



DIRECTORY OF SOCIAL AND COMMUNITY RESOURCES

MONTÉRÉGIE / MRC ROUSSILLON / ALL CITIES



2-1-1



WWW.211.QC.CA

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Summary

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Child, Youth and Family

CHILD WELFARE

DAYCARE AND RESPITE

FAMILY SUPPORT

JUVENILE DELINQUENCY

MATERNITY SUPPORT AND ADOPTION

PARENTING EDUCATION

RECREATIONAL ACTIVITIES

YOUTH CENTRES AND SUPPORT

YOUTH EMPLOYMENT

YOUTH SHELTERS AND SUPPORT

Child welfare

CENTRE DE SERVICES ET RÉADAPTATION EXTERNES ET SERVICES PSYCHOSOCIAUX CHÂTEAUGUAY

278 Saint-Jean-Baptiste Boulevard, Suite 200, Châteauguay, Montérégie, QC, J6K 3C2

450 692-6741

Website: santemonteregie.qc.ca/en/installations/centre-de-services-et-readaptation-externes-et-services-psychosociaux-chateauguay

Services: * Psychosocial point of services.

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

Coverage area: Montérégie

Financing: provincial

Legal status: parapublic organization

LEGAL AID OFFICE - CHÂTEAUGUAY

147 Saint-Jean-Baptiste Boulevard, Châteauguay, Montérégie, QC, J6K 3B1

450 691-4325 Fax: 450 699-0496

Website: ccjrs.com/en/bureaux/chateauguay-2

Email: chateauguay@ccjrs.com

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

Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible and with a legal need that is covered by the Law

Coverage area: Châteauguay, Saint-Constant, Delson, Kahnawake

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

Fees: people may be eligible for free legal aid or contributory legal aid between \$100 and 800, depending on their financial situation, see scale on website

Financing: provincial

Legal status: parapublic organization

POUVOIR D'AGIR

161B Principale Street, Châteauguay, Montérégie, QC, J6K 1G2

450 692-5757

Website: www.pouvoirdagir.org

Email: info@pouvoirdagir.org

Services: Prevention of violence against children. * Prevention workshops. * Phone listening and referral. * Awareness and support.

Eligibility: children 3 to 12 years old, parents, teachers, counsellors, elementary schools, early childhood centres

Coverage area: MRC Roussillon and MRC Jardins-de-Napierville

Hours: Monday to Friday 8h00 to 16h00

Fees: none

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization

Daycare and respite

CENTRE DE FEMMES L'ÉCLAIRCIE

1025 Centrale Street, Sainte-Catherine, Montérégie, QC, J5C 1A2

450 638-1131 Fax: 450 638-1132

Website: www.centrefemmesleclaircie.com

Email: info@claircie.org

Services: Support for women in their autonomy process. * Reception, listening and referral. * Support group. * Accompaniment in socio-legal process. * Accompaniment with the decision-making process regarding the outcome of an unplanned pregnancy (pro-choice). * Documentation centre. * Popular education workshops. * Coffee-chat and conferences. * Day care. * Training of volunteers. * Collective action.

Eligibility: women 14 years and over, children 5 years old and under

Capacity: 15

Coverage area: Cadiac, Delson, La Prairie, Sainte-Catherine, Saint-Constant, Saint-Mathieu, Saint-Philippe

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

Fees: free or low cost for some activities

Financing: grants, self-financing, donations

Legal status: non-profit organization

MAISON DE LA FAMILLE KATERI

200 Balmoral Street, La Prairie, Montérégie, QC, J5R 4L5

450 659-9188 Fax: 450 659-5573

Website: maisonfamillekateri.com

Email: info@maisonfamillekateri.com

Services: Accompaniment for parents in their parenting role. * Interactive, educational and informative activities. * Individual interviews, listening, support and mutual aid. * Children's library and documentation for parents. * Childcare. * Discussion and exchange group for fathers and father-child activities. * Workshops on positive discipline. * Stimulation of fine and gross motor skills, and of language for children. * Various workshops.

Eligibility: children aged 0 to 17 years old and their parents

Capacity: 5 groups of 8 dyads (parent-child) by category, plus siblings

Coverage area: La Prairie, Cadiac, Delson, Sainte-Catherine, Saint-Constant, Saint-Mathieu, Saint-Philippe

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

Fees: variable

Financing: grants, fundraising campaigns

Legal status: non-profit organization

QUARTIER DES FEMMES (LE)

70 Salaberry Boulevard South, Châteauguay, Montérégie, QC, J6J 4J5

450 692-9805 Fax: 450 692-8243

Website: quartierdesfemmes.com/en

Email: info@quartierdesfemmes.org

Services: Self-help and popular education centre aimed at improving living conditions and empowering women in all their diversity. * Mother-friend program: support and accompaniment at home by a care worker. * Individual intervention. * Psychosocial support for women dealing with pregnancy ambivalence. * Respite for mothers. * Parenting talks * Workshops: sexuality, personal development, etc. * Self-help groups. * Community gardens. * Conferences and various meetings on subjects affecting women. * Fridge-sharing. * Various participatory committees.

Eligibility: women

Coverage area: CLSC Jardins-Roussillon

Hours: Monday to Friday 8h30 to 16h30, activities: variable, sometimes in the evening

Fees: free, activities: minimal fees for some

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

Legal status: non-profit organization

STATION DE L'AVENTURE - MAISON DE LA FAMILLE (LA)

540 du Lac-Saint-Louis Road, Léry, Montérégie, QC, J6N 1A3

450 691-4897

Website: www.stationdelaventure.com

Email: famille@stationdelaventure.com

Services: * Child development workshops: major and fine motor skills, language skills, etc. * Early literacy program. * Activities for fathers. * Baby massage. * Childcare and drop-in respite. * Coffee chats. * Assistance and referral. * Group outings on pedagogical days.

Eligibility: families with children 0 to 18 years old

Coverage area: Léry, Sainte-Martine, Châteauguay, Mercier, Saint-Isidore

Hours: administration: Monday to Friday 8h30 to 15h30, respite: Monday and Tuesday 9h00 to 14h00, workshop and activities: Monday, Tuesday and Wednesday 9h00 to 11h00, Friday

Fees: annual membership: \$15, activities: variable

Financing: self-financing, fundraising campaigns, provincial

Legal status: non-profit organization

Family Support

ASSOCIATION INFERTILITÉ QUÉBEC

1538 Saint-Jean-Baptiste Boulevard, Mercier, Montérégie, QC, J6R 2L1

Website: www.infertilite.ca

Email: info@infertilite.ca

Services: Representation and advocacy for infertile couples. * Information and referral regarding infertility and adoption. * Pairing between people with common experiences with infertility, accompaniment. * Support group with a nurse.

Eligibility: infertile couples and people of all sexual orientations

Coverage area: Province of Québec

Fees: annual membership: \$25.50

Financing: membership fees

Legal status: non-profit organization

CHÂTEAUGUAY VALLEY LITERACY COUNCIL

Confidential Address

450 698-0342

Website: cvlc-chateauguay.weebly.com

Email: cvlc.chateauguay@gmail.com

Services: * English literacy workshops. * English courses: business and general development. * Reading camp and activities for children. * Training of volunteer teachers. * Activities for seniors in residences.

Eligibility: adults, families, children, seniors

Coverage area: Châteauguay and surrounding areas

Hours: Monday to Thursday 9h00 to 17h00

Fees: none or low cost

Financing: provincial, grants, donations, municipal, fundraising campaigns

Legal status: non-profit organization

CLUB DES COPAINS DELSON (LE)

1 1st Avenue, Delson, Montérégie, QC, J5B 1M9

514 677-7759

Services: * Food bank. * Assistance with costs for summer camps.

Eligibility: people on a low income

Coverage area: Delson

Hours: by appointment, food bank: Tuesday morning

Fees: none

Financing: donations

Legal status: non-profit organization

LA PRAIRIE PUBLIC LIBRARY

500 Saint-Laurent Street, La Prairie, Montérégie, QC, J5R 5X2

450 444-6710

Website: catalogue.ville.laprairie.qc.ca

Email: biblio@ville.laprairie.qc.ca

Services: * Lending and consultation of printed, digital and audiovisual documents. * Computers, Internet access and printing tools. * Biblio-Santé: information service for caregivers. * Biblio-jeux: language stimulation program based on games, supervised by speech therapists. * Empruntez un musée Program: loans access cards to the Musée d'archéologie de Roussillon. * Une naissance un livre program: reading initiation kits for children under 1 year old. * Les jardins de Léo: seed library. * Story time. * Book club for adults. * Reading club for children. * Creative writing workshop. * Activities, exhibitions and conferences.

Coverage area: La Prairie

Hours: Tuesday and Thursday 9h30 to 20h30, Wednesday 13h30 to 20h30, Friday 13h30 to 18h00, Saturday 10h00 to 16h30, Sunday 13h30 to 16h30, summer: Monday and Wednesday 13h30 to 20h30, Tuesday and Thursday 9h30 to 20h30, Friday 13h30 to 18h00, Saturday 13h30 to 16h30

Fees: membership: variable

Financing: municipal

Legal status: municipal agency

MAISON DE LA FAMILLE KATERI

200 Balmoral Street, La Prairie, Montérégie, QC, J5R 4L5

450 659-9188 Fax: 450 659-5573

Website: maisonfamillekateri.com

Email: info@maisonfamillekateri.com

Services: Accompaniment for parents in their parenting role. * Interactive, educational and informative activities. * Individual interviews, listening, support and mutual aid. * Children's library and documentation for parents. * Childcare. * Discussion and exchange group for fathers and father-child activities. * Workshops on positive discipline. * Stimulation of fine and gross motor skills, and of language for children. * Various workshops.

Eligibility: children aged 0 to 17 years old and their parents

Capacity: 5 groups of 8 dyads (parent-child) by category, plus siblings

Coverage area: La Prairie, Candiac, Delson, Sainte-Catherine, Saint-Constant, Saint-Mathieu, Saint-Philippe

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

Fees: variable

Financing: grants, fundraising campaigns

Legal status: non-profit organization

OPTIONS: RESOURCE AND PREGNANCY CENTRE FOR YOUTH

25 D'Anjou Boulevard, Châteauguay, Montérégie, QC, J6J 2P7

450 699-4357

Website: www.centreoptions.org/indexen1

Email: options@jslmontreal.org

Services: Care and support to youth and families facing unplanned pregnancy. Material assistance * Free pregnancy testing. * ARK boutique: clothes and diapers for children 0 to 5 years old, maternity clothes, high chairs, cots and cradles, etc. Education and prevention * Referral for STBBIs testing. * Sexual education workshops. * Referral to government and community resources. * Personal self-worth and healthy relationship teaching. Accompaniment * Personalized support. * Pregnancy options exploration. * Mediation between family members or a client and other people. * Tailored prenatal education & lactation support. * Reproductive loss grief support. * Birth family support through the adoption process during and after pregnancy. Parental education * Life skills and family management training. * Mom and tot groups. * Mentor mom and dad opportunities. Donations * Baby clothing donation. Housing * Housing program for pregnant youth and young parents.

Eligibility: people 25 years old and under with an unplanned pregnancy, their families, Boutique ark: parents, priority to those 25 years old and under

Capacity: pregnancy options support: 3 people per week, housing: 7 parents with children under 5, other services: as needed

Coverage area: Greater Montréal

Hours: ark boutique: Monday, Tuesday and Friday 10h00 to 14h00, appointments available outside these hours

Fees: none

Financing: donations

Legal status: non-profit organization

QUARTIER DES FEMMES (LE)

70 Salaberry Boulevard South, Châteauguay, Montérégie, QC, J6J 4J5

450 692-9805 Fax: 450 692-8243

Website: quartierdesfemmes.com/en

Email: info@quartierdesfemmes.org

Services: Self-help and popular education centre aimed at improving living conditions and empowering women in all their diversity. * Mother-friend program: support and accompaniment at home by a care worker. * Individual intervention. * Psychosocial support for women dealing with pregnancy ambivalence. * Respite for mothers. * Parenting talks * Workshops: sexuality, personal development, etc. * Self-help groups. * Community gardens. * Conferences and various meetings on subjects affecting women. * Fridge-sharing. * Various participatory committees.

Eligibility: women

Coverage area: CLSC Jardins-Roussillon

Hours: Monday to Friday 8h30 to 16h30, activities: variable, sometimes in the evening

Fees: free, activities: minimal fees for some

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

Legal status: non-profit organization

SAINT-ISIDORE PUBLIC LIBRARY

693 Saint-Régis Road, Saint-Isidore, Montérégie, QC, J0L 2A0

450 992-1323

Website: www.reseaubibliomonteregie.qc.ca/fr/bibliotheques-horaire-et-localisation/b44/bibliotheque-de-saint-isidore

Email: biblio@st-isidore.ca

Services: Loan and consultation of books, audiovisual and digital documents. * Computers and Internet access. * Board game loan. * Story time and book club for children. * Une naissance, un livre: reading awareness kit for children 0 to 12 months. * Biblio-Jeux: language skills development through play program for children 6 months to 6 years old. * Biblio-Santé: thematic and informative health booklets offering a variety of resources for caregivers and people living with a health problem.

Coverage area: Saint-Isidore

Hours: Monday 19h00 to 20h30, Tuesday 13h00 to 16h00, Saturday 10h00 to 12h00, summer: closed on Saturday

Fees: none

Financing: municipal

Legal status: municipal agency

SAINTE-CATHERINE PUBLIC LIBRARY

5365 Saint-Laurent Boulevard, Sainte-Catherine, Montérégie, QC, J5C 1A6

450 632-0590 ext. 5230

Website: www.ville.sainte-catherine.qc.ca/sports-culture-et-loisirs/bibliotheque

Email: bibliotheque@ville.sainte-catherine.qc.ca

Services: Loan and consultation of printed, audiovisual and electronic documents. * Computers and Internet access. * Screen enlarger for people with a visual impairment. * Early literacy. * Biblio-aidants. * Biblio-jeux: game aiming to develop the language and promote reading awakening. * Une naissance un livre: introductory reading kits for children 1 year old and under. * L'Alvéole: creative space, digital and artistic tools, workshops. * Story time. * Book club for adults. * Seed library. * Printing, photocopying, laminating, faxing and scanning. * Board games. * Conferences.

Coverage area: Sainte-Catherine and surroundings

Hours: Monday 13h00 to 20h00, Tuesday 13h00 to 17h30, Wednesday and Thursday 10h00 to 20h00, Friday 10h00 to 17h30, Saturday and Sunday 10h00 to 15h00, summer: Monday 13h00 to 20h00, Tuesday 13h00 to 17h30, Wednesday and Thursday 10h00 to 20h00, Friday 10h00 to 17h30, Saturday 10h00 to 15h00

Fees: none

Financing: municipal

Legal status: municipal agency

STATION DE L'AVENTURE - MAISON DE LA FAMILLE (LA)

540 du Lac-Saint-Louis Road, Léry, Montérégie, QC, J6N 1A3

450 691-4897

Website: www.stationdelaventure.com

Email: famille@stationdelaventure.com

Services: * Child development workshops: major and fine motor skills, language skills, etc. * Early literacy program. * Activities for fathers. * Baby massage. * Childcare and drop-in respite. * Coffee chats. * Assistance and referral. * Group outings on pedagogical days.

Eligibility: families with children 0 to 18 years old

Coverage area: Léry, Sainte-Martine, Châteauguay, Mercier, Saint-Isidore

Hours: administration: Monday to Friday 8h30 to 15h30, respite: Monday and Tuesday 9h00 to 14h00, workshop and activities: Monday, Tuesday and Wednesday 9h00 to 11h00, Friday

Fees: annual membership: \$15, activities: variable

Financing: self-financing, fundraising campaigns, provincial

Legal status: non-profit organization

Juvenile Delinquency

BENADO

197 Saint-François-Xavier Road, Delson, Montérégie, QC, J5B 1X7

450 632-1640 Fax: 450 632-6754

Website: benado.org

Email: info@benado.org

Services: Prevention of juvenile delinquency. * Day centre for young dropouts. * Manual and self-knowledge activities, painting workshops, leather, bike repair. * Job information for young dropouts. * Development and application of extrajudicial and judicial measures under the Youth Criminal Justice Act. * Information and consultation with victims of crime. * Prevention of crime in schools. * Community support in the implementation of programs related to conflict resolution.

Eligibility: dropout alternative section: youth 13 to 18 years old coping with academic, family or social difficulties, alternative justice section: youth 12 to 18 years old, victims, parents and community

Coverage area: MRC de Roussillon, Hemmingford, Saint-Édouard, Saint-Michel, Saint-Rémi, Sainte-Clotilde, Sherrington

Hours: Monday, Tuesday, Thursday and Friday 8h00 to 16h30, Wednesday 8h00 to 21h00

Financing: Centraide of Greater Montréal, donations, provincial

Legal status: non-profit organization

Maternity support and adoption

AMITIÉ MATERN'ELLE

90 Marie-Victorin Boulevard, Candiac, Montérégie, QC, J5R 1C1

450 659-7661 ext. 1387

Website: www.amitiematernelle.com

Email: amitiemarternelle@gmail.com

Services: * Support for breastfeeding. * Pairing before birth. * Telephone and email support. * Mornings with baby: first aid, infant massage, infant carrying, nutrition, etc. * Coffee-chat. * Infant clinic. * Sharing morning: meeting seniors in a CHSLD.

Eligibility: pregnant people, families with infants

Coverage area: CLSC Kateri territory

Hours: Monday to Sunday

Fees: none

Financing: provincial

Legal status: non-profit organization

ASSOCIATION INFERTILITÉ QUÉBEC

1538 Saint-Jean-Baptiste Boulevard, Mercier, Montérégie, QC, J6R 2L1

Website: www.infertilite.ca

Email: info@infertilite.ca

Services: Representation and advocacy for infertile couples. * Information and referral regarding infertility and adoption. * Pairing between people with common experiences with infertility, accompaniment. * Support group with a nurse.

Eligibility: infertile couples and people of all sexual orientations

Coverage area: Province of Québec

Fees: annual membership: \$25.50

Financing: membership fees

Legal status: non-profit organization

CHÂTEAUGUAY HORIZON COMMUNITY ASSOCIATION

319 Brault Street, Châteauguay, Montérégie, QC, J6J 4M9

Website: chateauguayhorizon.weebly.com

Email: chateauguayhorizon@gmail.com

Services: Organization serving the Black community of Châteauguay. * Community outreach. * Home and hospital friendly visits. * Newborn gift baskets. * Children's Christmas party and banquet. * Scholarship for college students. * Summer program and camp.

Eligibility: Black community of Châteauguay

Coverage area: Châteauguay

Fees: membership: family \$25, individual \$20

Financing: self-financing

Legal status: non-profit organization

CLSC KATERI

90 Marie-Victorin Boulevard, Candiac, Montérégie, QC, J5R 1C1

450 659-7661 Fax: 450 444-6260

Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1235&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J5R1C1

ressources/ressource/?nofiche=1235&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J5R1C1

Services: Frontline services for routine health and social services. * Health insurance card authentication. * Bandage change and follow-up. * Nurse consultation. * Prenatal classes. * Distribution of new injection equipment to drug users (free service). * Sample collection. * Collection of used needles and syringes. * Breastfeeding room. * Psychosocial services including reception, analysis, orientation and referral. * Wound care. * Breast pump rental. * General immunization. * Flu vaccination: portal3.clicsante.ca/

Coverage area: CISSS de la Montérégie-Ouest area

Hours: Monday to Friday 6h30 to 20h00, Saturday and Sunday 8h00 to 12h00 and 13h00 to 15h00, tests centre: Monday to Friday 6h30 to 9h00

Financing: provincial

Legal status: parapublic organization

LEGAL AID OFFICE - CHÂTEAUGUAY

147 Saint-Jean-Baptiste Boulevard, Châteauguay, Montérégie, QC, J6K 3B1

450 691-4325 Fax: 450 699-0496

Website: ccjrs.com/en/bureaux/chateauguay-2

Email: chateauguay@ccjrs.com

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

Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible and with a legal need that is covered by the Law

Coverage area: Châteauguay, Saint-Constant, Delson, Kahnawake

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

Fees: people may be eligible for free legal aid or contributory legal aid between \$100 and 800, depending on their financial situation, see scale on website

Financing: provincial

Legal status: parapublic organization

MRC ROUSSILLON

260 Saint-Pierre Street, Suite 200, Saint-Constant, Montérégie, QC, J5A 2A5

450 638-1221 Fax: 450 638-4499

Website: roussillon.ca

Email: communications@mrcroussillon.qc.ca

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. * Grants for compost bin and washable diapers. * Participation in socio-economic development. * Promotion of heritage, culture and tourism.

Coverage area: MRC Roussillon

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

Financing: municipal, self-financing, provincial

Legal status: municipal agency

OPTIONS: RESOURCE AND PREGNANCY CENTRE FOR YOUTH

25 D'Anjou Boulevard, Châteauguay, Montérégie, QC, J6J 2P7

450 699-4357

Website: www.centreoptions.org/indexen1

Email: options@jslmontreal.org

Services: Care and support to youth and families facing unplanned pregnancy. Material assistance * Free pregnancy testing. * ARK boutique: clothes and diapers for children 0 to 5 years old, maternity clothes, high chairs, cots and cradles, etc. Education and prevention * Referral for STBBIs testing. * Sexual education workshops. * Referral to government and community resources. * Personal self-worth and healthy relationship teaching. Accompaniment * Personalized support. * Pregnancy options exploration. * Mediation between family members or a client and other people. * Tailored prenatal education & lactation support. * Reproductive loss grief support. * Birth family support through the adoption process during and after pregnancy. Parental education * Life skills and family management training. * Mom and tot groups. * Mentor mom and dad opportunities. Donations * Baby clothing donation. Housing * Housing program for pregnant youth and young parents.

Eligibility: people 25 years old and under with an unplanned pregnancy, their families, Boutique ark: parents, priority to those 25 years old and under

Capacity: pregnancy options support: 3 people per week, housing: 7 parents with children under 5, other services: as needed

Coverage area: Greater Montréal

Hours: ark boutique: Monday, Tuesday and Friday 10h00 to 14h00, appointments available outside these hours

Fees: none

Financing: donations

Legal status: non-profit organization

Parenting Education

AMITIÉ MATERN'ELLE

90 Marie-Victorin Boulevard, Candiac, Montérégie, QC, J5R 1C1

450 659-7661 ext. 1387

Website: www.amitiematernelle.com

Email: amitiemarternelle@gmail.com

Services: * Support for breastfeeding. * Pairing before birth. * Telephone and email support. * Mornings with baby: first aid, infant massage, infant carrying, nutrition, etc. * Coffee-chat. * Infant clinic. * Sharing morning: meeting seniors in a CHSLD.

Eligibility: pregnant people, families with infants

Coverage area: CLSC Kateri territory

Hours: Monday to Sunday

Fees: none

Financing: provincial

Legal status: non-profit organization

AVIF - ACTION SUR LA VIOLENCE ET INTERVENTION FAMILIALE

330 Pierre-Boursier Street, Suite 1200, Châteauguay, Montérégie, QC, J6J 4Z2

450 692-7313 Fax: 450 692-9356

Website: www.avif.ca

Email: avif@bellnet.ca

Services: * Intervention for men to cease controlling and violent behaviours. * Support group for men in difficulty. * Individual consultations, assessment and referral. * Complètement Ados: awareness activities for youth in difficulty. * Prevention workshops. * Training for parents.

Eligibility: male adults, youth 12 to 18 years old

Coverage area: MRC Roussillon, MRC Jardins de Napierville

Hours: Monday to Thursday 9h00 to 17h00, Friday 9h00 to 12h00 by appointment, group meetings: in the evening

Fees: none

Financing: provincial, donations

Legal status: non-profit organization

CENTRE DE SERVICES SCOLAIRE DES GRANDES-SEIGNEURIES - PROGRAMME PASSE-PARTOUT

50 Taschereau Boulevard, 2nd Floor, La Prairie, Montérégie, QC, J5R 4V3

514 380-8899 ext. 3958

Website: www.cssdgs.gouv.qc.ca/programme-passe-partout

Email: passe.partout@cssdgs.gouv.qc.ca

Services: Government intervention program for families to promote the integration and academic success of children. * Speech language therapy. * Meetings for parents on the development of the child. * Parent-child activities.

Eligibility: parents and their 4 year olds

Coverage area: MRC Roussillon, MRC Les Jardins-de-Napierville (except Saint-Jacques-le-Mineur)

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

Fees: none

Financing: provincial

Legal status: parapublic organization

MAISON DE LA FAMILLE KATERI

200 Balmoral Street, La Prairie, Montérégie, QC, J5R 4L5

450 659-9188 Fax: 450 659-5573

Website: maisonfamillekateri.com

Email: info@maisonfamillekateri.com

Services: Accompaniment for parents in their parenting role. * Interactive, educational and informative activities. * Individual interviews, listening, support and mutual aid. * Children's library and documentation for parents. * Childcare. * Discussion and exchange group for fathers and father-child activities. * Workshops on positive discipline. * Stimulation of fine and gross motor skills, and of language for children. * Various workshops.

Eligibility: children aged 0 to 17 years old and their parents

Capacity: 5 groups of 8 dyads (parent-child) by category, plus siblings

Coverage area: La Prairie, Candiac, Delson, Sainte-Catherine, Saint-Constant, Saint-Mathieu, Saint-Philippe

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

Fees: variable

Financing: grants, fundraising campaigns

Legal status: non-profit organization

OPTIONS: RESOURCE AND PREGNANCY CENTRE FOR YOUTH

25 D'Anjou Boulevard, Châteauguay, Montérégie, QC, J6J 2P7

450 699-4357

Website: www.centreoptions.org/indexen1

Email: options@jslmontréal.org

Services: Care and support to youth and families facing unplanned pregnancy. Material assistance * Free pregnancy testing. * ARK boutique: clothes and diapers for children 0 to 5 years old, maternity clothes, high chairs, cots and cradles, etc. Education and prevention * Referral for STBBIs testing. * Sexual education workshops. * Referral to government and community resources. * Personal self-worth and healthy relationship teaching. Accompaniment * Personalized support. * Pregnancy options exploration. * Mediation between family members or a client and other people. * Tailored prenatal education & lactation support. * Reproductive loss grief support. * Birth family support through the adoption process during and after pregnancy. Parental education * Life skills and family management training. * Mom and tot groups. * Mentor mom and dad opportunities. Donations * Baby clothing donation. Housing * Housing program for pregnant youth and young parents.

Eligibility: people 25 years old and under with an unplanned pregnancy, their families, Boutique ark: parents, priority to those 25 years old and under

Capacity: pregnancy options support: 3 people per week, housing: 7 parents with children under 5, other services: as needed

Coverage area: Greater Montréal

Hours: ark boutique: Monday, Tuesday and Friday 10h00 to 14h00, appointments available outside these hours

Fees: none

Financing: donations

Legal status: non-profit organization

STATION DE L'AVEVENTURE - MAISON DE LA FAMILLE (LA)

540 du Lac-Saint-Louis Road, Léry, Montérégie, QC, J6N 1A3

450 691-4897

Website: www.stationdelaventure.com

Email: famille@stationdelaventure.com

Services: * Child development workshops: major and fine motor skills, language skills, etc. * Early literacy program. * Activities for fathers. * Baby massage. * Childcare and drop-in respite. * Coffee chats. * Assistance and referral. * Group outings on pedagogical days.

Eligibility: families with children 0 to 18 years old

Coverage area: Léry, Sainte-Martine, Châteauguay, Mercier, Saint-Isidore

Hours: administration: Monday to Friday 8h30 to 15h30, respite: Monday and Tuesday 9h00 to 14h00, workshop and activities: Monday, Tuesday and Wednesday 9h00 to 11h00, Friday

Fees: annual membership: \$15, activities: variable

Financing: self-financing, fundraising campaigns, provincial

Legal status: non-profit organization

Recreational Activities

CANDIAC PUBLIC LIBRARY

59 Haendel Road, Candiac, Montérégie, QC, J5R 1R7

450 635-6032

Website: www.biblio.ville.candiac.qc.ca

Services: * Loan and consultation of books and audiovisual documents. * Computers, Internet access and printing devices. * Story time. * Book club for children. * Book club for adults. * Knitting club. * Movie club. * Conferences and activities. * Biblio-aidants: information services for caregivers. * Générations@branchées: introduction to computers workshops.

Eligibility: general public

Coverage area: Candiac

Hours: Tuesday and Thursday 10h00 to 20h00, Wednesday and Friday 13h00 to 20h00, Saturday 10h00 to 16h30

Fees: registration: free for residents, non-residents: \$80 for an adult, \$40 for a child

Financing: municipal

Legal status: municipal agency

CHÂTEAUGUAY PUBLIC LIBRARY

25 Maple Boulevard, Châteauguay, Montérégie, QC, J6J 3P7

450 698-3080

Website: ville.chateauguay.qc.ca/bibliotheque/accueil

Email: biblio@ville.chateauguay.qc.ca

Services: * Loan and consultation of books and audiovisual documents. * Computers, Internet access and printing devices. * Work rooms. * Room dedicated to genealogy. * Activities, training and workshops. * Exhibitions, book launches. * Summer book club for children. * Générations@branchées: introduction to computer technology for seniors by pairing with a teenager-teacher. * Bibliobus: travelling library in parks during summer. * Biblio-Santé: information service for caregivers. * Online portal:

simba2.crsbp.qc.ca/client/fr_CA/chateauguay

Coverage area: Châteauguay

Hours: Monday 12h00 to 21h00, Tuesday and Wednesday 9h00 to 21h00, Thursday 9h00 to 20h00, Friday 9h00 to 17h00, Saturday and Sunday 12h00 to 17h00, summer: closed Saturday and Sunday

Fees: residents: none, non-residents: \$75 per year

Financing: municipal

Legal status: municipal agency

DELSON - SERVICE DES LOISIRS

100 de Delson Avenue, Delson, Montérégie, QC, J5B 1S3

450 632-1050 ext. 3100 Fax: 450 635-0627

Website: www.ville.delson.qc.ca/fr/services-municipaux/loisirs-et-culture

Email: loisirs@ville.delson.qc.ca

Services: * Community, sociocultural and sporting activities. * Sports centre, parks, ice rinks and playgrounds. * Summer day camp. * Hall rental.

Coverage area: Delson

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

Fees: variable, citizen card: free

Financing: municipal

Legal status: municipal agency

DELSON PUBLIC LIBRARY

1 1st Avenue, Delson, Montérégie, QC, J5B 1M9

450 632-1050 ext. 3700

Website: www.ville.delson.qc.ca/fr/services-municipaux/loisirs-et-culture/bibliotheque

Email: bibliotheque@ville.delson.qc.ca

Services: * Loan and consultation of books and audiovisual documents. * Computers and Internet access. * Story time. * Animation and activities. * Générations@branchées: introduction to computer technology for adults by pairing with a teenager-teacher. * Computer courses, beginner level.

Coverage area: Delson

Hours: Tuesday to Thursday 13h00 to 20h30, Friday and Saturday 10h00 to 16h00

Fees: residents: none, non-residents: \$30

Financing: municipal

Legal status: municipal agency

LA PRAIRIE PUBLIC LIBRARY

500 Saint-Laurent Street, La Prairie, Montérégie, QC, J5R 5X2

450 444-6710

Website: catalogue.ville.laprairie.qc.ca

Email: biblio@ville.laprairie.qc.ca

Services: * Lending and consultation of printed, digital and audiovisual documents. * Computers, Internet access and printing tools. * Biblio-Santé: information service for caregivers. * Biblio-jeux: language stimulation program based on games, supervised by speech therapists. * Empruntez un musée Program: loans access cards to the Musée d'archéologie de Roussillon. * Une naissance un livre program: reading initiation kits for children under 1 year old. * Les jardins de Léo: seed library. * Story time. * Book club for adults. * Reading club for children. * Creative writing workshop. * Activities, exhibitions and conferences.

Coverage area: La Prairie

Hours: Tuesday and Thursday 9h30 to 20h30, Wednesday 13h30 to 20h30, Friday 13h30 to 18h00, Saturday 10h00 to 16h30, Sunday 13h30 to 16h30, summer: Monday and Wednesday 13h30 to 20h30, Tuesday and Thursday 9h30 to 20h30, Friday 13h30 to 18h00, Saturday 13h30 to 16h30

Fees: membership: variable

Financing: municipal

Legal status: municipal agency

MAISON DE LA FAMILLE KATERI

200 Balmoral Street, La Prairie, Montérégie, QC, J5R 4L5

450 659-9188 Fax: 450 659-5573

Website: maisonfamillekateri.com

Email: info@maisonfamillekateri.com

Services: Accompaniment for parents in their parenting role. * Interactive, educational and informative activities. * Individual interviews, listening, support and mutual aid. * Children's library and documentation for parents. * Childcare. * Discussion and exchange group for fathers and father-child activities. * Workshops on positive discipline. * Stimulation of fine and gross motor skills, and of language for children. * Various workshops.

Eligibility: children aged 0 to 17 years old and their parents

Capacity: 5 groups of 8 dyads (parent-child) by category, plus siblings

Coverage area: La Prairie, Candiac, Delson, Sainte-Catherine, Saint-Constant, Saint-Mathieu, Saint-Philippe

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

Fees: variable

Financing: grants, fundraising campaigns

Legal status: non-profit organization

SAINT-CONSTANT PUBLIC LIBRARY

162 Monchamp Boulevard, Saint-Constant, Montérégie, QC, J5A 2K8

450 638-2010 ext. 7233

Website: saint-constant.ca/fr/bibliotheque-municipale

Email: bibliotheque@saint-constant.ca

Services: * Loan and consultation of books and audiovisual documents. * Computers, Internet access and printing devices. * Work rooms. * Story time. * Book club for children. * Book club for adults. * Générations@branchées: introduction to computers workshops. * Conferences, workshops. * Biblio-semences. * Online portal: saint-constant-prod.bibliomondo.com

Eligibility: general public

Coverage area: Saint-Constant

Hours: Monday to Wednesday 12h00 to 20h00, Thursday 9h30 to 20h00, Friday 13h00 to 17h00, Saturday 10h00 to 15h00, Sunday 12h00 to 16h00

Fees: membership: free for residents, non-residents adults: \$30, non-residents kids: \$12

Financing: municipal

Legal status: municipal agency

SAINT-ISIDORE PUBLIC LIBRARY

693 Saint-Régis Road, Saint-Isidore, Montérégie, QC, J0L 2A0

450 992-1323

Website: www.reseaubibliomonteregie.qc.ca/fr/bibliotheques-horaire-et-localisation/b44/bibliotheque-de-saint-isidore

Email: biblio@st-isidore.ca

Services: Loan and consultation of books, audiovisual and digital documents. * Computers and Internet access. * Board game loan. * Story time and book club for children. * Une naissance, un livre: reading awareness kit for children 0 to 12 months. * Biblio-Jeux: language skills development through play program for children 6 months to 6 years old. * Biblio-Santé: thematic and informative health booklets offering a variety of resources for caregivers and people living with a health problem.

Coverage area: Saint-Isidore

Hours: Monday 19h00 to 20h30, Tuesday 13h00 to 16h00, Saturday 10h00 to 12h00, summer: closed on Saturday

Fees: none

Financing: municipal

Legal status: municipal agency

SAINT-MATHIEU PUBLIC LIBRARY

299 Saint-Édouard Road, Saint-Mathieu, Montérégie, QC, J0L 2H0

450 632-9528 ext. 3

Website: municipalite.saint-mathieu.qc.ca/bibliotheque

Email: mathieu@reseaubibliomonteregie.qc.ca

Services: Loan and consultation of books and documents. * Story time. * Internet access. * Children's book club. * Croque-livres program. * Friendly meetings and boardgames.

Coverage area: Saint-Mathieu

Hours: Tuesday 10h00 to 16h00 and 18h30 to 20h30, Thursday 18h30 to 20h30

Fees: membership: free for residents

Financing: municipal

Legal status: municipal agency

SAINT-PHILIPPE PUBLIC LIBRARY

2223 Édouard-VII Road, Saint-Philippe, Montérégie, QC, J0L 2K0

450 659-7701 ext. 233 Fax: 450 659-7702

Website: ville.saintphilippe.quebec/bibliotheque

Email: bibliotheque@ville.saintphilippe.quebec

Services: Loan and consultation of books and digital documents. * Computers and Internet access. * Loan of board games. * Story time. * Home delivery for people with reduced mobility. * Book club for children. *

Générations@branchées: introduction to computer technology for seniors by pairing with a teenager-teacher. *

Activities: workshops, conferences, exhibitions, etc. * Biblio-Santé.

Coverage area: Saint-Philippe

Hours: Tuesday to Thursday 10h00 to 20h00, Friday 9h00 to 12h00, Saturday 9h00 to 13h00, Sunday 13h00 to 17h00

Fees: residents: none

Financing: municipal

Legal status: municipal agency

SAINTE-CATHERINE PUBLIC LIBRARY

5365 Saint-Laurent Boulevard, Sainte-Catherine, Montérégie, QC, J5C 1A6

450 632-0590 ext. 5230

Website: www.ville.sainte-catherine.qc.ca/sports-culture-et-loisirs/bibliotheque

Email: bibliotheque@ville.sainte-catherine.qc.ca

Services: Loan and consultation of printed, audiovisual and electronic documents. * Computers and Internet access. * Screen enlarger for people with a visual impairment. * Early literacy. * Biblio-aidants. * Biblio-jeux: game aiming to develop the language and promote reading awakening. * Une naissance un livre: introductory reading kits for children 1 year old and under. * L'Alvéole: creative space, digital and artistic tools, workshops. * Story time. * Book club for adults. * Seed library. * Printing, photocopying, laminating, faxing and scanning. * Board games. * Conferences.

Coverage area: Sainte-Catherine and surroundings

Hours: Monday 13h00 to 20h00, Tuesday 13h00 to 17h30, Wednesday and Thursday 10h00 to 20h00, Friday 10h00 to 17h30, Saturday and Sunday 10h00 to 15h00, summer: Monday 13h00 to 20h00, Tuesday 13h00 to 17h30, Wednesday and Thursday 10h00 to 20h00, Friday 10h00 to 17h30, Saturday 10h00 to 15h00

Fees: none

Financing: municipal

Legal status: municipal agency

STATION DE L'AVENTURE - MAISON DE LA FAMILLE (LA)

540 du Lac-Saint-Louis Road, Léry, Montérégie, QC, J6N 1A3

450 691-4897

Website: www.stationdelaventure.com

Email: famille@stationdelaventure.com

Services: * Child development workshops: major and fine motor skills, language skills, etc. * Early literacy program. * Activities for fathers. * Baby massage. * Childcare and drop-in respite. * Coffee chats. * Assistance and referral. * Group outings on pedagogical days.

Eligibility: families with children 0 to 18 years old

Coverage area: Léry, Sainte-Martine, Châteauguay, Mercier, Saint-Isidore

Hours: administration: Monday to Friday 8h30 to 15h30, respite: Monday and Tuesday 9h00 to 14h00, workshop and activities: Monday, Tuesday and Wednesday 9h00 to 11h00, Friday

Fees: annual membership: \$15, activities: variable

Financing: self-financing, fundraising campaigns, provincial

Legal status: non-profit organization

Youth Centres and Support

ACTION JEUNESSE ROUSSILLON

123 Sainte-Catherine Street, Suite 300, Saint-Constant, Montérégie, QC, J5A 1R5

450 993-1616

Website: mdjstconstant.com

Email: stconstantmdj@gmail.com

Services: Youth centre. * Listening, entertainment and referral. * Homework assistance. * Arts and music room. * Indoor and outdoor activities: sports, games, cultural activities. * Cooking workshops. * Kiosks in schools at lunch time. * Various projects.

Eligibility: youth 12 to 17 years old

Coverage area: Saint-Constant

Hours: Tuesday to Saturday 16h00 to 20h00

Fees: none

Financing: provincial

Legal status: non-profit organization

AVIF - ACTION SUR LA VIOLENCE ET INTERVENTION FAMILIALE

330 Pierre-Boursier Street, Suite 1200, Châteauguay, Montérégie, QC, J6J 4Z2

450 692-7313 Fax: 450 692-9356

Website: www.avif.ca

Email: avif@bellnet.ca

Services: * Intervention for men to cease controlling and violent behaviours. * Support group for men in difficulty. * Individual consultations, assessment and referral. * Complètement Ados: awareness activities for youth in difficulty. * Prevention workshops. * Training for parents.

Eligibility: male adults, youth 12 to 18 years old

Coverage area: MRC Roussillon, MRC Jardins de Napierville

Hours: Monday to Thursday 9h00 to 17h00, Friday 9h00 to 12h00 by appointment, group meetings: in the evening

Fees: none

Financing: provincial, donations

Legal status: non-profit organization

CLUB DES COPAINS DELSON (LE)

1 1st Avenue, Delson, Montérégie, QC, J5B 1M9

514 677-7759

Services: * Food bank. * Assistance with costs for summer camps.

Eligibility: people on a low income

Coverage area: Delson

Hours: by appointment, food bank: Tuesday morning

Fees: none

Financing: donations

Legal status: non-profit organization

DELSON - SERVICE DES LOISIRS

100 de Delson Avenue, Delson, Montérégie, QC, J5B 1S3

450 632-1050 ext. 3100 Fax: 450 635-0627

Website: www.ville.delson.qc.ca/fr/services-municipaux/loisirs-et-culture

Email: loisirs@ville.delson.qc.ca

Services: * Community, sociocultural and sporting activities. * Sports centre, parks, ice rinks and playgrounds. * Summer day camp. * Hall rental.

