support at the end of life. * Training in palliative care and support for caregivers. * Support groups: people with cancer or in remission, caregivers, bereaved people. * Respite care at home. * Individual support: counselling. * Massage therapy at home. * Yoga sessions. * Coffee meetings. * Conferences. * Fundraising campaign La randonnée sous les étoiles.

Eligibility: people with cancer, people who are ill and at the end of life, caregivers, bereaved people

Coverage area: MRC Les Laurentides, MRC Les Pays-d'en-Haut, La Macaza, L'Ascension, Nominingue, Rivière-Rouge

Hours: by appointment

Fees: none

Financing: donations, fundraising campaigns

Legal status: non-profit organization

Seniors

CAREGIVERS

COMMUNITY AND RECREATION CENTRES

DAY CENTRES AND RESPITE

FRIENDLY VISITS AND SAFETY CALLS

HOME SUPPORT

HOUSING FOR SENIORS

MEALS ON WHEELS

SENIORS' ADVOCACY AND ASSISTANCE ASSOCIATIONS

VOLUNTEER TRANSPORTATION

Caregivers

ANTR'AIDANT (L')

205 Principale Street, Saint-Sauveur, Laurentides, QC, J0R 1R0

579 888-0211

Website: lantraidant.com

Email: information@lantraidant.com

Services: Support for caregivers. * Phone reception and listening. * Information, needs assessment and referral. * Individual accompaniment, counselling and follow-up. * Caregiver coaching. * Weekly support group in person and online. * Awareness activities, conferences and workshops. * Online tools and capsules.

Eligibility: caregivers of adults and seniors living with a physical or cognitive loss, formative awareness workshops: caregivers, workers, community environments

Coverage area: MRC Thérèse-de Blainville, MRC Deux-Montagnes, MRC d'Argenteuil, MRC des Pays-d'en-Haut, MRC des Laurentides, MRC Antoine-Labelle, MRC La Rivière-du-Nord, Sud de Mirabel, North of Mirabel

Hours: Monday to Sunday 8h30 to 16h30

Fees: none

Financing: federal, provincial, Centraide Laurentides, self-financing, donations

Legal status: non-profit organization

COOP SORE

200 Principale Street, Suite 4, Saint-Sauveur, Laurentides, QC, J0R 1R0

450 224-2657

Website: www.coopsore.ca

Email: sore@cgocable.ca

Services: Social and educational activities for caregivers and seniors. * Stimulation groups. * Home respite. * Social respite for caregivers and those being cared for.

Eligibility: seniors, caregivers

Coverage area: MRC Les Pays-d'en-Haut, Gatineau

Fees: membership: \$20 per person

Financing: membership fees

Legal status: cooperative

PALLIACCO - SAINT-SAUVEUR POINT OF SERVICE

200 Main Street Suite 21A and 21C, Saint-Sauveur, Laurentides, QC, J0R 1R0

819 717-9646 Fax: 819 717-4411

Website: www.palliacco.org/en

Email: references@palliacco.org

Services: Organization dedicated to supporting people who are ill and at the end of their lives and their entourage. * Accompaniment in palliative care. * Home support at the end of life. * Training in palliative care and support for caregivers. * Support groups: people with cancer or in remission, caregivers, bereaved people. * Respite care at home. * Individual support: counselling. * Massage therapy at home. * Yoga sessions. * Coffee meetings. * Conferences. * Fundraising campaign La randonnée sous les étoiles.

Eligibility: people with cancer, people who are ill and at the end of life, caregivers, bereaved people

Coverage area: MRC Les Laurentides, MRC Les Pays-d'en-Haut, La Macaza, L'Ascension, Nominingue, Rivière-Rouge

Hours: by appointment

Fees: none

Financing: donations, fundraising campaigns

Legal status: non-profit organization

RÉPIT, BIEN-ÊTRE

19 de la Gare Avenue, Suite I, Saint-Sauveur, Laurentides, QC, J0R 1R0

450 224-2657

Website: www.repitbienetre.com

Email: repit.bienetre@gmail.com

Services: Respite and home help services. * Individual respite at home. * Social respite: community lunches, activities. * Respite camp: 3-day camp for caregivers and people receiving care.

Eligibility: seniors with a loss of autonomy, caregivers

Coverage area: Laurentides

Fees: variable according to income

Financing: donations, grants

Legal status: non-profit organization

Community and Recreation Centres**FADOQ - CLUB DE L'ÂGE D'OR DU LAC MASSON**

2 des Lilas Street, Sainte-Marguerite-du-Lac-Masson, Laurentides, QC, J0T 1L0

514 775-8146

Email: aolacmasson@gmail.com

Services: Social club for seniors. * Social activities. * Reading club, knitting classes, board games, cribble, billiard game, painting workshop, etc. * Physical activities, Action Vitalité and Pickleball.

Eligibility: seniors 50 years old and over

Coverage area: Sainte-Marguerite-du-Lac-Masson

Hours: variable depending on the activity

Fees: annual or 2-year membership

Financing: self-financing, donations, membership fees

Legal status: non-profit organization

Day centres and respite**COOP SORE**

200 Principale Street, Suite 4, Saint-Sauveur, Laurentides, QC, J0R 1R0

450 224-2657

Website: www.coopsore.ca

Email: sore@cgocable.ca

Services: Social and educational activities for caregivers and seniors. * Stimulation groups. * Home respite. * Social respite for caregivers and those being cared for.

Eligibility: seniors, caregivers

Coverage area: MRC Les Pays-d'en-Haut, Gatineau

Fees: membership: \$20 per person

Financing: membership fees

Legal status: cooperative

RÉPIT, BIEN-ÊTRE

19 de la Gare Avenue, Suite I, Saint-Sauveur, Laurentides, QC, J0R 1R0

450 224-2657

Website: www.repitbienetre.com

Email: repit.bienetre@gmail.com

Services: Respite and home help services. * Individual respite at home. * Social respite: community lunches, activities. * Respite camp: 3-day camp for caregivers and people receiving care.

Eligibility: seniors with a loss of autonomy, caregivers

Coverage area: Laurentides
Fees: variable according to income
Financing: donations, grants
Legal status: non-profit organization

Friendly visits and safety calls

ENTRAIDE BÉNÉVOLE DES PAYS-D'EN-HAUT (L')

1013 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M4
450 229-9020 Fax: 450 229-7539
Website: www.entraidebenevolepdh.com
Email: info@entraidebenevolepdh.com

Services: * Reception and referral. * Meals on wheels: delivery of frozen meals at home. * Friendly health: blood pressure check by volunteer nurses. * Visits and friendship calls. * Help with filling out forms. * Community action development. * Volunteer support: welcome, supervision and training. * Van: group transportation service for outings (grocery store, bank, etc.) * Kindness calls. * Help with small household jobs. * Computer support. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Monthly community meal. * Blood collection. * Accompaniment for walking.

Eligibility: people with temporary or permanent loss of autonomy, seniors

Coverage area: MRC Les Pays-d'en-Haut

Hours: Monday to Friday 8h30 to 16h30

Fees: meals on wheels: \$8,50 per meal, community meal: \$6 per meal, light housework: travel expenses, van: small contribution

Financing: donations, self-financing

Legal status: non-profit organization

ENTRAIDE BÉNÉVOLE DES PAYS-D'EN-HAUT (L') - INITIATIVE DE TRAVAIL DE MILIEU AUPRÈS DES AÎNÉS EN SITUATION DE VULNÉRABILITÉ

1013 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M4
450 229-9020 Fax: 450 229-7539
Website: www.entraidebenevolepdh.com
Email: info@entraidebenevolepdh.com

Services: Community outreach work for vulnerable seniors.