Coverage area: Delson

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

Fees: variable, citizen card: free

Financing: municipal

Legal status: municipal agency

MAISON DES JEUNES CHÂTELOIS

180 Mercier Street, Châteauguay, Montérégie, QC, J6J 5X2

450 698-3343 Fax: 450 698-3344

Website: www.mdjchateauguay.com

Email: infomdjchateauguay@videotron.ca

Services: Animated meeting place. * Assistance and referral. * Social, recreational and sports activities. * Skatepark. * Peer support program in secondary schools. * Street work. * Prevention workshops. * Collective kitchen.

Eligibility: youth 11 to 17 years old, street work: people of all ages

Coverage area: Châteauguay

Hours: school year: Tuesday to Thursday 15h00 to 17h00 and 18h00 to 20h30, Friday and Saturday 15h00 to 17h00 and 18h00 to 22h30, summer: Monday to Thursday 15h00 to 17h00 and 18h00 to 22h30, Friday and Saturday 15h00 to 17h00 and 18h00 to 23h00

Fees: membership: \$2

Financing: provincial, self-financing, municipal

Legal status: non-profit organization

MAISON DES JEUNES DE LA PRAIRIE

565 Notre-Dame Street, La Prairie, Montérégie, QC, J5R 5E5

450 444-6717

Website: maisondesjeunes.ca

Email: direction@mdjlaprairie.ca

Services: Meeting place, services and reference. * Cultural activities: painting, drawing, cooking, music, improvisation, etc. * Sports activities: soccer, hockey, basketball, volleyball, etc. * Leisure activities: board games, parties, sleepovers, etc. * Volunteering: tree planting, food drive, bike collection, etc. * Self-financing and democratic activities. * Information and prevention in sexuality, crime, drug addiction, mental health and others. * Homework assistance. * Outings.

Eligibility: youth 12 to 17 years old

Coverage area: La Prairie

Hours: Tuesday, Wednesday and Thursday 15h00 to 21h00, Friday 15h00 to 22h00 and Saturday 14h00 to 22h00

Fees: life membership: \$10

Financing: provincial, municipal, self-financing

Legal status: non-profit organization

MAISON DES JEUNES DE SAINT-PHILIPPE

2245 Édouard VII Road, Saint-Philippe, Montérégie, QC, J0L 2K0

450 659-0428 Fax: 450 659-7701

Website: mdjaureperestp.wixsite.com/mdjstp

Email: maisondesjeunes.stp@outlook.com

Services: Meeting place. * Listening and counselling. * Sporting and cultural activities. * Volunteering. * Youth committee.

Eligibility: youth 12 to 17 years old

Capacity: 200

Coverage area: Saint-Philippe

Hours: Tuesday to Thursday 18h00 to 21h00, Friday 18h00 to 23h00, Sunday 12h00 to 19h00, summer: Tuesday 18h00 to 22h00, Wednesday and Thursday 14h00 to 17h00 and 18h00 to 22h00, Friday 18h00 to 23h00, Sunday 12h00 to 19h00

Fees: subscription: \$5

Financing: provincial, municipal, self-financing

Legal status: non-profit organization

MAISON DES JEUNES ÉQUINOX

5185 Saint-Laurent Boulevard, Sainte-Catherine, Montérégie, QC, J5C 1A6

450 632-5122 Fax: 450 632-1680

Website: mdjequinox.ca

Email: direction@mdjequinox.ca

Services: Meeting place. * Listening and counselling. * Sporting and cultural activities. * Homework assistance. * Running club. * Bi-weekly dinner. * Volunteering.

Eligibility: youth 12 to 17 years old, certain times for youth 10 to 11 years old

Coverage area: Sainte-Catherine and surroundings

Hours: school year: Tuesday to Thursday 16h00 to 21h00, Friday 16h00 to 22h00, Saturday 14h00 to 21h00, youth 10 to 11 years old: Monday 15h00 to 17h30, summer: Tuesday to Friday 14h00 to 17h00 and 18h00 to 22h00, Saturday 14h00 to 21h00, youth 10 to 11 years old: Monday 15h00 to 17h30

Fees: none

Financing: provincial, municipal

Legal status: non-profit organization

MAISON DES JEUNES L'ANTIDOTE DE CANDIAC

125 Haendel Road, Candiac, Montérégie, QC, J5R 1R7

450 638-1761

Website: www.mdj-antidote.qc.ca

Email: antidote@mdj-antidote.qc.ca

Services: Meeting and exchange space that encourages individual and collective creative expression through the promotion of health, healthy lifestyles and participatory democratic life. * Workshops, outings and sports. * Listening, support and helping relationship. * Gymnasium, music room, video game room and kitchen. * Study room. * Wi-Fi zone.

Eligibility: people 12 to 17 years old

Coverage area: Candiac

Hours: Wednesday and Thursday 16h00 to 20h45, Friday 16h00 to 21h45, Saturday 13h00 to 21h45, summer schedule: Wednesday to Saturday 13h00 to 21h45

Fees: none

Financing: provincial, municipal

Legal status: non-profit organization

MAISON DES JEUNES MERCIÉROIS

4 Faubert Street, Mercier, Montérégie, QC, J6R 1E2

450 201-5151

Email: mdjmercier@videotron.ca

Services: Supervised meeting place. * Referral. * Sporting and cultural activities. * Volunteering.

Eligibility: youth 12 to 17 years old

Coverage area: Mercier

Hours: Wednesday to Saturday 16h00 to 22h00

Financing: municipal, provincial

Legal status: non-profit organization

MAISON DES JEUNES SYMPHOLIE

65 Boardman Street, Delson, Montérégie, QC, J5B 2B8

450 632-1050 ext. 3120

Website: maisondesjeunessympholie.org

Email: mdjsympholie2@hotmail.com

Services: Place for meeting, services and referral. * Sporting and cultural activities. * Volunteering. * Homework assistance. * Outings.

Eligibility: youth 12 to 17 years old, homework assistance: 9 years old and over

Capacity: 50

Coverage area: Delson

Hours: Tuesday to Thursday 15h00 to 21h00, Friday 15h00 to 22h00, Saturday 13h00 to 22h00, homework assistance for 9 to 12 years old: Tuesday and Thursday 15h00 to 17h00

Fees: none

Financing: municipal, provincial, self-financing

Legal status: non-profit organization

Youth Employment

BENADO

197 Saint-François-Xavier Road, Delson, Montérégie, QC, J5B 1X7

450 632-1640 Fax: 450 632-6754

Website: benado.org

Email: info@benado.org

Services: Prevention of juvenile delinquency. * Day centre for young dropouts. * Manual and self-knowledge activities, painting workshops, leather, bike repair. * Job information for young dropouts. * Development and application of extrajudicial and judicial measures under the Youth Criminal Justice Act. * Information and consultation with victims of crime. * Prevention of crime in schools. * Community support in the implementation of programs related to conflict resolution.

Eligibility: dropout alternative section: youth 13 to 18 years old coping with academic, family or social difficulties, alternative justice section: youth 12 to 18 years old, victims, parents and community

Coverage area: MRC de Roussillon, Hemmingford, Saint-Édouard, Saint-Michel, Saint-Rémi, Sainte-Clotilde, Sherrington

Hours: Monday, Tuesday, Thursday and Friday 8h00 to 16h30, Wednesday 8h00 to 21h00

Financing: Centraide of Greater Montréal, donations, provincial

Legal status: non-profit organization

BISTRO CULTUREL COEUR DE VILLAGE

680 Saint-Régis Road, Saint-Isidore, Montérégie, QC, J0L 2A0

514 400-5351 Fax: 450 992-0633

Website: coeurdevillage.wordpress.com

Email: coeurdevillage@videotron.ca

Services: Promotion of culture and community action in rural areas. * Interventions with youth and seniors to break down the isolation. * Reintegration: professional integration internships, community work. * Summer jobs. * Flea market: small household items, toys, sports equipment and books. * Les papilles du coeur: catering service. * Room rental. * Volunteer work.

Eligibility: general public

Capacity: room: 75

Coverage area: MRC Roussillon

Hours: Wednesday to Friday 13h30 to 19h30, Saturday and Sunday 11h00 to 17h00

Fees: variable

Financing: self-financing, contributions, grants

Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI CHÂTEAUGUAY

180 D'Anjou Boulevard, Suite 260, Châteauguay, Montérégie, QC, J6K 1C4

450 699-8001 Fax: 450 699-9728

Website: cjechateauguay.org

Email: info@cjechateauguay.org

Services: * Job search assistance: occupational information, resume writing assistance, interview preparation, job search workshops, guidance, etc. * Education guidance and information: self knowledge, career change or planning, skills assessment, etc. * Documentation centre. * Technical support. * Information on youth programs. * Raising awareness of youth entrepreneurship.

Eligibility: people 15 to 35 years old

Coverage area: MRC Roussillon

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

Fees: none

Financing: provincial

Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI ROUSSILLON

45 Georges-Gagné Boulevard South, Suite 9, Delson, Montérégie, QC, J5B 2E5

450 845-3848 Fax: 450 845-4194

Website: www.cjer.ca

Email: accueil@cjer.ca

Services: * Job search assistance. * Assistance with returning to school. * Career guidance and assessment. * Services to employers. * Socioprofessional integration. * Student retention. * Entrepreneurship.

Eligibility: young adults 15 to 35 years old

Coverage area: Candiac, Delson, La Prairie, Saint-Constant, Saint-Mathieu, Saint-Philippe, Sainte-Catherine

Hours: Monday, Tuesday and Thursday 8h30 to 12h00 and 13h00 to 17h00, Wednesday 8h30 to 12h00 and 13h00 to 18h00, Friday 8h00 to 12h00

Fees: none

Financing: provincial

Legal status: non-profit organization

Youth Shelters and Support

ACTION JEUNESSE ROUSSILLON

123 Sainte-Catherine Street, Suite 300, Saint-Constant, Montérégie, QC, J5A 1R5

450 993-1616

Website: mdjstconstant.com

Email: stconstantmdj@gmail.com

Services: Youth centre. * Listening, entertainment and referral. * Homework assistance. * Arts and music room. * Indoor and outdoor activities: sports, games, cultural activities. * Cooking workshops. * Kiosks in schools at lunch time. * Various projects.

Eligibility: youth 12 to 17 years old

Coverage area: Saint-Constant

Hours: Tuesday to Saturday 16h00 to 20h00

Fees: none

Financing: provincial

Legal status: non-profit organization

ÉLAN DES JEUNES (L')

155 de Gaspé Street East, Châteauguay, Montérégie, QC, J6J 2N9

450 844-3835

Email: lelandesjeunes@gmail.com

Services: Housing for young adults choosing to be framed in their social reintegration process (maintenance of the school process, professional insertion, house hunting, etc.). * Accommodations and food. * Maximum duration of 3 months. * Post-accommodation service for people who had access to accommodation services.

Eligibility: young adults 16 to 22 years old, homeless or at risk of homelessness, due to loss of housing or family problems, freely making a housing request

Capacity: 6 beds

Coverage area: CSSS Jardins-Roussillon: Candiac, Châteauguay, Delson, Hemmingford Canton and Village, La Prairie, Léry, Mercier, Napierville, Saint-Bernard-de-Lacolle, Saint-Constant, Saint-Cyprien-de-Napierville, Sainte-Catherine, Sainte-Clotilde, Saint-Édouard, Sainte-Martine, Saint-Isidore, Saint-Jacques-le-Mineur, Saint-Mathieu, Saint-Michel, Saint-Patrice-de-Sherrington, Saint-Philippe, Saint-Rémi, Saint-Urbain-Premier, Kahnawake

Hours: 24 hours / 7 days

Fees: \$20 deposit on arrival, \$6 per day

Financing: grants, self-financing

Legal status: non-profit organization

MAISON DES JEUNES DE SAINT-PHILIPPE

2245 Édouard VII Road, Saint-Philippe, Montérégie, QC, J0L 2K0

450 659-0428 Fax: 450 659-7701

Website: mdjaureperestp.wixsite.com/mdjstp

Email: maisondesjeunes.stp@outlook.com

Services: Meeting place. * Listening and counselling. * Sporting and cultural activities. * Volunteering. * Youth committee.

Eligibility: youth 12 to 17 years old

Capacity: 200

Coverage area: Saint-Philippe

Hours: Tuesday to Thursday 18h00 to 21h00, Friday 18h00 to 23h00, Sunday 12h00 to 19h00, summer: Tuesday 18h00 to 22h00, Wednesday and Thursday 14h00 to 17h00 and 18h00 to 22h00, Friday 18h00 to 23h00, Sunday 12h00 to 19h00

Fees: subscription: \$5

Financing: provincial, municipal, self-financing

Legal status: non-profit organization

MAISON DES JEUNES ÉQUINOX

5185 Saint-Laurent Boulevard, Sainte-Catherine, Montérégie, QC, J5C 1A6

450 632-5122 Fax: 450 632-1680

Website: mdjequinox.ca

Email: direction@mdjequinox.ca

Services: Meeting place. * Listening and counselling. * Sporting and cultural activities. * Homework assistance. * Running club. * Bi-weekly dinner. * Volunteering.

Eligibility: youth 12 to 17 years old, certain times for youth 10 to 11 years old

Coverage area: Sainte-Catherine and surroundings

Hours: school year: Tuesday to Thursday 16h00 to 21h00, Friday 16h00 to 22h00, Saturday 14h00 to 21h00, youth 10 to 11 years old: Monday 15h00 to 17h30, summer: Tuesday to Friday 14h00 to 17h00 and 18h00 to 22h00, Saturday 14h00 to 21h00, youth 10 to 11 years old: Monday 15h00 to 17h30

Fees: none

Financing: provincial, municipal

Legal status: non-profit organization

MAISON DES JEUNES L'ANTIDOTE DE CANDIAC

125 Haendel Road, Candiac, Montérégie, QC, J5R 1R7

450 638-1761

Website: www.mdj-antidote.qc.ca

Email: antidote@mdj-antidote.qc.ca

Services: Meeting and exchange space that encourages individual and collective creative expression through the promotion of health, healthy lifestyles and participatory democratic life. * Workshops, outings and sports. * Listening, support and helping relationship. * Gymnasium, music room, video game room and kitchen. * Study room. * Wi-Fi zone.

Eligibility: people 12 to 17 years old

Coverage area: Candiac

Hours: Wednesday and Thursday 16h00 to 20h45, Friday 16h00 to 21h45, Saturday 13h00 to 21h45, summer schedule: Wednesday to Saturday 13h00 to 21h45

Fees: none

Financing: provincial, municipal

Legal status: non-profit organization

Community Action

ADVISORY AND CITIZEN ACTION ORGANIZATIONS

CHARITY ORGANIZATIONS

COMMUNITY CENTRES

COMMUNITY DEVELOPMENT

INFORMATION AND REFERRAL

VOLUNTEERING AND VOLUNTEER CENTRES

Advisory and citizen action organizations

CHÂTEAUGUAY SEXUAL ASSAULT CENTRE

Confidential Address

450 699-8258 Fax: 450 699-7295

Website: calacs-chateauguay.ca/en

Email: info@calacs-chateauguay.ca

Services: * Listening, information, referral. * Individual counselling. * Support groups. * Accompaniment during legal procedures and for IVAC requests. * Prevention activities in school, social, community and professionals groups. * Activism: denunciations, protests, consultations, advocacy and mobilization.

Eligibility: women 12 years old and over who have experienced sexual assault

Capacity: support groups: 6 to 8 women

Coverage area: Beauharnois, MRC Les Jardins-de-Napierville, MRC Roussillon

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

Fees: none

Financing: provincial, donations

Legal status: non-profit organization

OPTOMÉTRISTES SANS FRONTIÈRES

399 des Conseillers Street, Suite 23, La Prairie, Montérégie, QC, J5R 4H6

1 877 873-2433 Fax: 450 659-2276

Website: terresansfrontieres.ca/en

Email: tsf@terresansfrontieres.ca

Services: International eye care missions. * Used eye glasses recovery at service points: terresansfrontieres.ca/en/glasses-donation

Eligibility: disadvantaged populations

Coverage area: Canada

Hours: Monday to Friday 9h00 to 16h30

Financing: federal, provincial, fundraising campaigns

Legal status: non-profit organization

REGROUPEMENT DES USAGERS DU TRANSPORT ADAPTÉ DE CHÂTEAUGUAY

Confidential Address

450 201-1739

Website: rutac.org

Email: info@rutac.org

Services: Advocacy for people with disabilities or with limited mobility regarding adapted and collective transportation and universal accessibility. * Information. * Promotion and development. * Participation in action plans regarding educational, professional and social integration. * Accessibility guide showing accessible locations and proposed corrections.

Eligibility: users of adapted transportation, people with limitations, seniors, caregivers, citizens

Coverage area: Beauharnois, Châteauguay, Léry, Mercier

Fees: none

Financing: provincial, grants, donations

Legal status: parapublic organization

RÉSEAU D'INFORMATION ET D'AIDE AUX PERSONNES ASSISTÉES SOCIALES

200-200 Industriel Boulevard, Châteauguay, Montérégie, QC, J6J 2Z4

450 691-6682 Fax: 450 691-2034

Website: riapas.ca

Email: info@riapas.ca

Services: * Helpline. * Individual meetings and technical assistance. * Training. * Collective actions. * Psychosocial intervention. * Bonhomme à lunette service point: low-cost glasses.

Eligibility: people on social assistance, people living in poverty

Coverage area: MRC Roussillon, MRC Les Jardins-de-Napierville

Hours: Monday to Thursday 9h00 to 16h30, bonhomme à lunette: no appointment necessary, Tuesday 13h00 à 16h00

Financing: provincial

Legal status: non-profit organization

Charity Organizations

FONDATION GISÈLE FAUBERT INC.

1049 Saint-Jean-Baptiste Boulevard, Mercier, Montérégie, QC, J6R 1B8

450 691-1761 Fax: 450 691-3530

Website: fondationgiselefaubert.org/en

Email: info@fondationgiselefaubert.com

Services: Support for families who have a sick child. * Financial assistance. * Help with accommodation for the child outside their region. * Support for the purchase of a treatment device.

Eligibility: families on a low income with a sick child or children

Coverage area: MRC Roussillon

Hours: Monday to Friday 8h30 to 16h30

Financing: fundraising campaigns, donations

Legal status: non-profit organization

Community centres

RENCONTRE CHÂTEAUGUOISE (LA)

159 Principale Street, Châteauguay, Montérégie, QC, J6K 1G2

450 699-6819 Fax: 450 699-3453

Website: www.rencontrechateaugoise.com

Email: adjointe@rencontrechateaugoise.com

Services: * Community meals. * Collective kitchens. * Coffee shops. * Family dinners. * Young cooks. * Welcome and psychosocial support meetings. * Food recovery and distribution (food assistance). * PAAS Action program: employability assistance for people living on social welfare and excluded from the labour market. * Assistance in obtaining school supplies.

Eligibility: individuals and families on a low income, anyone who wants to break their isolation

Capacity: 30 persons

Coverage area: Châteauguay, Léry, Mercier, Saint-Isidore, Saint-Urbain-Premier, Sainte-Martine

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

Fees: food assistance: \$5, community meals: \$1, collective kitchens: \$2

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

Legal status: non-profit organization

Community development

ALLIANCE CARRIÈRE TRAVAIL (ACT) - CENTRE DE SERVICES DE CHÂTEAUGUAY

265 d'Anjou Boulevard, Suite 205, Châteauguay, Montérégie, QC, J6J 5J9

450 699-4545 Fax: 450 699-1175

Website: alliancect.ca/en

Email: info@alliancect.ca

Services: Organization targeting socioprofessional development and autonomy to facilitate job market and school integration. * Services to individuals: job search, integration to Québec's job market, career orientation, full potential discovery, trainings, business pre-startup, project development, etc. * Services to businesses: meeting potential candidates, coffee-meetings, luncheon conferences, employment evenings, bank of candidates, staff recruitment, job posting and job fair. * Room rentals. * Service d'Accueil et de Formation en Immigration pour le Roussillon (SAFIR): assistance with the integration of newcomers, group training for civic engagement, etc.

Eligibility: people 16 years and over, SAFIR: immigrants

Coverage area: Montérégie, SAFIR: MRC Roussillon, MRC Les Jardins-de-Napierville

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

Fees: none

Financing: provincial

Legal status: non-profit organization

CANDIAC - LOISIRS

59 Haendel Road, Candiac, Montérégie, QC, J5R 1R7

450 635-6020

Website: candiac.ca/culture-et-loisirs

Email: loisirs@ville.candiac.qc.ca

Services: * Community, sociocultural and sporting activities. * Parks and playgrounds, ice rinks, community centres, arena, swimming pool. * Financial assistance for sporting, recreational and artistic activities. * Coordination with community organizations. * Summer day camp. * Room rental. * Events and parties.

Coverage area: Candiac

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

Fees: variable

Financing: municipal

Legal status: municipal agency

CHÂTEAUGUAY - ENTERTAINMENT, SPORTS AND CULTURE

15 Maple Boulevard, Châteauguay, Montérégie, QC, J6J 3P7

450 698-3100

Website: ville.chateauguay.qc.ca/en

Email: vie.citoyenne@ville.chateauguay.qc.ca

Services: * Community, cultural and sporting activities. * Multisports centre, polydium, arena, parks and playgrounds, cultural centre, aquatic centre, nautical centre. * Exhibition, events and festivals. * Coordination with community organizations. * Summer day camp. * Room rental.

Coverage area: Châteauguay

Hours: Monday and Tuesday 12h00 to 20h00, Wednesday and Thursday 12h00 to 18h00, Friday 12h00 to 17h00, Saturday 9h00 to 17h00, summer schedule: Monday and Friday 10h00 to 20h00, Tuesday to Thursday 10h00 to 16h00

Fees: variable, passeport-loisir: free for residents

Financing: municipal

Legal status: municipal agency

DELSON - SERVICE DES LOISIRS

100 de Delson Avenue, Delson, Montérégie, QC, J5B 1S3

450 632-1050 ext. 3100 Fax: 450 635-0627

Website: www.ville.delson.qc.ca/fr/services-municipaux/loisirs-et-culture

Email: loisirs@ville.delson.qc.ca

Services: * Community, sociocultural and sporting activities. * Sports centre, parks, ice rinks and playgrounds. * Summer day camp. * Hall rental.

Coverage area: Delson

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

Fees: variable, citizen card: free

Financing: municipal

Legal status: municipal agency

LA PRAIRIE - SERVICE DES LOISIRS

500 Saint-Laurent Street, La Prairie, Montérégie, QC, J5R 5X2

450 444-6700

Website: www.ville.laprairie.qc.ca

Email: loisirs@ville.laprairie.qc.ca

Services: * Community, sociocultural and sporting activities. * Arena, multi-purpose centre, swimming pool, parks, ice rinks and playgrounds. * Coordination with community organizations. * Summer day camp. * Community gardens. * Vieux - La Prairie theater. * Activities and events. * Room rental.

Coverage area: La Prairie

Hours: Monday to Friday 8h15 to 20h30, Saturday 13h30 to 16h30

Fees: variable

Financing: municipal

Legal status: municipal agency

LÉRY - LOISIRS ET CULTURE

1 de l'Hôtel-de-Ville Street, Léry, Montérégie, QC, J6N 1E8

450 692-6861 Fax: 450 692-6881

Website: www.lery.ca/services/loisirs-et-culture

Email: info@lery.ca

Services: * Cultural, sporting, artistic, and recreational activities. * Parks, swimming pool, indoor sports fields, and community gardens. * Club d'âge d'or de Léry: activities for seniors aged 50 and over. * Hall and sports fields rental. * Events.

Coverage area: Léry

Fees: variable

Financing: municipal

Legal status: municipal agency

RÉSEAU BIBLIO DE LA MONTÉRÉGIE

275 Conrad-Pelletier Street, La Prairie, Montérégie, QC, J5R 4V1

450 444-5433 Fax: 450 659-3364

Website: www.reseaubibliomonteregie.qc.ca

Email: crsaide@reseaubibliomonteregie.qc.ca

Services: Development and support of a regional network of public libraries. * Pooling and sharing of resources. * Room rental.

Eligibility: affiliated libraries

Coverage area: Montérégie

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

Financing: municipal

Legal status: municipal agency

SAINT-CONSTANT - LEISURE DEPARTMENT

330 Wilfrid-Lamarche Street, Saint-Constant, Montérégie, QC, J5A 2S2

450 638-2010 ext. 7200 Fax: 450 635-8415

Website: saint-constant.ca

Email: loisirs@saint-constant.ca

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

Coverage area: Saint-Constant

Hours: Monday to Thursday 8h00 to 17h00, Friday 8h00 to 13h00

Fees: variable

Financing: municipal

Legal status: municipal agency

SAINT-MATHIEU - SERVICE DES LOISIRS

299 Saint-Édouard Road, Saint-Mathieu, Montérégie, QC, J0L 2H0

450 632-9528 ext. 225 Fax: 450 632-9544

Website: municipalite.saint-mathieu.qc.ca

Email: loisirs@municipalite.saint-mathieu.qc.ca

Services: * Sporting and recreational activities. * Parks, community centre, sports fields, ice rink. * Summer day camp. * Parties and events. * Hall rental.

Coverage area: Saint-Mathieu

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

Fees: variable

Financing: municipal

Legal status: municipal agency

SAINT-PHILIPPE - LOISIRS, CULTURE ET VIE COMMUNAUTAIRE

2225 Édouard-VII Road, Saint-Philippe, Montérégie, QC, J0L 2K0

450 659-7701 ext. 230 Fax: 450 659-7702

Website: ville.saintphilippe.quebec/programmation-loisirs

Email: loisirs@ville.saintphilippe.quebec

Services: * Sporting and recreational activities. * Community centre, parks, sports fields. * Coordination with community organizations. * Summer day camp. * Events. * Hall rental.

Coverage area: Saint-Philippe

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

Fees: variable

Financing: municipal

Legal status: municipal agency

SAINTE-CATHERINE - SPORTS, CULTURE, LEISURE AND COMMUNITY LIFE

5365 Saint-Laurent Boulevard, Sainte-Catherine, Montérégie, QC, J5C 1A6

450 632-0590 ext. 5210 Fax: 450 632-9908

Website: www.ville.sainte-catherine.qc.ca/sports-culture-et-loisirs

Email: sports-culture@vdsc.ca

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

Coverage area: Sainte-Catherine

Hours: Monday to Thursday 8h30 to 19h30, Friday 8h30 to 16h30

Fees: variable

Financing: municipal

Legal status: municipal agency

SOCIÉTÉ LOCATIVE D'INVESTISSEMENT ET DE DÉVELOPPEMENT SOCIAL

311 McLeod Street, Châteauguay, Montérégie, QC, J6J 2H8

1 855 699-1392 Fax: 450 699-8297

Website: www.solides.info/registration

Email: admin@solides.ca

Services: Development of low-rent housing. * Acquisition, renovation and construction of housing. * Housing administration.

Eligibility: people on a low or moderate income

Capacity: 613 apartments
Coverage area: Châteauguay, Longueuil, Lachine, Verdun
Hours: Monday to Friday 9h00 to 17h00
Financing: self-financing, donations, grants
Legal status: non-profit organization

Information and referral

ASSOCIATION INFERTILITÉ QUÉBEC

1538 Saint-Jean-Baptiste Boulevard, Mercier, Montérégie, QC, J6R 2L1

Website: www.infertilite.ca

Email: info@infertilite.ca

Services: Representation and advocacy for infertile couples. * Information and referral regarding infertility and adoption. * Pairing between people with common experiences with infertility, accompaniment. * Support group with a nurse.

Eligibility: infertile couples and people of all sexual orientations

Coverage area: Province of Québec

Fees: annual membership: \$25.50

Financing: membership fees

Legal status: non-profit organization

CANDIAC PUBLIC LIBRARY

59 Haendel Road, Candiac, Montérégie, QC, J5R 1R7

450 635-6032

Website: www.biblio.ville.candiac.qc.ca

Services: * Loan and consultation of books and audiovisual documents. * Computers, Internet access and printing devices. * Story time. * Book club for children. * Book club for adults. * Knitting club. * Movie club. * Conferences and activities. * Biblio-aidants: information services for caregivers. * Générations@branchées: introduction to computers workshops.

Eligibility: general public

Coverage area: Candiac

Hours: Tuesday and Thursday 10h00 to 20h00, Wednesday and Friday 13h00 to 20h00, Saturday 10h00 to 16h30

Fees: registration: free for residents, non-residents: \$80 for an adult, \$40 for a child

Financing: municipal

Legal status: municipal agency

CENTRE D'ACTION BÉNÉVOLE DU GRAND CHÂTEAUGUAY

10 Gilmour Street, Châteauguay, Montérégie, QC, J6J 1K4

450 699-6289

Website: www.cabchateauguay.org

Email: info@cabgc.org

Services: * Friendly visits. * SecuriCAB: free reassuring call service made by volunteers. * Caring calls : weekly calls to fight isolation. * Walking club for seniors who are visually impaired or with reduced autonomy. * Walking assistance. * Respite and support for caregivers. * Info 50+: support program and outreach work initiative for vulnerable people 50 years and over (ITMAV). * Recruitment and training of volunteers. * Tax clinic.

Eligibility: people 50 years old and over, people with a loss of autonomy, caregivers

Coverage area: Châteauguay, Saint-Urbain-Premier, Saint-Isidore, Sainte-Martine, Mercier, Léry

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 15h00

Fees: none

Financing: federal, provincial, donations

Legal status: non-profit organization

CHÂTEAUGUAY PUBLIC LIBRARY

25 Maple Boulevard, Châteauguay, Montérégie, QC, J6J 3P7

450 698-3080

Website: ville.chateauguay.qc.ca/bibliotheque/accueil

Email: biblio@ville.chateauguay.qc.ca

Services: * Loan and consultation of books and audiovisual documents. * Computers, Internet access and printing devices. * Work rooms. * Room dedicated to genealogy. * Activities, training and workshops. * Exhibitions, book launches. * Summer book club for children. * Générations@branchées: introduction to computer technology for seniors by pairing with a teenager-teacher. * Bibliobus: travelling library in parks during summer. * Biblio-Santé: information service for caregivers. * Online portal:

simba2.crsbp.qc.ca/client/fr_CA/chateauguay

Coverage area: Châteauguay

Hours: Monday 12h00 to 21h00, Tuesday and Wednesday 9h00 to 21h00, Thursday 9h00 to 20h00, Friday 9h00 to 17h00, Saturday and Sunday 12h00 to 17h00, summer: closed Saturday and Sunday

Fees: residents: none, non-residents: \$75 per year

Financing: municipal

Legal status: municipal agency

LA PRAIRIE PUBLIC LIBRARY

500 Saint-Laurent Street, La Prairie, Montérégie, QC, J5R 5X2

450 444-6710

Website: catalogue.ville.laprairie.qc.ca

Email: biblio@ville.laprairie.qc.ca

Services: * Lending and consultation of printed, digital and audiovisual documents. * Computers, Internet access and printing tools. * Biblio-Santé: information service for caregivers. * Biblio-jeux: language stimulation program based on games, supervised by speech therapists. * Empruntez un musée Program: loans access cards to the Musée d'archéologie de Roussillon. * Une naissance un livre program: reading initiation kits for children under 1 year old. * Les jardins de Léo: seed library. * Story time. * Book club for adults. * Reading club for children. * Creative writing workshop. * Activities, exhibitions and conferences.

Coverage area: La Prairie

Hours: Tuesday and Thursday 9h30 to 20h30, Wednesday 13h30 to 20h30, Friday 13h30 to 18h00, Saturday 10h00 to 16h30, Sunday 13h30 to 16h30, summer: Monday and Wednesday 13h30 to 20h30, Tuesday and Thursday 9h30 to 20h30, Friday 13h30 to 18h00, Saturday 13h30 to 16h30

Fees: membership: variable

Financing: municipal

Legal status: municipal agency

OPTIONS: RESOURCE AND PREGNANCY CENTRE FOR YOUTH

25 D'Anjou Boulevard, Châteauguay, Montérégie, QC, J6J 2P7

450 699-4357

Website: www.centreoptions.org/indexen1

Email: options@jslmontreal.org

Services: Care and support to youth and families facing unplanned pregnancy. Material assistance * Free pregnancy testing. * ARK boutique: clothes and diapers for children 0 to 5 years old, maternity clothes, high chairs, cots and cradles, etc. Education and prevention * Referral for STBBIs testing. * Sexual education workshops. * Referral to government and community resources. * Personal self-worth and healthy relationship teaching. Accompaniment * Personalized support. * Pregnancy options exploration. * Mediation between family members or a client and other people. * Tailored prenatal education & lactation support. * Reproductive loss grief support. * Birth family support through the adoption process during and after pregnancy. Parental education * Life skills and family management training. * Mom and tot groups. * Mentor mom and dad opportunities. Donations * Baby clothing donation. Housing * Housing program for pregnant youth and young parents.

Eligibility: people 25 years old and under with an unplanned pregnancy, their families, Boutique ark: parents, priority to those 25 years old and under

Capacity: pregnancy options support: 3 people per week, housing: 7 parents with children under 5, other services: as needed

Coverage area: Greater Montréal

Hours: ark boutique: Monday, Tuesday and Friday 10h00 to 14h00, appointments available outside these hours

Fees: none

Financing: donations

Legal status: non-profit organization

SAINT-ISIDORE PUBLIC LIBRARY

693 Saint-Régis Road, Saint-Isidore, Montérégie, QC, J0L 2A0

450 992-1323

Website: www.reseaubibliomonteregie.qc.ca/fr/bibliotheques-horaire-et-localisation/b44/bibliotheque-de-saint-isidore

Email: biblio@st-isidore.ca

Services: Loan and consultation of books, audiovisual and digital documents. * Computers and Internet access. * Board game loan. * Story time and book club for children. * Une naissance, un livre: reading awareness kit for children 0 to 12 months. * Biblio-Jeux: language skills development through play program for children 6 months to 6 years old. * Biblio-Santé: thematic and informative health booklets offering a variety of resources for caregivers and people living with a health problem.

Coverage area: Saint-Isidore

Hours: Monday 19h00 to 20h30, Tuesday 13h00 to 16h00, Saturday 10h00 to 12h00, summer: closed on Saturday

Fees: none

Financing: municipal

Legal status: municipal agency

SAINT-PHILIPPE PUBLIC LIBRARY

2223 Édouard-VII Road, Saint-Philippe, Montérégie, QC, J0L 2K0

450 659-7701 ext. 233 Fax: 450 659-7702

Website: ville.saintphilippe.quebec/bibliotheque

Email: bibliotheque@ville.saintphilippe.quebec

Services: Loan and consultation of books and digital documents. * Computers and Internet access. * Loan of board games. * Story time. * Home delivery for people with reduced mobility. * Book club for children. * Générations@branchées: introduction to computer technology for seniors by pairing with a teenager-teacher. * Activities: workshops, conferences, exhibitions, etc. * Biblio-Santé.

Coverage area: Saint-Philippe

Hours: Tuesday to Thursday 10h00 to 20h00, Friday 9h00 to 12h00, Saturday 9h00 to 13h00, Sunday 13h00 to 17h00

Fees: residents: none

Financing: municipal

Legal status: municipal agency

SAINTE-CATHERINE PUBLIC LIBRARY

5365 Saint-Laurent Boulevard, Sainte-Catherine, Montérégie, QC, J5C 1A6

450 632-0590 ext. 5230

Website: www.ville.sainte-catherine.qc.ca/sports-culture-et-loisirs/bibliotheque

Email: bibliotheque@ville.sainte-catherine.qc.ca

Services: Loan and consultation of printed, audiovisual and electronic documents. * Computers and Internet access. * Screen enlarger for people with a visual impairment. * Early literacy. * Biblio-aidants. * Biblio-jeux: game aiming to develop the language and promote reading awakening. * Une naissance un livre: introductory reading kits for children 1 year old and under. * L'Alvéole: creative space, digital and artistic tools, workshops. * Story time. * Book club for adults. * Seed library. * Printing, photocopying, laminating, faxing and scanning. * Board games. * Conferences.

Coverage area: Sainte-Catherine and surroundings

Hours: Monday 13h00 to 20h00, Tuesday 13h00 to 17h30, Wednesday and Thursday 10h00 to 20h00, Friday 10h00 to 17h30, Saturday and Sunday 10h00 to 15h00, summer: Monday 13h00 to 20h00, Tuesday 13h00 to 17h30, Wednesday and Thursday 10h00 to 20h00, Friday 10h00 to 17h30, Saturday 10h00 to 15h00

Fees: none

Financing: municipal

Legal status: municipal agency

SERVICE CANADA CENTRE - CHÂTEAUGUAY

245 Saint-Jean-Baptiste Boulevard, Suite 101, Châteauguay, Montérégie, QC, J6K 3C3

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

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: srv138.services.gc.ca/daf/s/e82fb618-124c-4a07-ba98-9c99c5c5f6bf?goctemplateculture=en-ca * Job bank: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance, sickness benefits and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Recruitment awareness. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, career planning, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Châteauguay

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

Volunteering and volunteer centres

BISTRO CULTUREL COEUR DE VILLAGE

680 Saint-Régis Road, Saint-Isidore, Montérégie, QC, J0L 2A0

514 400-5351 Fax: 450 992-0633

Website: coeurdevillage.wordpress.com

Email: coeurdevillage@videotron.ca

Services: Promotion of culture and community action in rural areas. * Interventions with youth and seniors to break down the isolation. * Reintegration: professional integration internships, community work. * Summer jobs. * Flea market: small household items, toys, sports equipment and books. * Les papilles du coeur: catering service. * Room rental. * Volunteer work.

Eligibility: general public

Capacity: room: 75

Coverage area: MRC Roussillon

Hours: Wednesday to Friday 13h30 to 19h30, Saturday and Sunday 11h00 to 17h00

Fees: variable

Financing: self-financing, contributions, grants

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE DU GRAND CHÂTEAUGUAY

10 Gilmour Street, Châteauguay, Montérégie, QC, J6J 1K4

450 699-6289

Website: www.cabchateauguay.org

Email: info@cabgc.org

Services: * Friendly visits. * SecuriCAB: free reassuring call service made by volunteers. * Caring calls : weekly calls to fight isolation. * Walking club for seniors who are visually impaired or with reduced autonomy. * Walking assistance. * Respite and support for caregivers. * Info 50+: support program and outreach work initiative for vulnerable people 50 years and over (ITMAV). * Recruitment and training of volunteers. * Tax clinic.

Eligibility: people 50 years old and over, people with a loss of autonomy, caregivers

Coverage area: Châteauguay, Saint-Urbain-Premier, Saint-Isidore, Sainte-Martine, Mercier, Léry

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 15h00

Fees: none

Financing: federal, provincial, donations

Legal status: non-profit organization

CENTRE DE FEMMES L'ÉCLAIRCIE

1025 Centrale Street, Sainte-Catherine, Montérégie, QC, J5C 1A2

450 638-1131 Fax: 450 638-1132

Website: www.centredefemmesleclaircie.com

Email: info@eclaircie.org

Services: Support for women in their autonomy process. * Reception, listening and referral. * Support group. * Accompaniment in socio-legal process. * Accompaniment with the decision-making process regarding the outcome of an unplanned pregnancy (pro-choice). * Documentation centre. * Popular education workshops. * Coffee-chat and conferences. * Day care. * Training of volunteers. * Collective action.

Eligibility: women 14 years and over, children 5 years old and under

Capacity: 15

Coverage area: Candiac, Delson, La Prairie, Sainte-Catherine, Saint-Constant, Saint-Mathieu, Saint-Philippe

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

Fees: free or low cost for some activities

Financing: grants, self-financing, donations

Legal status: non-profit organization

CHÂTEAUGUAY VALLEY LITERACY COUNCIL

Confidential Address

450 698-0342

Website: cvlc-chateauguay.weebly.com

Email: cvlc.chateauguay@gmail.com

Services: * English literacy workshops. * English courses: business and general development. * Reading camp and activities for children. * Training of volunteer teachers. * Activities for seniors in residences.

Eligibility: adults, families, children, seniors

Coverage area: Châteauguay and surrounding areas

Hours: Monday to Thursday 9h00 to 17h00

Fees: none or low cost

Financing: provincial, grants, donations, municipal, fundraising campaigns

Legal status: non-profit organization

CORNE D'ABONDANCE DE CANDIAC

255 Montcalm Boulevard North, Candiac, Montérégie, QC, J5R 3L6

450 444-6999

Email: corne.abondance.candiac@gmail.com

Services: * Food bank and emergency assistance. * Thrift store: clothing, household items, sporting equipment, toys, etc. * Donation of food and clothing to community organizations and people in need. * Christmas baskets and Guignolée. * Volunteer development. * Donation boxes located at the Candiac Library and the IGA Extra Vallée Candiac. * Donation of school supplies for the food bank recipients.

Eligibility: food bank: people in need, thrift store: general public

Coverage area: Candiac

Hours: food bank: Tuesday 9h00 to 11h00, thrift store: Thursday 13h30 to 17h30, 1st Saturday of the month: 8h30 to 12h30, donation containers: Monday, Thursday and Saturday 9h00 to 16h00, donation boxes: 24 hours / 7 days

Financing: donations, self-financing

Legal status: non-profit organization

PARTAGE

547 Saint-Henri Street, La Prairie, Montérégie, QC, J5R 2S9

450 444-0803 Fax: 450 444-2621

Website: lepartage.info

Email: administration@lepartage.org

Services: * Emergency food and clothing assistance. * Christmas baskets. * Collective kitchens and cooking workshops. * Support, assistance and referral for families. * Thrift store. * Bonhomme à lunette service point: low-cost glasses.

Eligibility: individuals and families on a low income, homeless people, people living with major health problems, refugees, immigrants

Coverage area: La Prairie

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00, food assistance: Thursday 9h30 to 11h30, 13h30 to 15h30 and 17h00 to 18h15, bonhomme à lunette: no appointment necessary, Tuesday 9h30 to 11h30

Fees: food assistance, collective kitchens and culinary workshops: variable, Christmas baskets: free

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

Legal status: non-profit organization

Disability

ADAPTED WORK AND EMPLOYABILITY SUPPORT

ADVOCACY FOR PEOPLE WITH A PHYSICAL DISABILITY

ADVOCACY FOR PEOPLE WITH AN INTELLECTUAL DISABILITY

DEAF AND HEARING IMPAIRED

LANGUAGE DISORDERS

RECREATION AND CAMPS

RESPIRE SERVICES AND HOUSING

SUPPORT ASSOCIATIONS

SUPPORT AND INTEGRATION ORGANIZATIONS

THE BLIND

THERAPY AND REHABILITATION CENTRES

Adapted work and employability support

BENADO

197 Saint-François-Xavier Road, Delson, Montérégie, QC, J5B 1X7

450 632-1640 Fax: 450 632-6754

Website: benado.org

Email: info@benado.org

Services: Prevention of juvenile delinquency. * Day centre for young dropouts. * Manual and self-knowledge activities, painting workshops, leather, bike repair. * Job information for young dropouts. * Development and application of extrajudicial and judicial measures under the Youth Criminal Justice Act. * Information and consultation with victims of crime. * Prevention of crime in schools. * Community support in the implementation of programs related to conflict resolution.

Eligibility: dropout alternative section: youth 13 to 18 years old coping with academic, family or social difficulties, alternative justice section: youth 12 to 18 years old, victims, parents and community

Coverage area: MRC de Roussillon, Hemmingford, Saint-Édouard, Saint-Michel, Saint-Rémi, Sainte-Clotilde, Sherrington

Hours: Monday, Tuesday, Thursday and Friday 8h00 to 16h30, Wednesday 8h00 to 21h00

Financing: Centraide of Greater Montréal, donations, provincial

Legal status: non-profit organization

BISTRO CULTUREL COEUR DE VILLAGE

680 Saint-Régis Road, Saint-Isidore, Montérégie, QC, J0L 2A0

514 400-5351 Fax: 450 992-0633

Website: coeurdevillage.wordpress.com

Email: coeurdevillage@videotron.ca

Services: Promotion of culture and community action in rural areas. * Interventions with youth and seniors to break down the isolation. * Reintegration: professional integration internships, community work. * Summer jobs. * Flea market: small household items, toys, sports equipment and books. * Les papilles du coeur: catering service. * Room rental. * Volunteer work.

Eligibility: general public

Capacity: room: 75

Coverage area: MRC Roussillon

Hours: Wednesday to Friday 13h30 to 19h30, Saturday and Sunday 11h00 to 17h00

Fees: variable

Financing: self-financing, contributions, grants

Legal status: non-profit organization

SDEM SEMO MONTÉRÉGIE - CHÂTEAUGUAY

120 Saint-Jean-Baptiste Boulevard, Suite 202, Châteauguay, Montérégie, QC, J6K 3A9

1 800 646-6096 Fax: 450 674-7220

Website: www.sdem-semo.org

Email: info@sdem-semo.org

Services: Support for training, integration and job retention. * Preparatory employment program. * Job search assistance. * Vocational guidance for clients already registered only.

Eligibility: people living with a physical, sensory or intellectual disability or with mental health issues, learning disabilities, neurological disorders, autistic people

Coverage area: MRC Roussillon, MRC Les Jardins-de-Napierville

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

Fees: none

Financing: provincial

Legal status: non-profit organization

Advocacy for people with a physical disability

ASSOCIATION DES PERSONNES HANDICAPÉES DE LA RIVE-SUD OUEST

100 Sainte-Marie Street, La Prairie, Montérégie, QC, J5R 1E8

450 659-6519

Website: www.aphrso.org

Email: info@aphrso.org

Services: Advocacy of rights and interests for people living with functional limitations. * Listening, information, referrals. * Counselling. * Assistance with procedures.

Eligibility: people living with a functional limitation, their family

Coverage area: MRC Roussillon

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

Fees: none

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DE LA DYSPHASIE - RÉGION MONTÉRÉGIE

55 Saint-Pierre Street, Suite 203, Saint-Constant, Montérégie, QC, J5A 1B9

450 635-1961

Website: www.dysphasiemonteregie.qc.ca

Email: direction@dysphasiemonteregie.org

Services: * Listening, information and support for members. * Activities, conferences. * Consultation with a social worker: follow-up, intervention plan, etc. * Info TS: online information service from a social worker via the private Facebook page. * Les p'tits conseils de mon orthophoniste: various themes discussed via the private Facebook page (<https://www.facebook.com/groups/lesptitsconseils>). * Production of information and advocacy tools. * Support to research on developmental language disorder.

Eligibility: people living with a developmental language disorder (dysphasia), their parents and relatives

Coverage area: Montérégie

Hours: office: Monday to Thursday 8h00 to 16h00, Friday 9h00 to 13h00, activities: evenings and weekends

Fees: membership: \$25 per year for individual, professional and supporter members, \$50 for corporate members

Financing: provincial, self-financing, donations

Legal status: non-profit organization

REGROUPEMENT DES USAGERS DU TRANSPORT ADAPTÉ DE CHÂTEAUGUAY

Confidential Address

450 201-1739

Website: rutac.org

Email: info@rutac.org

Services: Advocacy for people with disabilities or with limited mobility regarding adapted and collective transportation and universal accessibility. * Information. * Promotion and development. * Participation in action plans regarding educational, professional and social integration. * Accessibility guide showing accessible locations and proposed corrections.

Eligibility: users of adapted transportation, people with limitations, seniors, caregivers, citizens

Coverage area: Beauharnois, Châteauguay, Léry, Mercier

Fees: none

Financing: provincial, grants, donations

Legal status: parapublic organization

Advocacy for people with an intellectual disability

ASSOCIATION DES PERSONNES HANDICAPÉES DE LA RIVE-SUD OUEST

100 Sainte-Marie Street, La Prairie, Montérégie, QC, J5R 1E8

450 659-6519

Website: www.aphrso.org

Email: info@aphrso.org

Services: Advocacy of rights and interests for people living with functional limitations. * Listening, information, referrals. * Counselling. * Assistance with procedures.

Eligibility: people living with a functional limitation, their family

Coverage area: MRC Roussillon

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

Fees: none

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

Deaf and hearing impaired

SDEM SEMO MONTÉRÉGIE - CHÂTEAUGUAY

120 Saint-Jean-Baptiste Boulevard, Suite 202, Châteauguay, Montérégie, QC, J6K 3A9

1 800 646-6096 Fax: 450 674-7220

Website: www.sdem-semo.org

Email: info@sdem-semo.org

Services: Support for training, integration and job retention. * Preparatory employment program. * Job search assistance. * Vocational guidance for clients already registered only.

Eligibility: people living with a physical, sensory or intellectual disability or with mental health issues, learning disabilities, neurological disorders, autistic people

Coverage area: MRC Roussillon, MRC Les Jardins-de-Napierville

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

Fees: none

Financing: provincial

Legal status: non-profit organization

Language disorders

ASSOCIATION QUÉBÉCOISE DE LA DYSPHASIE - RÉGION MONTÉRÉGIE

55 Saint-Pierre Street, Suite 203, Saint-Constant, Montérégie, QC, J5A 1B9

450 635-1961

Website: www.dysphasiemonteregie.qc.ca

Email: direction@dysphasiemonteregie.org

Services: * Listening, information and support for members. * Activities, conferences. * Consultation with a social worker: follow-up, intervention plan, etc. * Info TS: online information service from a social worker via the private Facebook page. * Les p'tits conseils de mon orthophoniste: various themes discussed via the private Facebook page (<https://www.facebook.com/groups/lesptitsconseils>). * Production of information and advocacy tools. * Support to research on developmental language disorder.

Eligibility: people living with a developmental language disorder (dysphasia), their parents and relatives

Coverage area: Montérégie

Hours: office: Monday to Thursday 8h00 to 16h00, Friday 9h00 to 13h00, activities: evenings and weekends

Fees: membership: \$25 per year for individual, professional and supporter members, \$50 for corporate members

Financing: provincial, self-financing, donations

Legal status: non-profit organization

CENTRE DE RÉHABILITATION AVC

500 Saint-Laurent Street, La Prairie, Montérégie, QC, J5R 5X2

514 775-5347

Website: www.centrerehabilitationavc.com

Email: accidentvasculaire@hotmail.com

Services: Long-term sensory-motor, verbal, cognitive and psychological rehabilitation following a CVA. * Cognitive activities: vocalization, speech therapy, concentration and memory games. * Socio-cultural activities: cinema, sugar shack, cultural outings, Christmas party, etc. * Adapted physical activities: chair exercises, bowling, bean bag toss and darts. * Creative activities: painting, crafts and singing. * Various workshops: music therapy, nutrition, relaxation, etc. * Information activities and conferences. * Weekly meetings.

Eligibility: people who have had a stroke, their caregivers

Coverage area: South Shore of Montréal

Hours: Wednesday 9h15 to 15h30

Fees: annual contribution: \$20, outing: \$5

Financing: donations, membership fees, provincial

Legal status: non-profit organization

CENTRE DE SERVICES SCOLAIRE DES GRANDES-SEIGNEURIES - PROGRAMME PASSE-PARTOUT

50 Taschereau Boulevard, 2nd Floor, La Prairie, Montérégie, QC, J5R 4V3

514 380-8899 ext. 3958

Website: www.cssdgs.gouv.qc.ca/programme-passe-partout

Email: passe.partout@cssdgs.gouv.qc.ca

Services: Government intervention program for families to promote the integration and academic success of children. * Speech language therapy. * Meetings for parents on the development of the child. * Parent-child activities.

Eligibility: parents and their 4 year olds

Coverage area: MRC Roussillon, MRC Les Jardins-de-Napierville (except Saint-Jacques-le-Mineur)

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

Fees: none

Financing: provincial

Legal status: parapublic organization

Recreation and camps

ASSOCIATION QUÉBÉCOISE DE LA DYSPHASIE - RÉGION MONTÉRÉGIE

55 Saint-Pierre Street, Suite 203, Saint-Constant, Montérégie, QC, J5A 1B9

450 635-1961

Website: www.dysphasiemonteregie.qc.ca

Email: direction@dysphasiemonteregie.org

Services: * Listening, information and support for members. * Activities, conferences. * Consultation with a social worker: follow-up, intervention plan, etc. * Info TS: online information service from a social worker via the private Facebook page. * Les p'tits conseils de mon orthophoniste: various themes discussed via the private Facebook page (<https://www.facebook.com/groups/lesptitsconseils>). * Production of information and advocacy tools. * Support to research on developmental language disorder.

Eligibility: people living with a developmental language disorder (dysphasia), their parents and relatives

Coverage area: Montérégie

Hours: office: Monday to Thursday 8h00 to 16h00, Friday 9h00 to 13h00, activities: evenings and weekends

Fees: membership: \$25 per year for individual, professional and supporter members, \$50 for corporate members

Financing: provincial, self-financing, donations

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE DU GRAND CHÂTEAUGUAY

10 Gilmour Street, Châteauguay, Montérégie, QC, J6J 1K4

450 699-6289

Website: www.cabchateauguay.org

Email: info@cabgc.org

Services: * Friendly visits. * SecuriCAB: free reassuring call service made by volunteers. * Caring calls : weekly calls to fight isolation. * Walking club for seniors who are visually impaired or with reduced autonomy. * Walking assistance. * Respite and support for caregivers. * Info 50+: support program and outreach work initiative for vulnerable people 50 years and over (ITMAV). * Recruitment and training of volunteers. * Tax clinic.

Eligibility: people 50 years old and over, people with a loss of autonomy, caregivers

Coverage area: Châteauguay, Saint-Urbain-Premier, Saint-Isidore, Sainte-Martine, Mercier, Léry

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 15h00

Fees: none

Financing: federal, provincial, donations

Legal status: non-profit organization

CENTRE DE RÉHABILITATION AVC

500 Saint-Laurent Street, La Prairie, Montérégie, QC, J5R 5X2

514 775-5347

Website: www.centrerehabilitationavc.com

Email: accidentvasculaire@hotmail.com

Services: Long-term sensory-motor, verbal, cognitive and psychological rehabilitation following a CVA. * Cognitive activities: vocalization, speech therapy, concentration and memory games. * Socio-cultural activities: cinema, sugar shack, cultural outings, Christmas party, etc. * Adapted physical activities: chair exercises, bowling, bean bag toss and darts. * Creative activities: painting, crafts and singing. * Various workshops: music therapy, nutrition, relaxation, etc. * Information activities and conferences. * Weekly meetings.

Eligibility: people who have had a stroke, their caregivers

Coverage area: South Shore of Montréal

Hours: Wednesday 9h15 to 15h30

Fees: annual contribution: \$20, outing: \$5

Financing: donations, membership fees, provincial

Legal status: non-profit organization

CENTRE MULTIFONCTIONNEL HORIZON

78 du Lac-Saint-Louis Road, Léry, Montérégie, QC, J6N 1A1

450 692-6000 ext. 101

Website: www.centrehorizon.org

Email: info@centrehorizon.org

Services: Support and activities for people with autistic and people living with a disability or impairment. * Day centre: activities during the week for adults. * In-home respite: flexible service, weekdays or weekends. * Weekend respite with or without overnight accommodation. * Independent living workshops. * Short-term emergency assistance: respite for caregivers. * Summer camp for teenagers and young adults.

Eligibility: people 6 years old and over living with an intellectual or physical disability, autistic people 6 years old and over, their families, in-home respite: people 6 years old and over living with a disability, summer camp: people 12 to 21 years old living with a disability, day centre: people 21 years old and over living with a disability.

Capacity: variable, respite: 8 beds

Coverage area: MRC Roussillon, MRC Beauharnois-Salaberry, MRC Les Jardins-de-Napierville, MRC Haut-Saint-Laurent

Hours: Monday to Friday 7h00 to 18h00, respite: Friday 19h00 to Sunday 19h00

Fees: variable depending on the type of membership

Financing: provincial, donations, self-financing

Legal status: non-profit organization

MOUVEMENT ACTION DÉCOUVERTE POUR PERSONNES HANDICAPÉES DE LA RÉGION DE CHÂTEAUGUAY

25-B Saint-Francis Boulevard, Châteauguay, Montérégie, QC, J6J 1Y2

450 698-3361 Fax: 450 698-3362

Website: actiondecouverte.org/en

Email: actiondecouverte@videotron.ca

Services: Educational and social integration centre for people living with disabilities. * Movement Program: learning activities, autonomy development activities and educational workshops. * Action Program: special citizen participation activities. * Découverte Program: individual, in pairs and group projects.

Eligibility: adults living with intellectual disabilities, with or without other disorders

Coverage area: Châteauguay

Hours: Monday to Friday 9h00 to 16h00, variable in the evening and on Saturday

Fees: variable

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

Legal status: non-profit organization

S.AU.S.

9 Montcalm Street North, Suite 505, Candiac, Montérégie, QC, J5R 3L5

514 944-4986

Website: s-au-s.org/en

Email: info@s-au-s.org

Services: Recreational activities for youth with an autism spectrum disorder. * Oasis adapted day camps for youth 13 to 21 years old. * Teen-Club: social club for youth aged 13 years and over once a month. * Respite for caregivers of adults aged 21 and over. * Programming for 21 year olds and over in collaboration with the Riverside School Board. * Music therapy. * Soccer and dance. * Swimming and games adapted for members only. * Autism awareness run/walk. * Annual fund-raising gala. * Christmas breakfast.

Eligibility: children, youth, young adults 21 and over, living with an autism spectrum disorder (level 2-3)

Coverage area: Montérégie

Hours: office: Monday to Thursday 9h00 to 15h00, respite care: Friday 8h30 to 16h30

Fees: non-mandatory membership: 50 or \$100 depending on the type chosen, activities: variable

Financing: self-financing

Legal status: non-profit organization

SOCIÉTÉ ALZHEIMER DU SUROÏT - POINT DE SERVICE DE CHÂTEAUGUAY

238A Saint-Jean-Baptiste Boulevard, Châteauguay, Montérégie, QC, J6K 3C1

450 455-3373 Fax: 450 373-0388

Website: www.alzheimer.ca/en/suroit

Email: info@alzheimer-suroit.com

Services: * Telephone consultations. * Individual and family consultations. * Post-diagnosis reception and support. * Information and support groups and training for caregivers * Information and support groups and training for people affected. * Brunch meetings for couples and families. * Music and artistic activities. * Respite care at home. * Group respite at the Myosotis activity centres. * Documentation centre. * Information sessions, public conferences, kiosks * Training for health care professionals and workers. * Reference platform for health care workers: <http://referenceaidancequebec.ca>

Eligibility: people living with Alzheimer's disease or dementia, their caregivers and families, health care professionals and practitioners

Coverage area: MRC Beauharnois-Salaberry, MRC Vaudreuil-Soulanges, MRC Haut-Saint-Laurent, Kahnawake, greater Châteauguay, home respite: MRC Beauharnois-Salaberry, MRC Vaudreuil-Soulanges, greater Châteauguay, group respite: Salaberry-de-Valleyfield, Vaudreuil-Dorion, Châteauguay

Hours: Monday to Friday 9h00 to 16h30, by appointment

Fees: services to individuals and families: free, services to professionals and practitioners: variable

Financing: donations, grants, fundraising campaigns

Legal status: non-profit organization

Respite services and housing

CENTRE MULTIFONCTIONNEL HORIZON

78 du Lac-Saint-Louis Road, Léry, Montérégie, QC, J6N 1A1

450 692-6000 ext. 101

Website: www.centrehorizon.org

Email: info@centrehorizon.org

Services: Support and activities for people with autistic and people living with a disability or impairment. * Day centre: activities during the week for adults. * In-home respite: flexible service, weekdays or weekends. * Weekend respite with or without overnight accommodation. * Independent living workshops. * Short-term emergency assistance: respite for caregivers. * Summer camp for teenagers and young adults.

Eligibility: people 6 years old and over living with an intellectual or physical disability, autistic people 6 years old and over, their families, in-home respite: people 6 years old and over living with a disability, summer camp: people 12 to 21 years old living with a disability, day centre: people 21 years old and over living with a disability.

Capacity: variable, respite: 8 beds

Coverage area: MRC Roussillon, MRC Beauharnois-Salaberry, MRC Les Jardins-de-Napierville, MRC Haut-Saint-Laurent

Hours: Monday to Friday 7h00 to 18h00, respite: Friday 19h00 to Sunday 19h00

Fees: variable depending on the type of membership

Financing: provincial, donations, self-financing

Legal status: non-profit organization

MOUVEMENT ACTION DÉCOUVERTE POUR PERSONNES HANDICAPÉES DE LA RÉGION DE CHÂTEAUGUAY

25-B Saint-Francis Boulevard, Châteauguay, Montérégie, QC, J6J 1Y2

450 698-3361 Fax: 450 698-3362

Website: actiondecouverte.org/en

Email: actiondecouverte@videotron.ca

Services: Educational and social integration centre for people living with disabilities. * Movement Program: learning activities, autonomy development activities and educational workshops. * Action Program: special citizen participation activities. * Découverte Program: individual, in pairs and group projects.

Eligibility: adults living with intellectual disabilities, with or without other disorders

Coverage area: Châteauguay

Hours: Monday to Friday 9h00 to 16h00, variable in the evening and on Saturday

Fees: variable

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

Legal status: non-profit organization

S.A.U.S.

9 Montcalm Street North, Suite 505, Candiac, Montérégie, QC, J5R 3L5

514 944-4986

Website: s-au-s.org/en

Email: info@s-au-s.org

Services: Recreational activities for youth with an autism spectrum disorder. * Oasis adapted day camps for youth 13 to 21 years old. * Teen-Club: social club for youth aged 13 years and over once a month. * Respite for caregivers of adults aged 21 and over. * Programming for 21 year olds and over in collaboration with the Riverside School Board. * Music therapy. * Soccer and dance. * Swimming and games adapted for members only. * Autism awareness run/walk. * Annual fund-raising gala. * Christmas breakfast.

Eligibility: children, youth, young adults 21 and over, living with an autism spectrum disorder (level 2-3)

Coverage area: Montérégie

Hours: office: Monday to Thursday 9h00 to 15h00, respite care: Friday 8h30 to 16h30

Fees: non-mandatory membership: 50 or \$100 depending on the type chosen, activities: variable

Financing: self-financing

Legal status: non-profit organization

Support Associations

AMITIÉ MATERN'ELLE

90 Marie-Victorin Boulevard, Candiac, Montérégie, QC, J5R 1C1

450 659-7661 ext. 1387

Website: www.amitiematernelle.com

Email: amitiemarternelle@gmail.com

Services: * Support for breastfeeding. * Pairing before birth. * Telephone and email support. * Mornings with baby: first aid, infant massage, infant carrying, nutrition, etc. * Coffee-chat. * Infant clinic. * Sharing morning: meeting seniors in a CHSLD.

Eligibility: pregnant people, families with infants

Coverage area: CLSC Kateri territory

Hours: Monday to Sunday

Fees: none

Financing: provincial

Legal status: non-profit organization

ASSOCIATION INFERTILITÉ QUÉBEC

1538 Saint-Jean-Baptiste Boulevard, Mercier, Montérégie, QC, J6R 2L1

Website: www.infertilite.ca

Email: info@infertilite.ca

Services: Representation and advocacy for infertile couples. * Information and referral regarding infertility and adoption. * Pairing between people with common experiences with infertility, accompaniment. * Support group with a nurse.

Eligibility: infertile couples and people of all sexual orientations

Coverage area: Province of Québec

Fees: annual membership: \$25.50

Financing: membership fees

Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DE LA DYSPHASIE - RÉGION MONTÉRÉGIE

55 Saint-Pierre Street, Suite 203, Saint-Constant, Montérégie, QC, J5A 1B9

450 635-1961

Website: www.dysphasiemonteregie.qc.ca

Email: direction@dysphasiemonteregie.org

Services: * Listening, information and support for members. * Activities, conferences. * Consultation with a social worker: follow-up, intervention plan, etc. * Info TS: online information service from a social worker via the private Facebook page. * Les p'tits conseils de mon orthophoniste: various themes discussed via the private Facebook page (<https://www.facebook.com/groups/lesptitsconseils>). * Production of information and advocacy tools. * Support to research on developmental language disorder.

Eligibility: people living with a developmental language disorder (dysphasia), their parents and relatives

Coverage area: Montérégie

Hours: office: Monday to Thursday 8h00 to 16h00, Friday 9h00 to 13h00, activities: evenings and weekends

Fees: membership: \$25 per year for individual, professional and supporter members, \$50 for corporate members

Financing: provincial, self-financing, donations

Legal status: non-profit organization

CENTRE DE RÉHABILITATION AVC

500 Saint-Laurent Street, La Prairie, Montérégie, QC, J5R 5X2

514 775-5347

Website: www.centrerehabilitationavc.com

Email: accidentvasculaire@hotmail.com

Services: Long-term sensory-motor, verbal, cognitive and psychological rehabilitation following a CVA. * Cognitive activities: vocalization, speech therapy, concentration and memory games. * Socio-cultural activities: cinema, sugar shack, cultural outings, Christmas party, etc. * Adapted physical activities: chair exercises, bowling, bean bag toss and darts. * Creative activities: painting, crafts and singing. * Various workshops: music therapy, nutrition, relaxation, etc. * Information activities and conferences. * Weekly meetings.

Eligibility: people who have had a stroke, their caregivers

Coverage area: South Shore of Montréal

Hours: Wednesday 9h15 to 15h30

Fees: annual contribution: \$20, outing: \$5

Financing: donations, membership fees, provincial

Legal status: non-profit organization

CENTRE MULTIFONCTIONNEL HORIZON

78 du Lac-Saint-Louis Road, Léry, Montérégie, QC, J6N 1A1

450 692-6000 ext. 101

Website: www.centrehorizon.org

Email: info@centrehorizon.org

Services: Support and activities for people with autistic and people living with a disability or impairment. * Day centre: activities during the week for adults. * In-home respite: flexible service, weekdays or weekends. * Weekend respite with or without overnight accommodation. * Independent living workshops. * Short-term emergency assistance: respite for caregivers. * Summer camp for teenagers and young adults.

Eligibility: people 6 years old and over living with an intellectual or physical disability, autistic people 6 years old and over, their families, in-home respite: people 6 years old and over living with a disability, summer camp: people 12 to 21 years old living with a disability, day centre: people 21 years old and over living with a disability.

Capacity: variable, respite: 8 beds

Coverage area: MRC Roussillon, MRC Beauharnois-Salaberry, MRC Les Jardins-de-Napierville, MRC Haut-Saint-Laurent

Hours: Monday to Friday 7h00 to 18h00, respite: Friday 19h00 to Sunday 19h00

Fees: variable depending on the type of membership

Financing: provincial, donations, self-financing

Legal status: non-profit organization

FONDATION DES GOUVERNEURS DE L'ESPOIR

101 Saint-Jean-Baptiste Boulevard, Suite 215, Châteauguay, Montérégie, QC, J6J 3H9

438 838-8588

Website: fondationdesgouverneurs.org

Email: info@gouverneursdelespoir.org

Services: * Financial assistance in the form of gift cards. * Investments in pediatric cancer research.

Eligibility: youth aged 18 and under living with cancer, a rare or orphan disease, and their families

Coverage area: Province of Québec

Hours: Monday to Thursday 9h00 to 16h00, Friday 9h00 to 12h00

Financing: dons, fundraising campaigns

Legal status: non-profit organization

MAISON DE LA FAMILLE KATERI

200 Balmoral Street, La Prairie, Montérégie, QC, J5R 4L5

450 659-9188 Fax: 450 659-5573

Website: maisonfamillekateri.com

Email: info@maisonfamillekateri.com

Services: Accompaniment for parents in their parenting role. * Interactive, educational and informative activities. * Individual interviews, listening, support and mutual aid. * Children's library and documentation for parents. * Childcare. * Discussion and exchange group for fathers and father-child activities. * Workshops on positive discipline. * Stimulation of fine and gross motor skills, and of language for children. * Various workshops.

Eligibility: children aged 0 to 17 years old and their parents

Capacity: 5 groups of 8 dyads (parent-child) by category, plus siblings

Coverage area: La Prairie, Candiac, Delson, Sainte-Catherine, Saint-Constant, Saint-Mathieu, Saint-Philippe

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

Fees: variable

Financing: grants, fundraising campaigns

Legal status: non-profit organization

OPTIONS: RESOURCE AND PREGNANCY CENTRE FOR YOUTH

25 D'Anjou Boulevard, Châteauguay, Montérégie, QC, J6J 2P7

450 699-4357

Website: www.centreoptions.org/indexen1

Email: options@jslmontreal.org

Services: Care and support to youth and families facing unplanned pregnancy. Material assistance * Free pregnancy testing. * ARK boutique: clothes and diapers for children 0 to 5 years old, maternity clothes, high chairs, cots and cradles, etc. Education and prevention * Referral for STBBIs testing. * Sexual education workshops. * Referral to government and community resources. * Personal self-worth and healthy relationship teaching. Accompaniment * Personalized support. * Pregnancy options exploration. * Mediation between family members or a client and other people. * Tailored prenatal education & lactation support. * Reproductive loss grief support. * Birth family support through the adoption process during and after pregnancy. Parental education * Life skills and family management training. * Mom and tot groups. * Mentor mom and dad opportunities. Donations * Baby clothing donation. Housing * Housing program for pregnant youth and young parents.

Eligibility: people 25 years old and under with an unplanned pregnancy, their families, Boutique ark: parents, priority to those 25 years old and under

Capacity: pregnancy options support: 3 people per week, housing: 7 parents with children under 5, other services: as needed

Coverage area: Greater Montréal

Hours: ark boutique: Monday, Tuesday and Friday 10h00 to 14h00, appointments available outside these hours

Fees: none

Financing: donations

Legal status: non-profit organization

QUARTIER DES FEMMES (LE)

70 Salaberry Boulevard South, Châteauguay, Montérégie, QC, J6J 4J5

450 692-9805 Fax: 450 692-8243

Website: quartierdesfemmes.com/en

Email: info@quartierdesfemmes.org

Services: Self-help and popular education centre aimed at improving living conditions and empowering women in all their diversity. * Mother-friendly program: support and accompaniment at home by a care worker. * Individual intervention. * Psychosocial support for women dealing with pregnancy ambivalence. * Respite for mothers. * Parenting talks * Workshops: sexuality, personal development, etc. * Self-help groups. * Community gardens. * Conferences and various meetings on subjects affecting women. * Fridge-sharing. * Various participatory committees.

Eligibility: women

Coverage area: CLSC Jardins-Roussillon

Hours: Monday to Friday 8h30 to 16h30, activities: variable, sometimes in the evening

Fees: free, activities: minimal fees for some

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

Legal status: non-profit organization

S.A.U.S.

9 Montcalm Street North, Suite 505, Candiac, Montérégie, QC, J5R 3L5

514 944-4986

Website: s-au-s.org/en

Email: info@s-au-s.org

Services: Recreational activities for youth with an autism spectrum disorder. * Oasis adapted day camps for youth 13 to 21 years old. * Teen-Club: social club for youth aged 13 years and over once a month. * Respite for caregivers of adults aged 21 and over. * Programming for 21 year olds and over in collaboration with the Riverside School Board. * Music therapy. * Soccer and dance. * Swimming and games adapted for members only. * Autism awareness run/walk. * Annual fund-raising gala. * Christmas breakfast.

Eligibility: children, youth, young adults 21 and over, living with an autism spectrum disorder (level 2-3)

Coverage area: Montérégie

Hours: office: Monday to Thursday 9h00 to 15h00, respite care: Friday 8h30 to 16h30

Fees: non-mandatory membership: 50 or \$100 depending on the type chosen, activities: variable

Financing: self-financing

Legal status: non-profit organization

SOCIÉTÉ ALZHEIMER DU SUROÎT - POINT DE SERVICE DE CHÂTEAUGUAY

238A Saint-Jean-Baptiste Boulevard, Châteauguay, Montérégie, QC, J6K 3C1

450 455-3373 Fax: 450 373-0388

Website: www.alzheimer.ca/en/suroit

Email: info@alzheimeruroit.com

Services: * Telephone consultations. * Individual and family consultations. * Post-diagnosis reception and support. * Information and support groups and training for caregivers * Information and support groups and training for people affected. * Brunch meetings for couples and families. * Music and artistic activities. * Respite care at home. * Group respite at the Myosotis activity centres. * Documentation centre. * Information sessions, public conferences, kiosks * Training for health care professionals and workers. * Reference platform for health care workers: <http://referenceaidancequebec.ca>

Eligibility: people living with Alzheimer's disease or dementia, their caregivers and families, health care professionals and practitioners

Coverage area: MRC Beauharnois-Salaberry, MRC Vaudreuil-Soulanges, MRC Haut-Saint-Laurent, Kahnawake, greater Châteauguay, home respite: MRC Beauharnois-Salaberry, MRC Vaudreuil-Soulanges, greater Châteauguay, group respite: Salaberry-de-Valleyfield, Vaudreuil-Dorion, Châteauguay

Hours: Monday to Friday 9h00 to 16h30, by appointment

Fees: services to individuals and families: free, services to professionals and practitioners: variable

Financing: donations, grants, fundraising campaigns

Legal status: non-profit organization

Support and integration organizations

CENTRE MULTIFONCTIONNEL HORIZON

78 du Lac-Saint-Louis Road, Léry, Montérégie, QC, J6N 1A1

450 692-6000 ext. 101

Website: www.centrehorizon.org

Email: info@centrehorizon.org

Services: Support and activities for people with autistic and people living with a disability or impairment. * Day centre: activities during the week for adults. * In-home respite: flexible service, weekdays or weekends. * Weekend respite with or without overnight accommodation. * Independent living workshops. * Short-term emergency assistance: respite for caregivers. * Summer camp for teenagers and young adults.

Eligibility: people 6 years old and over living with an intellectual or physical disability, autistic people 6 years old and over, their families, in-home respite: people 6 years old and over living with a disability, summer camp: people 12 to 21 years old living with a disability, day centre: people 21 years old and over living with a disability.

Capacity: variable, respite: 8 beds

Coverage area: MRC Roussillon, MRC Beauharnois-Salaberry, MRC Les Jardins-de-Napierville, MRC Haut-Saint-Laurent

Hours: Monday to Friday 7h00 to 18h00, respite: Friday 19h00 to Sunday 19h00

Fees: variable depending on the type of membership

Financing: provincial, donations, self-financing

Legal status: non-profit organization

The Blind

CENTRE D'ACTION BÉNÉVOLE DU GRAND CHÂTEAUGUAY

10 Gilmour Street, Châteauguay, Montérégie, QC, J6J 1K4

450 699-6289

Website: www.cabchateauguay.org

Email: info@cabgc.org

Services: * Friendly visits. * SecuriCAB: free reassuring call service made by volunteers. * Caring calls : weekly calls to fight isolation. * Walking club for seniors who are visually impaired or with reduced autonomy. * Walking assistance. * Respite and support for caregivers. * Info 50+: support program and outreach work initiative for vulnerable people 50 years and over (ITMAV). * Recruitment and training of volunteers. * Tax clinic.

Eligibility: people 50 years old and over, people with a loss of autonomy, caregivers

Coverage area: Châteauguay, Saint-Urbain-Premier, Saint-Isidore, Sainte-Martine, Mercier, Léry

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 15h00

Fees: none

Financing: federal, provincial, donations

Legal status: non-profit organization

SAINTE-CATHERINE PUBLIC LIBRARY

5365 Saint-Laurent Boulevard, Sainte-Catherine, Montérégie, QC, J5C 1A6

450 632-0590 ext. 5230

Website: www.ville.sainte-catherine.qc.ca/sports-culture-et-loisirs/bibliotheque

Email: bibliotheque@ville.sainte-catherine.qc.ca

Services: Loan and consultation of printed, audiovisual and electronic documents. * Computers and Internet access. * Screen enlarger for people with a visual impairment. * Early literacy. * Biblio-aidants. * Biblio-jeux: game aiming to develop the language and promote reading awakening. * Une naissance un livre: introductory reading kits for children 1 year old and under. * L'Alvéole: creative space, digital and artistic tools, workshops. * Story time. * Book club for adults. * Seed library. * Printing, photocopying, laminating, faxing and scanning. * Board games. * Conferences.

Coverage area: Sainte-Catherine and surroundings

Hours: Monday 13h00 to 20h00, Tuesday 13h00 to 17h30, Wednesday and Thursday 10h00 to 20h00, Friday 10h00 to 17h30, Saturday and Sunday 10h00 to 15h00, summer: Monday 13h00 to 20h00, Tuesday 13h00 to 17h30, Wednesday and Thursday 10h00 to 20h00, Friday 10h00 to 17h30, Saturday 10h00 to 15h00

Fees: none

Financing: municipal

Legal status: municipal agency

SDEM SEMO MONTÉRÉGIE - CHÂTEAUGUAY

120 Saint-Jean-Baptiste Boulevard, Suite 202, Châteauguay, Montérégie, QC, J6K 3A9

1 800 646-6096 Fax: 450 674-7220

Website: www.sdem-semo.org

Email: info@sdem-semo.org

Services: Support for training, integration and job retention. * Preparatory employment program. * Job search assistance. * Vocational guidance for clients already registered only.

Eligibility: people living with a physical, sensory or intellectual disability or with mental health issues, learning disabilities, neurological disorders, autistic people

Coverage area: MRC Roussillon, MRC Les Jardins-de-Napierville

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

Fees: none

Financing: provincial

Legal status: non-profit organization

Therapy and rehabilitation centres

CENTRE DE RÉHABILITATION AVC

500 Saint-Laurent Street, La Prairie, Montérégie, QC, J5R 5X2

514 775-5347

Website: www.centrerehabilitationavc.com

Email: accidentvasculaire@hotmail.com

Services: Long-term sensory-motor, verbal, cognitive and psychological rehabilitation following a CVA. *

Cognitive activities: vocalization, speech therapy, concentration and memory games. * Socio-cultural activities: cinema, sugar shack, cultural outings, Christmas party, etc. * Adapted physical activities: chair exercises, bowling, bean bag toss and darts. * Creative activities: painting, crafts and singing. * Various workshops: music therapy, nutrition, relaxation, etc. * Information activities and conferences. * Weekly meetings.

Eligibility: people who have had a stroke, their caregivers

Coverage area: South Shore of Montréal

Hours: Wednesday 9h15 to 15h30

Fees: annual contribution: \$20, outing: \$5

Financing: donations, membership fees, provincial

Legal status: non-profit organization

Education and Literacy**ACADEMIC AND VOCATIONAL GUIDANCE****COMPUTER WORKSHOPS****DIFFICULTIES AND LEARNING DISABILITIES****HOMEWORK ASSISTANCE AND TUTORING****LANGUAGE COURSES****LITERACY****PUBLIC EDUCATION****SCHOOL PERSEVERANCE****SCHOOL SERVICE CENTERS**

Academic and vocational guidance

ALLIANCE CARRIÈRE TRAVAIL (ACT) - CENTRE DE SERVICES DE CHÂTEAUGUAY

265 d'Anjou Boulevard, Suite 205, Châteauguay, Montérégie, QC, J6J 5J9

450 699-4545 Fax: 450 699-1175

Website: alliancect.ca/en

Email: info@alliancect.ca

Services: Organization targeting socioprofessional development and autonomy to facilitate job market and school integration. * Services to individuals: job search, integration to Québec's job market, career orientation, full potential discovery, trainings, business pre-startup, project development, etc. * Services to businesses: meeting potential candidates, coffee-meetings, luncheon conferences, employment evenings, bank of candidates, staff recruitment, job posting and job fair. * Room rentals. * Service d'Accueil et de Formation en Immigration pour le Roussillon (SAFIR): assistance with the integration of newcomers, group training for civic engagement, etc.

Eligibility: people 16 years and over, SAFIR: immigrants

Coverage area: Montérégie, SAFIR: MRC Roussillon, MRC Les Jardins-de-Napierville

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

Fees: none

Financing: provincial

Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI CHÂTEAUGUAY

180 D'Anjou Boulevard, Suite 260, Châteauguay, Montérégie, QC, J6K 1C4

450 699-8001 Fax: 450 699-9728

Website: cjevchateauguay.org

Email: info@cjevchateauguay.org

Services: * Job search assistance: occupational information, resume writing assistance, interview preparation, job search workshops, guidance, etc. * Education guidance and information: self knowledge, career change or planning, skills assessment, etc. * Documentation centre. * Technical support. * Information on youth programs. * Raising awareness of youth entrepreneurship.

Eligibility: people 15 to 35 years old

Coverage area: MRC Roussillon

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

Fees: none

Financing: provincial

Legal status: non-profit organization

SEMO LE JALON

120 Saint-Jean-Baptiste Boulevard, Suite 201, Châteauguay, Montérégie, QC, J6K 3A9

450 691-9622 Fax: 450 691-9559

Website: www.lejalon.ca

Email: info@lejalon.ca

Services: * Employment assistance process: self-knowledge, labour market research, job search tools and techniques. * Job maintenance accompaniment. * Accompanied self-guidance. * Plan of action to materialize the professional choice.

Eligibility: people wishing to re-enter the labour market, income security recipients, employment insurance recipients and those without public support

Coverage area: MRC Roussillon, MRC Les Jardins-de-Napierville

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

Fees: free

Financing: provincial

Legal status: non-profit organization

SERVICE CANADA CENTRE - CHÂTEAUGUAY

245 Saint-Jean-Baptiste Boulevard, Suite 101, Châteauguay, Montérégie, QC, J6K 3C3

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

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: srv138.services.gc.ca/daf/s/e82fb618-124c-4a07-ba98-9c99c5c5f6bf?goctemplateculture=en-ca * Job bank: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance, sickness benefits and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Recruitment awareness. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, career planning, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Châteauguay

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

SERVICE EXTERNE DE MAIN D'OEUVRE LE JALON - SAINT-CONSTANT POINT OF SERVICE

55 Saint-Pierre Street, Suite 201-202, Saint-Constant, Montérégie, QC, J5A 1B9

450 638-6277 Fax: 450 845-1554

Website: www.lejalon.ca

Email: info@lejalon.ca

Services: * Procedures to help women integrate the job market: self-awareness, job market research, job search tools and techniques. * Action plan regarding career choice.

Eligibility: women wishing to re-enter the job market, income security recipients, employment insurance recipients or those without public support

Coverage area: MRC Roussillon, MRC Les-Jardins-de-Napierville

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

Fees: none

Financing: provincial

Legal status: non-profit organization

Computer workshops**CANDIAC PUBLIC LIBRARY**

59 Haendel Road, Candiac, Montérégie, QC, J5R 1R7

450 635-6032

Website: www.biblio.ville.candiac.qc.ca

Services: * Loan and consultation of books and audiovisual documents. * Computers, Internet access and printing devices. * Story time. * Book club for children. * Book club for adults. * Knitting club. * Movie club. * Conferences and activities. * Biblio-aidants: information services for caregivers. * Générations@branchées: introduction to computers workshops.