Eligibility: seniors

Coverage area: MRC Les Pays-d'en-Haut

Hours: Monday to Friday 8h30 to 16h30

Financing: donations, self-financing

Legal status: non-profit organization

Home support

COOP SORE

200 Principale Street, Suite 4, Saint-Sauveur, Laurentides, QC, J0R 1R0
450 224-2657
Website: www.coopsore.ca
Email: sore@cgocable.ca

Services: Social and educational activities for caregivers and seniors. * Stimulation groups. * Home respite. * Social respite for caregivers and those being cared for.

Eligibility: seniors, caregivers

Coverage area: MRC Les Pays-d'en-Haut, Gatineau

Fees: membership: \$20 per person

Financing: membership fees

Legal status: cooperative

COOPÉRATIVE DE SOLIDARITÉ AIDE CHEZ SOI DES PAYS-D'EN-HAUT

1332 Ste-Adèle Boulevard, Suite 170, Sainte-Adèle, Laurentides, QC, J8B 0J7

450 229-6677 Fax: 450 553-8194

Website: aidechezsoipdh.ca

Email: info@aidechezsoipdh.ca

Services: Specialized solidarity cooperative in home maintenance and care services. * Regular or heavy house cleaning, preparation of meals without a specific diet, assistance with shopping, thorough cleanup, window cleaning services. * Preparation for moves. * Household chores: raking, gardening, packing, garage and shed cleaning, etc.

Eligibility: seniors, people of all ages with temporary or permanent physical limitations

Coverage area: Sainte-Marguerite, Estérel, Sainte-Adèle, Saint-Sauveur, Sainte-Anne-des-Lacs, Piedmont, Morin-Heights, Saint-Adolphe d'Howard, Lac-des-Seize-Iles, Wentworth-Nord

Hours: Monday to Friday 8h00 to 16h00

Financing: provincial, self-financing

Legal status: cooperative

ENTRAIDE BÉNÉVOLE DES PAYS-D'EN-HAUT (L')

1013 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M4

450 229-9020 Fax: 450 229-7539

Website: www.entraidebenevolepdh.com

Email: info@entraidebenevolepdh.com

Services: * Reception and referral. * Meals on wheels: delivery of frozen meals at home. * Friendly health: blood pressure check by volunteer nurses. * Visits and friendship calls. * Help with filling out forms. * Community action development. * Volunteer support: welcome, supervision and training. * Van: group transportation service for outings (grocery store, bank, etc.) * Kindness calls. * Help with small household jobs. * Computer support. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Monthly community meal. * Blood collection. * Accompaniment for walking.

Eligibility: people with temporary or permanent loss of autonomy, seniors

Coverage area: MRC Les Pays-d'en-Haut

Hours: Monday to Friday 8h30 to 16h30

Fees: meals on wheels: \$8,50 per meal, community meal: \$6 per meal, light housework: travel expenses, van: small contribution

Financing: donations, self-financing

Legal status: non-profit organization

GARDE-MANGER DES PAYS-D'EN-HAUT (LE)

100 Morin Street, Sainte-Adèle, Laurentides, QC, J8B 2P7

450 227-3757 Fax: 450 745-1811

Website: www.gardemangerpdh.ca/en

Email: secretariat@gardemangerpdh.ca

Services: Food and clothing support. * Food counter. * Emergency food assistance. * Collective kitchen. * In-school lunches. * Meals on wheels. * Christmas vouchers. * La Fouillerie: clothing counter. * Help with school supplies.

Eligibility: families and people in need

Coverage area: MRC Les Pays-d'en-Haut

Hours: Monday to Thursday 9h00 to 16h30, food counter: Monday 13h00 to 16h00, collective kitchen: Monday, Wednesday and Friday

Fees: food counter: \$3, collective kitchen: \$18 for 5 meals, emergency food assistance: free

Financing: donations, self-financing

Legal status: non-profit organization

PALLIACCO - SAINT-SAUVEUR POINT OF SERVICE

200 Main Street Suite 21A and 21C, Saint-Sauveur, Laurentides, QC, J0R 1R0

819 717-9646 Fax: 819 717-4411

Website: www.palliacco.org/en

Email: references@palliacco.org

Services: Organization dedicated to supporting people who are ill and at the end of their lives and their entourage. * Accompaniment in palliative care. * Home support at the end of life. * Training in palliative care and support for caregivers. * Support groups: people with cancer or in remission, caregivers, bereaved people. * Respite care at home. * Individual support: counselling. * Massage therapy at home. * Yoga sessions. * Coffee meetings. * Conferences. * Fundraising campaign La randonnée sous les étoiles.

Eligibility: people with cancer, people who are ill and at the end of life, caregivers, bereaved people

Coverage area: MRC Les Laurentides, MRC Les Pays-d'en-Haut, La Macaza, L'Ascension, Nominingue, Rivière-Rouge

Hours: by appointment

Fees: none

Financing: donations, fundraising campaigns

Legal status: non-profit organization

RENCONTRE DE STE-MARGUERITE (LA)

2 Masson Road, Estérel, Laurentides, QC, J0T 1L0

450 228-8606

Email: coordolarencontre@gmail.com

Services: * Meals on wheels. * Delivery of hot meals to elementary schools. * Food counter. * Community dinners. * Help and referrals. * Thrift store: clothes and household items. * Christmas baskets in the form of vouchers. * Tax clinic.

Eligibility: people in need, general population

Coverage area: Sainte-Marguerite-du-Lac-Masson

Hours: office hours: Monday to Thursday 8h30 to 15h00, meal delivery: Tuesday to Thursday, community dinners: Wednesday, food counter: Thursday

Fees: meals on wheels: \$6, community dinner: \$7

Financing: Centraide Laurentides, provincial

Legal status: non-profit organization

RESSOURCES COMMUNAUTAIRES SAINT-ADOLPHE

Confidential Address

819 324-8240

Website: ressourcescommunautaires.org

Email: ressourcescommunautaires@adolphins.com

Services: * Food assistance. * Meal delivery. * Christmas gifts for children.

Eligibility: general public, meal delivery: people without transportation, people 70 years old and over

Coverage area: Saint-Adolphe-d'Howard

Fees: none

Financing: provincial, self-financing, donations, foundations

Legal status: non-profit organization

Housing for seniors**APPARTEMENTS GLEN (LES)**

15 Glen Street, Morin-Heights, Laurentides, QC, J0R 1H0

450 226-1555

Email: directors15@hotmail.com

Services: Housing for people 55 years and over. * Affordable housing.