Eligibility: general public

Coverage area: Candiac

Hours: Tuesday and Thursday 10h00 to 20h00, Wednesday and Friday 13h00 to 20h00, Saturday 10h00 to 16h30

Fees: registration: free for residents, non-residents: \$80 for an adult, \$40 for a child

Financing: municipal

Legal status: municipal agency

CENTRE D'ÉDUCATION POPULAIRE

18 d'Anjou Boulevard, Châteauguay, Montérégie, QC, J6K 1B7

450 699-9955

Website: cep-alphabetisation.com

Email: cep@videotron.ca

Services: * Literacy program. * Basic training in French and calculus. * Educational upgrading: General Development Test (GDT) and Secondary School Equivalency Test (SSET) preparation. * Personal skills development. * Beginner and conversation English courses. * Basic computer training. * Francization. * Écrivain de rue: assistance to write letters, forms, etc.

Eligibility: people 16 years and over who no longer attend school on a regular basis

Coverage area: Greater Châteauguay: Beauharnois, Châteauguay, Kahnawake, Léry, Mercier, Saint-Isidore, Saint-Rémi, Saint-Urbain-Premier, Sainte-Martine

Hours: Monday to Friday 8h30 to 16h30

Fees: membership: \$20

Financing: provincial

Legal status: non-profit organization

CLUB LE RENDEZ-VOUS DE CHÂTEAUGUAY

319 Brault Street, Châteauguay, Montérégie, QC, J6J 4M9

450 692-2190

Website: rendezvouschateauguay.club

Email: clubrvchat@gmail.com

Services: Social and recreational activities for seniors. * Social and line dancing. * Games: cards, darts, riddle, pool, palet, etc. * Computer classes.

Eligibility: people 45 years and over

Coverage area: Province of Québec

Fees: membership: \$30 per year, 80 years and over: \$15 per year

Financing: self-financing, contributions

Legal status: non-profit organization

DELSON PUBLIC LIBRARY

1 1st Avenue, Delson, Montérégie, QC, J5B 1M9

450 632-1050 ext. 3700

Website: www.ville.delson.qc.ca/fr/services-municipaux/loisirs-et-culture/bibliotheque

Email: bibliotheque@ville.delson.qc.ca

Services: * Loan and consultation of books and audiovisual documents. * Computers and Internet access. * Story time. * Animation and activities. * Générations@branchées: introduction to computer technology for adults by pairing with a teenager-teacher. * Computer courses, beginner level.

Coverage area: Delson

Hours: Tuesday to Thursday 13h00 to 20h30, Friday and Saturday 10h00 to 16h00

Fees: residents: none, non-residents: \$30

Financing: municipal

Legal status: municipal agency

MAISON DES AÎNÉS DE LA PRAIRIE

500 Saint-Laurent Street, La Prairie, Montérégie, QC, J5R 5X2

450 444-6736

Website: maisondesaineslaprairie.org

Email: admin@maisondesaineslaprairie.org

Services: Community centre for seniors. * Educational, social and cultural activities. * Sporting and wellness activities. * English and Spanish courses. * Computer courses. * Intergenerational projects. * At-home hairdressing. * Community meals. * Monthly breakfast. * Group transportation for errands and shopping. * Conferences and discussions.

Eligibility: people 50 years and over, at-home hairdressing: people aged 80 and over or people aged 50 years and over in recovery and without a car

Coverage area: La Prairie, MRC Roussillon, at-home hairdressing: La Prairie

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

Fees: annual membership: \$18 for La Prairie citizens, \$21 for others, courses and hairdressing: variable

Financing: self-financing, provincial

Legal status: non-profit organization

SAINT-CONSTANT PUBLIC LIBRARY

162 Monchamp Boulevard, Saint-Constant, Montérégie, QC, J5A 2K8

450 638-2010 ext. 7233

Website: saint-constant.ca/fr/bibliotheque-municipale

Email: bibliotheque@saint-constant.ca

Services: * Loan and consultation of books and audiovisual documents. * Computers, Internet access and printing devices. * Work rooms. * Story time. * Book club for children. * Book club for adults. * Générations@branchées: introduction to computers workshops. * Conferences, workshops. * Biblio-semences. * Online portal: saint-constant-prod.bibliomondo.com

Eligibility: general public

Coverage area: Saint-Constant

Hours: Monday to Wednesday 12h00 to 20h00, Thursday 9h30 to 20h00, Friday 13h00 to 17h00, Saturday 10h00 to 15h00, Sunday 12h00 to 16h00

Fees: membership: free for residents, non-residents adults: \$30, non-residents kids: \$12

Financing: municipal

Legal status: municipal agency

Difficulties and learning disabilities

SDEM SEMO MONTÉRÉGIE - CHÂTEAUGUAY

120 Saint-Jean-Baptiste Boulevard, Suite 202, Châteauguay, Montérégie, QC, J6K 3A9

1 800 646-6096 Fax: 450 674-7220

Website: www.sdem-semo.org

Email: info@sdem-semo.org

Services: Support for training, integration and job retention. * Preparatory employment program. * Job search assistance. * Vocational guidance for clients already registered only.

Eligibility: people living with a physical, sensory or intellectual disability or with mental health issues, learning disabilities, neurological disorders, autistic people

Coverage area: MRC Roussillon, MRC Les Jardins-de-Napierville

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

Fees: none

Financing: provincial

Legal status: non-profit organization

Homework assistance and tutoring

ACTION JEUNESSE ROUSSILLON

123 Sainte-Catherine Street, Suite 300, Saint-Constant, Montérégie, QC, J5A 1R5

450 993-1616

Website: mdjstconstant.com

Email: stconstantmdj@gmail.com

Services: Youth centre. * Listening, entertainment and referral. * Homework assistance. * Arts and music room. * Indoor and outdoor activities: sports, games, cultural activities. * Cooking workshops. * Kiosks in schools at lunch time. * Various projects.

Eligibility: youth 12 to 17 years old

Coverage area: Saint-Constant

Hours: Tuesday to Saturday 16h00 to 20h00

Fees: none

Financing: provincial

Legal status: non-profit organization

MAISON DES JEUNES DE LA PRAIRIE

565 Notre-Dame Street, La Prairie, Montérégie, QC, J5R 5E5

450 444-6717

Website: maisondesjeunes.ca

Email: direction@mdjlaprairie.ca

Services: Meeting place, services and reference. * Cultural activities: painting, drawing, cooking, music, improvisation, etc. * Sports activities: soccer, hockey, basketball, volleyball, etc. * Leisure activities: board games, parties, sleepovers, etc. * Volunteering: tree planting, food drive, bike collection, etc. * Self-financing and democratic activities. * Information and prevention in sexuality, crime, drug addiction, mental health and others. * Homework assistance. * Outings.

Eligibility: youth 12 to 17 years old

Coverage area: La Prairie

Hours: Tuesday, Wednesday and Thursday 15h00 to 21h00, Friday 15h00 to 22h00 and Saturday 14h00 to 22h00

Fees: life membership: \$10

Financing: provincial, municipal, self-financing

Legal status: non-profit organization

MAISON DES JEUNES ÉQUINOX

5185 Saint-Laurent Boulevard, Sainte-Catherine, Montérégie, QC, J5C 1A6

450 632-5122 Fax: 450 632-1680

Website: mdjequinox.ca

Email: direction@mdjequinox.ca

Services: Meeting place. * Listening and counselling. * Sporting and cultural activities. * Homework assistance. * Running club. * Bi-weekly dinner. * Volunteering.

Eligibility: youth 12 to 17 years old, certain times for youth 10 to 11 years old

Coverage area: Sainte-Catherine and surroundings

Hours: school year: Tuesday to Thursday 16h00 to 21h00, Friday 16h00 to 22h00, Saturday 14h00 to 21h00, youth 10 to 11 years old: Monday 15h00 to 17h30, summer: Tuesday to Friday 14h00 to 17h00 and 18h00 to 22h00, Saturday 14h00 to 21h00, youth 10 to 11 years old: Monday 15h00 to 17h30

Fees: none

Financing: provincial, municipal

Legal status: non-profit organization

MAISON DES JEUNES SYMPHOLIE

65 Boardman Street, Delson, Montérégie, QC, J5B 2B8

450 632-1050 ext. 3120

Website: maisondesjeunessympholie.org

Email: mdjsympholie2@hotmail.com

Services: Place for meeting, services and referral. * Sporting and cultural activities. * Volunteering. * Homework assistance. * Outings.

Eligibility: youth 12 to 17 years old, homework assistance: 9 years old and over

Capacity: 50

Coverage area: Delson

Hours: Tuesday to Thursday 15h00 to 21h00, Friday 15h00 to 22h00, Saturday 13h00 to 22h00, homework assistance for 9 to 12 years old: Tuesday and Thursday 15h00 to 17h00

Fees: none

Financing: municipal, provincial, self-financing

Legal status: non-profit organization

Language courses**CENTRE D'ÉDUCATION POPULAIRE**

18 d'Anjou Boulevard, Châteauguay, Montérégie, QC, J6K 1B7

450 699-9955

Website: cep-alphabetisation.com

Email: cep@videotron.ca

Services: * Literacy program. * Basic training in French and calculus. * Educational upgrading: General Development Test (GDT) and Secondary School Equivalency Test (SSET) preparation. * Personal skills development. * Beginner and conversation English courses. * Basic computer training. * Francization. * Écrivain de rue: assistance to write letters, forms, etc.

Eligibility: people 16 years and over who no longer attend school on a regular basis

Coverage area: Greater Châteauguay: Beauharnois, Châteauguay, Kahnawake, Léry, Mercier, Saint-Isidore, Saint-Rémi, Saint-Urbain-Premier, Sainte-Martine

Hours: Monday to Friday 8h30 to 16h30

Fees: membership: \$20

Financing: provincial

Legal status: non-profit organization

CENTRE DE SERVICES SCOLAIRE DES GRANDES-SEIGNEURIES

50 Taschereau Boulevard, 2nd Floor, La Prairie, Montérégie, QC, J5R 4V3

514 380-8899

Website: www.cssdgs.gouv.qc.ca

Email: communications@cssdgs.gouv.qc.ca

Services: French School Board gathering elementary, high and specialized schools. * Vocational training. * Adult education. * Vocational training and adult education: help and guidance. * High school equivalency test (TENS): assessment of the knowledge of adults who don't have a high school diploma in order to obtain a certificate of educational equivalence (AENS) that facilitates access to certain jobs and vocational training. * Passe-partout program. * French classes. * Distance training. * Services for companies. * Jacques-de-Ligny administrative centre: 1250, Taschereau Boulevard, La Prairie, Québec, J5R 1X2. * School transportation coordination.

Coverage area: MRC Roussillon, MRC Les Jardins-de-Napierville (except Saint-Jacques-le-Mineur)

Hours: Place La Citière: Monday to Friday 8h15 to 12h00 and 13h00 to 16h15, Jacques-de-Ligny Administrative Centre: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00

Fees: variable

Financing: self-financing, provincial

Legal status: parapublic organization

CHÂTEAUGUAY VALLEY LITERACY COUNCIL

Confidential Address

450 698-0342**Website:** cvlc-chateauguay.weebly.com**Email:** cvlc.chateauguay@gmail.com**Services:** * English literacy workshops. * English courses: business and general development. * Reading camp and activities for children. * Training of volunteer teachers. * Activities for seniors in residences.**Eligibility:** adults, families, children, seniors**Coverage area:** Châteauguay and surrounding areas**Hours:** Monday to Thursday 9h00 to 17h00**Fees:** none or low cost**Financing:** provincial, grants, donations, municipal, fundraising campaigns**Legal status:** non-profit organization**CLÉ DES MOTS (LA)**

200 Saint-Pierre Street, Suite 103, Saint-Constant, Montérégie, QC, J5A 2G9

450 635-1411**Website:** www.lacledesmots.ca**Email:** info@lacledesmots.ca**Services:** * Literacy workshops. * Francization workshops. * English course. * Store selling used books and other items. * Social Tuesday: board games.**Eligibility:** adults**Capacity:** 60**Coverage area:** Saint-Constant**Hours:** workshops: Monday to Friday 9h00 to 16h00, bookstore: Monday to Friday 9h00 to 16h00 and the first Sunday of the month, July and August: closed, except for the first Sunday of the month**Fees:** registration: \$20**Financing:** provincial, self-financing**Legal status:** non-profit organization**MAISON DES AÎNÉS DE LA PRAIRIE**

500 Saint-Laurent Street, La Prairie, Montérégie, QC, J5R 5X2

450 444-6736**Website:** maisondesaineslaprairie.org**Email:** admin@maisondesaineslaprairie.org**Services:** Community centre for seniors. * Educational, social and cultural activities. * Sporting and wellness activities. * English and Spanish courses. * Computer courses. * Intergenerational projects. * At-home hairdressing. * Community meals. * Monthly breakfast. * Group transportation for errands and shopping. * Conferences and discussions.**Eligibility:** people 50 years and over, at-home hairdressing: people aged 80 and over or people aged 50 years and over in recovery and without a car**Coverage area:** La Prairie, MRC Roussillon, at-home hairdressing: La Prairie**Hours:** Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, Friday 9h00 to 12h00**Fees:** annual membership: \$18 for La Prairie citizens, \$21 for others, courses and hairdressing: variable**Financing:** self-financing, provincial**Legal status:** non-profit organization**MONTÉRÉGIE WEST COMMUNITY NETWORK - CHÂTEAUGUAY**

255 D'Anjou Boulevard, Suite 203, Châteauguay, Montérégie, QC, J6J 2R4

450 691-1444**Website:** mwcnc.ca**Email:** info@mwcnc.ca

Services: Development of the English-speaking community. * Networking and partnerships. * Health promotion. * Advocacy. * Knitting club. * Financial literacy. * French and English conversation workshops. * Lending library: English books and audio books. * Book club. * Café-rencontre. * Social and educational events and activities.

Eligibility: English-speaking community groups, citizens of all ages

Coverage area: MRC Les Jardins-de-Napierville, MRC Roussillon, MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

Hours: Monday to Thursday 8h30 to 16h30

Fees: membership: \$10 per year, \$25 for 3 years

Financing: federal, provincial, donations

Legal status: non-profit organization

Literacy

CENTRE D'ÉDUCATION POPULAIRE

18 d'Anjou Boulevard, Châteauguay, Montérégie, QC, J6K 1B7

450 699-9955

Website: cep-alphabetisation.com

Email: cep@videotron.ca

Services: * Literacy program. * Basic training in French and calculus. * Educational upgrading: General Development Test (GDT) and Secondary School Equivalency Test (SSET) preparation. * Personal skills development. * Beginner and conversation English courses. * Basic computer training. * Francization. * Écrivain de rue: assistance to write letters, forms, etc.

Eligibility: people 16 years and over who no longer attend school on a regular basis

Coverage area: Greater Châteauguay: Beauharnois, Châteauguay, Kahnawake, Léry, Mercier, Saint-Isidore, Saint-Rémi, Saint-Urbain-Premier, Sainte-Martine

Hours: Monday to Friday 8h30 to 16h30

Fees: membership: \$20

Financing: provincial

Legal status: non-profit organization

CHÂTEAUGUAY VALLEY LITERACY COUNCIL

Confidential Address

450 698-0342

Website: cvlc-chateauguay.weebly.com

Email: cvlc.chateauguay@gmail.com

Services: * English literacy workshops. * English courses: business and general development. * Reading camp and activities for children. * Training of volunteer teachers. * Activities for seniors in residences.

Eligibility: adults, families, children, seniors

Coverage area: Châteauguay and surrounding areas

Hours: Monday to Thursday 9h00 to 17h00

Fees: none or low cost

Financing: provincial, grants, donations, municipal, fundraising campaigns

Legal status: non-profit organization

CLÉ DES MOTS (LA)

200 Saint-Pierre Street, Suite 103, Saint-Constant, Montérégie, QC, J5A 2G9

450 635-1411

Website: www.lacledesmots.ca

Email: info@lacledesmots.ca

Services: * Literacy workshops. * Francization workshops. * English course. * Store selling used books and other items. * Social Tuesday: board games.

Eligibility: adults

Capacity: 60

Coverage area: Saint-Constant

Hours: workshops: Monday to Friday 9h00 to 16h00, bookstore: Monday to Friday 9h00 to 16h00 and the first Sunday of the month, July and August: closed, except for the first Sunday of the month

Fees: registration: \$20

Financing: provincial, self-financing

Legal status: non-profit organization

LA PRAIRIE PUBLIC LIBRARY

500 Saint-Laurent Street, La Prairie, Montérégie, QC, J5R 5X2

450 444-6710

Website: catalogue.ville.laprairie.qc.ca

Email: biblio@ville.laprairie.qc.ca

Services: * Lending and consultation of printed, digital and audiovisual documents. * Computers, Internet access and printing tools. * Biblio-Santé: information service for caregivers. * Biblio-jeux: language stimulation program based on games, supervised by speech therapists. * Empruntez un musée Program: loans access cards to the Musée d'archéologie de Roussillon. * Une naissance un livre program: reading initiation kits for children under 1 year old. * Les jardins de Léo: seed library. * Story time. * Book club for adults. * Reading club for children. * Creative writing workshop. * Activities, exhibitions and conferences.

Coverage area: La Prairie

Hours: Tuesday and Thursday 9h30 to 20h30, Wednesday 13h30 to 20h30, Friday 13h30 to 18h00, Saturday 10h00 to 16h30, Sunday 13h30 to 16h30, summer: Monday and Wednesday 13h30 to 20h30, Tuesday and Thursday 9h30 to 20h30, Friday 13h30 to 18h00, Saturday 13h30 to 16h30

Fees: membership: variable

Financing: municipal

Legal status: municipal agency

MAISON DE LA FAMILLE KATERI

200 Balmoral Street, La Prairie, Montérégie, QC, J5R 4L5

450 659-9188 Fax: 450 659-5573

Website: maisonfamillekateri.com

Email: info@maisonfamillekateri.com

Services: Accompaniment for parents in their parenting role. * Interactive, educational and informative activities. * Individual interviews, listening, support and mutual aid. * Children's library and documentation for parents. * Childcare. * Discussion and exchange group for fathers and father-child activities. * Workshops on positive discipline. * Stimulation of fine and gross motor skills, and of language for children. * Various workshops.

Eligibility: children aged 0 to 17 years old and their parents

Capacity: 5 groups of 8 dyads (parent-child) by category, plus siblings

Coverage area: La Prairie, Candiac, Delson, Sainte-Catherine, Saint-Constant, Saint-Mathieu, Saint-Philippe

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

Fees: variable

Financing: grants, fundraising campaigns

Legal status: non-profit organization

SAINT-ISIDORE PUBLIC LIBRARY

693 Saint-Régis Road, Saint-Isidore, Montérégie, QC, J0L 2A0

450 992-1323

Website: www.reseaubibliomonteregie.qc.ca/fr/bibliotheques-horaire-et-localisation/b44/bibliotheque-de-saint-isidore

Email: biblio@st-isidore.ca

Services: Loan and consultation of books, audiovisual and digital documents. * Computers and Internet access. * Board game loan. * Story time and book club for children. * Une naissance, un livre: reading awareness kit for children 0 to 12 months. * Biblio-Jeux: language skills development through play program for children 6 months to 6 years old. * Biblio-Santé: thematic and informative health booklets offering a variety of resources for caregivers and people living with a health problem.

Coverage area: Saint-Isidore

Hours: Monday 19h00 to 20h30, Tuesday 13h00 to 16h00, Saturday 10h00 to 12h00, summer: closed on Saturday

Fees: none

Financing: municipal

Legal status: municipal agency

SAINTE-CATHERINE PUBLIC LIBRARY

5365 Saint-Laurent Boulevard, Sainte-Catherine, Montérégie, QC, J5C 1A6

450 632-0590 ext. 5230

Website: www.ville.sainte-catherine.qc.ca/sports-culture-et-loisirs/bibliotheque

Email: bibliotheque@ville.sainte-catherine.qc.ca

Services: Loan and consultation of printed, audiovisual and electronic documents. * Computers and Internet access. * Screen enlarger for people with a visual impairment. * Early literacy. * Biblio-aidants. * Biblio-jeux: game aiming to develop the language and promote reading awakening. * Une naissance un livre: introductory reading kits for children 1 year old and under. * L'Alvéole: creative space, digital and artistic tools, workshops. * Story time. * Book club for adults. * Seed library. * Printing, photocopying, laminating, faxing and scanning. * Board games. * Conferences.

Coverage area: Sainte-Catherine and surroundings

Hours: Monday 13h00 to 20h00, Tuesday 13h00 to 17h30, Wednesday and Thursday 10h00 to 20h00, Friday 10h00 to 17h30, Saturday and Sunday 10h00 to 15h00, summer: Monday 13h00 to 20h00, Tuesday 13h00 to 17h30, Wednesday and Thursday 10h00 to 20h00, Friday 10h00 to 17h30, Saturday 10h00 to 15h00

Fees: none

Financing: municipal

Legal status: municipal agency

STATION DE L'AVEVENTURE - MAISON DE LA FAMILLE (LA)

540 du Lac-Saint-Louis Road, Léry, Montérégie, QC, J6N 1A3

450 691-4897

Website: www.stationdelaventure.com

Email: famille@stationdelaventure.com

Services: * Child development workshops: major and fine motor skills, language skills, etc. * Early literacy program. * Activities for fathers. * Baby massage. * Childcare and drop-in respite. * Coffee chats. * Assistance and referral. * Group outings on pedagogical days.

Eligibility: families with children 0 to 18 years old

Coverage area: Léry, Sainte-Martine, Châteauguay, Mercier, Saint-Isidore

Hours: administration: Monday to Friday 8h30 to 15h30, respite: Monday and Tuesday 9h00 to 14h00, workshop and activities: Monday, Tuesday and Wednesday 9h00 to 11h00, Friday

Fees: annual membership: \$15, activities: variable

Financing: self-financing, fundraising campaigns, provincial

Legal status: non-profit organization

Public education

CENTRE D'ÉDUCATION POPULAIRE

18 d'Anjou Boulevard, Châteauguay, Montérégie, QC, J6K 1B7

450 699-9955

Website: cep-alphabetisation.com

Email: cep@videotron.ca

Services: * Literacy program. * Basic training in French and calculus. * Educational upgrading: General Development Test (GDT) and Secondary School Equivalency Test (SSET) preparation. * Personal skills development. * Beginner and conversation English courses. * Basic computer training. * Francization. * Écrivain de rue: assistance to write letters, forms, etc.

Eligibility: people 16 years and over who no longer attend school on a regular basis

Coverage area: Greater Châteauguay: Beauharnois, Châteauguay, Kahnawake, Léry, Mercier, Saint-Isidore, Saint-Rémi, Saint-Urbain-Premier, Sainte-Martine

Hours: Monday to Friday 8h30 to 16h30

Fees: membership: \$20

Financing: provincial

Legal status: non-profit organization

CENTRE DE FEMMES L'ÉCLAIRCIE

1025 Centrale Street, Sainte-Catherine, Montérégie, QC, J5C 1A2

450 638-1131 Fax: 450 638-1132

Website: www.centrefemmesleclaircie.com

Email: info@claircie.org

Services: Support for women in their autonomy process. * Reception, listening and referral. * Support group. * Accompaniment in socio-legal process. * Accompaniment with the decision-making process regarding the outcome of an unplanned pregnancy (pro-choice). * Documentation centre. * Popular education workshops. * Coffee-chat and conferences. * Day care. * Training of volunteers. * Collective action.

Eligibility: women 14 years and over, children 5 years old and under

Capacity: 15

Coverage area: Candiac, Delson, La Prairie, Sainte-Catherine, Saint-Constant, Saint-Mathieu, Saint-Philippe

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

Fees: free or low cost for some activities

Financing: grants, self-financing, donations

Legal status: non-profit organization

CENTRE DE SERVICES SCOLAIRE DES GRANDES-SEIGNEURIES

50 Taschereau Boulevard, 2nd Floor, La Prairie, Montérégie, QC, J5R 4V3

514 380-8899

Website: www.cssdgs.gouv.qc.ca

Email: communications@cssdgs.gouv.qc.ca

Services: French School Board gathering elementary, high and specialized schools. * Vocational training. * Adult education. * Vocational training and adult education: help and guidance. * High school equivalency test (TENS): assessment of the knowledge of adults who don't have a high school diploma in order to obtain a certificate of educational equivalence (AENS) that facilitates access to certain jobs and vocational training. * Passe-partout program. * French classes. * Distance training. * Services for companies. * Jacques-de-Ligny administrative centre: 1250, Taschereau Boulevard, La Prairie, Québec, J5R 1X2. * School transportation coordination.

Coverage area: MRC Roussillon, MRC Les Jardins-de-Napierville (except Saint-Jacques-le-Mineur)

Hours: Place La Citière: Monday to Friday 8h15 to 12h00 and 13h00 to 16h15, Jacques-de-Ligny

Administrative Centre: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00

Fees: variable

Financing: self-financing, provincial
Legal status: parapublic organization

NEW FRONTIERS SCHOOL BOARD

214 McLeod Street, Châteauguay, Montérégie, QC, J6J 2H4

450 691-1440

Website: www.nfsb.qc.ca

Email: info@nfsb.qc.ca

Services: English School Board gathering elementary, high and specialized schools. * Vocational training. * Adult education. * Vocational training and adult education: help and orientation. * High school equivalency test (TENS): assessment of the knowledge of adults who don't have a high school diploma in order to obtain a certificate of educational equivalence (AENS) that facilitates access to certain jobs and vocational training. * Bilingual education. * School transportation coordination. * Complaints reception.

Coverage area: Southwest of Québec: stretches from the Saint-Lawrence River to the North, Autoroute 15 to the East, the American border to the South and the Ontarian border to the West

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

Fees: variable

Financing: provincial, self-financing

Legal status: parapublic organization

School perseverance

BENADO

197 Saint-François-Xavier Road, Delson, Montérégie, QC, J5B 1X7

450 632-1640 Fax: 450 632-6754

Website: benado.org

Email: info@benado.org

Services: Prevention of juvenile delinquency. * Day centre for young dropouts. * Manual and self-knowledge activities, painting workshops, leather, bike repair. * Job information for young dropouts. * Development and application of extrajudicial and judicial measures under the Youth Criminal Justice Act. * Information and consultation with victims of crime. * Prevention of crime in schools. * Community support in the implementation of programs related to conflict resolution.

Eligibility: dropout alternative section: youth 13 to 18 years old coping with academic, family or social difficulties, alternative justice section: youth 12 to 18 years old, victims, parents and community

Coverage area: MRC de Roussillon, Hemmingford, Saint-Édouard, Saint-Michel, Saint-Rémi, Sainte-Clotilde, Sherrington

Hours: Monday, Tuesday, Thursday and Friday 8h00 to 16h30, Wednesday 8h00 to 21h00

Financing: Centraide of Greater Montréal, donations, provincial

Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI ROUSSILLON

45 Georges-Gagné Boulevard South, Suite 9, Delson, Montérégie, QC, J5B 2E5

450 845-3848 Fax: 450 845-4194

Website: www.cjer.ca

Email: accueil@cjer.ca

Services: * Job search assistance. * Assistance with returning to school. * Career guidance and assessment. * Services to employers. * Socioprofessional integration. * Student retention. * Entrepreneurship.

Eligibility: young adults 15 to 35 years old

Coverage area: Candiac, Delson, La Prairie, Saint-Constant, Saint-Mathieu, Saint-Philippe, Sainte-Catherine

Hours: Monday, Tuesday and Thursday 8h30 to 12h00 and 13h00 to 17h00, Wednesday 8h30 to 12h00 and 13h00 to 18h00, Friday 8h00 to 12h00

Fees: none

Financing: provincial

Legal status: non-profit organization

CENTRE D'ÉDUCATION POPULAIRE

18 d'Anjou Boulevard, Châteauguay, Montérégie, QC, J6K 1B7

450 699-9955

Website: cep-alphabetisation.com

Email: cep@videotron.ca

Services: * Literacy program. * Basic training in French and calculus. * Educational upgrading: General Development Test (GDT) and Secondary School Equivalency Test (SSET) preparation. * Personal skills development. * Beginner and conversation English courses. * Basic computer training. * Francization. * Écrivain de rue: assistance to write letters, forms, etc.

Eligibility: people 16 years and over who no longer attend school on a regular basis

Coverage area: Greater Châteauguay: Beauharnois, Châteauguay, Kahnawake, Léry, Mercier, Saint-Isidore, Saint-Rémi, Saint-Urbain-Premier, Sainte-Martine

Hours: Monday to Friday 8h30 to 16h30

Fees: membership: \$20

Financing: provincial

Legal status: non-profit organization

School service centers

CENTRE DE SERVICES SCOLAIRE DES GRANDES-SEIGNEURIES

50 Taschereau Boulevard, 2nd Floor, La Prairie, Montérégie, QC, J5R 4V3

514 380-8899

Website: www.cssdgs.gouv.qc.ca

Email: communications@cssdgs.gouv.qc.ca

Services: French School Board gathering elementary, high and specialized schools. * Vocational training. * Adult education. * Vocational training and adult education: help and guidance. * High school equivalency test (TENS): assessment of the knowledge of adults who don't have a high school diploma in order to obtain a certificate of educational equivalence (AENS) that facilitates access to certain jobs and vocational training. * Passe-partout program. * French classes. * Distance training. * Services for companies. * Jacques-de-Lignery administrative centre: 1250, Taschereau Boulevard, La Prairie, Québec, J5R 1X2. * School transportation coordination.

Coverage area: MRC Roussillon, MRC Les Jardins-de-Napierville (except Saint-Jacques-le-Mineur)

Hours: Place La Citière: Monday to Friday 8h15 to 12h00 and 13h00 to 16h15, Jacques-de-Lignery

Administrative Centre: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00

Fees: variable

Financing: self-financing, provincial

Legal status: parapublic organization

NEW FRONTIERS SCHOOL BOARD

214 McLeod Street, Châteauguay, Montérégie, QC, J6J 2H4

450 691-1440

Website: www.nfsb.qc.ca

Email: info@nfsb.qc.ca

Services: English School Board gathering elementary, high and specialized schools. * Vocational training. * Adult education. * Vocational training and adult education: help and orientation. * High school equivalency test (TENS): assessment of the knowledge of adults who don't have a high school diploma in order to obtain a certificate of educational equivalence (AENS) that facilitates access to certain jobs and vocational training. * Bilingual education. * School transportation coordination. * Complaints reception.

Coverage area: Southwest of Québec: stretches from the Saint-Lawrence River to the North, Autoroute 15 to the East, the American border to the South and the Ontarian border to the West

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

Fees: variable

Financing: provincial, self-financing

Legal status: parapublic organization

Employment and Income Support**ADVOCACY FOR WORKERS AND UNEMPLOYED****BUDGET MANAGEMENT AND CONSUMPTION****BUSINESS DEVELOPMENT****EMPLOYMENT SUPPORT AND TRAINING****EMPLOYMENT SUPPORT FOR IMMIGRANTS****EMPLOYMENT SUPPORT FOR WOMEN****EMPLOYMENT SUPPORT FOR YOUTH****TAX CLINICS****VOCATIONAL REHABILITATION AND DISABILITY-RELATED EMPLOYMENT**

Advocacy for workers and unemployed

LEGAL AID OFFICE - CHÂTEAUGUAY

147 Saint-Jean-Baptiste Boulevard, Châteauguay, Montérégie, QC, J6K 3B1

450 691-4325 Fax: 450 699-0496

Website: ccjrs.com/en/bureaux/chateauguay-2

Email: chateauguay@ccjrs.com

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

Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible and with a legal need that is covered by the Law

Coverage area: Châteauguay, Saint-Constant, Delson, Kahnawake

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

Fees: people may be eligible for free legal aid or contributory legal aid between \$100 and 800, depending on their financial situation, see scale on website

Financing: provincial

Legal status: parapublic organization

RÉSEAU D'INFORMATION ET D'AIDE AUX PERSONNES ASSISTÉES SOCIALES

200-200 Industriel Boulevard, Châteauguay, Montérégie, QC, J6J 2Z4

450 691-6682 Fax: 450 691-2034

Website: riapas.ca

Email: info@riapas.ca

Services: * Helpline. * Individual meetings and technical assistance. * Training. * Collective actions. * Psychosocial intervention. * Bonhomme à lunette service point: low-cost glasses.

Eligibility: people on social assistance, people living in poverty

Coverage area: MRC Roussillon, MRC Les Jardins-de-Napierville

Hours: Monday to Thursday 9h00 to 16h30, bonhomme à lunette: no appointment necessary, Tuesday 13h00 à 16h00

Financing: provincial

Legal status: non-profit organization

Budget management and consumption

CHÂTEAUGUAY HORIZON COMMUNITY ASSOCIATION

319 Brault Street, Châteauguay, Montérégie, QC, J6J 4M9

Website: chateauguayhorizon.weebly.com

Email: chateauguayhorizon@gmail.com

Services: Organization serving the Black community of Châteauguay. * Community outreach. * Home and hospital friendly visits. * Newborn gift baskets. * Children's Christmas party and banquet. * Scholarship for college students. * Summer program and camp.

Eligibility: Black community of Châteauguay

Coverage area: Châteauguay

Fees: membership: family \$25, individual \$20

Financing: self-financing

Legal status: non-profit organization

CLUB DES COPAINS DELSON (LE)

1 1st Avenue, Delson, Montérégie, QC, J5B 1M9

514 677-7759

Services: * Food bank. * Assistance with costs for summer camps.

Eligibility: people on a low income

Coverage area: Delson

Hours: by appointment, food bank: Tuesday morning

Fees: none

Financing: donations

Legal status: non-profit organization

FONDATION DES GOUVERNEURS DE L'ESPOIR

101 Saint-Jean-Baptiste Boulevard, Suite 215, Châteauguay, Montérégie, QC, J6J 3H9

438 838-8588

Website: fondationdesgouverneurs.org

Email: info@gouverneursdelespoir.org

Services: * Financial assistance in the form of gift cards. * Investments in pediatric cancer research.

Eligibility: youth aged 18 and under living with cancer, a rare or orphan disease, and their families

Coverage area: Province of Québec

Hours: Monday to Thursday 9h00 to 16h00, Friday 9h00 to 12h00

Financing: dons, fundraising campaigns

Legal status: non-profit organization

FONDATION GISÈLE FAUBERT INC.

1049 Saint-Jean-Baptiste Boulevard, Mercier, Montérégie, QC, J6R 1B8

450 691-1761 Fax: 450 691-3530

Website: fondationgiselefaubert.org/en

Email: info@fondationgiselefaubert.com

Services: Support for families who have a sick child. * Financial assistance. * Help with accommodation for the child outside their region. * Support for the purchase of a treatment device.

Eligibility: families on a low income with a sick child or children

Coverage area: MRC Roussillon

Hours: Monday to Friday 8h30 to 16h30

Financing: fundraising campaigns, donations

Legal status: non-profit organization

MONTÉRÉGIE WEST COMMUNITY NETWORK - CHÂTEAUGUAY

255 D'Anjou Boulevard, Suite 203, Châteauguay, Montérégie, QC, J6J 2R4

450 691-1444

Website: mwc.ca

Email: info@mwc.ca

Services: Development of the English-speaking community. * Networking and partnerships. * Health promotion. * Advocacy. * Knitting club. * Financial literacy. * French and English conversation workshops. *

Lending library: English books and audio books. * Book club. * Café-rencontre. * Social and educational events and activities.

Eligibility: English-speaking community groups, citizens of all ages

Coverage area: MRC Les Jardins-de-Napierville, MRC Roussillon, MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

Hours: Monday to Thursday 8h30 to 16h30

Fees: membership: \$10 per year, \$25 for 3 years

Financing: federal, provincial, donations

Legal status: non-profit organization

SERVICE CANADA CENTRE - CHÂTEAUGUAY

245 Saint-Jean-Baptiste Boulevard, Suite 101, Châteauguay, Montérégie, QC, J6K 3C3

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

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: srv138.services.gc.ca/daf/s/e82fb618-124c-4a07-ba98-9c99c5c5f6bf?goctemplateculture=en-ca * Job bank: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance, sickness benefits and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Recruitment awareness. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, career planning, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Châteauguay

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - CHÂTEAUGUAY

42 Gilmour Street, Châteauguay, Montérégie, QC, J6J 1K6

450 691-1007 Fax: 450 692-5063

Email: ssvpchateauguay@hotmail.com

Services: * General store: clothing, furniture and other used items. * Food aid: distribution of food baskets and food vouchers. * Financial assistance for school fees. * Christmas baskets.

Eligibility: people on a low income

Coverage area: Châteauguay, Léry, Mercier

Hours: general store: Monday, Tuesday, Thursday, Friday 10h00 to 14h00, Saturday 9h00 to 12h00, food aid: on demand

Fees: food aid: free

Financing: donations, self-financing

Legal status: non-profit organization

Business development

ALLIANCE CARRIÈRE TRAVAIL (ACT) - CENTRE DE SERVICES DE CHÂTEAUGUAY

265 d'Anjou Boulevard, Suite 205, Châteauguay, Montérégie, QC, J6J 5J9

450 699-4545 Fax: 450 699-1175

Website: alliancect.ca/en

Email: info@alliancect.ca

Services: Organization targeting socioprofessional development and autonomy to facilitate job market and school integration. * Services to individuals: job search, integration to Québec's job market, career orientation, full potential discovery, trainings, business pre-startup, project development, etc. * Services to businesses: meeting potential candidates, coffee-meetings, luncheon conferences, employment evenings, bank of candidates, staff recruitment, job posting and job fair. * Room rentals. * Service d'Accueil et de Formation en Immigration pour le Roussillon (SAFIR): assistance with the integration of newcomers, group training for civic engagement, etc.

Eligibility: people 16 years and over, SAFIR: immigrants

Coverage area: Montérégie, SAFIR: MRC Roussillon, MRC Les Jardins-de-Napierville

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

Fees: none

Financing: provincial

Legal status: non-profit organization

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

200 Brisebois Boulevard, Châteauguay, Montérégie, QC, J6K 4W8

450 699-2425 Fax: 450 699-2551

Website: santemonteregie.qc.ca/en/west

Email: communications.cisssmo16@ssss.gouv.qc.ca

Services: Planning, coordination and organization of social and health services. * Responsibility of the availability of care to the entire population, including the most vulnerable. * Management of simplified access to services. * Administration of partnerships with intermediate resources. * Handling of complaints regarding dissatisfaction or violation of rights of users.

Coverage area: Montérégie-Ouest: CSSS Jardins-Roussillon, Suroît, Haut-Saint-Laurent, Vaudreuil-Soulanges, CRDITED de la Montérégie-Est and SRSOR, Centre Montérégien de Réadaptation, Le Virage and Foster

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

Financing: provincial

Legal status: parapublic organization

SERVICE CANADA CENTRE - CHÂTEAUGUAY

245 Saint-Jean-Baptiste Boulevard, Suite 101, Châteauguay, Montérégie, QC, J6K 3C3

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

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: srv138.services.gc.ca/daf/s/e82fb618-124c-4a07-ba98-9c99c5c5f6bf?goctemplateculture=en-ca * Job bank: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance, sickness benefits and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Recruitment awareness. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, career planning, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Châteauguay

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

Employment support and training

ALLIANCE CARRIÈRE TRAVAIL (ACT) - CENTRE DE SERVICES DE CHÂTEAUGUAY

265 d'Anjou Boulevard, Suite 205, Châteauguay, Montérégie, QC, J6J 5J9

450 699-4545 Fax: 450 699-1175

Website: alliancect.ca/en

Email: info@alliancect.ca

Services: Organization targeting socioprofessional development and autonomy to facilitate job market and school integration. * Services to individuals: job search, integration to Québec's job market, career orientation, full potential discovery, trainings, business pre-startup, project development, etc. * Services to businesses: meeting potential candidates, coffee-meetings, luncheon conferences, employment evenings, bank of candidates, staff recruitment, job posting and job fair. * Room rentals. * Service d'Accueil et de Formation en Immigration pour le Roussillon (SAFIR): assistance with the integration of newcomers, group training for civic engagement, etc.

Eligibility: people 16 years and over, SAFIR: immigrants

Coverage area: Montérégie, SAFIR: MRC Roussillon, MRC Les Jardins-de-Napierville

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

Fees: none

Financing: provincial

Legal status: non-profit organization

BISTRO CULTUREL COEUR DE VILLAGE

680 Saint-Régis Road, Saint-Isidore, Montérégie, QC, J0L 2A0

514 400-5351 Fax: 450 992-0633

Website: coeurdevillage.wordpress.com

Email: coeurdevillage@videotron.ca

Services: Promotion of culture and community action in rural areas. * Interventions with youth and seniors to break down the isolation. * Reintegration: professional integration internships, community work. * Summer jobs. * Flea market: small household items, toys, sports equipment and books. * Les papilles du coeur: catering service. * Room rental. * Volunteer work.

Eligibility: general public

Capacity: room: 75

Coverage area: MRC Roussillon

Hours: Wednesday to Friday 13h30 to 19h30, Saturday and Sunday 11h00 to 17h00

Fees: variable

Financing: self-financing, contributions, grants

Legal status: non-profit organization

JUTE & CIE

1505 Jean-Lachaine Street, Sainte-Catherine, Montérégie, QC, J5C 1C2

450 638-7574

Website: www.premieremploi.ca

Email: jgaudreault@lejalon.ca

Services: Work rehabilitation enterprise specialized in subcontracting and selling jute products. * Training in housekeeping, forklift driving, first aid in the workplace, etc. * Job search assistance and psychosocial support for participants. * Assembling, packaging and labeling of various items. * Production and folding of printed products, valorization of jute products and selling in bundles or rolls.

Eligibility: people 18 years and over

Capacity: 31 participants

Coverage area: Montérégie

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

Financing: provincial, self-financing

Legal status: non-profit organization

SEMO LE JALON

120 Saint-Jean-Baptiste Boulevard, Suite 201, Châteauguay, Montérégie, QC, J6K 3A9

450 691-9622 Fax: 450 691-9559

Website: www.lejalon.ca

Email: info@lejalon.ca

Services: * Employment assistance process: self-knowledge, labour market research, job search tools and techniques. * Job maintenance accompaniment. * Accompanied self-guidance. * Plan of action to materialize the professional choice.

Eligibility: people wishing to re-enter the labour market, income security recipients, employment insurance recipients and those without public support

Coverage area: MRC Roussillon, MRC Les Jardins-de-Napierville

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

Fees: free

Financing: provincial

Legal status: non-profit organization

SERVICE EXTERNE DE MAIN D'OEUVRE LE JALON - SAINT-CONSTANT POINT OF SERVICE

55 Saint-Pierre Street, Suite 201-202, Saint-Constant, Montérégie, QC, J5A 1B9

450 638-6277 Fax: 450 845-1554

Website: www.lejalon.ca

Email: info@lejalon.ca

Services: * Procedures to help women integrate the job market: self-awareness, job market research, job search tools and techniques. * Action plan regarding career choice.

Eligibility: women wishing to re-enter the job market, income security recipients, employment insurance recipients or those without public support

Coverage area: MRC Roussillon, MRC Les-Jardins-de-Napierville

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

Fees: none

Financing: provincial

Legal status: non-profit organization

Employment support for immigrants**ALLIANCE CARRIÈRE TRAVAIL (ACT) - CENTRE DE SERVICES DE CHÂTEAUGUAY**

265 d'Anjou Boulevard, Suite 205, Châteauguay, Montérégie, QC, J6J 5J9

450 699-4545 Fax: 450 699-1175

Website: alliancect.ca/en

Email: info@alliancect.ca

Services: Organization targeting socioprofessional development and autonomy to facilitate job market and school integration. * Services to individuals: job search, integration to Québec's job market, career orientation, full potential discovery, trainings, business pre-startup, project development, etc. * Services to businesses: meeting potential candidates, coffee-meetings, luncheon conferences, employment evenings, bank of candidates, staff recruitment, job posting and job fair. * Room rentals. * Service d'Accueil et de Formation en Immigration pour le Roussillon (SAFIR): assistance with the integration of newcomers, group training for civic engagement, etc.

Eligibility: people 16 years and over, SAFIR: immigrants

Coverage area: Montérégie, SAFIR: MRC Roussillon, MRC Les Jardins-de-Napierville

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

Fees: none

Financing: provincial

Legal status: non-profit organization

SERVICE CANADA CENTRE - CHÂTEAUGUAY

245 Saint-Jean-Baptiste Boulevard, Suite 101, Châteauguay, Montérégie, QC, J6K 3C3

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

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: srv138.services.gc.ca/daf/s/e82fb618-124c-4a07-ba98-9c99c5c5f6bf?goctemplateculture=en-ca * Job bank: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance, sickness benefits and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Recruitment awareness. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, career planning, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Châteauguay

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

Employment support for women**SERVICE EXTERNE DE MAIN D'OEUVRE LE JALON - SAINT-CONSTANT POINT OF SERVICE**

55 Saint-Pierre Street, Suite 201-202, Saint-Constant, Montérégie, QC, J5A 1B9

450 638-6277 Fax: 450 845-1554

Website: www.lejalon.ca

Email: info@lejalon.ca

Services: * Procedures to help women integrate the job market: self-awareness, job market research, job search tools and techniques. * Action plan regarding career choice.

Eligibility: women wishing to re-enter the job market, income security recipients, employment insurance recipients or those without public support

Coverage area: MRC Roussillon, MRC Les-Jardins-de-Napierville

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

Fees: none

Financing: provincial

Legal status: non-profit organization

Employment support for youth

BENADO

197 Saint-François-Xavier Road, Delson, Montérégie, QC, J5B 1X7

450 632-1640 Fax: 450 632-6754

Website: benado.org

Email: info@benado.org

Services: Prevention of juvenile delinquency. * Day centre for young dropouts. * Manual and self-knowledge activities, painting workshops, leather, bike repair. * Job information for young dropouts. * Development and application of extrajudicial and judicial measures under the Youth Criminal Justice Act. * Information and consultation with victims of crime. * Prevention of crime in schools. * Community support in the implementation of programs related to conflict resolution.

Eligibility: dropout alternative section: youth 13 to 18 years old coping with academic, family or social difficulties, alternative justice section: youth 12 to 18 years old, victims, parents and community

Coverage area: MRC de Roussillon, Hemmingford, Saint-Édouard, Saint-Michel, Saint-Rémi, Sainte-Clotilde, Sherrington

Hours: Monday, Tuesday, Thursday and Friday 8h00 to 16h30, Wednesday 8h00 to 21h00

Financing: Centraide of Greater Montréal, donations, provincial

Legal status: non-profit organization

BISTRO CULTUREL COEUR DE VILLAGE

680 Saint-Régis Road, Saint-Isidore, Montérégie, QC, J0L 2A0

514 400-5351 Fax: 450 992-0633

Website: coeurdevillage.wordpress.com

Email: coeurdevillage@videotron.ca

Services: Promotion of culture and community action in rural areas. * Interventions with youth and seniors to break down the isolation. * Reintegration: professional integration internships, community work. * Summer jobs. * Flea market: small household items, toys, sports equipment and books. * Les papilles du coeur: catering service. * Room rental. * Volunteer work.

Eligibility: general public

Capacity: room: 75

Coverage area: MRC Roussillon

Hours: Wednesday to Friday 13h30 to 19h30, Saturday and Sunday 11h00 to 17h00

Fees: variable

Financing: self-financing, contributions, grants

Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI CHÂTEAUGUAY

180 D'Anjou Boulevard, Suite 260, Châteauguay, Montérégie, QC, J6K 1C4

450 699-8001 Fax: 450 699-9728

Website: cjechateauguay.org

Email: info@cjechateauguay.org

Services: * Job search assistance: occupational information, resume writing assistance, interview preparation, job search workshops, guidance, etc. * Education guidance and information: self knowledge, career change or planning, skills assessment, etc. * Documentation centre. * Technical support. * Information on youth programs. * Raising awareness of youth entrepreneurship.

Eligibility: people 15 to 35 years old

Coverage area: MRC Roussillon

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

Fees: none

Financing: provincial

Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI ROUSSILLON

45 Georges-Gagné Boulevard South, Suite 9, Delson, Montérégie, QC, J5B 2E5

450 845-3848 Fax: 450 845-4194

Website: www.cjer.ca

Email: accueil@cjer.ca

Services: * Job search assistance. * Assistance with returning to school. * Career guidance and assessment. * Services to employers. * Socioprofessional integration. * Student retention. * Entrepreneurship.

Eligibility: young adults 15 to 35 years old

Coverage area: Candiac, Delson, La Prairie, Saint-Constant, Saint-Mathieu, Saint-Philippe, Sainte-Catherine

Hours: Monday, Tuesday and Thursday 8h30 to 12h00 and 13h00 to 17h00, Wednesday 8h30 to 12h00 and 13h00 to 18h00, Friday 8h00 to 12h00

Fees: none

Financing: provincial

Legal status: non-profit organization

Tax clinics**CENTRE D'ACTION BÉNÉVOLE DU GRAND CHÂTEAUGUAY - TAX CLINIC**

10 Gilmour Street, Châteauguay, Montérégie, QC, J6J 1K4

438 396-9215

Website: www.cabchateauguay.org

Email: info@cabgc.org

Services: Walk-in tax clinic open year-round.

Eligibility: people on a low or modest income, single people: income of less than \$43,000, couples: income of less than \$48,500

Coverage area: Châteauguay, Mercier, Saint-Urbain-Premier, Saint-Isidore, Sainte-Martine, Léry

Hours: intensive period 2024: March and April, consult the tax clinic calendar on the website

Fees: none

Financing: provincial, donations

Legal status: non-profit organization

IMPÔT-BÉNÉVOLES DU SUROÎT

Confidential Address

438 338-1300

Website: impotbenevolesuroit.org

Email: impot.benevole.suroit@gmail.com

Services: Walk-in tax clinic. In person points de service * Maison des jeunes Châtelois (180 Mercier Street, Châteauguay). * Sainte-Marguerite d'Youville Church (8 Rainville Street, Door #3). * Roger-Tougas Centre (730 Saint-Jean-Baptiste Boulevard, Mercier). Drop-off of documents points de service * Châteauguay Library (25 Maple Boulevard). * Office of the Member of Provincial Parliament (233 Saint-Jean-Baptiste Boulevard). * Mercier's Library (16 du Parc Street, Book Drop). * Entraide Mercier (959 Saint-Joseph Street).

Eligibility: people living on low incomes, maximum income thresholds: \$40,000 for single persons, \$45,000 for couples, \$45,000 for adults with one child (add \$2,500 for each additional dependant)

Coverage area: Châteauguay, Mercier and the surroundings

Hours: 2024 tax clinic: March and April, variable hours

Fees: none

Financing: grants

Legal status: non-profit organization

Vocational rehabilitation and disability-related employment

BENADO

197 Saint-François-Xavier Road, Delson, Montérégie, QC, J5B 1X7

450 632-1640 Fax: 450 632-6754

Website: benado.org

Email: info@benado.org

Services: Prevention of juvenile delinquency. * Day centre for young dropouts. * Manual and self-knowledge activities, painting workshops, leather, bike repair. * Job information for young dropouts. * Development and application of extrajudicial and judicial measures under the Youth Criminal Justice Act. * Information and consultation with victims of crime. * Prevention of crime in schools. * Community support in the implementation of programs related to conflict resolution.

Eligibility: dropout alternative section: youth 13 to 18 years old coping with academic, family or social difficulties, alternative justice section: youth 12 to 18 years old, victims, parents and community

Coverage area: MRC de Roussillon, Hemmingford, Saint-Édouard, Saint-Michel, Saint-Rémi, Sainte-Clotilde, Sherrington

Hours: Monday, Tuesday, Thursday and Friday 8h00 to 16h30, Wednesday 8h00 to 21h00

Financing: Centraide of Greater Montréal, donations, provincial

Legal status: non-profit organization

BISTRO CULTUREL COEUR DE VILLAGE

680 Saint-Régis Road, Saint-Isidore, Montérégie, QC, J0L 2A0

514 400-5351 Fax: 450 992-0633

Website: coeurdevillage.wordpress.com

Email: coeurdevillage@videotron.ca

Services: Promotion of culture and community action in rural areas. * Interventions with youth and seniors to break down the isolation. * Reintegration: professional integration internships, community work. * Summer jobs. * Flea market: small household items, toys, sports equipment and books. * Les papilles du coeur: catering service. * Room rental. * Volunteer work.

Eligibility: general public

Capacity: room: 75

Coverage area: MRC Roussillon

Hours: Wednesday to Friday 13h30 to 19h30, Saturday and Sunday 11h00 to 17h00

Fees: variable

Financing: self-financing, contributions, grants

Legal status: non-profit organization

JUTE & CIE

1505 Jean-Lachaine Street, Sainte-Catherine, Montérégie, QC, J5C 1C2

450 638-7574

Website: www.premieremploi.ca

Email: jgaudreault@lejalon.ca

Services: Work rehabilitation enterprise specialized in subcontracting and selling jute products. * Training in housekeeping, forklift driving, first aid in the workplace, etc. * Job search assistance and psychosocial support for participants. * Assembling, packaging and labeling of various items. * Production and folding of printed products, valorization of jute products and selling in bundles or rolls.

Eligibility: people 18 years and over

Capacity: 31 participants

Coverage area: Montérégie

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

Financing: provincial, self-financing

Legal status: non-profit organization

RENCONTRE CHÂTEAUGUOISE (LA)

159 Principale Street, Châteauguay, Montérégie, QC, J6K 1G2

450 699-6819 Fax: 450 699-3453

Website: www.rencontrechateauguoise.com

Email: adjointe@rencontrechateauguoise.com

Services: * Community meals. * Collective kitchens. * Coffee shops. * Family dinners. * Young cooks. * Welcome and psychosocial support meetings. * Food recovery and distribution (food assistance). * PAAS Action program: employability assistance for people living on social welfare and excluded from the labour market. * Assistance in obtaining school supplies.

Eligibility: individuals and families on a low income, anyone who wants to break their isolation

Capacity: 30 persons

Coverage area: Châteauguay, Léry, Mercier, Saint-Isidore, Saint-Urbain-Premier, Sainte-Martine

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

Fees: food assistance: \$5, community meals: \$1, collective kitchens: \$2

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

Legal status: non-profit organization

SDEM SEMO MONTÉRÉGIE - CHÂTEAUGUAY

120 Saint-Jean-Baptiste Boulevard, Suite 202, Châteauguay, Montérégie, QC, J6K 3A9

1 800 646-6096 Fax: 450 674-7220

Website: www.sdem-semo.org

Email: info@sdem-semo.org

Services: Support for training, integration and job retention. * Preparatory employment program. * Job search assistance. * Vocational guidance for clients already registered only.

Eligibility: people living with a physical, sensory or intellectual disability or with mental health issues, learning disabilities, neurological disorders, autistic people

Coverage area: MRC Roussillon, MRC Les Jardins-de-Napierville

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

Fees: none

Financing: provincial

Legal status: non-profit organization

SERVICE CANADA CENTRE - CHÂTEAUGUAY

245 Saint-Jean-Baptiste Boulevard, Suite 101, Châteauguay, Montérégie, QC, J6K 3C3

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

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: srv138.services.gc.ca/daf/s/e82fb618-124c-4a07-ba98-9c99c5c5f6bf?goctemplateculture=en-ca * Job bank: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance, sickness benefits and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Recruitment awareness. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, career planning, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Châteauguay

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

Food

CHRISTMAS BASKET

COLLECTIVE KITCHENS AND COOKING WORKSHOPS

COMMUNITY GARDENS AND MARKETS

FOOD ASSISTANCE

FOOD ASSISTANCE COORDINATION

LOW COST OR FREE MEALS

PREPARED MEALS AND MEALS-ON-WHEELS

Christmas basket

CORNE D'ABONDANCE DE CANDIAC

255 Montcalm Boulevard North, Candiac, Montérégie, QC, J5R 3L6

450 444-6999

Email: corne.abondance.candiac@gmail.com

Services: * Food bank and emergency assistance. * Thrift store: clothing, household items, sporting equipment, toys, etc. * Donation of food and clothing to community organizations and people in need. * Christmas baskets and Guignolée. * Volunteer development. * Donation boxes located at the Candiac Library and the IGA Extra Vallée Candiac. * Donation of school supplies for the food bank recipients.

Eligibility: food bank: people in need, thrift store: general public

Coverage area: Candiac

Hours: food bank: Tuesday 9h00 to 11h00, thrift store: Thursday 13h30 to 17h30, 1st Saturday of the month: 8h30 to 12h30, donation containers: Monday, Thursday and Saturday 9h00 to 16h00, donation boxes: 24 hours / 7 days

Financing: donations, self-financing

Legal status: non-profit organization

ENTRAIDE SAINT-MATHIEU (L')

299 Saint-Édouard Road, Saint-Mathieu, Montérégie, QC, J0L 2H0

450 632-9528 ext. 230

Email: entraidesaintmathieu2019@gmail.com

Services: * Christmas baskets. * Food assistance.

Eligibility: people in need

Coverage area: Saint-Mathieu

Hours: by appointment

Fees: none

Financing: donations

Legal status: non-profit organization

PARTAGE

547 Saint-Henri Street, La Prairie, Montérégie, QC, J5R 2S9

450 444-0803 Fax: 450 444-2621

Website: lepartage.info

Email: administration@lepartage.org

Services: * Emergency food and clothing assistance. * Christmas baskets. * Collective kitchens and cooking workshops. * Support, assistance and referral for families. * Thrift store. * Bonhomme à lunette service point: low-cost glasses.

Eligibility: individuals and families on a low income, homeless people, people living with major health problems, refugees, immigrants

Coverage area: La Prairie

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00, food assistance: Thursday 9h30 to 11h30, 13h30 to 15h30 and 17h00 to 18h15, bonhomme à lunette: no appointment necessary, Tuesday 9h30 to 11h30

Fees: food assistance, collective kitchens and culinary workshops: variable, Christmas baskets: free

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

Legal status: non-profit organization

PARTAGE - POINT DE SERVICE SAINT-CONSTANT

125 Saint-Pierre Street, Saint-Constant, Montérégie, QC, J5A 2G9

450 444-0803

Website: lepartage.info

Email: administration@lepartage.org

Services: * Food and clothing assistance. * Christmas baskets. * Support, assistance and referral for families. * Thrift store.

Eligibility: individuals and families on a low income, homeless people, people living with major health problems, refugees, immigrants

Coverage area: Saint-Constant

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00, food assistance: Thursday 13h30 to 15h15 and 17h00 to 18h15

Fees: food assistance, collective kitchens and culinary workshops: variable, Christmas baskets: free

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

Legal status: non-profit organization

PARTAGE - POINT DE SERVICE SAINTE-CATHERINE

1080 Union Street, Sainte-Catherine, Montérégie, QC, J5C 1B3

450 444-0803

Website: lepartage.info

Email: administration@lepartage.org

Services: * Food assistance. * Christmas baskets.

Eligibility: individuals and families on a low income

Coverage area: Sainte-Catherine

Hours: food assistance: Thursday 9h30 to 11h15

Fees: food assistance: variable, Christmas baskets: free

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

Legal status: non-profit organization

SERVICE D'ENTRAIDE DE SAINT-PHILIPPE

3015 Édouard-VII Road, Saint-Philippe, Montérégie, QC, J0L 2K0

450 907-0839

Email: serv.entraide.stphilippe@gmail.com

Services: * Food assistance. * Christmas baskets.

Eligibility: disadvantaged people and families

Coverage area: Saint-Philippe

Hours: distribution: Wednesday 9h45 to 11h30 by appointment, registration: Tuesday 15h00 at the latest

Fees: none

Financing: donations

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - CHÂTEAUGUAY

42 Gilmour Street, Châteauguay, Montérégie, QC, J6J 1K6

450 691-1007 Fax: 450 692-5063

Email: ssvpchateauguay@hotmail.com

Services: * General store: clothing, furniture and other used items. * Food aid: distribution of food baskets and food vouchers. * Financial assistance for school fees. * Christmas baskets.

Eligibility: people on a low income

Coverage area: Châteauguay, Léry, Mercier

Hours: general store: Monday, Tuesday, Thursday, Friday 10h00 to 14h00, Saturday 9h00 to 12h00, food aid: on demand

Fees: food aid: free

Financing: donations, self-financing

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - MERCIER

766 Saint-Jean-Baptiste Boulevard, Mercier, Montérégie, QC, J6R 1G1

438 345-9009

Website: ssvp.qc.ca

Services: * Weekly food bank: bread, fruit and vegetables. * Bimonthly food bank: IGA shopping vouchers. * Christmas baskets. * Guignolée de Mercier: collection of non-perishable foodstuffs, hygiene products, everyday medicines and household items.

Eligibility: people on a low income

Capacity: food bank: 40 people

Coverage area: Mercier

Hours: food bank distribution and registration: Tuesday 10h00 to 11h00

Fees: none

Financing: donations, municipal, provincial

Legal status: non-profit organization

Collective kitchens and cooking workshops**MAISON DES JEUNES CHÂTELOIS**

180 Mercier Street, Châteauguay, Montérégie, QC, J6J 5X2

450 698-3343 Fax: 450 698-3344

Website: www.mdjchateauguay.com

Email: infomdjchateauguay@videotron.ca

Services: Animated meeting place. * Assistance and referral. * Social, recreational and sports activities. * Skatepark. * Peer support program in secondary schools. * Street work. * Prevention workshops. * Collective kitchen.

Eligibility: youth 11 to 17 years old, street work: people of all ages

Coverage area: Châteauguay

Hours: school year: Tuesday to Thursday 15h00 to 17h00 and 18h00 to 20h30, Friday and Saturday 15h00 to 17h00 and 18h00 to 22h30, summer: Monday to Thursday 15h00 to 17h00 and 18h00 to 22h30, Friday and Saturday 15h00 to 17h00 and 18h00 to 23h00

Fees: membership: \$2

Financing: provincial, self-financing, municipal

Legal status: non-profit organization

PARTAGE

547 Saint-Henri Street, La Prairie, Montérégie, QC, J5R 2S9

450 444-0803 Fax: 450 444-2621

Website: lepartage.info

Email: administration@lepartage.org

Services: * Emergency food and clothing assistance. * Christmas baskets. * Collective kitchens and cooking workshops. * Support, assistance and referral for families. * Thrift store. * Bonhomme à lunette service point: low-cost glasses.

Eligibility: individuals and families on a low income, homeless people, people living with major health problems, refugees, immigrants

Coverage area: La Prairie

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00, food assistance: Thursday 9h30 to 11h30, 13h30 to 15h30 and 17h00 to 18h15, bonhomme à lunette: no appointment necessary, Tuesday 9h30 to 11h30

Fees: food assistance, collective kitchens and culinary workshops: variable, Christmas baskets: free

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

Legal status: non-profit organization

QUARTIER DES FEMMES (LE)

70 Salaberry Boulevard South, Châteauguay, Montérégie, QC, J6J 4J5

450 692-9805 Fax: 450 692-8243

Website: quartierdesfemmes.com/en

Email: info@quartierdesfemmes.org

Services: Self-help and popular education centre aimed at improving living conditions and empowering women in all their diversity. * Mother-friend program: support and accompaniment at home by a care worker. * Individual intervention. * Psychosocial support for women dealing with pregnancy ambivalence. * Respite for mothers. * Parenting talks * Workshops: sexuality, personal development, etc. * Self-help groups. * Community gardens. * Conferences and various meetings on subjects affecting women. * Fridge-sharing. * Various participatory committees.

Eligibility: women

Coverage area: CLSC Jardins-Roussillon

Hours: Monday to Friday 8h30 to 16h30, activities: variable, sometimes in the evening

Fees: free, activities: minimal fees for some

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

Legal status: non-profit organization

RENCONTRE CHÂTEAUGUOISE (LA)

159 Principale Street, Châteauguay, Montérégie, QC, J6K 1G2

450 699-6819 Fax: 450 699-3453

Website: www.rencontrechateauguoise.com

Email: adjointe@rencontrechateauguoise.com

Services: * Community meals. * Collective kitchens. * Coffee shops. * Family dinners. * Young cooks. * Welcome and psychosocial support meetings. * Food recovery and distribution (food assistance). * PAAS Action program: employability assistance for people living on social welfare and excluded from the labour market. * Assistance in obtaining school supplies.

Eligibility: individuals and families on a low income, anyone who wants to break their isolation

Capacity: 30 persons

Coverage area: Châteauguay, Léry, Mercier, Saint-Isidore, Saint-Urbain-Premier, Sainte-Martine

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

Fees: food assistance: \$5, community meals: \$1, collective kitchens: \$2

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

Legal status: non-profit organization

Community gardens and markets**JARDINS COMMUNAUTAIRES DE CHÂTEAUGUAY**

103 de la Verdure Avenue, Châteauguay, Montérégie, QC, J6K 5G4

514 970-7475

Email: tomatesetcies@gmail.com

Services: Community and demonstration gardens. * Eco friendly community gardening. * Management of crop plots.

Eligibility: general public

Capacity: 94 lots

Coverage area: Châteauguay

Hours: all summer: from sunrise to sunset

Fees: annual membership: \$20

Financing: self-financing

Legal status: non-profit organization

LA PRAIRIE - SERVICE DES LOISIRS

500 Saint-Laurent Street, La Prairie, Montérégie, QC, J5R 5X2

450 444-6700

Website: www.ville.laprairie.qc.ca

Email: loisirs@ville.laprairie.qc.ca

Services: * Community, sociocultural and sporting activities. * Arena, multi-purpose centre, swimming pool, parks, ice rinks and playgrounds. * Coordination with community organizations. * Summer day camp. * Community gardens. * Vieux - La Prairie theater. * Activities and events. * Room rental.

Coverage area: La Prairie

Hours: Monday to Friday 8h15 to 20h30, Saturday 13h30 to 16h30

Fees: variable

Financing: municipal

Legal status: municipal agency

QUARTIER DES FEMMES (LE)

70 Salaberry Boulevard South, Châteauguay, Montérégie, QC, J6J 4J5

450 692-9805 Fax: 450 692-8243

Website: quartierdesfemmes.com/en

Email: info@quartierdesfemmes.org

Services: Self-help and popular education centre aimed at improving living conditions and empowering women in all their diversity. * Mother-friend program: support and accompaniment at home by a care worker. * Individual intervention. * Psychosocial support for women dealing with pregnancy ambivalence. * Respite for mothers. * Parenting talks * Workshops: sexuality, personal development, etc. * Self-help groups. * Community gardens. * Conferences and various meetings on subjects affecting women. * Fridge-sharing. * Various participatory committees.

Eligibility: women

Coverage area: CLSC Jardins-Roussillon

Hours: Monday to Friday 8h30 to 16h30, activities: variable, sometimes in the evening

Fees: free, activities: minimal fees for some

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

Legal status: non-profit organization

Food Assistance**BOUFFE PARTAGE**

299 d'Anjou Boulevard, Châteauguay, Montérégie, QC, J6J 2R5

450 844-4889

Services: * Food bank.

Eligibility: people and families on a low income

Capacity: 300

Coverage area: Châteauguay and surroundings

Hours: by appointment, distribution: Thursday afternoon

Fees: 20 (including bakery, meat, fruit and vegetables, etc.)

Financing: municipal, donations

Legal status: non-profit organization

CHÂTEAUGUAY FOOD BANK

Confidential Address

450 698-1780

Email: bnchateauguayfb@outlook.com

Services: * Monthly home delivery of food baskets.

Eligibility: people on a low income

Coverage area: Châteauguay

Hours: home delivery of food baskets: once a month

Fees: none

Financing: donations

Legal status: non-profit organization

CLUB DES COPAINS DELSON (LE)

1 1st Avenue, Delson, Montérégie, QC, J5B 1M9

514 677-7759

Services: * Food bank. * Assistance with costs for summer camps.

Eligibility: people on a low income

Coverage area: Delson

Hours: by appointment, food bank: Tuesday morning

Fees: none

Financing: donations

Legal status: non-profit organization

CORNE D'ABONDANCE DE CANDIAC

255 Montcalm Boulevard North, Candiac, Montérégie, QC, J5R 3L6

450 444-6999

Email: corne.abondance.candiac@gmail.com

Services: * Food bank and emergency assistance. * Thrift store: clothing, household items, sporting equipment, toys, etc. * Donation of food and clothing to community organizations and people in need. * Christmas baskets and Guignolée. * Volunteer development. * Donation boxes located at the Candiac Library and the IGA Extra Vallée Candiac. * Donation of school supplies for the food bank recipients.

Eligibility: food bank: people in need, thrift store: general public

Coverage area: Candiac

Hours: food bank: Tuesday 9h00 to 11h00, thrift store: Thursday 13h30 to 17h30, 1st Saturday of the month: 8h30 to 12h30, donation containers: Monday, Thursday and Saturday 9h00 to 16h00, donation boxes: 24 hours / 7 days

Financing: donations, self-financing

Legal status: non-profit organization

ENTRAIDE MERCIER

959 Saint-Joseph Street, Mercier, Montérégie, QC, J6R 2K9

450 698-2137

Website: www.entraidemercier.ca

Email: services_communautaires@entraidemercier.ca

Services: * Thrift store: clothing, dishes, toys, books, housewares, computer equipment and electronic appliances. * Community fridge. * Indoor donation reception centre at 941 Saint-Joseph Street in Mercier. * Meeting with a community worker in partnership with La Rencontre Châteauguoise. * Distribution of school supplies.

Eligibility: general public

Coverage area: Mercier, school supplies: Châteauguay, Mercier, Léry, Sainte-Martine, Saint-Urbain, Saint-Isidore

Hours: Monday, Tuesday and Wednesday 9h00 to 18h00, Thursday and Friday 9h00 to 21h00, Saturday and Sunday 9h30 to 17h00, indoor donation reception centre: 7 days, 8h00 to 18h00, closed on holidays

Financing: self-financing, provincial

Legal status: non-profit organization

ENTRAIDE SAINT-MATHIEU (L')

299 Saint-Édouard Road, Saint-Mathieu, Montérégie, QC, J0L 2H0

450 632-9528 ext. 230

Email: entraidesaintmathieu2019@gmail.com

Services: * Christmas baskets. * Food assistance.

Eligibility: people in need

Coverage area: Saint-Mathieu

Hours: by appointment

Fees: none

Financing: donations

Legal status: non-profit organization

FONDATION DES GOUVERNEURS DE L'ESPOIR

101 Saint-Jean-Baptiste Boulevard, Suite 215, Châteauguay, Montérégie, QC, J6J 3H9

438 838-8588

Website: fondationdesgouverneurs.org

Email: info@gouverneursdelespoir.org

Services: * Financial assistance in the form of gift cards. * Investments in pediatric cancer research.

Eligibility: youth aged 18 and under living with cancer, a rare or orphan disease, and their families

Coverage area: Province of Québec

Hours: Monday to Thursday 9h00 to 16h00, Friday 9h00 to 12h00

Financing: dons, fundraising campaigns

Legal status: non-profit organization

PARTAGE

547 Saint-Henri Street, La Prairie, Montérégie, QC, J5R 2S9

450 444-0803 Fax: 450 444-2621

Website: lepartage.info

Email: administration@lepartage.org

Services: * Emergency food and clothing assistance. * Christmas baskets. * Collective kitchens and cooking workshops. * Support, assistance and referral for families. * Thrift store. * Bonhomme à lunette service point: low-cost glasses.

Eligibility: individuals and families on a low income, homeless people, people living with major health problems, refugees, immigrants

Coverage area: La Prairie

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00, food assistance: Thursday 9h30 to 11h30, 13h30 to 15h30 and 17h00 to 18h15, bonhomme à lunette: no appointment necessary, Tuesday 9h30 to 11h30

Fees: food assistance, collective kitchens and culinary workshops: variable, Christmas baskets: free

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

Legal status: non-profit organization

PARTAGE - POINT DE SERVICE SAINT-CONSTANT

125 Saint-Pierre Street, Saint-Constant, Montérégie, QC, J5A 2G9

450 444-0803

Website: lepartage.info

Email: administration@lepartage.org

Services: * Food and clothing assistance. * Christmas baskets. * Support, assistance and referral for families. * Thrift store.

Eligibility: individuals and families on a low income, homeless people, people living with major health problems, refugees, immigrants

Coverage area: Saint-Constant

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00, food assistance: Thursday 13h30 to 15h15 and 17h00 to 18h15

Fees: food assistance, collective kitchens and culinary workshops: variable, Christmas baskets: free

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

Legal status: non-profit organization

PARTAGE - POINT DE SERVICE SAINTE-CATHERINE

1080 Union Street, Sainte-Catherine, Montérégie, QC, J5C 1B3

450 444-0803

Website: lepartage.info

Email: administration@lepartage.org

Services: * Food assistance. * Christmas baskets.

Eligibility: individuals and families on a low income

Coverage area: Sainte-Catherine

Hours: food assistance: Thursday 9h30 to 11h15

Fees: food assistance: variable, Christmas baskets: free

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

Legal status: non-profit organization

QUARTIER DES FEMMES (LE)

70 Salaberry Boulevard South, Châteauguay, Montérégie, QC, J6J 4J5

450 692-9805 Fax: 450 692-8243

Website: quartierdesfemmes.com/en

Email: info@quartierdesfemmes.org

Services: Self-help and popular education centre aimed at improving living conditions and empowering women in all their diversity. * Mother-friend program: support and accompaniment at home by a care worker. * Individual intervention. * Psychosocial support for women dealing with pregnancy ambivalence. * Respite for mothers. * Parenting talks * Workshops: sexuality, personal development, etc. * Self-help groups. * Community gardens. * Conferences and various meetings on subjects affecting women. * Fridge-sharing. * Various participatory committees.

Eligibility: women

Coverage area: CLSC Jardins-Roussillon

Hours: Monday to Friday 8h30 to 16h30, activities: variable, sometimes in the evening

Fees: free, activities: minimal fees for some

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

Legal status: non-profit organization

RENCONTRE CHÂTEAUGUOISE (LA)

159 Principale Street, Châteauguay, Montérégie, QC, J6K 1G2

450 699-6819 Fax: 450 699-3453

Website: www.rencontrechateauguoise.com

Email: adjointe@rencontrechateauguoise.com

Services: * Community meals. * Collective kitchens. * Coffee shops. * Family dinners. * Young cooks. * Welcome and psychosocial support meetings. * Food recovery and distribution (food assistance). * PAAS Action program: employability assistance for people living on social welfare and excluded from the labour market. * Assistance in obtaining school supplies.

Eligibility: individuals and families on a low income, anyone who wants to break their isolation

Capacity: 30 persons

Coverage area: Châteauguay, Léry, Mercier, Saint-Isidore, Saint-Urbain-Premier, Sainte-Martine

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

Fees: food assistance: \$5, community meals: \$1, collective kitchens: \$2

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

Legal status: non-profit organization

SERVICE D'ENTRAIDE DE SAINT-PHILIPPE

3015 Édouard-VII Road, Saint-Philippe, Montérégie, QC, J0L 2K0

450 907-0839

Email: serv.entraide.stphilippe@gmail.com

Services: * Food assistance. * Christmas baskets.

Eligibility: disadvantaged people and families

Coverage area: Saint-Philippe

Hours: distribution: Wednesday 9h45 to 11h30 by appointment, registration: Tuesday 15h00 at the latest

Fees: none

Financing: donations

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - CHÂTEAUGUAY

42 Gilmour Street, Châteauguay, Montérégie, QC, J6J 1K6

450 691-1007 Fax: 450 692-5063

Email: ssvpchateauguay@hotmail.com

Services: * General store: clothing, furniture and other used items. * Food aid: distribution of food baskets and food vouchers. * Financial assistance for school fees. * Christmas baskets.

Eligibility: people on a low income

Coverage area: Châteauguay, Léry, Mercier

Hours: general store: Monday, Tuesday, Thursday, Friday 10h00 to 14h00, Saturday 9h00 to 12h00, food aid: on demand

Fees: food aid: free

Financing: donations, self-financing

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - MERCIER

766 Saint-Jean-Baptiste Boulevard, Mercier, Montérégie, QC, J6R 1G1

438 345-9009

Website: ssvp.qc.ca

Services: * Weekly food bank: bread, fruit and vegetables. * Bimonthly food bank: IGA shopping vouchers. * Christmas baskets. * Guignolée de Mercier: collection of non-perishable foodstuffs, hygiene products, everyday medicines and household items.

Eligibility: people on a low income

Capacity: food bank: 40 people

Coverage area: Mercier

Hours: food bank distribution and registration: Tuesday 10h00 to 11h00

Fees: none

Financing: donations, municipal, provincial

Legal status: non-profit organization

Food assistance coordination**CHÂTEAUGUAY FOOD BANK**

Confidential Address

450 698-1780

Email: bnchateauguayfb@outlook.com

Services: * Monthly home delivery of food baskets.

Eligibility: people on a low income

Coverage area: Châteauguay

Hours: home delivery of food baskets: once a month

Fees: none

Financing: donations

Legal status: non-profit organization

COMPLEXE LE PARTAGE - USED ITEMS RECOVERY

547 Saint-Henri Street, La Prairie, Montérégie, QC, J5R 2S9

450 444-0803

Website: lepartage.info

Email: administration@lepartage.org

Services: * On-site collection of donations: perishable and non-perishable food, clothing, household items, toys and leisure equipment, books and magazines.

Coverage area: La Prairie

Hours: Monday to Wednesday 10h00 to 17h00, Thursday and Friday 10h00 to 20h00, Saturday 10h00 to 16h00, Sunday 12h00 to 16h00

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

Legal status: non-profit organization

CORNE D'ABONDANCE DE CANDIAC

255 Montcalm Boulevard North, Candiac, Montérégie, QC, J5R 3L6

450 444-6999

Email: corne.abondance.candiac@gmail.com

Services: * Food bank and emergency assistance. * Thrift store: clothing, household items, sporting equipment, toys, etc. * Donation of food and clothing to community organizations and people in need. * Christmas baskets and Guignolée. * Volunteer development. * Donation boxes located at the Candiac Library and the IGA Extra Vallée Candiac. * Donation of school supplies for the food bank recipients.

Eligibility: food bank: people in need, thrift store: general public

Coverage area: Candiac

Hours: food bank: Tuesday 9h00 to 11h00, thrift store: Thursday 13h30 to 17h30, 1st Saturday of the month: 8h30 to 12h30, donation containers: Monday, Thursday and Saturday 9h00 to 16h00, donation boxes: 24 hours / 7 days

Financing: donations, self-financing

Legal status: non-profit organization

ENTRAIDE SAINT-MATHIEU (L')

299 Saint-Édouard Road, Saint-Mathieu, Montérégie, QC, J0L 2H0

450 632-9528 ext. 230

Email: entraidesaintmathieu2019@gmail.com

Services: * Christmas baskets. * Food assistance.

Eligibility: people in need

Coverage area: Saint-Mathieu

Hours: by appointment

Fees: none

Financing: donations

Legal status: non-profit organization

PARTAGE - POINT DE SERVICE SAINT-CONSTANT - USED ITEMS RECOVERY

125 Saint-Pierre Street, Saint-Constant, Montérégie, QC, J5A 2G9

450 444-0803

Website: lepartage.info

Email: administration@lepartage.org

Services: * On-site collection of donations: perishable and non-perishable food, clothing, household items, toys and leisure equipment, books and magazines.

Coverage area: Saint-Constant

Hours: Monday and Tuesday 9h00 to 17h00, Wednesday 9h30 to 17h00, Thursday and Friday 9h00 to 20h00, Saturday 9h00 to 16h00, Sunday 12h00 to 16h00

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

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - CHÂTEAUGUAY

42 Gilmour Street, Châteauguay, Montérégie, QC, J6J 1K6

450 691-1007 Fax: 450 692-5063

Email: ssvpchateauguay@hotmail.com

Services: * General store: clothing, furniture and other used items. * Food aid: distribution of food baskets and food vouchers. * Financial assistance for school fees. * Christmas baskets.

Eligibility: people on a low income

Coverage area: Châteauguay, Léry, Mercier

Hours: general store: Monday, Tuesday, Thursday, Friday 10h00 to 14h00, Saturday 9h00 to 12h00, food aid: on demand

Fees: food aid: free

Financing: donations, self-financing

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - MERCIER

766 Saint-Jean-Baptiste Boulevard, Mercier, Montérégie, QC, J6R 1G1

438 345-9009

Website: ssvp.qc.ca

Services: * Weekly food bank: bread, fruit and vegetables. * Bimonthly food bank: IGA shopping vouchers. * Christmas baskets. * Guignolée de Mercier: collection of non-perishable foodstuffs, hygiene products, everyday medicines and household items.

Eligibility: people on a low income

Capacity: food bank: 40 people

Coverage area: Mercier

Hours: food bank distribution and registration: Tuesday 10h00 to 11h00

Fees: none

Financing: donations, municipal, provincial

Legal status: non-profit organization

Low cost or free meals

ÂGE D'OR SAINT-JEAN BAPTISTE-MARIE-VIANNEY DE CHÂTEAUGUAY

8 Rainville Street, Châteauguay, Montérégie, QC, J6K 1H7

450 699-4362

Services: Recreational and social activities for seniors. * Bingo and cards. * Dance classes. * Community meals. * Pétanque.

Eligibility: seniors 50 years old and over

Coverage area: Châteauguay

Hours: Wednesday 10h30 to 16h00, Thursday 8h30 to 22h00, community meals: 1 Thursday per month until 22h30

Fees: membership card: \$25

Financing: membership fees

Legal status: non-profit organization

AVANT-TOÎT, MAISON D'HÉBERGEMENT (L') - HÉBERGEMENT GRANDS-FROIDS

462 Saint-Paul Street, La Prairie, Montérégie, QC, J5R 2R5

450 444-9661

Website: agsmlaprairie.org/volethebergement

Email: info@agsmlaprairie.org

Services: Warming centre. * Showers, meals, laundry. * Accompaniment towards residential stability, support services, guidance to other resources.

Eligibility: people experiencing homelessness or residential instability

Capacity: 10

Coverage area: MRC Roussillon

Fees: none

Financing: municipal

Legal status: non-profit organization

BISTRO CULTUREL COEUR DE VILLAGE

680 Saint-Régis Road, Saint-Isidore, Montérégie, QC, J0L 2A0

514 400-5351 Fax: 450 992-0633

Website: coeurdevillage.wordpress.com

Email: coeurdevillage@videotron.ca

Services: Promotion of culture and community action in rural areas. * Interventions with youth and seniors to break down the isolation. * Reintegration: professional integration internships, community work. * Summer jobs. * Flea market: small household items, toys, sports equipment and books. * Les papilles du coeur: catering service. * Room rental. * Volunteer work.