Eligibility: people 55 years and over, who are autonomous, non-smokers and on a modest income

Capacity: 31

Coverage area: Laurentians

Fees: variable

Financing: self-financing

Legal status: non-profit organization

CENTRE D'HÉBERGEMENT DE SAINTE-ADÈLE

249 de Sainte-Adèle Boulevard, Sainte-Adèle, Laurentides, QC, J8B 1A9

450 229-8516

Website: santelaurentides.gouv.qc.ca/nous-joindre/centres-dhebergement-chsld

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

Eligibility: seniors or people with a loss of autonomy

Coverage area: Laurentians

Financing: provincial

Legal status: parapublic organization

CENTRE D'HÉBERGEMENT DES HAUTEURS

707 de Sainte-Adèle Boulevard, Sainte-Adèle, Laurentides, QC, J8B 2N1

450 229-6601

Website: santelaurentides.gouv.qc.ca/nous-joindre/centres-dhebergement-chsld

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

Eligibility: seniors or people with a loss of autonomy

Coverage area: Laurentians

Financing: provincial

Legal status: parapublic organization

HABITAT ST-SAUVEUR-DES-MONTS

157 du Lac Millette Road, Saint-Sauveur, Laurentides, QC, J0R 1R6

450 227-5837

Email: habitatstsauveur@gmail.com

Services: Housing for seniors 55 years old and over.

Eligibility: seniors 55 years old and over who are autonomous and on a low or modest income

Capacity: 72 units

Coverage area: MRC Les Pays-d'en-Haut

Hours: offices: Tuesday 9h00 to 12h00, Thursday 9h00 to 15h00

Financing: federal, self-financing

Legal status: non-profit organization

HABITATION SAINT-ADOLPHE-D'HOWARD

200 J-A-Préfontaine Street, Suite 21, Saint-Adolphe-d'Howard, Laurentides, QC, J0T 2B0

Services: Residences for seniors. * Affordable housing.

Eligibility: people 55 years old and over who are autonomous and retired

Coverage area: Laurentides

Fees: variable

Financing: self-financing

Legal status: non-profit organization

HABITATIONS DE LA VALLÉE DE SAINT-SAUVEUR (LES)

121 Lac-Millette Road, Saint-Sauveur, Laurentides, QC, J0R 1R6

450 227-6661

Email: habitationdelavallee@gmail.com

Services: Housing for people on a low or modest income.

Eligibility: families, single autonomous individuals, on a low or modest income

Capacity: 20 units

Coverage area: Saint-Sauveur

Fees: subsidized housing: 25% of income according to the provincial notice of assessment

Financing: provincial, grants

Legal status: non-profit organization

HABITATIONS MONT DU ROCHER

931 des Monts Boulevard, Sainte-Adèle, Laurentides, QC, J8B 1K4

514 592-7199

Email: normandrochon27@hotmail.com

Services: Affordable housing. * Housing for seniors. * Housing for families at 3232 du Mont du Rocher Street and at 3250-3260 du Mont du Rocher Street.

Eligibility: autonomous seniors on a low or modest income, families on a low or modest income

Coverage area: Sainte-Adèle

Fees: variable

Financing: self-financing

Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DES PAYS-D'EN-HAUT

800 Blondin Street, Sainte-Adèle, Laurentides, QC, J8B 2R1

450 229-2264

Email: demande@omhpdh.com

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

Eligibility: individuals, seniors and families on a low and moderate income

Capacity: 139 units

Coverage area: MRC Les Pays-d'en-Haut

Financing: municipal, provincial

Legal status: parapublic organization

Meals on Wheels

ENTRAIDE BÉNÉVOLE DES PAYS-D'EN-HAUT (L')

1013 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M4

450 229-9020 Fax: 450 229-7539

Website: www.entraidebenevolepdh.com

Email: info@entraidebenevolepdh.com

Services: * Reception and referral. * Meals on wheels: delivery of frozen meals at home. * Friendly health: blood pressure check by volunteer nurses. * Visits and friendship calls. * Help with filling out forms. * Community action development. * Volunteer support: welcome, supervision and training. * Van: group transportation service for outings (grocery store, bank, etc.) * Kindness calls. * Help with small household jobs. * Computer support. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Monthly community meal. * Blood collection. * Accompaniment for walking.

Eligibility: people with temporary or permanent loss of autonomy, seniors

Coverage area: MRC Les Pays-d'en-Haut

Hours: Monday to Friday 8h30 to 16h30

Fees: meals on wheels: \$8,50 per meal, community meal: \$6 per meal, light housework: travel expenses, van: small contribution

Financing: donations, self-financing

Legal status: non-profit organization

GARDE-MANGER DES PAYS-D'EN-HAUT (LE)

100 Morin Street, Sainte-Adèle, Laurentides, QC, J8B 2P7

450 227-3757 Fax: 450 745-1811

Website: www.gardemangerpdh.ca/en

Email: secretariat@gardemangerpdh.ca

Services: Food and clothing support. * Food counter. * Emergency food assistance. * Collective kitchen. * In-school lunches. * Meals on wheels. * Christmas vouchers. * La Fouillerie: clothing counter. * Help with school supplies.

Eligibility: families and people in need

Coverage area: MRC Les Pays-d'en-Haut

Hours: Monday to Thursday 9h00 to 16h30, food counter: Monday 13h00 to 16h00, collective kitchen: Monday, Wednesday and Friday

Fees: food counter: \$3, collective kitchen: \$18 for 5 meals, emergency food assistance: free

Financing: donations, self-financing

Legal status: non-profit organization

RENCONTRE DE STE-MARGUERITE (LA)

2 Masson Road, Estérel, Laurentides, QC, J0T 1L0

450 228-8606

Email: coordolarencontre@gmail.com

Services: * Meals on wheels. * Delivery of hot meals to elementary schools. * Food counter. * Community dinners. * Help and referrals. * Thrift store: clothes and household items. * Christmas baskets in the form of vouchers. * Tax clinic.

Eligibility: people in need, general population

Coverage area: Sainte-Marguerite-du-Lac-Masson

Hours: office hours: Monday to Thursday 8h30 to 15h00, meal delivery: Tuesday to Thursday, community dinners: Wednesday, food counter: Thursday

Fees: meals on wheels: \$6, community dinner: \$7

Financing: Centraide Laurentides, provincial

Legal status: non-profit organization

RESSOURCES COMMUNAUTAIRES SAINT-ADOLPHE

Confidential Address

819 324-8240

Website: ressourcescommunautaires.org

Email: ressourcescommunautaires@adolphins.com

Services: * Food assistance. * Meal delivery. * Christmas gifts for children.

Eligibility: general public, meal delivery: people without transportation, people 70 years old and over

Coverage area: Saint-Adolphe-d'Howard

Fees: none

Financing: provincial, self-financing, donations, foundations

Legal status: non-profit organization

Seniors' Advocacy and Assistance Associations**TABLE DE CONCERTATION RÉGIONALE DES ÂÎNÉ-E-S DES LAURENTIDES**

19 de la gare Street, Room D, Saint-Sauveur, Laurentides, QC, J0R 1R0

450 602-8477

Website: tcral.ca

Email: tralaurentides@gmail.com

Services: Place for exchange and dialogue to improve the living conditions of seniors in the Laurentians.

Eligibility: seniors, organizations that provide services to seniors

Coverage area: Laurentians
Hours: Monday to Thursday 9h00 to 16h00
Fees: none
Financing: provincial
Legal status: non-profit organization

Volunteer Transportation

ENTRAIDE BÉNÉVOLE DES PAYS-D'EN-HAUT (L')

1013 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M4

450 229-9020 Fax: 450 229-7539

Website: www.entraidebenevolepdh.com

Email: info@entraidebenevolepdh.com

Services: * Reception and referral. * Meals on wheels: delivery of frozen meals at home. * Friendly health: blood pressure check by volunteer nurses. * Visits and friendship calls. * Help with filling out forms. * Community action development. * Volunteer support: welcome, supervision and training. * Van: group transportation service for outings (grocery store, bank, etc.) * Kindness calls. * Help with small household jobs. * Computer support. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Monthly community meal. * Blood collection. * Accompaniment for walking.

Eligibility: people with temporary or permanent loss of autonomy, seniors

Coverage area: MRC Les Pays-d'en-Haut

Hours: Monday to Friday 8h30 to 16h30

Fees: meals on wheels: \$8,50 per meal, community meal: \$6 per meal, light housework: travel expenses, van: small contribution

Financing: donations, self-financing

Legal status: non-profit organization

ENTRAIDE BÉNÉVOLE DES PAYS-D'EN-HAUT (L') - ACCOMPANIMENT-TRANSPORTATION

1013 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M4

450 229-9020 Fax: 450 229-7539

Website: www.entraidebenevolepdh.com

Email: info@entraidebenevolepdh.com

Services: * Transportation and accompaniment to medical appointments by volunteers.

Eligibility: people with temporary or permanent loss of autonomy

Coverage area: MRC Les Pays-d'en-Haut

Hours: medical appointments: Monday to Friday, medical appointment service: 7 days

Fees: contribution set according to source of income and distance

Financing: self-financing

Legal status: non-profit organization

Sports, Recreation and Culture

ARTS AND CULTURE

CLUBS AND SOCIAL EVENTS

COMMUNITY RECREATION CENTRES

DAY CAMPS AND SPECIALIZED CAMPS

HOBBIES

LIBRARIES

SPORT

SPORTS AND RECREATION FOR PEOPLE WITH A DISABILITY

Arts and culture

ENTRAIDE BÉNÉVOLE DES PAYS-D'EN-HAUT (L')

1013 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M4

450 229-9020 Fax: 450 229-7539

Website: www.entraidebenevolepdh.com

Email: info@entraidebenevolepdh.com

Services: * Reception and referral. * Meals on wheels: delivery of frozen meals at home. * Friendly health: blood pressure check by volunteer nurses. * Visits and friendship calls. * Help with filling out forms. * Community action development. * Volunteer support: welcome, supervision and training. * Van: group transportation service for outings (grocery store, bank, etc.) * Kindness calls. * Help with small household jobs. * Computer support. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Monthly community meal. * Blood collection. * Accompaniment for walking.

Eligibility: people with temporary or permanent loss of autonomy, seniors

Coverage area: MRC Les Pays-d'en-Haut

Hours: Monday to Friday 8h30 to 16h30

Fees: meals on wheels: \$8,50 per meal, community meal: \$6 per meal, light housework: travel expenses, van: small contribution

Financing: donations, self-financing

Legal status: non-profit organization

FADOQ - CLUB DE L'ÂGE D'OR DU LAC MASSON

2 des Lilas Street, Sainte-Marguerite-du-Lac-Masson, Laurentides, QC, J0T 1L0

514 775-8146

Email: aolacmasson@gmail.com

Services: Social club for seniors. * Social activities. * Reading club, knitting classes, board games, cribble, billiard game, painting workshop, etc. * Physical activities, Action Vitalité and Pickleball.

Eligibility: seniors 50 years old and over

Coverage area: Sainte-Marguerite-du-Lac-Masson

Hours: variable depending on the activity

Fees: annual or 2-year membership

Financing: self-financing, donations, membership fees

Legal status: non-profit organization

FONDATION ZÉNON ALARY

1425 Claude-Grégoire Street, Sainte-Adèle, Laurentides, QC, J8B 1E9

450 822-9073

Services: * Thrift store. * Collection of used items on site and by drop-box: clothing, crockery, small kitchen appliances, toys, board games, books, jewelry, knick-knacks, CDs and DVDs. * Zénon-Alary Museum.

Eligibility: general population

Coverage area: Sainte-Adèle

Hours: Saturday 9h00 to 14h00

Fees: variable

Financing: donations

Legal status: non-profit organization

Clubs and social events

FADOQ - CLUB DE L'ÂGE D'OR DU LAC MASSON

2 des Lilas Street, Sainte-Marguerite-du-Lac-Masson, Laurentides, QC, J0T 1L0

514 775-8146

Email: aolacmasson@gmail.com

Services: Social club for seniors. * Social activities. * Reading club, knitting classes, board games, cribble, billiard game, painting workshop, etc. * Physical activities, Action Vitalité and Pickleball.

Eligibility: seniors 50 years old and over

Coverage area: Sainte-Marguerite-du-Lac-Masson

Hours: variable depending on the activity

Fees: annual or 2-year membership

Financing: self-financing, donations, membership fees

Legal status: non-profit organization

RESSOURCES COMMUNAUTAIRES SOPHIE

3458 Principale Road, Wentworth-Nord, Laurentides, QC, J0T 1Y0

450 226-1304 Fax: 450 226-5048

Email: ressourcessophie@gmail.com

Services: Multi-service community centre. * Community meals. * Clothing counter. * Accompaniment and listening for youth and their families to fight against dropping out of school, neglect and delinquency. * Social and educational activities. * Development of community action. * Assistance with administrative procedures. * Professional reintegration opportunities. * School supplies. * Tax clinic. * End of summer party. * Christmas meal and Santa Claus visit.

Eligibility: general public

Coverage area: Lac-des-Seize-Îles South sector, Laurel, Montfort and Saint-Michel-de-Wentworth sectors and the surroundings

Hours: Monday to Friday 6h00 to 18h00, Mass: Sunday 8h30 to 10h00

Fees: annual membership: \$10

Financing: provincial, Centraide Laurentides, grants, donations

Legal status: non-profit organization

Community recreation centres

CAFÉ COMMUNAUTAIRE L'ENTRE-GENS

1006 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M3

450 229-2211

Website: lentregens.org

Email: entregen@cgocable.ca

Services: * Food and clothing assistance. * Recovery and sale of clothing. * Economic community meals. * Recreational and educational activities: yoga, gymnastics, arts, community garden, etc. * Support with procedures and telephone support. * Telephone, computer, photocopies, Internet connection. * Christmas baskets.

Eligibility: food and clothing assistance: people who are homeless, other services: people who want to get out of social or economic isolation, people who have experienced grief, separation, illness, job loss, retirement, newcomers, people who are homeless

Coverage area: Sainte-Adèle and surroundings

Hours: Monday to Friday 9h00 to 16h00

Fees: membership: \$5, full meals: variable

Financing: self-financing

Legal status: non-profit organization

FADOQ - CLUB DE L'ÂGE D'OR DU LAC MASSON

2 des Lilas Street, Sainte-Marguerite-du-Lac-Masson, Laurentides, QC, J0T 1L0

514 775-8146

Email: aolacmasson@gmail.com

Services: Social club for seniors. * Social activities. * Reading club, knitting classes, board games, cribble, billiard game, painting workshop, etc. * Physical activities, Action Vitalité and Pickleball.

Eligibility: seniors 50 years old and over

Coverage area: Sainte-Marguerite-du-Lac-Masson
Hours: variable depending on the activity
Fees: annual or 2-year membership
Financing: self-financing, donations, membership fees
Legal status: non-profit organization

MAISON DES JEUNES DE SAINTE-ADÈLE

95 Morin Street, Sainte-Adèle, Laurentides, QC, J8B 2P6
450 229-7452 Fax: 450 229-7972
Website: www.mdj-ste-adele.org
Email: intervenants@mdj-ste-adele.org

Services: Place of exchange and meeting for youth. * Reception and listening by outreach workers on site. * Workshops for discussion, prevention, awareness and exchanges. * Support in the search for solutions and in the achievement of projects. * Sports, cultural and entertainment activities.