Eligibility: general public

Capacity: room: 75

Coverage area: MRC Roussillon

Hours: Wednesday to Friday 13h30 to 19h30, Saturday and Sunday 11h00 to 17h00

Fees: variable

Financing: self-financing, contributions, grants

Legal status: non-profit organization

CLUB FADOQ COEURS VAILLANTS ST-ISIDORE

652 St-Régis Road, Saint-Isidore, Montérégie, QC, J0L 2A0

514 452-8260

Email: manon.lavignecartier@hotmail.com

Services: * Recreational and social activities: petanque, bean bags, dancing, board games, dinners, etc.

Eligibility: people 50 years old and over

Coverage area: Saint-Isidore

Hours: variable

Fees: membership: \$25

Financing: membership fees, donations

Legal status: non-profit organization

FADOQ - CLUB DE L'ÂGE D'OR DE SAINT-MATHIEU

299 Saint-Édouard Road, Saint-Mathieu, Montérégie, QC, J0L 2H0

450 659-6083

Services: Recreational and leisure activities for seniors. * Community suppers. * Card games, petanque, etc.

Eligibility: seniors

Capacity: 90 members

Coverage area: Saint-Mathieu

Hours: variable

Fees: membership: \$25

Financing: membership fees

Legal status: non-profit organization

MAISON DES AÎNÉS DE LA PRAIRIE

500 Saint-Laurent Street, La Prairie, Montérégie, QC, J5R 5X2

450 444-6736

Website: maisondesaineslaprairie.org

Email: admin@maisondesaineslaprairie.org

Services: Community centre for seniors. * Educational, social and cultural activities. * Sporting and wellness activities. * English and Spanish courses. * Computer courses. * Intergenerational projects. * At-home hairdressing. * Community meals. * Monthly breakfast. * Group transportation for errands and shopping. * Conferences and discussions.

Eligibility: people 50 years and over, at-home hairdressing: people aged 80 and over or people aged 50 years and over in recovery and without a car

Coverage area: La Prairie, MRC Roussillon, at-home hairdressing: La Prairie

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

Fees: annual membership: \$18 for La Prairie citizens, \$21 for others, courses and hairdressing: variable

Financing: self-financing, provincial

Legal status: non-profit organization

MAISON DES JEUNES ÉQUINOX

5185 Saint-Laurent Boulevard, Sainte-Catherine, Montérégie, QC, J5C 1A6

450 632-5122 Fax: 450 632-1680

Website: mdjequinox.ca

Email: direction@mdjequinox.ca

Services: Meeting place. * Listening and counselling. * Sporting and cultural activities. * Homework assistance. * Running club. * Bi-weekly dinner. * Volunteering.

Eligibility: youth 12 to 17 years old, certain times for youth 10 to 11 years old

Coverage area: Sainte-Catherine and surroundings

Hours: school year: Tuesday to Thursday 16h00 to 21h00, Friday 16h00 to 22h00, Saturday 14h00 to 21h00, youth 10 to 11 years old: Monday 15h00 to 17h30, summer: Tuesday to Friday 14h00 to 17h00 and 18h00 to 22h00, Saturday 14h00 to 21h00, youth 10 to 11 years old: Monday 15h00 to 17h30

Fees: none

Financing: provincial, municipal

Legal status: non-profit organization

RENCONTRE CHÂTEAUGUOISE (LA)

159 Principale Street, Châteauguay, Montérégie, QC, J6K 1G2

450 699-6819 Fax: 450 699-3453

Website: www.rencontrechateauguoise.com

Email: adjointe@rencontrechateauguoise.com

Services: * Community meals. * Collective kitchens. * Coffee shops. * Family dinners. * Young cooks. * Welcome and psychosocial support meetings. * Food recovery and distribution (food assistance). * PAAS Action program: employability assistance for people living on social welfare and excluded from the labour market. * Assistance in obtaining school supplies.

Eligibility: individuals and families on a low income, anyone who wants to break their isolation

Capacity: 30 persons

Coverage area: Châteauguay, Léry, Mercier, Saint-Isidore, Saint-Urbain-Premier, Sainte-Martine

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

Fees: food assistance: \$5, community meals: \$1, collective kitchens: \$2

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

Legal status: non-profit organization

Prepared meals and Meals-on-wheels

CENTRE DE BÉNÉVOLAT DE LA RIVE-SUD - CANDIAC SITE

8 Saint-Francois-Xavier Road, Candiac, Montérégie, QC, J5R 1A2

450 659-9651

Website: www.benevolatrivesud.qc.ca

Email: candiac@benevolatrivesud.ca

Services: Homecare services * Meals on wheels: hot meals delivered at home. * Assistance with shopping. * Assistance with filling out forms. * Friendly visits and calls. * Training and support for caregivers. Community action * Welcoming and referral. * Tax clinic. * Toast and coffee: program to break seniors isolation. * Conferences.

Eligibility: adults and seniors with a loss of autonomy, living alone or in convalescence

Coverage area: Candiac, La Prairie, Saint-Constant, Sainte-Catherine, Saint-Mathieu, Saint-Philippe, Delson

Hours: Monday to Thursday 8h30 to 16h30, administration: Monday to Friday 8h30 to 16h30

Fees: meals-on-wheels: \$6,50 per meal

Financing: provincial

Legal status: non-profit organization

PARTAGE

547 Saint-Henri Street, La Prairie, Montérégie, QC, J5R 2S9

450 444-0803 Fax: 450 444-2621

Website: lepartage.info

Email: administration@lepartage.org

Services: * Emergency food and clothing assistance. * Christmas baskets. * Collective kitchens and cooking workshops. * Support, assistance and referral for families. * Thrift store. * Bonhomme à lunette service point: low-cost glasses.

Eligibility: individuals and families on a low income, homeless people, people living with major health problems, refugees, immigrants

Coverage area: La Prairie

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00, food assistance: Thursday 9h30 to 11h30, 13h30 to 15h30 and 17h00 to 18h15, bonhomme à lunette: no appointment necessary, Tuesday 9h30 to 11h30

Fees: food assistance, collective kitchens and culinary workshops: variable, Christmas baskets: free

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

Legal status: non-profit organization

PARTAGE - POINT DE SERVICE SAINT-CONSTANT

125 Saint-Pierre Street, Saint-Constant, Montérégie, QC, J5A 2G9

450 444-0803

Website: lepartage.info

Email: administration@lepartage.org

Services: * Food and clothing assistance. * Christmas baskets. * Support, assistance and referral for families. * Thrift store.

Eligibility: individuals and families on a low income, homeless people, people living with major health problems, refugees, immigrants

Coverage area: Saint-Constant

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00, food assistance: Thursday 13h30 to 15h15 and 17h00 to 18h15

Fees: food assistance, collective kitchens and culinary workshops: variable, Christmas baskets: free

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

Legal status: non-profit organization

PARTAGE - POINT DE SERVICE SAINTE-CATHERINE

1080 Union Street, Sainte-Catherine, Montérégie, QC, J5C 1B3

450 444-0803

Website: lepartage.info

Email: administration@lepartage.org

Services: * Food assistance. * Christmas baskets.

Eligibility: individuals and families on a low income

Coverage area: Sainte-Catherine

Hours: food assistance: Thursday 9h30 to 11h15

Fees: food assistance: variable, Christmas baskets: free

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

Legal status: non-profit organization

POPOTE CONSTANTE

330 Wilfrid-Lamarche Street, Saint-Constant, Montérégie, QC, J5A 1W2

450 632-2191

Email: popoteconstanteinc@hotmail.com

Services: Meals on wheels: hot meals delivered at home.

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

Capacity: 48 meals a day

Coverage area: Saint-Constant, Sainte-Catherine, Delson

Hours: delivery: Tuesday and Thursday 11h00 to 12h30

Fees: \$6

Financing: self-financing, municipal, fundraising campaigns

Legal status: non-profit organization

POPOTE ROULANTE DE CHÂTEAUGUAY

Confidential Address

514 231-0379

Website: popoteroulantechateauguay.webnode.fr

Email: infopopote.chateauguay@gmail.com

Services: Home delivery of cold meals: main dish, soup and dessert.

Eligibility: seniors with a loss of autonomy, ill or disabled

Coverage area: Châteauguay, Léry

Hours: Monday to Friday 8h00 to 18h00

Fees: \$5 per meal

Financing: grants, provincial

Legal status: non-profit organization

Government services

FEDERAL SERVICES

INCOME STATEMENTS

MUNICIPAL SERVICES

MUNICIPALITÉ RÉGIONALE DE COMTÉ (MRC)

OFFICIAL DOCUMENTS

PROVINCIAL SERVICES

Federal services

SERVICE CANADA CENTRE - CHÂTEAUGUAY

245 Saint-Jean-Baptiste Boulevard, Suite 101, Châteauguay, Montérégie, QC, J6K 3C3

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

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: srv138.services.gc.ca/daf/s/e82fb618-124c-4a07-ba98-9c99c5c5f6bf?goctemplateculture=en-ca * Job bank: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance, sickness benefits and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Recruitment awareness. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, career planning, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Châteauguay

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

Income statements

CANDIAC - CITY

100 Montcalm Boulevard North, Candiac, Montérégie, QC, J5R 3L8

450 444-6000 Fax: 450 444-6009

Website: candiac.ca

Email: directiongenerale@ville.candiac.qc.ca

Services: Management of municipal services. * Payment of municipal taxes. * Construction permits. * Collection of garbage, bulky items, dead leaves and branches. * Pet licenses. * Info-travaux: information on road projects. * Collection of dead animals on residential sites.

Coverage area: Candiac

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

Financing: municipal

Legal status: municipal agency

CHÂTEAUGUAY - CITY

5 D'Youville Boulevard, Châteauguay, Montérégie, QC, J6J 2P8

450 698-3000

Website: ville.chateauguay.qc.ca/en

Email: service@ville.chateauguay.qc.ca

Services: Municipal service management. * Municipal tax management and payment. * Garbage collection. * Fire department. * Police department. * Construction permits. * Pet licences. * Emergency notification system. * Online portal for citizens: mondossier.ville.chateauguay.qc.ca/s/dossierregister?language=en_US

Coverage area: Châteauguay

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

Financing: municipal

Legal status: municipal agency

DELSON - CITY

50 Sainte-Thérèse Street, Delson, Montérégie, QC, J5B 2B2

450 632-1050 Fax: 450 632-1571

Website: www.ville.delson.qc.ca

Email: reception@ville.delson.qc.ca

Services: Municipal service management. * Municipal tax management and payment. * Information on garbage collection. * Construction permits. * COMALERTE: information by text message, email or automated telephone on street closures, snow removal, boil water advisories and other urgent information alerte.delson.ca
* Online services: permit and grant applications, newsletter registration, COMALERTE

www.ville.delson.qc.ca/fr/services-en-ligne

Coverage area: Delson

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

Financing: municipal

Legal status: municipal agency

LA PRAIRIE - CITY

170 Taschereau Boulevard, Suite 400, La Prairie, Montérégie, QC, J5R 5H6

450 444-6600 Fax: 450 444-6636

Website: www.ville.laprairie.qc.ca

Email: info@ville.laprairie.qc.ca

Services: Municipal service management. * Municipal tax payment. * Garbage collection. * Construction permits. * Fire department. * Dog licences. * Certification of documents. * Emergency notification system. * Collection of dead animals on residential sites.

Coverage area: La Prairie

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

Financing: municipal

Legal status: municipal agency

LÉRY - CITY

1 de l'Hôtel-de-Ville Street, Léry, Montérégie, QC, J6N 1E8

450 692-6861 Fax: 450 692-6881

Website: www.lery.ca

Email: info@lery.ca

Services: Municipal service management. * Municipal tax payment. * Garbage collection. * Construction permits. * Fire department. * Dog licenses.

Coverage area: Léry

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

Financing: municipal

Legal status: municipal agency

MERCIER - CITY

869 Saint-Jean-Baptiste Boulevard, 2nd floor, Mercier, Montérégie, QC, J6R 2L3

450 691-6090 Fax: 450 691-6529

Website: www.ville.mercier.qc.ca

Email: info@ville.mercier.qc.ca

Services: Management of municipal services. * Payment of municipal taxes and property assessment. * Urban planning by-laws. * Permit applications. * Fire safety department. * Information on the collection of residual materials and collections according to the calendar provided by the MRC de Roussillon:

<http://roussillon.ca/gestion-des-matieres-residuelles/info-matieres-residuelles/info-collection/?ville=mercier> *

Centre d'avis aux citoyens: updated recorded message containing current notifications. * Alerte citoyens: automated phone call system for emergencies. * Leisure, culture, and community life. * Municipal library.

Coverage area: Mercier

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00, centre d'avis aux citoyens phone service: 24 hours / 7 days

Financing: municipal

Legal status: municipal agency

SAINT-CONSTANT - CITY

147 Saint-Pierre Street, Saint-Constant, Montérégie, QC, J5A 2G9

450 638-2010 ext. 0 Fax: 450 638-5919

Website: saint-constant.ca

Email: reception@saint-constant.ca

Services: Municipal service management. * Municipal tax payment. * Construction permits. * Garbage collection. * Pet licences. * Emergency notification system. * Collection of dead animals on residential sites.

Coverage area: Saint-Constant

Hours: Monday to Thursday 8h00 to 17h00, Friday 8h00 to 13h00

Financing: municipal

Legal status: municipal agency

SAINT-ISIDORE - MUNICIPALITY

671 Saint-Régis Road, Saint-Isidore, Montérégie, QC, J0L 2A0

450 454-3919

Website: www.municipalite.saint-isidore.qc.ca

Services: Municipal service management. * Municipal tax payment. * Information on garbage collection. * Fire department. * Construction permits.

Coverage area: Saint-Isidore

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

Financing: municipal

Legal status: municipal agency

SAINT-MATHIEU - MUNICIPALITY

299 Saint-Édouard Road, Saint-Mathieu, Montérégie, QC, J0L 2H0

450 632-9528 ext. 0 Fax: 450 632-9544

Website: municipalite.saint-mathieu.qc.ca

Email: info@municipalite.saint-mathieu.qc.ca

Services: Municipal service management. * Municipal tax payment. * Dog and cat licences. * Construction permits. * Information on garbage collection.

Coverage area: Saint-Mathieu

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

Financing: municipal

Legal status: municipal agency

SAINT-PHILIPPE - CITY

175 Sanguinet Road, Suite 201, Saint-Philippe, Montérégie, QC, J0L 2K0

450 659-7701 ext. 221 Fax: 450 659-7702

Website: ville.saintphilippe.quebec

Email: info@ville.saintphilippe.quebec

Services: Municipal service management. * Municipal tax payment. * Information on garbage collection. * Construction permits. * Emergency notification system.

Coverage area: Saint-Philippe

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

Financing: municipal

Legal status: municipal agency

SAINTE-CATHERINE - CITY

5465 Marie-Victorin Boulevard, Sainte-Catherine, Montérégie, QC, J5C 1M1

450 632-0590 Fax: 450 638-3298

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

Email: communications@vdsc.ca

Services: Municipal service management. * Municipal tax payment. * Administration of oath. * Garbage collection. * Construction permits. * Dog and cat licences. * Emergency notification system. * Sports, Culture and Recreation Department. * Municipal library.

Coverage area: Sainte-Catherine

Hours: Monday, Wednesday and Thursday 8h30 to 12h00 and 13h00 to 16h30, Tuesday 8h30 to 12h00 and 13h00 to 19h30, Friday 8h30 to 13h00

Financing: municipal

Legal status: municipal agency

Municipal services

CANDIAC - CITY

100 Montcalm Boulevard North, Candiac, Montérégie, QC, J5R 3L8

450 444-6000 Fax: 450 444-6009

Website: candiac.ca

Email: directiongenerale@ville.candiac.qc.ca

Services: Management of municipal services. * Payment of municipal taxes. * Construction permits. * Collection of garbage, bulky items, dead leaves and branches. * Pet licenses. * Info-travaux: information on road projects. * Collection of dead animals on residential sites.

Coverage area: Candiac

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

Financing: municipal

Legal status: municipal agency

CANDIAC - LOISIRS

59 Haendel Road, Candiac, Montérégie, QC, J5R 1R7

450 635-6020

Website: candiac.ca/culture-et-loisirs

Email: loisirs@ville.candiac.qc.ca

Services: * Community, sociocultural and sporting activities. * Parks and playgrounds, ice rinks, community centres, arena, swimming pool. * Financial assistance for sporting, recreational and artistic activities. * Coordination with community organizations. * Summer day camp. * Room rental. * Events and parties.

Coverage area: Candiac

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

Fees: variable

Financing: municipal

Legal status: municipal agency

CHÂTEAUGUAY - CITY

5 D'Youville Boulevard, Châteauguay, Montérégie, QC, J6J 2P8

450 698-3000

Website: ville.chateauguay.qc.ca/en

Email: service@ville.chateauguay.qc.ca

Services: Municipal service management. * Municipal tax management and payment. * Garbage collection. * Fire department. * Police department. * Construction permits. * Pet licences. * Emergency notification system. * Online portal for citizens: mondossier.ville.chateauguay.qc.ca/s/dossierregister?language=en_US

Coverage area: Châteauguay

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

Financing: municipal

Legal status: municipal agency

CHÂTEAUGUAY - ENTERTAINMENT, SPORTS AND CULTURE

15 Maple Boulevard, Châteauguay, Montérégie, QC, J6J 3P7

450 698-3100

Website: ville.chateauguay.qc.ca/en

Email: vie.citoyenne@ville.chateauguay.qc.ca

Services: * Community, cultural and sporting activities. * Multisports centre, polydium, arena, parks and playgrounds, cultural centre, aquatic centre, nautical centre. * Exhibition, events and festivals. * Coordination with community organizations. * Summer day camp. * Room rental.

Coverage area: Châteauguay

Hours: Monday and Tuesday 12h00 to 20h00, Wednesday and Thursday 12h00 to 18h00, Friday 12h00 to 17h00, Saturday 9h00 to 17h00, summer schedule: Monday and Friday 10h00 to 20h00, Tuesday to Thursday 10h00 to 16h00

Fees: variable, passeport-loisir: free for residents

Financing: municipal

Legal status: municipal agency

DELSON - CITY

50 Sainte-Thérèse Street, Delson, Montérégie, QC, J5B 2B2

450 632-1050 Fax: 450 632-1571

Website: www.ville.delson.qc.ca

Email: reception@ville.delson.qc.ca

Services: Municipal service management. * Municipal tax management and payment. * Information on garbage collection. * Construction permits. * COMALERTE: information by text message, email or automated telephone on street closures, snow removal, boil water advisories and other urgent information alerte.delson.ca * Online services: permit and grant applications, newsletter registration, COMALERTE

www.ville.delson.qc.ca/fr/services-en-ligne

Coverage area: Delson

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

Financing: municipal

Legal status: municipal agency

DELSON - SERVICE DES LOISIRS

100 de Delson Avenue, Delson, Montérégie, QC, J5B 1S3

450 632-1050 ext. 3100 Fax: 450 635-0627

Website: www.ville.delson.qc.ca/fr/services-municipaux/loisirs-et-culture

Email: loisirs@ville.delson.qc.ca

Services: * Community, sociocultural and sporting activities. * Sports centre, parks, ice rinks and playgrounds. * Summer day camp. * Hall rental.

Coverage area: Delson

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

Fees: variable, citizen card: free

Financing: municipal

Legal status: municipal agency

LA PRAIRIE - CITY

170 Taschereau Boulevard, Suite 400, La Prairie, Montérégie, QC, J5R 5H6

450 444-6600 Fax: 450 444-6636

Website: www.ville.laprairie.qc.ca

Email: info@ville.laprairie.qc.ca

Services: Municipal service management. * Municipal tax payment. * Garbage collection. * Construction permits. * Fire department. * Dog licences. * Certification of documents. * Emergency notification system. * Collection of dead animals on residential sites.

Coverage area: La Prairie

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

Financing: municipal

Legal status: municipal agency

LA PRAIRIE - SERVICE DES LOISIRS

500 Saint-Laurent Street, La Prairie, Montérégie, QC, J5R 5X2

450 444-6700

Website: www.ville.laprairie.qc.ca

Email: loisirs@ville.laprairie.qc.ca

Services: * Community, sociocultural and sporting activities. * Arena, multi-purpose centre, swimming pool, parks, ice rinks and playgrounds. * Coordination with community organizations. * Summer day camp. * Community gardens. * Vieux - La Prairie theater. * Activities and events. * Room rental.

Coverage area: La Prairie

Hours: Monday to Friday 8h15 to 20h30, Saturday 13h30 to 16h30

Fees: variable

Financing: municipal

Legal status: municipal agency

LÉRY - CITY

1 de l'Hôtel-de-Ville Street, Léry, Montérégie, QC, J6N 1E8

450 692-6861 Fax: 450 692-6881

Website: www.lery.ca

Email: info@lery.ca

Services: Municipal service management. * Municipal tax payment. * Garbage collection. * Construction permits. * Fire department. * Dog licenses.

Coverage area: Léry

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

Financing: municipal

Legal status: municipal agency

LÉRY - LOISIRS ET CULTURE

1 de l'Hôtel-de-Ville Street, Léry, Montérégie, QC, J6N 1E8

450 692-6861 Fax: 450 692-6881

Website: www.lery.ca/services/loisirs-et-culture

Email: info@lery.ca

Services: * Cultural, sporting, artistic, and recreational activities. * Parks, swimming pool, indoor sports fields, and community gardens. * Club d'âge d'or de Léry: activities for seniors aged 50 and over. * Hall and sports fields rental. * Events.

Coverage area: Léry

Fees: variable

Financing: municipal

Legal status: municipal agency

MERCIER - CITY

869 Saint-Jean-Baptiste Boulevard, 2nd floor, Mercier, Montérégie, QC, J6R 2L3

450 691-6090 Fax: 450 691-6529

Website: www.ville.mercier.qc.ca

Email: info@ville.mercier.qc.ca

Services: Management of municipal services. * Payment of municipal taxes and property assessment. * Urban planning by-laws. * Permit applications. * Fire safety department. * Information on the collection of residual materials and collections according to the calendar provided by the MRC de Roussillon:

<http://roussillon.ca/gestion-des-matieres-residuelles/info-matieres-residuelles/info-collection/?ville=mercier> *

Centre d'avis aux citoyens: updated recorded message containing current notifications. * Alerte citoyens: automated phone call system for emergencies. * Leisure, culture, and community life. * Municipal library.

Coverage area: Mercier

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00, centre d'avis aux citoyens phone service: 24 hours / 7 days

Financing: municipal

Legal status: municipal agency

RÉGIE INTERMUNICIPALE DE POLICE ROUSSILLON

90 Saint-François-Xavier Road, Candiac, Montérégie, QC, J5R 6M6

450 638-0911 ext. 0 Fax: 450 638-0905

Website: www.ripr.ca

Email: direction@policeroussillon.ca

Services: Responds to the public's safety needs. * Protection of the citizen's lives and property. * Peace and public safety maintenance. * Verification of criminal record. * Prevention and combat against crime. * Enforcement of applicable laws and regulations.

Coverage area: Candiac, Delson, La Prairie, Saint-Constant, Saint-Mathieu, Saint-Philippe, Sainte-Catherine

Hours: 24 hours / 7 days, administration: Monday and Tuesday 8h00 to 12h00 and 13h00 to 16h30, Wednesday and Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00

Financing: municipal

Legal status: municipal agency

SAINT-CONSTANT - CITY

147 Saint-Pierre Street, Saint-Constant, Montérégie, QC, J5A 2G9

450 638-2010 ext. 0 Fax: 450 638-5919

Website: saint-constant.ca

Email: reception@saint-constant.ca

Services: Municipal service management. * Municipal tax payment. * Construction permits. * Garbage collection. * Pet licences. * Emergency notification system. * Collection of dead animals on residential sites.

Coverage area: Saint-Constant

Hours: Monday to Thursday 8h00 to 17h00, Friday 8h00 to 13h00

Financing: municipal

Legal status: municipal agency

SAINT-CONSTANT - ÉCOCENTRE

25 Montée Lasaline, Saint-Constant, Montérégie, QC, J5A 2A8

450 638-2010 ext. 7500

Website: saint-constant.ca/fr/ecocentre-1

Services: Recovery of residual materials. * Construction waste. * Non-contaminated soil, branches. * Computer and electronic appliances. * Appliances containing halocarbon: refrigerators, air-conditioners, etc. * Metals. * Tires. * Hazardous domestic waste: aerosols, paint, oil, batteries, etc.

Eligibility: residents

Coverage area: Saint-Constant

Hours: Monday to Thursday 8h00 to 11h45 and 13h00 to 16h45, Friday 8h00 to 11h45, 3rd Saturday of the month 8h00 to 12h45, summer: Monday to Thursday 8h00 to 11h45 and 13h00 to 16h45, Friday 8h00 to 11h45, Saturday 8h00 to 11h45 and 13h00 to 16h45

Fees: 1 visit maximum per week, per address

Financing: municipal

Legal status: municipal agency

SAINT-CONSTANT - LEISURE DEPARTMENT

330 Wilfrid-Lamarche Street, Saint-Constant, Montérégie, QC, J5A 2S2

450 638-2010 ext. 7200 Fax: 450 635-8415

Website: saint-constant.ca

Email: loisirs@saint-constant.ca

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

Coverage area: Saint-Constant

Hours: Monday to Thursday 8h00 to 17h00, Friday 8h00 to 13h00

Fees: variable

Financing: municipal

Legal status: municipal agency

SAINT-ISIDORE - LOISIRS ET VIE COMMUNAUTAIRE

671 Saint-Régis Road, Saint-Isidore, Montérégie, QC, J0L 2A0

450 454-3919 ext. 106

Website: www.municipalite.saint-isidore.qc.ca

Email: loisirs@municipalite.saint-isidore.qc.ca

Services: * Sporting and recreational activities. * Community centre, parks, ice rink, sports fields. * Summer day camp. * Events.

Coverage area: Saint-Isidore

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

Fees: variable

Financing: municipal

Legal status: municipal agency

SAINT-ISIDORE - MUNICIPALITY

671 Saint-Régis Road, Saint-Isidore, Montérégie, QC, J0L 2A0

450 454-3919

Website: www.municipalite.saint-isidore.qc.ca

Services: Municipal service management. * Municipal tax payment. * Information on garbage collection. * Fire department. * Construction permits.

Coverage area: Saint-Isidore

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

Financing: municipal

Legal status: municipal agency

SAINT-MATHIEU - MUNICIPALITY

299 Saint-Édouard Road, Saint-Mathieu, Montérégie, QC, J0L 2H0

450 632-9528 ext. 0 Fax: 450 632-9544

Website: municipalite.saint-mathieu.qc.ca

Email: info@municipalite.saint-mathieu.qc.ca

Services: Municipal service management. * Municipal tax payment. * Dog and cat licences. * Construction permits. * Information on garbage collection.

Coverage area: Saint-Mathieu

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

Financing: municipal

Legal status: municipal agency

SAINT-MATHIEU - SERVICE DES LOISIRS

299 Saint-Édouard Road, Saint-Mathieu, Montérégie, QC, J0L 2H0

450 632-9528 ext. 225 Fax: 450 632-9544

Website: municipalite.saint-mathieu.qc.ca

Email: loisirs@municipalite.saint-mathieu.qc.ca

Services: * Sporting and recreational activities. * Parks, community centre, sports fields, ice rink. * Summer day camp. * Parties and events. * Hall rental.

Coverage area: Saint-Mathieu

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

Fees: variable

Financing: municipal

Legal status: municipal agency

SAINT-PHILIPPE - CITY

175 Sanguinet Road, Suite 201, Saint-Philippe, Montérégie, QC, J0L 2K0

450 659-7701 ext. 221 Fax: 450 659-7702

Website: ville.saintphilippe.quebec

Email: info@ville.saintphilippe.quebec

Services: Municipal service management. * Municipal tax payment. * Information on garbage collection. * Construction permits. * Emergency notification system.

Coverage area: Saint-Philippe

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

Financing: municipal

Legal status: municipal agency

SAINT-PHILIPPE - LOISIRS, CULTURE ET VIE COMMUNAUTAIRE

2225 Édouard-VII Road, Saint-Philippe, Montérégie, QC, J0L 2K0

450 659-7701 ext. 230 Fax: 450 659-7702

Website: ville.saintphilippe.quebec/programmation-loisirs

Email: loisirs@ville.saintphilippe.quebec

Services: * Sporting and recreational activities. * Community centre, parks, sports fields. * Coordination with community organizations. * Summer day camp. * Events. * Hall rental.

Coverage area: Saint-Philippe

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

Fees: variable

Financing: municipal

Legal status: municipal agency

SAINTE-CATHERINE - CITY

5465 Marie-Victorin Boulevard, Sainte-Catherine, Montérégie, QC, J5C 1M1

450 632-0590 Fax: 450 638-3298

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

Email: communications@vdsc.ca

Services: Municipal service management. * Municipal tax payment. * Administration of oath. * Garbage collection. * Construction permits. * Dog and cat licences. * Emergency notification system. * Sports, Culture and Recreation Department. * Municipal library.

Coverage area: Sainte-Catherine

Hours: Monday, Wednesday and Thursday 8h30 to 12h00 and 13h00 to 16h30, Tuesday 8h30 to 12h00 and 13h00 to 19h30, Friday 8h30 to 13h00

Financing: municipal

Legal status: municipal agency

SAINTE-CATHERINE - SPORTS, CULTURE, LEISURE AND COMMUNITY LIFE

5365 Saint-Laurent Boulevard, Sainte-Catherine, Montérégie, QC, J5C 1A6

450 632-0590 ext. 5210 Fax: 450 632-9908

Website: www.ville.sainte-catherine.qc.ca/sports-culture-et-loisirs

Email: sports-culture@vdsc.ca

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

Coverage area: Sainte-Catherine

Hours: Monday to Thursday 8h30 to 19h30, Friday 8h30 to 16h30

Fees: variable

Financing: municipal

Legal status: municipal agency

SERVICE DE POLICE DE CHÂTEAUGUAY

55 Maple Boulevard, Châteauguay, Montérégie, QC, J6J 3P9

450 698-1331

Website: ville.chateauguay.qc.ca/en/police-service/home

Email: police@police.chateauguay.ca

Services: Peacekeeping, law enforcement and public security. * Prevention and repression of crime and offences. * Criminal record check-up. * Awareness-raising.

Coverage area: Châteauguay, Léry, Beauharnois, Saint-Isidore

Hours: 24 hours / 7 days

Financing: municipal

Legal status: municipal agency

Municipalité régionale de comté (MRC)

MRC ROUSSILLON

260 Saint-Pierre Street, Suite 200, Saint-Constant, Montérégie, QC, J5A 2A5

450 638-1221 Fax: 450 638-4499

Website: roussillon.ca

Email: communications@mrcroussillon.qc.ca

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. * Grants for compost bin and washable diapers. * Participation in socio-economic development. * Promotion of heritage, culture and tourism.

Coverage area: MRC Roussillon

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

Financing: municipal, self-financing, provincial

Legal status: municipal agency

Official documents

LA PRAIRIE - CITY

170 Taschereau Boulevard, Suite 400, La Prairie, Montérégie, QC, J5R 5H6

450 444-6600 Fax: 450 444-6636

Website: www.ville.laprairie.qc.ca

Email: info@ville.laprairie.qc.ca

Services: Municipal service management. * Municipal tax payment. * Garbage collection. * Construction permits. * Fire department. * Dog licences. * Certification of documents. * Emergency notification system. * Collection of dead animals on residential sites.

Coverage area: La Prairie

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

Financing: municipal

Legal status: municipal agency

RÉGIE INTERMUNICIPALE DE POLICE ROUSSILLON

90 Saint-François-Xavier Road, Candiac, Montérégie, QC, J5R 6M6

450 638-0911 ext. 0 Fax: 450 638-0905

Website: www.ripr.ca

Email: direction@policeroussillon.ca

Services: Responds to the public's safety needs. * Protection of the citizen's lives and property. * Peace and public safety maintenance. * Verification of criminal record. * Prevention and combat against crime. * Enforcement of applicable laws and regulations.

Coverage area: Candiac, Delson, La Prairie, Saint-Constant, Saint-Mathieu, Saint-Philippe, Sainte-Catherine

Hours: 24 hours / 7 days, administration: Monday and Tuesday 8h00 to 12h00 and 13h00 to 16h30, Wednesday and Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00

Financing: municipal

Legal status: municipal agency

SAINTE-CATHERINE - CITY

5465 Marie-Victorin Boulevard, Sainte-Catherine, Montérégie, QC, J5C 1M1

450 632-0590 Fax: 450 638-3298

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

Email: communications@vdsc.ca

Services: Municipal service management. * Municipal tax payment. * Administration of oath. * Garbage collection. * Construction permits. * Dog and cat licences. * Emergency notification system. * Sports, Culture and Recreation Department. * Municipal library.

Coverage area: Sainte-Catherine

Hours: Monday, Wednesday and Thursday 8h30 to 12h00 and 13h00 to 16h30, Tuesday 8h30 to 12h00 and 13h00 to 19h30, Friday 8h30 to 13h00

Financing: municipal

Legal status: municipal agency

SERVICE CANADA CENTRE - CHÂTEAUGUAY

245 Saint-Jean-Baptiste Boulevard, Suite 101, Châteauguay, Montérégie, QC, J6K 3C3

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

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: srv138.services.gc.ca/daf/s/e82fb618-124c-4a07-ba98-9c99c5c5f6bf?goctemplateculture=en-ca * Job bank: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance, sickness benefits and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Recruitment awareness. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, career planning, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Châteauguay

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

SERVICE DE POLICE DE CHÂTEAUGUAY

55 Maple Boulevard, Châteauguay, Montérégie, QC, J6J 3P9

450 698-1331

Website: ville.chateauguay.qc.ca/en/police-service/home

Email: police@police.chateauguay.ca

Services: Peacekeeping, law enforcement and public security. * Prevention and repression of crime and offences. * Criminal record check-up. * Awareness-raising.

Coverage area: Châteauguay, Léry, Beauharnois, Saint-Isidore

Hours: 24 hours / 7 days

Financing: municipal

Legal status: municipal agency

Provincial services

LEGAL AID OFFICE - CHÂTEAUGUAY

147 Saint-Jean-Baptiste Boulevard, Châteauguay, Montérégie, QC, J6K 3B1

450 691-4325 Fax: 450 699-0496

Website: ccjrs.com/en/bureaux/chateauguay-2

Email: chateauguay@ccjrs.com

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

Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible and with a legal need that is covered by the Law

Coverage area: Châteauguay, Saint-Constant, Delson, Kahnawake

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

Fees: people may be eligible for free legal aid or contributory legal aid between \$100 and 800, depending on their financial situation, see scale on website

Financing: provincial

Legal status: parapublic organization

Health

EYE CARE

FAMILY PLANNING

PALLIATIVE CARE

PATIENT SUPPORT ASSOCIATIONS

PUBLIC HEALTH

Eye care

RÉSEAU D'INFORMATION ET D'AIDE AUX PERSONNES ASSISTÉES SOCIALES

200-200 Industriel Boulevard, Châteauguay, Montérégie, QC, J6J 2Z4

450 691-6682 Fax: 450 691-2034

Website: riapas.ca

Email: info@riapas.ca

Services: * Helpline. * Individual meetings and technical assistance. * Training. * Collective actions. * Psychosocial intervention. * Bonhomme à lunette service point: low-cost glasses.

Eligibility: people on social assistance, people living in poverty

Coverage area: MRC Roussillon, MRC Les Jardins-de-Napierville

Hours: Monday to Thursday 9h00 to 16h30, bonhomme à lunette: no appointment necessary, Tuesday 13h00 à 16h00

Financing: provincial

Legal status: non-profit organization

Family planning

ANNA-LABERGE HOSPITAL

200 Brisebois Boulevard, Châteauguay, Montérégie, QC, J6K 4W8

450 699-2425

Website: santemonteregie.qc.ca/en/installations/hopital-anna-laberge

Services: Hospital offering general and specialized cares. * Emergencies. * Tests centre. * Minor surgery. * Abortion. * Minor surgery. * Abortion. * Family planning, contraception. * Radiology. * Recovery of used syringes and needles. * Distribution of new injection equipment to drug users. * Detoxification. * Family medicine. * End-of-life care. * Breastfeeding room. * Breast pump rental. * Vaccination.

Capacity: 225 beds

Coverage area: Province of Québec

Hours: 24 hours / 7 days

Financing: provincial

Legal status: parapublic organization

CENTRE DE FEMMES L'ÉCLAIRCIE

1025 Centrale Street, Sainte-Catherine, Montérégie, QC, J5C 1A2

450 638-1131 Fax: 450 638-1132

Website: www.centredefemmesleclaircie.com

Email: info@claircie.org

Services: Support for women in their autonomy process. * Reception, listening and referral. * Support group. * Accompaniment in socio-legal process. * Accompaniment with the decision-making process regarding the outcome of an unplanned pregnancy (pro-choice). * Documentation centre. * Popular education workshops. * Coffee-chat and conferences. * Day care. * Training of volunteers. * Collective action.

Eligibility: women 14 years and over, children 5 years old and under

Capacity: 15

Coverage area: Candiac, Delson, La Prairie, Sainte-Catherine, Saint-Constant, Saint-Mathieu, Saint-Philippe

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

Fees: free or low cost for some activities

Financing: grants, self-financing, donations

Legal status: non-profit organization

ESTRADE (L')

125 Haendel Road, Candiac, Montérégie, QC, J5R 1R7

450 692-2358

Email: info@lestrade.org

Services: Street work. * Welcoming, listening, support, accompaniment and referral. * Accompaniment in procedures. * Preventative interventions: homelessness, addiction, themes concerning the youth. * Help and support in looking for housing. * Distribution of injection equipment. * Distribution of prevention material: STD, pregnancy, consumption, hygiene and others.

Eligibility: people of all ages, marginalized or in a vulnerable situation, adults or emancipated people experiencing homelessness or at risk of homelessness

Coverage area: people of all ages: Candiac, Sainte-Catherine, adults or emancipated people who are experiencing homelessness or at risk of being homeless: Candiac, Delson, La Prairie, Sainte-Catherine, Saint-Constant, Saint-Mathieu, Saint-Philippe

Hours: Monday to Friday 9h00 to 23h00

Fees: none

Financing: grants

Legal status: non-profit organization

OPTIONS: RESOURCE AND PREGNANCY CENTRE FOR YOUTH

25 D'Anjou Boulevard, Châteauguay, Montérégie, QC, J6J 2P7

450 699-4357

Website: www.centreoptions.org/indexen1

Email: options@jslmontreal.org

Services: Care and support to youth and families facing unplanned pregnancy. Material assistance * Free pregnancy testing. * ARK boutique: clothes and diapers for children 0 to 5 years old, maternity clothes, high chairs, cots and cradles, etc. Education and prevention * Referral for STBBIs testing. * Sexual education workshops. * Referral to government and community resources. * Personal self-worth and healthy relationship teaching. Accompaniment * Personalized support. * Pregnancy options exploration. * Mediation between family members or a client and other people. * Tailored prenatal education & lactation support. * Reproductive loss grief support. * Birth family support through the adoption process during and after pregnancy. Parental education * Life skills and family management training. * Mom and tot groups. * Mentor mom and dad opportunities. Donations * Baby clothing donation. Housing * Housing program for pregnant youth and young parents.

Eligibility: people 25 years old and under with an unplanned pregnancy, their families, Boutique ark: parents, priority to those 25 years old and under

Capacity: pregnancy options support: 3 people per week, housing: 7 parents with children under 5, other services: as needed

Coverage area: Greater Montréal

Hours: ark boutique: Monday, Tuesday and Friday 10h00 to 14h00, appointments available outside these hours

Fees: none

Financing: donations

Legal status: non-profit organization

QUARTIER DES FEMMES (LE)

70 Salaberry Boulevard South, Châteauguay, Montérégie, QC, J6J 4J5

450 692-9805 Fax: 450 692-8243

Website: quartierdesfemmes.com/en

Email: info@quartierdesfemmes.org

Services: Self-help and popular education centre aimed at improving living conditions and empowering women in all their diversity. * Mother-friendly program: support and accompaniment at home by a care worker. * Individual intervention. * Psychosocial support for women dealing with pregnancy ambivalence. * Respite for mothers. * Parenting talks * Workshops: sexuality, personal development, etc. * Self-help groups. * Community gardens. * Conferences and various meetings on subjects affecting women. * Fridge-sharing. * Various participatory committees.

Eligibility: women

Coverage area: CLSC Jardins-Roussillon

Hours: Monday to Friday 8h30 to 16h30, activities: variable, sometimes in the evening

Fees: free, activities: minimal fees for some

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

Legal status: non-profit organization

Palliative care

CHSLD DE LA PRAIRIE

500 Balmoral Avenue, La Prairie, Montérégie, QC, J5R 4N5

450 659-9148 Fax: 450 659-9989

Website: www.santemonteregie.qc.ca/en/installations/chsld-de-la-prairie

Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long term cares. * Day centre offering therapeutic services to maintain the autonomy of seniors living at home. * End-of-life and palliative care.

Eligibility: seniors, people with a loss of autonomy

Capacity: day centre: 10 to 20 people per day

Coverage area: MCR Roussillon, MRC Les Jardins-de-Napierville

Hours: day centre: Monday to Friday 8h00 to 16h00

Financing: provincial

Legal status: parapublic organization

Patient support associations

ASSOCIATION INFERTILITÉ QUÉBEC

1538 Saint-Jean-Baptiste Boulevard, Mercier, Montérégie, QC, J6R 2L1

Website: www.infertilite.ca

Email: info@infertilite.ca

Services: Representation and advocacy for infertile couples. * Information and referral regarding infertility and adoption. * Pairing between people with common experiences with infertility, accompaniment. * Support group with a nurse.