Eligibility: youth from 12 to 17 years old, volunteers, parents who want to get involved

Coverage area: Sainte-Adèle

Hours: youth: Wednesday 15h00 to 19h30 (from September to June, Wednesdays are reserved for sixth grade students), Thursday and Friday 16h00 to 22h00, Saturday and Sunday 14h00 to 21h00, administration: Monday to Wednesday 9h00 to 17h00, Thursday and Friday by appointment

Fees: variable, membership: none

Financing: grants, donations, self-financing

Legal status: non-profit organization

MAISON DES JEUNES LOCO LOCAL

1508 d'Argenteuil Montée, Saint-Adolphe-d'Howard, Laurentides, QC, J0T 2B0
819 327-5021
Website: www.adolphins.com
Email: locolocal@adolphins.com

Services: Meeting place for young people. * Sports, cultural and entertainment activities. * Campado.

Eligibility: youth 12 to 17 years old

Coverage area: Saint-Adolphe-D'howard

Hours: summer period: Monday to Friday 8h00 to 17h00, Friday and Saturday 17h00 to 22h00, school period: Friday and Saturday 15h00 to 21h00

Fees: variable

Financing: self-financing, municipal, donations, grants

Legal status: non-profit organization

MAISON DES JEUNES SAINT-SAUVEUR - PIEDMONT

57 de l'Église Avenue, Saint-Sauveur, Laurentides, QC, J0R 1R0
450 694-2504
Email: mdjssp@gmail.com

Services: Meeting place for young people. * Sports, cultural and entertainment activities.

Eligibility: youth 12 to 17 years old

Coverage area: Saint-Sauveur, Piedmont

Hours: Friday 16h30 to 21h00, Saturday and Sunday 14h00 to 21h00

Fees: variable

Financing: self-financing, municipal, provincial

Legal status: non-profit organization

Day camps and specialized camps

BASE DE PLEIN AIR BON DÉPART

4610 Principale Road, Wentworth-Nord, Laurentides, QC, J0T 1Y0

450 226-3336

Website: www.bpabondepart.ca/en/

Email: info@bpabondepart.ca

Services: 4-season camp. * Respite camp for people living with intellectual disabilities. * Holiday and school break camp, day camp. * Group reception, nature class. * Open air activities for campers.

Eligibility: respite: mixed clientele 7 to 99 years old, autistic or living with intellectual disabilities, holiday camp: youth 6 to 14 years old, day camp: youth 6 to 12 years old, nature class: schools and childcare services at a primary level, group reception: autonomous group of children, teenagers, adults, people with disabilities and families

Capacity: 6,500 holidaymakers per year

Coverage area: province of Québec

Hours: Monday to Friday 8h30 to 16h30

Fees: variable

Financing: donations, provincial, grants

Legal status: non-profit organization

Hobbies

CAFÉ COMMUNAUTAIRE L'ENTRE-GENS

1006 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M3

450 229-2211

Website: lentregens.org

Email: entregen@cgocable.ca

Services: * Food and clothing assistance. * Recovery and sale of clothing. * Economic community meals. * Recreational and educational activities: yoga, gymnastics, arts, community garden, etc. * Support with procedures and telephone support. * Telephone, computer, photocopies, Internet connection. * Christmas baskets.

Eligibility: food and clothing assistance: people who are homeless, other services: people who want to get out of social or economic isolation, people who have experienced grief, separation, illness, job loss, retirement, newcomers, people who are homeless

Coverage area: Sainte-Adèle and surroundings

Hours: Monday to Friday 9h00 to 16h00

Fees: membership: \$5, full meals: variable

Financing: self-financing

Legal status: non-profit organization

CENTRE D'ACCÈS COMMUNAUTAIRE INFORMATIQUE

33 de l'Église Avenue, Saint-Sauveur, Laurentides, QC, J0R 1R0

450 227-0000

Website: www.caci.saint-sauveur.qc.ca

Email: info.caci.saint.sauveur@gmail.com

Services: * Computer training workshops. * Computer help desk clinic.

Eligibility: people of 55 years old and over

Capacity: workshops: 40

Coverage area: Laurentians

Hours: clinic: by appointment, workshops: first Tuesday of each month 9h30 to 11h30

Fees: annual membership: \$10 for residents of Saint-Sauveur or Piedmont, \$15 for non-residents, workshops: free for members, \$10 per workshop for non-members, computer clinic: \$10 per hour for everyone

Financing: membership fees, self-financing

Legal status: non-profit organization

ENTRAIDE BÉNÉVOLE DES PAYS-D'EN-HAUT (L')

1013 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M4

450 229-9020 Fax: 450 229-7539

Website: www.entraidebenevolepdh.com

Email: info@entraidebenevolepdh.com

Services: * Reception and referral. * Meals on wheels: delivery of frozen meals at home. * Friendly health: blood pressure check by volunteer nurses. * Visits and friendship calls. * Help with filling out forms. * Community action development. * Volunteer support: welcome, supervision and training. * Van: group transportation service for outings (grocery store, bank, etc.) * Kindness calls. * Help with small household jobs. * Computer support. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Monthly community meal. * Blood collection. * Accompaniment for walking.

Eligibility: people with temporary or permanent loss of autonomy, seniors

Coverage area: MRC Les Pays-d'en-Haut

Hours: Monday to Friday 8h30 to 16h30

Fees: meals on wheels: \$8,50 per meal, community meal: \$6 per meal, light housework: travel expenses, van: small contribution

Financing: donations, self-financing

Legal status: non-profit organization

FADOQ - CLUB DE L'ÂGE D'OR DU LAC MASSON

2 des Lilas Street, Sainte-Marguerite-du-Lac-Masson, Laurentides, QC, J0T 1L0

514 775-8146

Email: aolacmasson@gmail.com

Services: Social club for seniors. * Social activities. * Reading club, knitting classes, board games, cribble, billiard game, painting workshop, etc. * Physical activities, Action Vitalité and Pickleball.

Eligibility: seniors 50 years old and over

Coverage area: Sainte-Marguerite-du-Lac-Masson

Hours: variable depending on the activity

Fees: annual or 2-year membership

Financing: self-financing, donations, membership fees

Legal status: non-profit organization

Libraries

LAC-DES-SEIZE-ÎLES - MUNICIPALITY

47 de l'Église Street, Lac-des-Seize-Îles, Laurentides, QC, J0T 2M0

450 226-3117 Fax: 450 226-3337

Website: www.lac-des-seize-iles.com/en

Email: info@lac-des-seizes-iles.com

Services: Municipal services management. * Information on waste management. * Municipal counter: information on permits, subsidies and taxes, and payment of taxes. * Public security: fire department, Sûreté du Québec. * Leisure, culture, and community life. * Library.

Coverage area: Lac-des-Seize-Îles

Hours: Tuesday to Friday 9h00 to 12h00 et 13h00 to 16h00

Financing: municipal

Legal status: municipal agency

Sport

CAFÉ COMMUNAUTAIRE L'ENTRE-GENS

1006 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M3

450 229-2211

Website: lentregens.org

Email: entregen@cgocable.ca

Services: * Food and clothing assistance. * Recovery and sale of clothing. * Economic community meals. * Recreational and educational activities: yoga, gymnastics, arts, community garden, etc. * Support with procedures and telephone support. * Telephone, computer, photocopies, Internet connection. * Christmas baskets.