Eligibility: infertile couples and people of all sexual orientations

Coverage area: Province of Québec

Fees: annual membership: \$25.50

Financing: membership fees

Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DE LA DYSPHASIE - RÉGION MONTÉRÉGIE

55 Saint-Pierre Street, Suite 203, Saint-Constant, Montérégie, QC, J5A 1B9

450 635-1961

Website: www.dysphasiemonteregie.qc.ca

Email: direction@dysphasiemonteregie.org

Services: * Listening, information and support for members. * Activities, conferences. * Consultation with a social worker: follow-up, intervention plan, etc. * Info TS: online information service from a social worker via the private Facebook page. * Les p'tits conseils de mon orthophoniste: various themes discussed via the private Facebook page (<https://www.facebook.com/groups/lesptitsconseils>). * Production of information and advocacy tools. * Support to research on developmental language disorder.

Eligibility: people living with a developmental language disorder (dysphasia), their parents and relatives

Coverage area: Montérégie

Hours: office: Monday to Thursday 8h00 to 16h00, Friday 9h00 to 13h00, activities: evenings and weekends

Fees: membership: \$25 per year for individual, professional and supporter members, \$50 for corporate members

Financing: provincial, self-financing, donations

Legal status: non-profit organization

CENTRE DE RÉHABILITATION AVC

500 Saint-Laurent Street, La Prairie, Montérégie, QC, J5R 5X2

514 775-5347

Website: www.centrerehabilitationavc.com

Email: accidentvasculaire@hotmail.com

Services: Long-term sensory-motor, verbal, cognitive and psychological rehabilitation following a CVA. * Cognitive activities: vocalization, speech therapy, concentration and memory games. * Socio-cultural activities: cinema, sugar shack, cultural outings, Christmas party, etc. * Adapted physical activities: chair exercises, bowling, bean bag toss and darts. * Creative activities: painting, crafts and singing. * Various workshops: music therapy, nutrition, relaxation, etc. * Information activities and conferences. * Weekly meetings.

Eligibility: people who have had a stroke, their caregivers

Coverage area: South Shore of Montréal

Hours: Wednesday 9h15 to 15h30

Fees: annual contribution: \$20, outing: \$5

Financing: donations, membership fees, provincial

Legal status: non-profit organization

FONDATION DES GOUVERNEURS DE L'ESPOIR

101 Saint-Jean-Baptiste Boulevard, Suite 215, Châteauguay, Montérégie, QC, J6J 3H9

438 838-8588

Website: fondationdesgouverneurs.org

Email: info@gouverneursdelespoir.org

Services: * Financial assistance in the form of gift cards. * Investments in pediatric cancer research.

Eligibility: youth aged 18 and under living with cancer, a rare or orphan disease, and their families

Coverage area: Province of Québec

Hours: Monday to Thursday 9h00 to 16h00, Friday 9h00 to 12h00

Financing: dons, fundraising campaigns

Legal status: non-profit organization

FONDATION GISÈLE FAUBERT INC.

1049 Saint-Jean-Baptiste Boulevard, Mercier, Montérégie, QC, J6R 1B8

450 691-1761 Fax: 450 691-3530

Website: fondationgiselefaubert.org/en

Email: info@fondationgiselefaubert.com

Services: Support for families who have a sick child. * Financial assistance. * Help with accommodation for the child outside their region. * Support for the purchase of a treatment device.

Eligibility: families on a low income with a sick child or children

Coverage area: MRC Roussillon

Hours: Monday to Friday 8h30 to 16h30

Financing: fundraising campaigns, donations

Legal status: non-profit organization

SOCIÉTÉ ALZHEIMER DU SUROÏT - POINT DE SERVICE DE CHÂTEAUGUAY

238A Saint-Jean-Baptiste Boulevard, Châteauguay, Montérégie, QC, J6K 3C1

450 455-3373 Fax: 450 373-0388

Website: www.alzheimer.ca/en/suroit

Email: info@alzheimersuroit.com

Services: * Telephone consultations. * Individual and family consultations. * Post-diagnosis reception and support. * Information and support groups and training for caregivers * Information and support groups and training for people affected. * Brunch meetings for couples and families. * Music and artistic activities. * Respite care at home. * Group respite at the Myosotis activity centres. * Documentation centre. * Information sessions, public conferences, kiosks * Training for health care professionals and workers. * Reference platform for health care workers: <http://referenceaidancequebec.ca>

Eligibility: people living with Alzheimer's disease or dementia, their caregivers and families, health care professionals and practitioners

Coverage area: MRC Beauharnois-Salaberry, MRC Vaudreuil-Soulanges, MRC Haut-Saint-Laurent, Kahnawake, greater Châteauguay, home respite: MRC Beauharnois-Salaberry, MRC Vaudreuil-Soulanges, greater Châteauguay, group respite: Salaberry-de-Valleyfield, Vaudreuil-Dorion, Châteauguay

Hours: Monday to Friday 9h00 to 16h30, by appointment

Fees: services to individuals and families: free, services to professionals and practitioners: variable

Financing: donations, grants, fundraising campaigns

Legal status: non-profit organization

Public Health**AMITIÉ MATERN'ELLE**

90 Marie-Victorin Boulevard, Candiac, Montérégie, QC, J5R 1C1

450 659-7661 ext. 1387

Website: www.amitiematernelle.com

Email: amitiemarternelle@gmail.com

Services: * Support for breastfeeding. * Pairing before birth. * Telephone and email support. * Mornings with baby: first aid, infant massage, infant carrying, nutrition, etc. * Coffee-chat. * Infant clinic. * Sharing morning: meeting seniors in a CHSLD.

Eligibility: pregnant people, families with infants

Coverage area: CLSC Kateri territory

Hours: Monday to Sunday

Fees: none

Financing: provincial

Legal status: non-profit organization

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

200 Brisebois Boulevard, Châteauguay, Montérégie, QC, J6K 4W8

450 699-2425 Fax: 450 699-2551

Website: santemonteregie.qc.ca/en/west

Email: communications.ciassmo16@ssss.gouv.qc.ca

Services: Planning, coordination and organization of social and health services. * Responsibility of the availability of care to the entire population, including the most vulnerable. * Management of simplified access to services. * Administration of partnerships with intermediate resources. * Handling of complaints regarding dissatisfaction or violation of rights of users.

Coverage area: Montérégie-Ouest: CSSS Jardins-Roussillon, Suroît, Haut-Saint-Laurent, Vaudreuil-Soulanges, CRDITED de la Montérégie-Est and SRSOR, Centre Montérégien de Réadaptation, Le Virage and Foster

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

Financing: provincial

Legal status: parapublic organization

CLSC DE CHÂTEAUGUAY

95 de la Verdure Avenue, Châteauguay, Montérégie, QC, J6K 0E8

450 699-3333 Fax: 450 691-6202

Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1232&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J6K0E8

Services: Frontline services for routine health and social services. * Health card authentication. * Designated center, specialized services for victims of sexual assault. * Distribution of new injection equipment to people who use drugs (free service). * Family health care. * Recovery of used needles and syringes. * Breastfeeding room. * General vaccination. * Flu vaccination: www.clicsante.ca.

Coverage area: CISSS de la Montérégie-Ouest area

Hours: Monday to Friday 6h30 to 20h00, Saturday and Sunday 8h00 to 12h00 and 13h30 to 16h00, test centre: Monday to Friday 6h30 to 9h00

Financing: provincial

Legal status: parapublic organization

CLSC KATERI

90 Marie-Victorin Boulevard, Candiac, Montérégie, QC, J5R 1C1

450 659-7661 Fax: 450 444-6260

Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1235&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J5R1C1

Services: Frontline services for routine health and social services. * Health insurance card authentication. * Bandage change and follow-up. * Nurse consultation. * Prenatal classes. * Distribution of new injection equipment to drug users (free service). * Sample collection. * Collection of used needles and syringes. * Breastfeeding room. * Psychosocial services including reception, analysis, orientation and referral. * Wound care. * Breast pump rental. * General immunization. * Flu vaccination: portal3.clicsante.ca/

Coverage area: CISSS de la Montérégie-Ouest area

Hours: Monday to Friday 6h30 to 20h00, Saturday and Sunday 8h00 to 12h00 and 13h00 to 15h00, tests centre: Monday to Friday 6h30 to 9h00

Financing: provincial

Legal status: parapublic organization

MONTÉRÉGIE WEST COMMUNITY NETWORK - CHÂTEAUGUAY

255 D'Anjou Boulevard, Suite 203, Châteauguay, Montérégie, QC, J6J 2R4

450 691-1444

Website: mwcnc.ca

Email: info@mwcnc.ca

Services: Development of the English-speaking community. * Networking and partnerships. * Health promotion. * Advocacy. * Knitting club. * Financial literacy. * French and English conversation workshops. * Lending library: English books and audio books. * Book club. * Café-rencontre. * Social and educational events and activities.

Eligibility: English-speaking community groups, citizens of all ages

Coverage area: MRC Les Jardins-de-Napierville, MRC Roussillon, MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

Hours: Monday to Thursday 8h30 to 16h30

Fees: membership: \$10 per year, \$25 for 3 years

Financing: federal, provincial, donations

Legal status: non-profit organization

OPTIONS: RESOURCE AND PREGNANCY CENTRE FOR YOUTH

25 D'Anjou Boulevard, Châteauguay, Montérégie, QC, J6J 2P7

450 699-4357

Website: www.centreoptions.org/indexen1

Email: options@jslmontreal.org

Services: Care and support to youth and families facing unplanned pregnancy. Material assistance * Free pregnancy testing. * ARK boutique: clothes and diapers for children 0 to 5 years old, maternity clothes, high chairs, cots and cradles, etc. Education and prevention * Referral for STBBIs testing. * Sexual education workshops. * Referral to government and community resources. * Personal self-worth and healthy relationship teaching. Accompaniment * Personalized support. * Pregnancy options exploration. * Mediation between family members or a client and other people. * Tailored prenatal education & lactation support. * Reproductive loss grief support. * Birth family support through the adoption process during and after pregnancy. Parental education * Life skills and family management training. * Mom and tot groups. * Mentor mom and dad opportunities. Donations * Baby clothing donation. Housing * Housing program for pregnant youth and young parents.

Eligibility: people 25 years old and under with an unplanned pregnancy, their families, Boutique ark: parents, priority to those 25 years old and under

Capacity: pregnancy options support: 3 people per week, housing: 7 parents with children under 5, other services: as needed

Coverage area: Greater Montréal

Hours: ark boutique: Monday, Tuesday and Friday 10h00 to 14h00, appointments available outside these hours

Fees: none

Financing: donations

Legal status: non-profit organization

QUARTIER DES FEMMES (LE)

70 Salaberry Boulevard South, Châteauguay, Montérégie, QC, J6J 4J5

450 692-9805 Fax: 450 692-8243

Website: quartierdesfemmes.com/en

Email: info@quartierdesfemmes.org

Services: Self-help and popular education centre aimed at improving living conditions and empowering women in all their diversity. * Mother-friend program: support and accompaniment at home by a care worker. * Individual intervention. * Psychosocial support for women dealing with pregnancy ambivalence. * Respite for mothers. * Parenting talks * Workshops: sexuality, personal development, etc. * Self-help groups. * Community gardens. * Conferences and various meetings on subjects affecting women. * Fridge-sharing. * Various participatory committees.

Eligibility: women

Coverage area: CLSC Jardins-Roussillon

Hours: Monday to Friday 8h30 to 16h30, activities: variable, sometimes in the evening

Fees: free, activities: minimal fees for some

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

Legal status: non-profit organization

Homelessness

DAY AND EVENING CENTRES

MOBILE UNITS AND STREET WORK

SHELTERS

TRANSITIONAL HOUSING

Day and evening centres

AVANT-TOÎT, MAISON D'HÉBERGEMENT (L') - HÉBERGEMENT GRANDS-FROIDS

462 Saint-Paul Street, La Prairie, Montérégie, QC, J5R 2R5

450 444-9661

Website: agsmlaprairie.org/volethebergement

Email: info@agsmlaprairie.org

Services: Warming centre. * Showers, meals, laundry. * Accompaniment towards residential stability, support services, guidance to other resources.

Eligibility: people experiencing homelessness or residential instability

Capacity: 10

Coverage area: MRC Roussillon

Fees: none

Financing: municipal

Legal status: non-profit organization

ESTRADE (L')

125 Haendel Road, Candiac, Montérégie, QC, J5R 1R7

450 692-2358

Email: info@lestrade.org

Services: Street work. * Welcoming, listening, support, accompaniment and referral. * Accompaniment in procedures. * Preventative interventions: homelessness, addiction, themes concerning the youth. * Help and support in looking for housing. * Distribution of injection equipment. * Distribution of prevention material: STD, pregnancy, consumption, hygiene and others.

Eligibility: people of all ages, marginalized or in a vulnerable situation, adults or emancipated people experiencing homelessness or at risk of homelessness

Coverage area: people of all ages: Candiac, Sainte-Catherine, adults or emancipated people who are experiencing homelessness or at risk of being homeless: Candiac, Delson, La Prairie, Sainte-Catherine, Saint-Constant, Saint-Mathieu, Saint-Philippe

Hours: Monday to Friday 9h00 to 23h00

Fees: none

Financing: grants

Legal status: non-profit organization

Mobile units and street work

ESTRADE (L')

125 Haendel Road, Candiac, Montérégie, QC, J5R 1R7

450 692-2358

Email: info@lestrade.org

Services: Street work. * Welcoming, listening, support, accompaniment and referral. * Accompaniment in procedures. * Preventative interventions: homelessness, addiction, themes concerning the youth. * Help and support in looking for housing. * Distribution of injection equipment. * Distribution of prevention material: STD, pregnancy, consumption, hygiene and others.

Eligibility: people of all ages, marginalized or in a vulnerable situation, adults or emancipated people experiencing homelessness or at risk of homelessness

Coverage area: people of all ages: Candiac, Sainte-Catherine, adults or emancipated people who are experiencing homelessness or at risk of being homeless: Candiac, Delson, La Prairie, Sainte-Catherine, Saint-Constant, Saint-Mathieu, Saint-Philippe

Hours: Monday to Friday 9h00 to 23h00

Fees: none

Financing: grants

Legal status: non-profit organization

MAISON DES JEUNES CHÂTELOIS

180 Mercier Street, Châteauguay, Montérégie, QC, J6J 5X2

450 698-3343 Fax: 450 698-3344

Website: www.mdjchateauguay.com

Email: infomdjchateauguay@videotron.ca

Services: Animated meeting place. * Assistance and referral. * Social, recreational and sports activities. * Skatepark. * Peer support program in secondary schools. * Street work. * Prevention workshops. * Collective kitchen.

Eligibility: youth 11 to 17 years old, street work: people of all ages

Coverage area: Châteauguay

Hours: school year: Tuesday to Thursday 15h00 to 17h00 and 18h00 to 20h30, Friday and Saturday 15h00 to 17h00 and 18h00 to 22h30, summer: Monday to Thursday 15h00 to 17h00 and 18h00 to 22h30, Friday and Saturday 15h00 to 17h00 and 18h00 to 23h00

Fees: membership: \$2

Financing: provincial, self-financing, municipal

Legal status: non-profit organization

Shelters**AVANT-TOÎT, MAISON D'HÉBERGEMENT (L') - HÉBERGEMENT GRANDS-FROIDS**

462 Saint-Paul Street, La Prairie, Montérégie, QC, J5R 2R5

450 444-9661

Website: agsmlaprairie.org/volethebergement

Email: info@agsmlaprairie.org

Services: Warming centre. * Showers, meals, laundry. * Accompaniment towards residential stability, support services, guidance to other resources.

Eligibility: people experiencing homelessness or residential instability

Capacity: 10

Coverage area: MRC Roussillon

Fees: none

Financing: municipal

Legal status: non-profit organization

Transitional housing**AVANT-TOÎT, MAISON D'HÉBERGEMENT (L')**

636 de Saint-Jean Road, La Prairie, Montérégie, QC, J5R 2L3

450 907-1333

Website: agsmlaprairie.org/volethebergement

Email: avant-toit@agsmlaprairie.org

Services: Temporary housing for people experiencing homelessness. * Support and accompaniment. * Information, guidance, tools and referrals.

Eligibility: people experiencing homelessness

Capacity: 8

Coverage area: MRC Roussillon

Hours: 24 hours / 7 days

Fees: none

Financing: donations

Legal status: non-profit organization

ÉLAN DES JEUNES (L')

155 de Gaspé Street East, Châteauguay, Montérégie, QC, J6J 2N9

450 844-3835

Email: lelandesjeunes@gmail.com

Services: Housing for young adults choosing to be framed in their social reintegration process (maintenance of the school process, professional insertion, house hunting, etc.). * Accommodations and food. * Maximum duration of 3 months. * Post-accommodation service for people who had access to accommodation services.

Eligibility: young adults 16 to 22 years old, homeless or at risk of homelessness, due to loss of housing or family problems, freely making a housing request

Capacity: 6 beds

Coverage area: CSSS Jardins-Roussillon: Candiac, Châteauguay, Delson, Hemmingford Canton and Village, La Prairie, Léry, Mercier, Napierville, Saint-Bernard-de-Lacolle, Saint-Constant, Saint-Cyprien-de-Napierville, Sainte-Catherine, Sainte-Clotilde, Saint-Édouard, Sainte-Martine, Saint-Isidore, Saint-Jacques-le-Mineur, Saint-Mathieu, Saint-Michel, Saint-Patrice-de-Sherrington, Saint-Philippe, Saint-Rémi, Saint-Urbain-Premier, Kahnawake

Hours: 24 hours / 7 days

Fees: \$20 deposit on arrival, \$6 per day

Financing: grants, self-financing

Legal status: non-profit organization

MAISON D'HÉBERGEMENT LA RE-SOURCE DE CHÂTEAUGUAY - TRANSITIONAL HOUSING

Confidential Address

50 699-0908 ext. 1 Fax: 450 699-1698

Website: lare-source.org/en

Email: direction@lare-source.org

Services: Second stage house. * Transitional housing for up to 1 year. * Specialized intervention in post-separation domestic violence.

Eligibility: women who stayed in a 1st stage house and were victims of domestic violence, with or without children

Capacity: 8 apartments

Coverage area: Montérégie

Financing: fundraising campaigns, federal, provincial

Legal status: non-profit organization

OPTIONS: RESOURCE AND PREGNANCY CENTRE FOR YOUTH

25 D'Anjou Boulevard, Châteauguay, Montérégie, QC, J6J 2P7

450 699-4357

Website: www.centreoptions.org/indexen1

Email: options@jslmontreal.org

Services: Care and support to youth and families facing unplanned pregnancy. Material assistance * Free pregnancy testing. * ARK boutique: clothes and diapers for children 0 to 5 years old, maternity clothes, high chairs, cots and cradles, etc. Education and prevention * Referral for STBBIs testing. * Sexual education workshops. * Referral to government and community resources. * Personal self-worth and healthy relationship teaching. Accompaniment * Personalized support. * Pregnancy options exploration. * Mediation between family members or a client and other people. * Tailored prenatal education & lactation support. * Reproductive loss grief support. * Birth family support through the adoption process during and after pregnancy. Parental education * Life skills and family management training. * Mom and tot groups. * Mentor mom and dad opportunities. Donations * Baby clothing donation. Housing * Housing program for pregnant youth and young parents.

Eligibility: people 25 years old and under with an unplanned pregnancy, their families, Boutique ark: parents, priority to those 25 years old and under

Capacity: pregnancy options support: 3 people per week, housing: 7 parents with children under 5, other services: as needed

Coverage area: Greater Montréal

Homelessness

Hours: ark boutique: Monday, Tuesday and Friday 10h00 to 14h00, appointments available outside these hours

Fees: none

Financing: donations

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

COMITÉ LOGEMENT RIVE-SUD - BUREAU DE CHÂTEAUGUAY

311 McLeod Street, Châteauguay, Montérégie, QC, J6J 2H8

450 699-3060 Fax: 450 699-7014

Website: www.comite-logement.org

Email: info@comite-logement.org

Services: * Advocacy of tenants' rights. * Telephone information service. * Individual meetings (by appointment only). * Preparation and accompaniment to a hearing of Tribunal administratif du logement. * Assistance in writing form letters.

Eligibility: tenants

Coverage area: South Shore

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

Fees: none

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

FÉDÉRATION RÉGIONALE DES OSBL D'HABITATION DE LA MONTÉRÉGIE ET DE L'ESTRIE

Confidential Address

Website: frohme.org

Email: info@frohm.org

Services: Grouping of housing NPOs from Montérégie and Estrie. * Management support: finance, accounting, training, secretaryship, mediation, representation. * Promotion of interests of housing NPOs to local and regional authorities. * Group purchasing, insurance and other benefits.

Eligibility: housing NPOs, general population

Coverage area: Montérégie, Estrie

Hours: by appointment only

Fees: contribution: \$12 per unit, \$7 per room or temporary bed

Financing: contributions, provincial

Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE CHÂTEAUGUAY

33 Saint-Joseph Boulevard, Châteauguay, Montérégie, QC, J6K 4P9

450 692-9652 Fax: 450 692-4387

Website: www.omhchateauguay.org

Email: ohr@ohrchateauguay.org

Services: Management and administration of housing and housing programs * Low-rent housing (HLM). * Service d'aide à la recherche de logement (SARL): support, information, guidance and accompaniment with housing search. * Rent supplement program (PSL). * Québec affordable housing program. * Accès Logis program. * Online application form for subsidized housing: www.omhchateauguay.org/demande-en-ligne * Referral service.

Eligibility: people and families on a low or moderate income

Coverage area: Châteauguay

Hours: Monday, Tuesday and Thursday 9h00 to 12h00 and 13h00 to 16h00, Wednesday 13h00 to 16h00 and Friday 8h00 to 12h00

Financing: grants

Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DU BASSIN DE CHAMBLY

6270 Road 132, Suite 201, Sainte-Catherine, Montérégie, QC, J5C 1B6

450 658-0248

Website: www.omhbdc.ca

Email: info@omhbdc.ca

Services: * Management and administration of housing and housing programs: Low-rent housing (HLM) and Rent supplement program (PSL). * Service d'aide à la recherche de logement (SARL): support, information, guidance and accompaniment with housing search.

Eligibility: individuals and families on a low and moderate income who are Canadian citizens or permanent residents and who have lived in the territory of the Communauté métropolitaine de Montréal for 12 months in the 24 months preceding their application

Coverage area: Province of Québec

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

Fees: none

Financing: municipal, provincial, federal

Legal status: non-profit organization

Emergency

CHÂTEAUGUAY - CITY

5 D'Youville Boulevard, Châteauguay, Montérégie, QC, J6J 2P8

450 698-3000

Website: ville.chateauguay.qc.ca/en

Email: service@ville.chateauguay.qc.ca

Services: Municipal service management. * Municipal tax management and payment. * Garbage collection. * Fire department. * Police department. * Construction permits. * Pet licences. * Emergency notification system. * Online portal for citizens: mondossier.ville.chateauguay.qc.ca/s/dossierregister?language=en_US

Coverage area: Châteauguay

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

Financing: municipal

Legal status: municipal agency

DELSON - CITY

50 Sainte-Thérèse Street, Delson, Montérégie, QC, J5B 2B2

450 632-1050 Fax: 450 632-1571

Website: www.ville.delson.qc.ca

Email: reception@ville.delson.qc.ca

Services: Municipal service management. * Municipal tax management and payment. * Information on garbage collection. * Construction permits. * COMALERTE: information by text message, email or automated telephone on street closures, snow removal, boil water advisories and other urgent information alerte.delson.ca
* Online services: permit and grant applications, newsletter registration, COMALERTE

www.ville.delson.qc.ca/fr/services-en-ligne

Coverage area: Delson

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

Financing: municipal

Legal status: municipal agency

LA PRAIRIE - CITY

170 Taschereau Boulevard, Suite 400, La Prairie, Montérégie, QC, J5R 5H6

450 444-6600 Fax: 450 444-6636

Website: www.ville.laprairie.qc.ca

Email: info@ville.laprairie.qc.ca

Services: Municipal service management. * Municipal tax payment. * Garbage collection. * Construction permits. * Fire department. * Dog licences. * Certification of documents. * Emergency notification system. * Collection of dead animals on residential sites.

Coverage area: La Prairie

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

Financing: municipal

Legal status: municipal agency

LÉRY - CITY

1 de l'Hôtel-de-Ville Street, Léry, Montérégie, QC, J6N 1E8

450 692-6861 Fax: 450 692-6881

Website: www.lery.ca

Email: info@lery.ca

Services: Municipal service management. * Municipal tax payment. * Garage collection. * Construction permits. * Fire department. * Dog licenses.

Coverage area: Léry

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

Financing: municipal

Legal status: municipal agency

MERCIER - CITY

869 Saint-Jean-Baptiste Boulevard, 2nd floor, Mercier, Montérégie, QC, J6R 2L3

450 691-6090 Fax: 450 691-6529

Website: www.ville.mercier.qc.ca

Email: info@ville.mercier.qc.ca

Services: Management of municipal services. * Payment of municipal taxes and property assessment. * Urban planning by-laws. * Permit applications. * Fire safety department. * Information on the collection of residual materials and collections according to the calendar provided by the MRC de Roussillon:

<http://roussillon.ca/gestion-des-matieres-residuelles/info-matieres-residuelles/info-collection/?ville=mercier> *

Centre d'avis aux citoyens: updated recorded message containing current notifications. * Alerte citoyens: automated phone call system for emergencies. * Leisure, culture, and community life. * Municipal library.

Coverage area: Mercier

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00, centre d'avis aux citoyens phone service: 24 hours / 7 days

Financing: municipal

Legal status: municipal agency

OFFICE MUNICIPAL D'HABITATION DE CHÂTEAUGUAY

33 Saint-Joseph Boulevard, Châteauguay, Montérégie, QC, J6K 4P9

450 692-9652 Fax: 450 692-4387

Website: www.omhchateauguay.org

Email: ohr@ohrchateauguay.org

Services: Management and administration of housing and housing programs * Low-rent housing (HLM). * Service d'aide à la recherche de logement (SARL): support, information, guidance and accompaniment with housing search. * Rent supplement program (PSL). * Québec affordable housing program. * Accès Logis program. * Online application form for subsidized housing: www.omhchateauguay.org/demande-en-ligne * Referral service.

Eligibility: people and families on a low or moderate income

Coverage area: Châteauguay

Hours: Monday, Tuesday and Thursday 9h00 to 12h00 and 13h00 to 16h00, Wednesday 13h00 to 16h00 and Friday 8h00 to 12h00

Financing: grants

Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DU BASSIN DE CHAMBLY

6270 Road 132, Suite 201, Sainte-Catherine, Montérégie, QC, J5C 1B6

450 658-0248

Website: www.omhbdc.ca

Email: info@omhbdc.ca

Services: * Management and administration of housing and housing programs: Low-rent housing (HLM) and Rent supplement program (PSL). * Service d'aide à la recherche de logement (SARL): support, information, guidance and accompaniment with housing search.

Eligibility: individuals and families on a low and moderate income who are Canadian citizens or permanent residents and who have lived in the territory of the Communauté métropolitaine de Montréal for 12 months in the 24 months preceding their application

Coverage area: Province of Québec

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

Fees: none

Financing: municipal, provincial, federal

Legal status: non-profit organization

SAINT-CONSTANT - CITY

147 Saint-Pierre Street, Saint-Constant, Montérégie, QC, J5A 2G9

450 638-2010 ext. 0 Fax: 450 638-5919

Website: saint-constant.ca

Email: reception@saint-constant.ca

Services: Municipal service management. * Municipal tax payment. * Construction permits. * Garbage collection. * Pet licences. * Emergency notification system. * Collection of dead animals on residential sites.

Coverage area: Saint-Constant

Hours: Monday to Thursday 8h00 to 17h00, Friday 8h00 to 13h00

Financing: municipal

Legal status: municipal agency

SAINT-ISIDORE - MUNICIPALITY

671 Saint-Régis Road, Saint-Isidore, Montérégie, QC, J0L 2A0

450 454-3919

Website: www.municipalite.saint-isidore.qc.ca

Services: Municipal service management. * Municipal tax payment. * Information on garbage collection. * Fire department. * Construction permits.

Coverage area: Saint-Isidore

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

Financing: municipal

Legal status: municipal agency

SAINT-PHILIPPE - CITY

175 Sanguinet Road, Suite 201, Saint-Philippe, Montérégie, QC, J0L 2K0

450 659-7701 ext. 221 Fax: 450 659-7702

Website: ville.saintphilippe.quebec

Email: info@ville.saintphilippe.quebec

Services: Municipal service management. * Municipal tax payment. * Information on garbage collection. * Construction permits. * Emergency notification system.

Coverage area: Saint-Philippe

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

Financing: municipal

Legal status: municipal agency

SAINTE-CATHERINE - CITY

5465 Marie-Victorin Boulevard, Sainte-Catherine, Montérégie, QC, J5C 1M1

450 632-0590 Fax: 450 638-3298

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

Email: communications@vdsc.ca

Services: Municipal service management. * Municipal tax payment. * Administration of oath. * Garbage collection. * Construction permits. * Dog and cat licences. * Emergency notification system. * Sports, Culture and Recreation Department. * Municipal library.

Coverage area: Sainte-Catherine

Hours: Monday, Wednesday and Thursday 8h30 to 12h00 and 13h00 to 16h30, Tuesday 8h30 to 12h00 and 13h00 to 19h30, Friday 8h30 to 13h00

Financing: municipal

Legal status: municipal agency

Housing cooperatives and corporations**COMITÉ LOGEMENT RIVE-SUD - BUREAU DE CHÂTEAUGUAY**

311 McLeod Street, Châteauguay, Montérégie, QC, J6J 2H8

450 699-3060 Fax: 450 699-7014

Website: www.comite-logement.org

Email: info@comite-logement.org

Services: * Advocacy of tenants' rights. * Telephone information service. * Individual meetings (by appointment only). * Preparation and accompaniment to a hearing of Tribunal administratif du logement. * Assistance in writing form letters.

Eligibility: tenants

Coverage area: South Shore

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

Fees: none

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

FÉDÉRATION RÉGIONALE DES OSBL D'HABITATION DE LA MONTÉRÉGIE ET DE L'ESTRIE

Confidential Address

Website: frohme.org

Email: info@frohm.org

Services: Grouping of housing NPOs from Montérégie and Estrie. * Management support: finance, accounting, training, secretaryship, mediation, representation. * Promotion of interests of housing NPOs to local and regional authorities. * Group purchasing, insurance and other benefits.

Eligibility: housing NPOs, general population

Coverage area: Montérégie, Estrie

Hours: by appointment only

Fees: contribution: \$12 per unit, \$7 per room or temporary bed

Financing: contributions, provincial

Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE CHÂTEAUGUAY

33 Saint-Joseph Boulevard, Châteauguay, Montérégie, QC, J6K 4P9

450 692-9652 Fax: 450 692-4387

Website: www.omhchateauguay.org

Email: ohr@ohrchateauguay.org

Services: Management and administration of housing and housing programs * Low-rent housing (HLM). * Service d'aide à la recherche de logement (SARL): support, information, guidance and accompaniment with housing search. * Rent supplement program (PSL). * Québec affordable housing program. * Accès Logis program. * Online application form for subsidized housing: www.omhchateauguay.org/demande-en-ligne * Referral service.

Eligibility: people and families on a low or moderate income

Coverage area: Châteauguay

Hours: Monday, Tuesday and Thursday 9h00 to 12h00 and 13h00 to 16h00, Wednesday 13h00 to 16h00 and Friday 8h00 to 12h00

Financing: grants

Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DU BASSIN DE CHAMBLY

6270 Road 132, Suite 201, Sainte-Catherine, Montérégie, QC, J5C 1B6

450 658-0248

Website: www.omhbdc.ca

Email: info@omhbdc.ca

Services: * Management and administration of housing and housing programs: Low-rent housing (HLM) and Rent supplement program (PSL). * Service d'aide à la recherche de logement (SARL): support, information, guidance and accompaniment with housing search.

Eligibility: individuals and families on a low and moderate income who are Canadian citizens or permanent residents and who have lived in the territory of the Communauté métropolitaine de Montréal for 12 months in the 24 months preceding their application

Coverage area: Province of Québec

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

Fees: none

Financing: municipal, provincial, federal

Legal status: non-profit organization

SOCIÉTÉ LOCATIVE D'INVESTISSEMENT ET DE DÉVELOPPEMENT SOCIAL

311 McLeod Street, Châteauguay, Montérégie, QC, J6J 2H8

1 855 699-1392 Fax: 450 699-8297

Website: www.solides.info/registration

Email: admin@solides.ca

Services: Development of low-rent housing. * Acquisition, renovation and construction of housing. * Housing administration.

Eligibility: people on a low or moderate income

Capacity: 613 apartments

Coverage area: Châteauguay, Longueuil, Lachine, Verdun

Hours: Monday to Friday 9h00 to 17h00

Financing: self-financing, donations, grants

Legal status: non-profit organization

Housing search assistance

ESTRADE (L')

125 Haendel Road, Candiac, Montérégie, QC, J5R 1R7

450 692-2358

Email: info@lestrade.org

Services: Street work. * Welcoming, listening, support, accompaniment and referral. * Accompaniment in procedures. * Preventative interventions: homelessness, addiction, themes concerning the youth. * Help and support in looking for housing. * Distribution of injection equipment. * Distribution of prevention material: STD, pregnancy, consumption, hygiene and others.

Eligibility: people of all ages, marginalized or in a vulnerable situation, adults or emancipated people experiencing homelessness or at risk of homelessness

Coverage area: people of all ages: Candiac, Sainte-Catherine, adults or emancipated people who are experiencing homelessness or at risk of being homeless: Candiac, Delson, La Prairie, Sainte-Catherine, Saint-Constant, Saint-Mathieu, Saint-Philippe

Hours: Monday to Friday 9h00 to 23h00

Fees: none

Financing: grants

Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE CHÂTEAUGUAY

33 Saint-Joseph Boulevard, Châteauguay, Montérégie, QC, J6K 4P9

450 692-9652 Fax: 450 692-4387

Website: www.omhchateauguay.org

Email: ohr@ohrchateauguay.org

Services: Management and administration of housing and housing programs * Low-rent housing (HLM). * Service d'aide à la recherche de logement (SARL): support, information, guidance and accompaniment with housing search. * Rent supplement program (PSL). * Québec affordable housing program. * Accès Logis program. * Online application form for subsidized housing: www.omhchateauguay.org/demande-en-ligne * Referral service.

Eligibility: people and families on a low or moderate income

Coverage area: Châteauguay

Hours: Monday, Tuesday and Thursday 9h00 to 12h00 and 13h00 to 16h00, Wednesday 13h00 to 16h00 and Friday 8h00 to 12h00

Financing: grants

Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DU BASSIN DE CHAMBLY

6270 Road 132, Suite 201, Sainte-Catherine, Montérégie, QC, J5C 1B6

450 658-0248

Website: www.omhbdc.ca

Email: info@omhbdc.ca

Services: * Management and administration of housing and housing programs: Low-rent housing (HLM) and Rent supplement program (PSL). * Service d'aide à la recherche de logement (SARL): support, information, guidance and accompaniment with housing search.

Eligibility: individuals and families on a low and moderate income who are Canadian citizens or permanent residents and who have lived in the territory of the Communauté métropolitaine de Montréal for 12 months in the 24 months preceding their application

Coverage area: Province of Québec

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

Fees: none

Financing: municipal, provincial, federal

Legal status: non-profit organization

SERVICE D'AIDE DOMESTIQUE JARDINS-ROUSSILLON

23 Montée des Bouleaux, Suite 100, Saint-Constant, Montérégie, QC, J5A 1B6

1 877 629-0817 Fax: 450 993-0730

Website: www.sadjardins-roussillon.com

Email: info@sadjardins-roussillon.com

Services: Domestic help for seniors, disabled or sick people. * Housekeeping and light work. * Assistance in the preparation of meals. * Respite for caregivers. * Help to the person. * Assistance with packing for a house move. * Accompaniment-transportation for errands.

Eligibility: seniors or people with a loss of autonomy, people living with a disability or ill

Coverage area: Candiac, Delson, La Prairie, Sainte-Catherine, Saint-Constant, Saint-Isidore, Saint-Mathieu, Saint-Philippe, MRC les Jardins-de-Napierville

Hours: Monday to Friday 8h30 to 16h30

Fees: housekeeping: variable according to income, respite: free with referral from the CLSC, personal assistance: \$30 per hour

Financing: provincial, self-financing

Legal status: non-profit organization

Social housing and housing cooperatives

HABITATIONS LA GAILLARDE

90 Foucreault Street, Suite 100, Saint-Philippe, Montérégie, QC, J0L 2K0

450 907-0634

Email: la.gaillarde@videotron.ca

Services: Subsidized and non-subsidized housing. * 3½, 4½ and 5½ apartments. * Adapted units for people with reduced mobility. * Community hall.

Eligibility: autonomous seniors 65 years old and over, single people or families 65 years old and under

Capacity: seniors: 18 subsidized units, 65 years old and under: 6 subsidized units

Coverage area: MRC Roussillon

Fees: subsidized units: 25% of income

Financing: provincial

Legal status: non-profit organization

HABITATIONS LA PETITE PRAIRIE (LES)

320 Conrad-Pelletier Street, Suite 100, La Prairie, Montérégie, QC, J5R 4B2

Email: info@frohm.org

Services: * Subsidized housing for families and single people.

Eligibility: people or families on a low or medium income

Capacity: 16 apartments

Coverage area: La Prairie

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

Financing: grants

Legal status: non-profit organization

HABITATIONS LOGIS-CIEL

67 Pinsonneault Street, Saint-Constant, Montérégie, QC, J5A 2T4

Services: Subsidized and non-subsidized housing for seniors, young families and people living alone. * 3½, 4½ and 5½ apartments. * Adapted housing for people with reduced mobility.

Eligibility: seniors 65 years and over, autonomous or with a slight loss of autonomy, young families and people living alone, on a low or modest income

Capacity: 26 apartments, 13 are subsidized

Coverage area: MRC Roussillon

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

Financing: provincial

Legal status: non-profit organization

HABITATIONS TRILOGIS SAINT-CONSTANT (LES)

30 Saint-Pierre Street, Saint-Constant, Montérégie, QC, J5A 1B8

450 638-8333

Email: trilogis@outlook.com

Services: Subsidized housing for seniors, young families and people living alone. * 3½ and 4½ apartments. * Adapted housing for people with reduced mobility.

Eligibility: seniors 65 years and over, autonomous or with a slight loss of autonomy, young families and people living alone, on a low or modest income

Capacity: 44 apartments

Coverage area: MRC Roussillon

Fees: 25% of income based on provincial notice of assessment

Financing: provincial

Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE CHÂTEAUGUAY

33 Saint-Joseph Boulevard, Châteauguay, Montérégie, QC, J6K 4P9

450 692-9652 Fax: 450 692-4387

Website: www.omhchateauguay.org

Email: ohr@ohrchateauguay.org

Services: Management and administration of housing and housing programs * Low-rent housing (HLM). * Service d'aide à la recherche de logement (SARL): support, information, guidance and accompaniment with housing search. * Rent supplement program (PSL). * Québec affordable housing program. * Accès Logis program. * Online application form for subsidized housing: www.omhchateauguay.org/demande-en-ligne * Referral service.

Eligibility: people and families on a low or moderate income

Coverage area: Châteauguay

Hours: Monday, Tuesday and Thursday 9h00 to 12h00 and 13h00 to 16h00, Wednesday 13h00 to 16h00 and Friday 8h00 to 12h00

Financing: grants

Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DU BASSIN DE CHAMBLY

6270 Road 132, Suite 201, Sainte-Catherine, Montérégie, QC, J5C 1B6

450 658-0248

Website: www.omhbdc.ca

Email: info@omhbdc.ca

Services: * Management and administration of housing and housing programs: Low-rent housing (HLM) and Rent supplement program (PSL). * Service d'aide à la recherche de logement (SARL): support, information, guidance and accompaniment with housing search.

Eligibility: individuals and families on a low and moderate income who are Canadian citizens or permanent residents and who have lived in the territory of the Communauté métropolitaine de Montréal for 12 months in the 24 months preceding their application

Coverage area: Province of Québec

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

Fees: none

Financing: municipal, provincial, federal

Legal status: non-profit organization

PROGRAMME D'ACCESSIBILITÉ AU LOGEMENT RIVE SUD-OUEST

120 Boulevard Street, La Prairie, Montérégie, QC, J5R 2J1

Website: frohme.org

Email: info@frohme.org

Services: Subsidized housing for autonomous people living with a physical disability. * 3 1/2, 4 1/2 et 5 1/2 apartments. * Accessible housing for people using wheelchairs.

Eligibility: autonomous people living with a physical disability

Capacity: 16 apartments

Coverage area: Montérégie

Fees: 25% of income

Financing: provincial

Legal status: non-profit organization

SOCIÉTÉ LOCATIVE D'INVESTISSEMENT ET DE DÉVELOPPEMENT SOCIAL

311 McLeod Street, Châteauguay, Montérégie, QC, J6J 2H8

1 855 699-1392 Fax: 450 699-8297

Website: www.solides.info/registration

Email: admin@solides.ca

Services: Development of low-rent housing. * Acquisition, renovation and construction of housing. * Housing administration.