Eligibility: food and clothing assistance: people who are homeless, other services: people who want to get out of social or economic isolation, people who have experienced grief, separation, illness, job loss, retirement, newcomers, people who are homeless

Coverage area: Sainte-Adèle and surroundings

Hours: Monday to Friday 9h00 to 16h00

Fees: membership: \$5, full meals: variable

Financing: self-financing

Legal status: non-profit organization

PALLIACCO - SAINT-SAUVEUR POINT OF SERVICE

200 Main Street Suite 21A and 21C, Saint-Sauveur, Laurentides, QC, J0R 1R0

819 717-9646 Fax: 819 717-4411

Website: www.palliacco.org/en

Email: references@palliacco.org

Services: Organization dedicated to supporting people who are ill and at the end of their lives and their entourage. * Accompaniment in palliative care. * Home support at the end of life. * Training in palliative care and support for caregivers. * Support groups: people with cancer or in remission, caregivers, bereaved people. * Respite care at home. * Individual support: counselling. * Massage therapy at home. * Yoga sessions. * Coffee meetings. * Conferences. * Fundraising campaign La randonnée sous les étoiles.

Eligibility: people with cancer, people who are ill and at the end of life, caregivers, bereaved people

Coverage area: MRC Les Laurentides, MRC Les Pays-d'en-Haut, La Macaza, L'Ascension, Nominingue, Rivière-Rouge

Hours: by appointment

Fees: none

Financing: donations, fundraising campaigns

Legal status: non-profit organization

Sports and recreation for people with a disability

AVC APHASIE LAURENTIDES - SAINTE-ADÈLE SERVICE POINT

168 de la Vallée du Golf Street, Sainte-Adèle, Laurentides, QC, J8B 1P5

1 866 974-1888 Fax: 450 974-3757

Website: grpa.ca/en

Email: coordination@grpa.ca

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

Eligibility: people who experienced a stroke with or without aphasia, caregivers

Coverage area: Laurentians

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

Fees: membership: \$40 per year

Financing: provincial

Legal status: non-profit organization

CLSM - COLLECTIF DES LAURENTIDES EN SANTÉ MENTALE

1370 Sainte-Adèle Boulevard, Sainte-Adèle, Laurentides, QC, J8B 0K2

450 229-8440

Website: www.clsmqc.org

Email: clsm227@gmail.com

Services: Unite, advocate, promote and raise awareness of the needs and interests of people who have lived or are living with mental health problems. * Popular education. * Social meetings. * Representation with government authorities. * Advocacy of rights and interests. * Promotion and awareness.

Eligibility: people who have lived or are living with mental health problems

Coverage area: Laurentians

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: donations, grants

Legal status: non-profit organization

Thrift store and material aid

CLOTHING

DONATION PICK-UPS

SCHOOL SUPPLIES

THRIFT STORES

Clothing

CAFÉ COMMUNAUTAIRE L'ENTRE-GENS

1006 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M3

450 229-2211

Website: lentregens.org

Email: entregen@cgocable.ca

Services: * Food and clothing assistance. * Recovery and sale of clothing. * Economic community meals. * Recreational and educational activities: yoga, gymnastics, arts, community garden, etc. * Support with procedures and telephone support. * Telephone, computer, photocopies, Internet connection. * Christmas baskets.

Eligibility: food and clothing assistance: people who are homeless, other services: people who want to get out of social or economic isolation, people who have experienced grief, separation, illness, job loss, retirement, newcomers, people who are homeless

Coverage area: Sainte-Adèle and surroundings

Hours: Monday to Friday 9h00 to 16h00

Fees: membership: \$5, full meals: variable

Financing: self-financing

Legal status: non-profit organization

MAISON DE LA FAMILLE DES PAYS-D'EN HAUT (LA)

480 des Capucines Street, Sainte-Adèle, Laurentides, QC, J8B 1W5

450 229-3354

Website: maisondefamille.com

Email: info@maisondefamille.com

Services: Exchange and activity environment seeking to provide tools for parents and children, break their isolation and encourage their development. * Support. * Collective kitchens. * learning assistance for 6 to 12-year-olds. * Drop-in daycare. * Clothing counter. * Coffee chats. * Y'APP: parental skills, information, self-esteem, meeting and self-help workshops for parents of children 5 years old and under. * DÉLIMA: workshops seeking to promote children development and better the relationship between parents and babies. * Breakfasts discussions on baby related topics. * Bonhomme à lunette service point: low-cost glasses.

Eligibility: families, children 0 to 12 years old

Coverage area: MRC Les Pays-d'en-Haut

Hours: bonhomme à lunette: walk-in service, Tuesday 9h30 to 11h30

Fees: yearly membership: \$20

Financing: self-financing

Legal status: non-profit organization

RESSOURCES COMMUNAUTAIRES SOPHIE

3458 Principale Road, Wentworth-Nord, Laurentides, QC, J0T 1Y0

450 226-1304 Fax: 450 226-5048

Email: ressourcessophie@gmail.com

Services: Multi-service community centre. * Community meals. * Clothing counter. * Accompaniment and listening for youth and their families to fight against dropping out of school, neglect and delinquency. * Social and educational activities. * Development of community action. * Assistance with administrative procedures. * Professional reintegration opportunities. * School supplies. * Tax clinic. * End of summer party. * Christmas meal and Santa Claus visit.

Eligibility: general public

Coverage area: Lac-des-Seize-Îles South sector, Laurel, Montfort and Saint-Michel-de-Wentworth sectors and the surroundings

Hours: Monday to Friday 6h00 to 18h00, Mass: Sunday 8h30 to 10h00

Fees: annual membership: \$10

Financing: provincial, Centraide Laurentides, grants, donations

Legal status: non-profit organization

Donation pick-ups

BAZAR DE LA FONDATION DE LA POINTE BLEUE

249 Sainte-Marguerite Road, Sainte-Marguerite-du-Lac-Masson, Laurentides, QC, J0T 1L0
450 228-2441

Services: Bazaar. * Collection and sale of used items: jewelry, clothes, furniture, decorations, paintings and more. * The funds go towards aid for people in need.

Coverage area: Sainte-Marguerite-Du-Lac-Masson

Hours: Friday and Saturday 12h00 to 16h00

Financing: donations

Legal status: non-profit organization

COMPTOIR FAMILIAL SAINT-JOSEPH

1845 du Village Road, Saint-Adolphe-d'Howard, Laurentides, QC, J0T 2B0
819 327-2711

Email: saintadolphe@hotmail.com

Services: * Recovery and sale of items at low prices: clothing, toys, books, dishes, household items, etc.

Coverage area: MRC Les Pays-d'en-Haut

Hours: Tuesday to Thursday 13h00 to 16h00, Saturday 9h00 to 12h00, winter: Tuesday to Thursday 13h00 to 16h00, Saturday 10h00 to 13h00

Financing: self-financing, donations

Legal status: non-profit organization

School supplies

GARDE-MANGER DES PAYS-D'EN-HAUT (LE)

100 Morin Street, Sainte-Adèle, Laurentides, QC, J8B 2P7
450 227-3757 Fax: 450 745-1811

Website: www.gardemangerpdh.ca/en

Email: secretariat@gardemangerpdh.ca

Services: Food and clothing support. * Food counter. * Emergency food assistance. * Collective kitchen. * In-school lunches. * Meals on wheels. * Christmas vouchers. * La Fouillerie: clothing counter. * Help with school supplies.

Eligibility: families and people in need

Coverage area: MRC Les Pays-d'en-Haut

Hours: Monday to Thursday 9h00 to 16h30, food counter: Monday 13h00 to 16h00, collective kitchen: Monday, Wednesday and Friday

Fees: food counter: \$3, collective kitchen: \$18 for 5 meals, emergency food assistance: free

Financing: donations, self-financing

Legal status: non-profit organization

RESSOURCES COMMUNAUTAIRES SOPHIE

3458 Principale Road, Wentworth-Nord, Laurentides, QC, J0T 1Y0
450 226-1304 Fax: 450 226-5048

Email: ressourcessophie@gmail.com

Services: Multi-service community centre. * Community meals. * Clothing counter. * Accompaniment and listening for youth and their families to fight against dropping out of school, neglect and delinquency. * Social and educational activities. * Development of community action. * Assistance with administrative procedures. * Professional reintegration opportunities. * School supplies. * Tax clinic. * End of summer party. * Christmas meal and Santa Claus visit.

Eligibility: general public

Coverage area: Lac-des-Seize-Îles South sector, Laurel, Montfort and Saint-Michel-de-Wentworth sectors and the surroundings

Hours: Monday to Friday 6h00 to 18h00, Mass: Sunday 8h30 to 10h00

Fees: annual membership: \$10

Financing: provincial, Centraide Laurentides, grants, donations

Legal status: non-profit organization

Thrift Stores

BAZAR DE LA FONDATION DE LA POINTE BLEUE

249 Sainte-Marguerite Road, Sainte-Marguerite-du-Lac-Masson, Laurentides, QC, J0T 1L0

450 228-2441

Services: Bazaar. * Collection and sale of used items: jewelry, clothes, furniture, decorations, paintings and more. * The funds go towards aid for people in need.

Coverage area: Sainte-Marguerite-Du-Lac-Masson

Hours: Friday and Saturday 12h00 to 16h00

Financing: donations

Legal status: non-profit organization

CAFÉ COMMUNAUTAIRE L'ENTRE-GENS

1006 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M3

450 229-2211

Website: lentregens.org

Email: entregen@cgocable.ca

Services: * Food and clothing assistance. * Recovery and sale of clothing. * Economic community meals. * Recreational and educational activities: yoga, gymnastics, arts, community garden, etc. * Support with procedures and telephone support. * Telephone, computer, photocopies, Internet connection. * Christmas baskets.

Eligibility: food and clothing assistance: people who are homeless, other services: people who want to get out of social or economic isolation, people who have experienced grief, separation, illness, job loss, retirement, newcomers, people who are homeless

Coverage area: Sainte-Adèle and surroundings

Hours: Monday to Friday 9h00 to 16h00

Fees: membership: \$5, full meals: variable

Financing: self-financing

Legal status: non-profit organization

COMPTOIR FAMILIAL SAINT-JOSEPH

1845 du Village Road, Saint-Adolphe-d'Howard, Laurentides, QC, J0T 2B0

819 327-2711

Email: saintadolphe@hotmail.com

Services: * Recovery and sale of items at low prices: clothing, toys, books, dishes, household items, etc.

Coverage area: MRC Les Pays-d'en-Haut

Hours: Tuesday to Thursday 13h00 to 16h00, Saturday 9h00 to 12h00, winter: Tuesday to Thursday 13h00 to 16h00, Saturday 10h00 to 13h00

Financing: self-financing, donations

Legal status: non-profit organization

FABRIQUE DE LA PAROISSE DE SAINTE-MARGUERITE-DU-LAC-MASSON (LA) - FRIPERIE DE L'ÉGLISE SAINTE-MARGUERITE

81 Masson Road, Estérel, Laurentides, QC, J0T 1L0

450 228-2410

Email: friperiestemarguerite@hotmail.com

Services: * Sale of used items: clothing, toys, dishes, household items, furniture, mattresses, small appliances, electronics, books, sporting goods. * On-site recovery of used items.

Coverage area: Sainte-Marguerite-du-Lac-Masson

Hours: Wednesday 9h00 to 15h00

Fees: variable

Financing: self-financing

Legal status: non-profit organization

FONDATION ZÉNON ALARY

1425 Claude-Grégoire Street, Sainte-Adèle, Laurentides, QC, J8B 1E9

450 822-9073

Services: * Thrift store. * Collection of used items on site and by drop-box: clothing, crockery, small kitchen appliances, toys, board games, books, jewelry, knick-knacks, CDs and DVDs. * Zénon-Alary Museum.

Eligibility: general population

Coverage area: Sainte-Adèle

Hours: Saturday 9h00 to 14h00

Fees: variable

Financing: donations

Legal status: non-profit organization

FOUILLERIE (LA)

28 Bennett Street, Morin-Heights, Laurentides, QC, J0R 1H0

450 644-0087

Website: www.gardemangerpdh.ca/fouillerie

Email: lafouilleriegmpdh@gmail.com

Services: * Collecting and selling used clothing and household items at affordable prices.

Coverage area: MRC des Pays-d'en-Haut

Hours: Thursday and Friday 9h00 to 15h00, 1st Saturday of the month 9h00 to 14h00

Fees: variable

Financing: donations, self-financing

Legal status: non-profit organization

OUVROIR SAINT-SAUVEUR-DES-MONTS

382 Principale Street, Saint-Sauveur, Laurentides, QC, J0R 1R0

450 227-1445

Services: * Thrift store: clothes, items for infants, decorative items, sports gear, furniture, etc.

Eligibility: people on a low income

Coverage area: Saint-Sauveur

Hours: Tuesday and Thursday 9h00 to 11h30 and 12h30 to 15h00, first Saturday of the month 9h00 to 12h00, courtyard sale: every other Thursday 9h00 to 13h00

Fees: variable

Financing: self-financing, donations

Legal status: non-profit organization

RENCONTRE DE STE-MARGUERITE (LA)

2 Masson Road, Estérel, Laurentides, QC, J0T 1L0

450 228-8606

Email: coordolarencontre@gmail.com

Transportation

Services: * Meals on wheels. * Delivery of hot meals to elementary schools. * Food counter. * Community dinners. * Help and referrals. * Thrift store: clothes and household items. * Christmas baskets in the form of vouchers. * Tax clinic.

Eligibility: people in need, general population

Coverage area: Sainte-Marguerite-du-Lac-Masson

Hours: office hours: Monday to Thursday 8h30 to 15h00, meal delivery: Tuesday to Thursday, community dinners: Wednesday, food counter: Thursday

Fees: meals on wheels: \$6, community dinner: \$7

Financing: Centraide Laurentides, provincial

Legal status: non-profit organization

TIROIRS DE SAINTE-ADÈLE (LES)

1360 Dumouchel Street, Sainte-Adèle, Laurentides, QC, J8B 1V9

450 229-7208

Services: * Thrift store: clothes, household items, small furniture.

Eligibility: people on a low income

Coverage area: Sainte-Adèle

Hours: Tuesday to Thursday 10h00 to 16h00

Fees: variable

Financing: self-financing, donations

Legal status: collective name society

Transportation

ACCOMPANIED TRANSPORT

ACCOMPANIED TRANSPORT FOR MEDICAL REASONS

Accompanied transport

ENTRAIDE BÉNÉVOLE DES PAYS-D'EN-HAUT (L')

1013 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M4

450 229-9020 Fax: 450 229-7539

Website: www.entraidebenevolepdh.com

Email: info@entraidebenevolepdh.com

Services: * Reception and referral. * Meals on wheels: delivery of frozen meals at home. * Friendly health: blood pressure check by volunteer nurses. * Visits and friendship calls. * Help with filling out forms. * Community action development. * Volunteer support: welcome, supervision and training. * Van: group transportation service for outings (grocery store, bank, etc.) * Kindness calls. * Help with small household jobs. * Computer support. * Outreach work initiative for seniors living in a vulnerable situation (ITMAV). * Monthly community meal. * Blood collection. * Accompaniment for walking.

Eligibility: people with temporary or permanent loss of autonomy, seniors

Coverage area: MRC Les Pays-d'en-Haut

Hours: Monday to Friday 8h30 to 16h30

Fees: meals on wheels: \$8,50 per meal, community meal: \$6 per meal, light housework: travel expenses, van: small contribution

Financing: donations, self-financing

Legal status: non-profit organization

ENTRAIDE BÉNÉVOLE DES PAYS-D'EN-HAUT (L') - ACCOMPANIMENT-TRANSPORTATION

1013 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M4

450 229-9020 Fax: 450 229-7539

Website: www.entraidebenevolepdh.com

Email: info@entraidebenevolepdh.com

Services: * Transportation and accompaniment to medical appointments by volunteers.

Eligibility: people with temporary or permanent loss of autonomy

Coverage area: MRC Les Pays-d'en-Haut

Hours: medical appointments: Monday to Friday, medical appointment service: 7 days

Fees: contribution set according to source of income and distance

Financing: self-financing

Legal status: non-profit organization

Accompanied transport for medical reasons

ENTRAIDE BÉNÉVOLE DES PAYS-D'EN-HAUT (L') - ACCOMPANIMENT-TRANSPORTATION

1013 Valiquette Street, Sainte-Adèle, Laurentides, QC, J8B 2M4

450 229-9020 Fax: 450 229-7539

Website: www.entraidebenevolepdh.com

Email: info@entraidebenevolepdh.com

Services: * Transportation and accompaniment to medical appointments by volunteers.

Eligibility: people with temporary or permanent loss of autonomy

Coverage area: MRC Les Pays-d'en-Haut

Hours: medical appointments: Monday to Friday, medical appointment service: 7 days

Fees: contribution set according to source of income and distance

Financing: self-financing

Legal status: non-profit organization

Violence and abuse

CHILD ABUSE

HELP LINES RELATED TO VIOLENCE AND ABUSE

THERAPY AND COUNSELLING

Child abuse

ESCOUADE POUR L'ENFANCE

1332 Sainte-Adèle Boulevard, Suite 200, Sainte-Adèle, Laurentides, QC, J8B 0J7

450 229-6650

Website: escouade.org

Email: info@escouade.org

Services: Prevention of all types of violence against children. * Phone listening and support. * Awareness among adults and collaboration with field workers. * Educational program to empower children and adults.

Eligibility: children 4 to 12 years old of elementary schools and early childhood care centre, adults close to them

Coverage area: Laurentians

Hours: Monday to Friday 9h00 to 17h00, closed for summer

Financing: donations, self-financing, contributions

Legal status: non-profit organization

Help lines related to violence and abuse

ESCOUADE POUR L'ENFANCE

1332 Sainte-Adèle Boulevard, Suite 200, Sainte-Adèle, Laurentides, QC, J8B 0J7

450 229-6650

Website: escouade.org

Email: info@escouade.org

Services: Prevention of all types of violence against children. * Phone listening and support. * Awareness among adults and collaboration with field workers. * Educational program to empower children and adults.

Eligibility: children 4 to 12 years old of elementary schools and early childhood care centre, adults close to them

Coverage area: Laurentians

Hours: Monday to Friday 9h00 to 17h00, closed for summer

Financing: donations, self-financing, contributions

Legal status: non-profit organization

Therapy and counselling

ATTITUDE CENTER

707, rue Principale, Piedmont, Laurentides, QC, J0R 1K0

450 240-0404 Fax: 450 240-0340

Website: centreattitude.com

Email: info@centreattitude.com

Services: * Individual counselling in a helping relationship. * 5-day intensive in-patient workshops on addiction issues, based on the 12 steps of remission (various issues, non-exclusive) every two weeks (Wednesday to Sunday). * 3-day intensive in-patient workshops for couples or teens every two months (Friday to Sunday). * Weekly addiction support groups based on the 12 stages of remission (various issues, non-exclusive).

Eligibility: adults, teenagers 12 to 17 years old and couples struggling with addiction (alcohol, drugs, gambling, cyberaddiction) or on a journey, support groups: 16 years old and over

Capacity: 40

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: individual consultations and intensive sessions: variable, support groups: voluntary contribution

Financing: donations, self-financing, fundraising campaigns

Legal status: non-profit organization

AVC APHASIE LAURENTIDES - SAINTE-ADÈLE SERVICE POINT

168 de la Vallée du Golf Street, Sainte-Adèle, Laurentides, QC, J8B 1P5

1 866 974-1888 Fax: 450 974-3757

Website: grpa.ca/en

Email: coordination@grpa.ca

Services: * Information and documentation. * Physical and social activities: adapted physical exercise and outings. * Artistic activities: creative workshops, music therapy, drawing, painting and Chi Qong. *

Communication: coffee-meetings and language stimulation. * Support group for caregivers.

Eligibility: people who experienced a stroke with or without aphasia, caregivers

Coverage area: Laurentians

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

Fees: membership: \$40 per year

Financing: provincial

Legal status: non-profit organization

COOP SANTÉ LAC-MASSON

25 des Pins Street, Estérel, Laurentides, QC, J0T 1L0

450 228-3100 Fax: 450 228-1702

Email: info@macoopsantesme.org

Services: Medical clinic, health care and well-being. * Family medicine. * Samples. * Vaccination. * Psychosocial intervention. * Foot care. * Pharmacy.

Coverage area: MRC Les-Pays-d'en-Haut

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

Fees: variable, discount for members, samples: \$25 for members, \$40 for non-members

Financing: municipal, donations, grants, self-financing

Legal status: cooperative

COOPÉRATIVE DE SOLIDARITÉ SANTÉ GLOBALE SAINT-ADOLPHE-D'HOWARD

1937 du Village Road, Suite 206, Saint-Adolphe-d'Howard, Laurentides, QC, J0T 2B0

819 327-3534 Fax: 819 327-3332

Website: www.coopsante.org

Email: info@coopsante.org

Services: Preventive, informative, supportive, educational, awareness-raising and curative health services provided by doctors or other health professionals. * Blood samples. * Walk-in clinic. * Health professionals: osteopath, physiotherapist, psychologist, psychoeducator, social worker, psychotherapist.

Eligibility: general public

Coverage area: Morin-Heights, Saint-Adolphe-d'Howard

Hours: Monday to Friday 9h00 to 16h00

Fees: membership: \$50, annual contribution: \$85

Financing: self-financing

Legal status: cooperative

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