Eligibility: people on a low or moderate income

Capacity: 613 apartments

Coverage area: Châteauguay, Longueuil, Lachine, Verdun

Hours: Monday to Friday 9h00 to 17h00

Financing: self-financing, donations, grants

Legal status: non-profit organization

Immigration and cultural communities

FRENCH COURSES

IMMIGRATION AND SPONSORSHIP

MULTICULTURAL ORGANIZATIONS

PREVENTION AND FIGHT AGAINST RACISM

RECOGNITION OF PRIOR LEARNING AND DIPLOMAS

SETTLEMENT SERVICES FOR NEWCOMERS

French courses

CENTRE DE SERVICES SCOLAIRE DES GRANDES-SEIGNEURIES

50 Taschereau Boulevard, 2nd Floor, La Prairie, Montérégie, QC, J5R 4V3

514 380-8899

Website: www.cssdgs.gouv.qc.ca

Email: communications@cssdgs.gouv.qc.ca

Services: French School Board gathering elementary, high and specialized schools. * Vocational training. * Adult education. * Vocational training and adult education: help and guidance. * High school equivalency test (TENS): assessment of the knowledge of adults who don't have a high school diploma in order to obtain a certificate of educational equivalence (AENS) that facilitates access to certain jobs and vocational training. * Passe-partout program. * French classes. * Distance training. * Services for companies. * Jacques-de-Ligny administrative centre: 1250, Taschereau Boulevard, La Prairie, Québec, J5R 1X2. * School transportation coordination.

Coverage area: MRC Roussillon, MRC Les Jardins-de-Napierville (except Saint-Jacques-le-Mineur)

Hours: Place La Citière: Monday to Friday 8h15 to 12h00 and 13h00 to 16h15, Jacques-de-Ligny

Administrative Centre: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00

Fees: variable

Financing: self-financing, provincial

Legal status: parapublic organization

Immigration and sponsorship

SERVICE CANADA CENTRE - CHÂTEAUGUAY

245 Saint-Jean-Baptiste Boulevard, Suite 101, Châteauguay, Montérégie, QC, J6K 3C3

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

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: srv138.services.gc.ca/daf/s/e82fb618-124c-4a07-ba98-9c99c5c5f6bf?goctemplateculture=en-ca * Job bank: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance, sickness benefits and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Recruitment awareness. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, career planning, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you:

ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Châteauguay

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

Multicultural organizations

CHÂTEAUGUAY HORIZON COMMUNITY ASSOCIATION

319 Brault Street, Châteauguay, Montérégie, QC, J6J 4M9

Website: chateauguayhorizon.weebly.com

Email: chateauguayhorizon@gmail.com

Services: Organization serving the Black community of Châteauguay. * Community outreach. * Home and hospital friendly visits. * Newborn gift baskets. * Children's Christmas party and banquet. * Scholarship for college students. * Summer program and camp.

Eligibility: Black community of Châteauguay

Coverage area: Châteauguay

Fees: membership: family \$25, individual \$20

Financing: self-financing

Legal status: non-profit organization

Prevention and fight against racism

MONTÉRÉGIE WEST COMMUNITY NETWORK - CHÂTEAUGUAY

255 D'Anjou Boulevard, Suite 203, Châteauguay, Montérégie, QC, J6J 2R4

450 691-1444

Website: mwcnc.ca

Email: info@mwcnc.ca

Services: Development of the English-speaking community. * Networking and partnerships. * Health promotion. * Advocacy. * Knitting club. * Financial literacy. * French and English conversation workshops. * Lending library: English books and audio books. * Book club. * Café-rencontre. * Social and educational events and activities.

Eligibility: English-speaking community groups, citizens of all ages

Coverage area: MRC Les Jardins-de-Napierville, MRC Roussillon, MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

Hours: Monday to Thursday 8h30 to 16h30

Fees: membership: \$10 per year, \$25 for 3 years

Financing: federal, provincial, donations

Legal status: non-profit organization

Recognition of prior learning and diplomas

SERVICE CANADA CENTRE - CHÂTEAUGUAY

245 Saint-Jean-Baptiste Boulevard, Suite 101, Châteauguay, Montérégie, QC, J6K 3C3

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

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: srv138.services.gc.ca/daf/s/e82fb618-124c-4a07-ba98-9c99c5c5f6bf?goctemplateculture=en-ca * Job bank: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance, sickness benefits and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Recruitment awareness. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, career planning, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Châteauguay

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

Settlement services for newcomers

ALLIANCE CARRIÈRE TRAVAIL (ACT) - CENTRE DE SERVICES DE CHÂTEAUGUAY

265 d'Anjou Boulevard, Suite 205, Châteauguay, Montérégie, QC, J6J 5J9

450 699-4545 Fax: 450 699-1175

Website: alliancect.ca/en

Email: info@alliancect.ca

Services: Organization targeting socioprofessional development and autonomy to facilitate job market and school integration. * Services to individuals: job search, integration to Québec's job market, career orientation, full potential discovery, trainings, business pre-startup, project development, etc. * Services to businesses: meeting potential candidates, coffee-meetings, luncheon conferences, employment evenings, bank of candidates, staff recruitment, job posting and job fair. * Room rentals. * Service d'Accueil et de Formation en Immigration pour le Roussillon (SAFIR): assistance with the integration of newcomers, group training for civic engagement, etc.

Eligibility: people 16 years and over, SAFIR: immigrants

Coverage area: Montérégie, SAFIR: MRC Roussillon, MRC Les Jardins-de-Napierville

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

Fees: none

Financing: provincial

Legal status: non-profit organization

CENTRE DE SERVICES SCOLAIRE DES GRANDES-SEIGNEURIES

50 Taschereau Boulevard, 2nd Floor, La Prairie, Montérégie, QC, J5R 4V3

514 380-8899

Website: www.cssdgs.gouv.qc.ca

Email: communications@cssdgs.gouv.qc.ca

Services: French School Board gathering elementary, high and specialized schools. * Vocational training. * Adult education. * Vocational training and adult education: help and guidance. * High school equivalency test (TENS): assessment of the knowledge of adults who don't have a high school diploma in order to obtain a certificate of educational equivalence (AENS) that facilitates access to certain jobs and vocational training. * Passe-partout program. * French classes. * Distance training. * Services for companies. * Jacques-de-Ligny administrative centre: 1250, Taschereau Boulevard, La Prairie, Québec, J5R 1X2. * School transportation coordination.

Coverage area: MRC Roussillon, MRC Les Jardins-de-Napierville (except Saint-Jacques-le-Mineur)

Hours: Place La Citrière: Monday to Friday 8h15 to 12h00 and 13h00 to 16h15, Jacques-de-Ligny Administrative Centre: Monday to Friday 8h30 to 12h00 and 13h00 to 16h00

Fees: variable

Financing: self-financing, provincial

Legal status: parapublic organization

SERVICE CANADA CENTRE - CHÂTEAUGUAY

245 Saint-Jean-Baptiste Boulevard, Suite 101, Châteauguay, Montérégie, QC, J6K 3C3

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

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: srv138.services.gc.ca/daf/s/e82fb618-124c-4a07-ba98-9c99c5c5f6bf?goctemplateculture=en-ca * Job bank: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance, sickness benefits and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Recruitment awareness. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, career planning, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Châteauguay

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - CHÂTEAUGUAY

42 Gilmour Street, Châteauguay, Montérégie, QC, J6J 1K6

450 691-1007 Fax: 450 692-5063

Email: ssvpchateauguay@hotmail.com

Services: * General store: clothing, furniture and other used items. * Food aid: distribution of food baskets and food vouchers. * Financial assistance for school fees. * Christmas baskets.

Eligibility: people on a low income

Coverage area: Châteauguay, Léry, Mercier

Hours: general store: Monday, Tuesday, Thursday, Friday 10h00 to 14h00, Saturday 9h00 to 12h00, food aid: on demand

Fees: food aid: free

Financing: donations, self-financing

Legal status: non-profit organization

Indigenous Peoples

GOVERNMENT SERVICES

Government services

SERVICE CANADA CENTRE - CHÂTEAUGUAY

245 Saint-Jean-Baptiste Boulevard, Suite 101, Châteauguay, Montérégie, QC, J6K 3C3

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

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: srv138.services.gc.ca/daf/s/e82fb618-124c-4a07-ba98-9c99c5c5f6bf?goctemplateculture=en-ca * Job bank: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance, sickness benefits and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Recruitment awareness. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, career planning, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Châteauguay

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - CHÂTEAUGUAY

42 Gilmour Street, Châteauguay, Montérégie, QC, J6J 1K6

450 691-1007 Fax: 450 692-5063

Email: ssvpchateauguay@hotmail.com

Services: * General store: clothing, furniture and other used items. * Food aid: distribution of food baskets and food vouchers. * Financial assistance for school fees. * Christmas baskets.

Eligibility: people on a low income

Coverage area: Châteauguay, Léry, Mercier

Hours: general store: Monday, Tuesday, Thursday, Friday 10h00 to 14h00, Saturday 9h00 to 12h00, food aid: on demand

Fees: food aid: free

Financing: donations, self-financing

Legal status: non-profit organization

Justice and Advocacy

ADVOCACY GROUPS

CONSUMER PROTECTION AND COMPLAINTS

COURTHOUSES AND TRIBUNALS

LEGAL ASSISTANCE AND INFORMATION

SUPPORT FOR OFFENDERS

Advocacy groups

ASSOCIATION DES PERSONNES HANDICAPÉES DE LA RIVE-SUD OUEST

100 Sainte-Marie Street, La Prairie, Montérégie, QC, J5R 1E8

450 659-6519

Website: www.aphrso.org

Email: info@aphrso.org

Services: Advocacy of rights and interests for people living with functional limitations. * Listening, information, referrals. * Counselling. * Assistance with procedures.

Eligibility: people living with a functional limitation, their family

Coverage area: MRC Roussillon

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

Fees: none

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

ASSOCIATION INFERTILITÉ QUÉBEC

1538 Saint-Jean-Baptiste Boulevard, Mercier, Montérégie, QC, J6R 2L1

Website: www.infertilite.ca

Email: info@infertilite.ca

Services: Representation and advocacy for infertile couples. * Information and referral regarding infertility and adoption. * Pairing between people with common experiences with infertility, accompaniment. * Support group with a nurse.

Eligibility: infertile couples and people of all sexual orientations

Coverage area: Province of Québec

Fees: annual membership: \$25.50

Financing: membership fees

Legal status: non-profit organization

ASSOCIATION QUÉBÉCOISE DE LA DYSPHASIE - RÉGION MONTÉRÉGIE

55 Saint-Pierre Street, Suite 203, Saint-Constant, Montérégie, QC, J5A 1B9

450 635-1961

Website: www.dysphasiemonteregie.qc.ca

Email: direction@dysphasiemonteregie.org

Services: * Listening, information and support for members. * Activities, conferences. * Consultation with a social worker: follow-up, intervention plan, etc. * Info TS: online information service from a social worker via the private Facebook page. * Les p'tits conseils de mon orthophoniste: various themes discussed via the private Facebook page (<https://www.facebook.com/groups/lesptitsconseils>). * Production of information and advocacy tools. * Support to research on developmental language disorder.

Eligibility: people living with a developmental language disorder (dysphasia), their parents and relatives

Coverage area: Montérégie

Hours: office: Monday to Thursday 8h00 to 16h00, Friday 9h00 to 13h00, activities: evenings and weekends

Fees: membership: \$25 per year for individual, professional and supporter members, \$50 for corporate members

Financing: provincial, self-financing, donations

Legal status: non-profit organization

CENTRE DE FEMMES L'ÉCLAIRCIE

1025 Centrale Street, Sainte-Catherine, Montérégie, QC, J5C 1A2

450 638-1131 Fax: 450 638-1132

Website: www.centredefemmesleclaircie.com

Email: info@claircie.org

Services: Support for women in their autonomy process. * Reception, listening and referral. * Support group. * Accompaniment in socio-legal process. * Accompaniment with the decision-making process regarding the outcome of an unplanned pregnancy (pro-choice). * Documentation centre. * Popular education workshops. * Coffee-chat and conferences. * Day care. * Training of volunteers. * Collective action.

Eligibility: women 14 years and over, children 5 years old and under

Capacity: 15

Coverage area: Candiac, Delson, La Prairie, Sainte-Catherine, Saint-Constant, Saint-Mathieu, Saint-Philippe

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

Fees: free or low cost for some activities

Financing: grants, self-financing, donations

Legal status: non-profit organization

CENTRE INTÉGRÉ DE SANTÉ ET DE SERVICES SOCIAUX DE LA MONTÉRÉGIE-OUEST - COMMISSAIRE AUX PLAINTES ET À LA QUALITÉ DES SERVICES

200 Brisebois Boulevard, Châteauguay, Montérégie, QC, J6K 4W8

1 800 700-0621 ext. 2462 Fax: 450 699-2551

Website: www.santemonteregie.qc.ca/en/west/satisfaction-and-complaints

Email: insatisfactions-plaintes.ciSSMO16@ssss.gouv.qc.ca

Services: Responsible of enforcing users' rights. * Reception and analysis of complaints. * Handling of complaints and reportings within the context of anti-maltreatment policy of people in vulnerable situations. * Makes recommendations to the establishment and to the executive board about the improvement of the quality and security of the provided services.

Coverage area: CISSS Montérégie-Ouest

Fees: none

Financing: provincial

Legal status: parapublic organization

CHÂTEAUGUAY SEXUAL ASSAULT CENTRE

Confidential Address

450 699-8258 Fax: 450 699-7295

Website: calacs-chateauguay.ca/en

Email: info@calacs-chateauguay.ca

Services: * Listening, information, referral. * Individual counselling. * Support groups. * Accompaniment during legal procedures and for IVAC requests. * Prevention activities in school, social, community and professionals groups. * Activism: denunciations, protests, consultations, advocacy and mobilization.

Eligibility: women 12 years old and over who have experienced sexual assault

Capacity: support groups: 6 to 8 women

Coverage area: Beauharnois, MRC Les Jardins-de-Napierville, MRC Roussillon

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

Fees: none

Financing: provincial, donations

Legal status: non-profit organization

COMITÉ DES USAGERS DE JARDINS-ROUSSILLON

200 Brisebois Boulevard, Châteauguay, Montérégie, QC, J6K 4W8

450 699-2521

Website: comitedesusagers.ca

Email: comitedesusagersroussillon@gmail.com

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

Eligibility: users of the CSSS Jardins-Roussillon

Coverage area: CISSS de la Montérégie-Ouest area

Financing: provincial

Legal status: parapublic organization

COMITÉ LOGEMENT RIVE-SUD - BUREAU DE CHÂTEAUGUAY

311 McLeod Street, Châteauguay, Montérégie, QC, J6J 2H8

450 699-3060 Fax: 450 699-7014

Website: www.comite-logement.org

Email: info@comite-logement.org

Services: * Advocacy of tenants' rights. * Telephone information service. * Individual meetings (by appointment only). * Preparation and accompaniment to a hearing of Tribunal administratif du logement. * Assistance in writing form letters.

Eligibility: tenants

Coverage area: South Shore

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

Fees: none

Financing: Centraide of Greater Montréal, provincial

Legal status: non-profit organization

FÉDÉRATION RÉGIONALE DES OSBL D'HABITATION DE LA MONTÉRÉGIE ET DE L'ESTRIE

Confidential Address

Website: frohme.org

Email: info@frohm.org

Services: Grouping of housing NPOs from Montérégie and Estrie. * Management support: finance, accounting, training, secretaryship, mediation, representation. * Promotion of interests of housing NPOs to local and regional authorities. * Group purchasing, insurance and other benefits.

Eligibility: housing NPOs, general population

Coverage area: Montérégie, Estrie

Hours: by appointment only

Fees: contribution: \$12 per unit, \$7 per room or temporary bed

Financing: contributions, provincial

Legal status: non-profit organization

MONTÉRÉGIE WEST COMMUNITY NETWORK - CHÂTEAUGUAY

255 D'Anjou Boulevard, Suite 203, Châteauguay, Montérégie, QC, J6J 2R4

450 691-1444

Website: mwcnc.ca

Email: info@mwcnc.ca

Services: Development of the English-speaking community. * Networking and partnerships. * Health promotion. * Advocacy. * Knitting club. * Financial literacy. * French and English conversation workshops. * Lending library: English books and audio books. * Book club. * Café-rencontre. * Social and educational events and activities.

Eligibility: English-speaking community groups, citizens of all ages

Coverage area: MRC Les Jardins-de-Napierville, MRC Roussillon, MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

Hours: Monday to Thursday 8h30 to 16h30

Fees: membership: \$10 per year, \$25 for 3 years

Financing: federal, provincial, donations

Legal status: non-profit organization

REGROUPEMENT DES USAGERS DU TRANSPORT ADAPTÉ DE CHÂTEAUGUAY

Confidential Address

450 201-1739

Website: rutac.org

Email: info@rutac.org

Services: Advocacy for people with disabilities or with limited mobility regarding adapted and collective transportation and universal accessibility. * Information. * Promotion and development. * Participation in action plans regarding educational, professional and social integration. * Accessibility guide showing accessible locations and proposed corrections.

Eligibility: users of adapted transportation, people with limitations, seniors, caregivers, citizens

Coverage area: Beauharnois, Châteauguay, Léry, Mercier

Fees: none

Financing: provincial, grants, donations

Legal status: parapublic organization

RÉSEAU D'INFORMATION ET D'AIDE AUX PERSONNES ASSISTÉES SOCIALES

200-200 Industriel Boulevard, Châteauguay, Montérégie, QC, J6J 2Z4

450 691-6682 Fax: 450 691-2034

Website: riapas.ca

Email: info@riapas.ca

Services: * Helpline. * Individual meetings and technical assistance. * Training. * Collective actions. * Psychosocial intervention. * Bonhomme à lunette service point: low-cost glasses.

Eligibility: people on social assistance, people living in poverty

Coverage area: MRC Roussillon, MRC Les Jardins-de-Napierville

Hours: Monday to Thursday 9h00 to 16h30, bonhomme à lunette: no appointment necessary, Tuesday 13h00 à 16h00

Financing: provincial

Legal status: non-profit organization

Consumer protection and complaints

CENTRE INTÉGRÉ DE SANTÉ ET DE SERVICES SOCIAUX DE LA MONTÉRÉGIE-OUEST - COMMISSAIRE AUX PLAINTES ET À LA QUALITÉ DES SERVICES

200 Brisebois Boulevard, Châteauguay, Montérégie, QC, J6K 4W8

1 800 700-0621 ext. 2462 Fax: 450 699-2551

Website: www.santemonteregie.qc.ca/en/west/satisfaction-and-complaints

Email: insatisfactions-plaintes.ciassmo16@ssss.gouv.qc.ca

Services: Responsible of enforcing users' rights. * Reception and analysis of complaints. * Handling of complaints and reportings within the context of anti-maltreatment policy of people in vulnerable situations. * Makes recommendations to the establishment and to the executive board about the improvement of the quality and security of the provided services.

Coverage area: CISSS Montérégie-Ouest

Fees: none

Financing: provincial

Legal status: parapublic organization

COMITÉ DES USAGERS DE JARDINS-ROUSSILLON

200 Brisebois Boulevard, Châteauguay, Montérégie, QC, J6K 4W8

450 699-2521

Website: comitedesusagers.ca

Email: comitedesusagersroussillon@gmail.com

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

Eligibility: users of the CSSS Jardins-Roussillon

Coverage area: CISSS de la Montérégie-Ouest area

Financing: provincial

Legal status: parapublic organization

OFFICE MUNICIPAL D'HABITATION DE CHÂTEAUGUAY

33 Saint-Joseph Boulevard, Châteauguay, Montérégie, QC, J6K 4P9

450 692-9652 Fax: 450 692-4387

Website: www.omhchateauguay.org

Email: ohr@ohrchateauguay.org

Services: Management and administration of housing and housing programs * Low-rent housing (HLM). * Service d'aide à la recherche de logement (SARL): support, information, guidance and accompaniment with housing search. * Rent supplement program (PSL). * Québec affordable housing program. * Accès Logis program. * Online application form for subsidized housing: www.omhchateauguay.org/demande-en-ligne * Referral service.

Eligibility: people and families on a low or moderate income

Coverage area: Châteauguay

Hours: Monday, Tuesday and Thursday 9h00 to 12h00 and 13h00 to 16h00, Wednesday 13h00 to 16h00 and Friday 8h00 to 12h00

Financing: grants

Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DU BASSIN DE CHAMBLY

6270 Road 132, Suite 201, Sainte-Catherine, Montérégie, QC, J5C 1B6

450 658-0248

Website: www.omhbdc.ca

Email: info@omhbdc.ca

Services: * Management and administration of housing and housing programs: Low-rent housing (HLM) and Rent supplement program (PSL). * Service d'aide à la recherche de logement (SARL): support, information, guidance and accompaniment with housing search.

Eligibility: individuals and families on a low and moderate income who are Canadian citizens or permanent residents and who have lived in the territory of the Communauté métropolitaine de Montréal for 12 months in the 24 months preceding their application

Coverage area: Province of Québec

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

Fees: none

Financing: municipal, provincial, federal

Legal status: non-profit organization

Courthouses and tribunals**CANDIAC - MUNICIPAL COURT**

100 Montcalm Boulevard North, 2nd floor, Candiac, Montérégie, QC, J5R 3L8

450 444-6060

Website: candiac.ca/services/services-municipaux/cour-municipale

Email: cour@ville.candiac.qc.ca

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

Coverage area: Candiac and Sainte-Catherine

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

Financing: municipal

Legal status: municipal agency

CHÂTEAUGUAY - MUNICIPAL COURT

71 Principale Street, Châteauguay, Montérégie, QC, J6K 1N1

450 698-3246 Fax: 450 698-3259

Website: www.ville.chateauguay.qc.ca/informations-cour-municipale

Email: cour.municipale@ville.chateauguay.qc.ca

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

Coverage area: Châteauguay, Léry, Beauharnois, Saint-Isidore

Hours: Monday to Thursday 9h00 to 12h00 and 13h15 to 17h00, Friday 8h30 to 12h00

Financing: municipal

Legal status: municipal agency

LA PRAIRIE - MUNICIPAL COURT

170 Taschereau Boulevard, Suite 400, La Prairie, Montérégie, QC, J5R 5H6

450 444-6626 Fax: 450 444-6636

Website: www.ville.laprairie.qc.ca

Email: cour@ville.laprairie.qc.ca

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

Coverage area: La Prairie, Saint-Philippe, Saint-Mathieu

Hours: Monday to Thursday 8h15 to 16h30, Friday 8h15 to 13h00

Financing: municipal

Legal status: municipal agency

SAINT-CONSTANT - MUNICIPAL COURT

66 du Maçon Street, Saint-Constant, Montérégie, QC, J5A 1T1

450 638-2010 ext. 7590

Website: saint-constant.ca/fr/affaires-juridiques-et-cour-municipale

Email: cour@saint-constant.ca

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

Coverage area: Saint-Constant, Delson

Hours: Monday to Thursday 8h00 to 17h00, Friday 8h00 to 13h00

Financing: municipal

Legal status: municipal agency

Legal assistance and information**CANDIAC - MUNICIPAL COURT**

100 Montcalm Boulevard North, 2nd floor, Candiac, Montérégie, QC, J5R 3L8

450 444-6060

Website: candiac.ca/services/services-municipaux/cour-municipale

Email: cour@ville.candiac.qc.ca

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

Coverage area: Candiac and Sainte-Catherine

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

Financing: municipal

Legal status: municipal agency

CHÂTEAUGUAY - MUNICIPAL COURT

71 Principale Street, Châteauguay, Montérégie, QC, J6K 1N1

450 698-3246 Fax: 450 698-3259

Website: www.ville.chateauguay.qc.ca/informations-cour-municipale

Email: cour.municipale@ville.chateauguay.qc.ca

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

Coverage area: Châteauguay, Léry, Beauharnois, Saint-Isidore

Hours: Monday to Thursday 9h00 to 12h00 and 13h15 to 17h00, Friday 8h30 to 12h00

Financing: municipal

Legal status: municipal agency

LA PRAIRIE - MUNICIPAL COURT

170 Taschereau Boulevard, Suite 400, La Prairie, Montérégie, QC, J5R 5H6

450 444-6626 Fax: 450 444-6636

Website: www.ville.laprairie.qc.ca

Email: cour@ville.laprairie.qc.ca

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

Coverage area: La Prairie, Saint-Philippe, Saint-Mathieu

Hours: Monday to Thursday 8h15 to 16h30, Friday 8h15 to 13h00

Financing: municipal

Legal status: municipal agency

LEGAL AID OFFICE - CHÂTEAUGUAY

147 Saint-Jean-Baptiste Boulevard, Châteauguay, Montérégie, QC, J6K 3B1

450 691-4325 Fax: 450 699-0496

Website: ccjrs.com/en/bureaux/chateauguay-2

Email: chateauguay@ccjrs.com

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

Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible and with a legal need that is covered by the Law

Coverage area: Châteauguay, Saint-Constant, Delson, Kahnawake

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

Fees: people may be eligible for free legal aid or contributory legal aid between \$100 and 800, depending on their financial situation, see scale on website

Financing: provincial

Legal status: parapublic organization

OPTIONS: RESOURCE AND PREGNANCY CENTRE FOR YOUTH

25 D'Anjou Boulevard, Châteauguay, Montérégie, QC, J6J 2P7

450 699-4357

Website: www.centreoptions.org/indexen1

Email: options@jslmontreal.org

Services: Care and support to youth and families facing unplanned pregnancy. Material assistance * Free pregnancy testing. * ARK boutique: clothes and diapers for children 0 to 5 years old, maternity clothes, high chairs, cots and cradles, etc. Education and prevention * Referral for STBBIs testing. * Sexual education workshops. * Referral to government and community resources. * Personal self-worth and healthy relationship teaching. Accompaniment * Personalized support. * Pregnancy options exploration. * Mediation between family members or a client and other people. * Tailored prenatal education & lactation support. * Reproductive loss grief support. * Birth family support through the adoption process during and after pregnancy. Parental education * Life skills and family management training. * Mom and tot groups. * Mentor mom and dad opportunities. Donations * Baby clothing donation. Housing * Housing program for pregnant youth and young parents.

Eligibility: people 25 years old and under with an unplanned pregnancy, their families, Boutique ark: parents, priority to those 25 years old and under

Capacity: pregnancy options support: 3 people per week, housing: 7 parents with children under 5, other services: as needed

Coverage area: Greater Montréal

Hours: ark boutique: Monday, Tuesday and Friday 10h00 to 14h00, appointments available outside these hours

Fees: none

Financing: donations

Legal status: non-profit organization

RÉSEAU D'INFORMATION ET D'AIDE AUX PERSONNES ASSISTÉES SOCIALES

200-200 Industriel Boulevard, Châteauguay, Montérégie, QC, J6J 2Z4

450 691-6682 Fax: 450 691-2034

Website: riapas.ca

Email: info@riapas.ca

Services: * Helpline. * Individual meetings and technical assistance. * Training. * Collective actions. * Psychosocial intervention. * Bonhomme à lunette service point: low-cost glasses.

Eligibility: people on social assistance, people living in poverty

Coverage area: MRC Roussillon, MRC Les Jardins-de-Napierville

Hours: Monday to Thursday 9h00 to 16h30, bonhomme à lunette: no appointment necessary, Tuesday 13h00 à 16h00

Financing: provincial

Legal status: non-profit organization

SAINT-CONSTANT - MUNICIPAL COURT

66 du Maçon Street, Saint-Constant, Montérégie, QC, J5A 1T1

450 638-2010 ext. 7590

Website: saint-constant.ca/fr/affaires-juridiques-et-cour-municipale

Email: cour@saint-constant.ca

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

Coverage area: Saint-Constant, Delson

Hours: Monday to Thursday 8h00 to 17h00, Friday 8h00 to 13h00

Financing: municipal

Legal status: municipal agency

Support for offenders

CANDIAC - MUNICIPAL COURT

100 Montcalm Boulevard North, 2nd floor, Candiac, Montérégie, QC, J5R 3L8

450 444-6060

Website: candiac.ca/services/services-municipaux/cour-municipale

Email: cour@ville.candiac.qc.ca

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

Coverage area: Candiac and Sainte-Catherine

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

Financing: municipal

Legal status: municipal agency

CHÂTEAUGUAY - MUNICIPAL COURT

71 Principale Street, Châteauguay, Montérégie, QC, J6K 1N1

450 698-3246 Fax: 450 698-3259

Website: www.ville.chateauguay.qc.ca/informations-cour-municipale

Email: cour.municipale@ville.chateauguay.qc.ca

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

Coverage area: Châteauguay, Léry, Beauharnois, Saint-Isidore

Hours: Monday to Thursday 9h00 to 12h00 and 13h15 to 17h00, Friday 8h30 to 12h00

Financing: municipal

Legal status: municipal agency

LA PRAIRIE - MUNICIPAL COURT

170 Taschereau Boulevard, Suite 400, La Prairie, Montérégie, QC, J5R 5H6

450 444-6626 Fax: 450 444-6636

Website: www.ville.laprairie.qc.ca

Email: cour@ville.laprairie.qc.ca

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

Coverage area: La Prairie, Saint-Philippe, Saint-Mathieu

Hours: Monday to Thursday 8h15 to 16h30, Friday 8h15 to 13h00

Financing: municipal

Legal status: municipal agency

LEGAL AID OFFICE - CHÂTEAUGUAY

147 Saint-Jean-Baptiste Boulevard, Châteauguay, Montérégie, QC, J6K 3B1

450 691-4325 Fax: 450 699-0496

Website: ccjrs.com/en/bureaux/chateauguay-2

Email: chateauguay@ccjrs.com

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

Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible and with a legal need that is covered by the Law

Coverage area: Châteauguay, Saint-Constant, Delson, Kahnawake

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

Fees: people may be eligible for free legal aid or contributory legal aid between \$100 and 800, depending on their financial situation, see scale on website

Financing: provincial

Legal status: parapublic organization

Mental Health and addictions

ADDICTION PREVENTION

ADDICTION TREATMENT

COMMUNITY SUPPORT IN MENTAL HEALTH

CRISIS CENTRES AND SUICIDE PREVENTION

HELPLINES

MENTAL HEALTH ADVOCACY GROUPS

MENTAL HEALTH HOUSING

SELF-HELP GROUPS FOR ADDICTION ISSUES

Addiction prevention

ESTRADE (L')

125 Haendel Road, Candiac, Montérégie, QC, J5R 1R7

450 692-2358

Email: info@lestrade.org

Services: Street work. * Welcoming, listening, support, accompaniment and referral. * Accompaniment in procedures. * Preventative interventions: homelessness, addiction, themes concerning the youth. * Help and support in looking for housing. * Distribution of injection equipment. * Distribution of prevention material: STD, pregnancy, consumption, hygiene and others.

Eligibility: people of all ages, marginalized or in a vulnerable situation, adults or emancipated people experiencing homelessness or at risk of homelessness

Coverage area: people of all ages: Candiac, Sainte-Catherine, adults or emancipated people who are experiencing homelessness or at risk of being homeless: Candiac, Delson, La Prairie, Sainte-Catherine, Saint-Constant, Saint-Mathieu, Saint-Philippe

Hours: Monday to Friday 9h00 to 23h00

Fees: none

Financing: grants

Legal status: non-profit organization

MAISON DES JEUNES DE LA PRAIRIE

565 Notre-Dame Street, La Prairie, Montérégie, QC, J5R 5E5

450 444-6717

Website: maisondesjeunes.ca

Email: direction@mdjlaprairie.ca

Services: Meeting place, services and reference. * Cultural activities: painting, drawing, cooking, music, improvisation, etc. * Sports activities: soccer, hockey, basketball, volleyball, etc. * Leisure activities: board games, parties, sleepovers, etc. * Volunteering: tree planting, food drive, bike collection, etc. * Self-financing and democratic activities. * Information and prevention in sexuality, crime, drug addiction, mental health and others. * Homework assistance. * Outings.

Eligibility: youth 12 to 17 years old

Coverage area: La Prairie

Hours: Tuesday, Wednesday and Thursday 15h00 to 21h00, Friday 15h00 to 22h00 and Saturday 14h00 to 22h00

Fees: life membership: \$10

Financing: provincial, municipal, self-financing

Legal status: non-profit organization

SERVICES D'INTERVENTION PRÉCOCE EN DÉPENDANCE - MONTÉRÉGIE-OUEST - SECTEUR CHÂTEAUGUAY

95 de la Verdure Avenue, Châteauguay, Montérégie, QC, J6K 0E8

450 699-3333 ext. 3286

Website: <https://santemonteregie.qc.ca/services/dependances>

Email: prevention.dependances.cisssmo16@ssss.gouv.qc.ca

Services: Front-line addiction services. * Information and education on addiction. * Reflection on consumption habits and possible solutions. * Support for loved ones. * Mes choix Alcool. * Mes choix cannabis. * Mes choix toutes substances.

Eligibility: people with questions about alcohol, drug, gambling, or Internet use habits

Coverage area: Montérégie-Ouest: Châteauguay Sector: Châteauguay, Mercier, Léry, Kahnawake, Sainte-Martine, Saint-Isidore, Saint-Urbain-Premier

Legal status: parapublic organization

SERVICES D'INTERVENTION PRÉCOCE EN DÉPENDANCE - MONTÉRÉGIE-OUEST - SECTEUR KATERI

90 Marie-Victorin boulevard, Candiac, Montérégie, QC, J5R 1C1

450 659-7661 ext. 1349

Website: <https://santemonteregie.qc.ca/services/dependances>

Email: prevention.dependances.cisssmo16@ssss.gouv.qc.ca

Services: Front-line addiction services. * Information and education on addiction. * Reflection on consumption habits and possible solutions. * Support for loved ones. * Mes choix Alcool. * Mes choix cannabis. * Mes choix toutes substances.

Eligibility: people with questions about alcohol, drug, gambling, or Internet use habits

Coverage area: Montérégie-Ouest: Kateri Sector: Candiac, Delson, La Prairie, Saint-Constant, Saint-Mathieu, Saint-Philippe, Sainte-Catherine

Legal status: parapublic organization

Addiction treatment

ANNA-LABERGE HOSPITAL

200 Brisebois Boulevard, Châteauguay, Montérégie, QC, J6K 4W8

450 699-2425

Website: santemonteregie.qc.ca/en/installations/hopital-anna-laberge

Services: Hospital offering general and specialized cares. * Emergencies. * Tests centre. * Minor surgery. * Abortion. * Minor surgery. * Abortion. * Family planning, contraception. * Radiology. * Recovery of used syringes and needles. * Distribution of new injection equipment to drug users. * Detoxification. * Family medicine. * End-of-life care. * Breastfeeding room. * Breast pump rental. * Vaccination.

Capacity: 225 beds

Coverage area: Province of Québec

Hours: 24 hours / 7 days

Financing: provincial

Legal status: parapublic organization

CENTRE DE RÉADAPTATION EN DÉPENDANCE DE LA MONTÉRÉGIE - CANDIAC

201 de l'Industrie Boulevard, 3rd floor, Candiac, Montérégie, QC, J5R 6A6

1 866 964-4413

Website: santemonteregie.qc.ca/services/dependances

Email: accueil.dependance.cisssmo16@ssss.gouv.qc.ca

Services: Second-line addiction services. * Inpatient and outpatient therapy of variable duration. * Inpatient therapy for adults in collaboration with Maison la Margelle (substances and gambling) and Maison l'Alcôve (substances and stabilization 7 days for gambling). * Inpatient therapy for youth in collaboration with Portage, PNPV and Le Grand Chemin. * Outpatient therapy for adults and youth (substances, gambling and Internet addiction). * Inpatient detoxification (St-Philippe service point). * Outpatient detoxification. * Support for cyberaddiction. * TAO services. * Support for relatives: individual and groups meetings. * Social and professional reintegration.

Eligibility: youth or adults dealing with addiction problems, their relatives

Coverage area: Montérégie

Hours: Monday and Tuesday 8h30 to 12h00 and 13h00 to 20h00, Wednesday to Friday 8h30 to 12h00 and 13h00 to 16h30, centralized reception: Monday to Wednesday 8h30 to 12h00, 13h00 to 17h00 and 18h00 to 20h30, Thursday and Friday 8h30 to 12h00 and 13h00 to 16h30

Fees: free

Financing: provincial

Legal status: parapublic organization

CENTRE DE RÉADAPTATION EN DÉPENDANCE DE LA MONTÉRÉGIE - SAINT-PHILIPPE

6 Foucreault Street, Saint-Philippe, Montérégie, QC, J0L 2K0

1 866 964-4413 Fax: 450 659-7173

Website: santemonteregie.qc.ca/services/dependances

Email: accueil.dependance.cisss16@ssss.gouv.qc.ca

Services: Second-line addiction services. * Inpatient detoxification level 3.7.

Eligibility: youth 12 years and older, adults dealing with addictions, support to relatives

Capacity: intensive treatment: 24 beds

Coverage area: Montréal, Montérégie

Hours: Monday and Tuesday 8h30 to 12h00 and 13h00 to 20h00, Wednesday to Friday 8h30 to 12h00 and 13h00 to 16h30, centralized reception: Monday to Wednesday 8h30 to 12h00, 13h00 to 17h00 and 18h00 to 20h30, Thursday and Friday 8h30 to 12h00 and 13h00 to 16h30

Fees: free

Legal status: parapublic organization

SERVICES D'INTERVENTION PRÉCOCE EN DÉPENDANCE - MONTÉRÉGIE-OUEST - SECTEUR CHÂTEAUGUAY

95 de la Verdure Avenue, Châteauguay, Montérégie, QC, J6K 0E8

450 699-3333 ext. 3286

Website: <https://santemonteregie.qc.ca/services/dependances>

Email: prevention.dependances.cisss16@ssss.gouv.qc.ca

Services: Front-line addiction services. * Information and education on addiction. * Reflection on consumption habits and possible solutions. * Support for loved ones. * Mes choix Alcool. * Mes choix cannabis. * Mes choix toutes substances.

Eligibility: people with questions about alcohol, drug, gambling, or Internet use habits

Coverage area: Montérégie-Ouest: Châteauguay Sector: Châteauguay, Mercier, Léry, Kahnawake, Sainte-Martine, Saint-Isidore, Saint-Urbain-Premier

Legal status: parapublic organization

SERVICES D'INTERVENTION PRÉCOCE EN DÉPENDANCE - MONTÉRÉGIE-OUEST - SECTEUR KATERI

90 Marie-Victorin boulevard, Candiac, Montérégie, QC, J5R 1C1

450 659-7661 ext. 1349

Website: <https://santemonteregie.qc.ca/services/dependances>

Email: prevention.dependances.cisss16@ssss.gouv.qc.ca

Services: Front-line addiction services. * Information and education on addiction. * Reflection on consumption habits and possible solutions. * Support for loved ones. * Mes choix Alcool. * Mes choix cannabis. * Mes choix toutes substances.

Eligibility: people with questions about alcohol, drug, gambling, or Internet use habits

Coverage area: Montérégie-Ouest: Kateri Sector: Candiac, Delson, La Prairie, Saint-Constant, Saint-Mathieu, Saint-Philippe, Sainte-Catherine

Legal status: parapublic organization

Community support in mental health**ACCOLADE SANTÉ MENTALE (L')**

127 Saint-Jean-Baptiste Boulevard, Suite 12, Châteauguay, Montérégie, QC, J6K 3B1

1 866 699-7059 Fax: 450 699-1562

Website: www.accoladesantementale.org/en

Email: info@accoladesantementale.org

Services: * Psychosocial intervention. * Training on various mental illnesses. * Awareness program on mental illnesses. * Assistance in the submission of a psychiatric assessment request. * Monthly support group in Saint-Constant. * Monthly mutual aid group in Châteauguay. * Conferences, documentation.

Eligibility: family and close ones of people living with a major mental health problem

Capacity: open support and mutual aid groups or closed training groups: 10 to 15 persons per meeting

Coverage area: territory of the CSSS Jardins-Roussillon

Hours: Monday to Friday 9h00 to 16h30, support and mutual aid groups in the evening

Fees: free

Financing: provincial, contributions

Legal status: non-profit organization

AVANT-GARDE EN SANTÉ MENTALE (L')

462 Saint-Paul Street, La Prairie, Montérégie, QC, J5R 2R5

450 444-9661 Fax: 450 444-7021

Website: agsmlaprairie.org

Email: administration@agsmlaprairie.org

Services: Organization providing a personalized approach and a welcoming environment to normalization mental health. * Self-help groups, daily life management and accompaniment. * Collective actions, popular education, activities, etc.

Eligibility: any person with an interest for mental health matters, living with or who think they may be living with mental health issues

Capacity: self-help group: 10 to 15 participants per meeting

Coverage area: La Prairie, Delson, Candiac, Sainte-Catherine, Saint-Philippe, Saint-Mathieu, Saint-Constant

Hours: Monday to Friday 8h30 to 16h30, support group: Wednesday afternoon

Financing: provincial, donations

Legal status: non-profit organization

G.E.M.E. GROUPE D'ENTRAIDE POUR UN MIEUX-ÊTRE - LA PRAIRIE

462 Saint-Paul Street, La Prairie, Montérégie, QC, J5R 2R5

450 332-4463

Website: www.groupegeme.com

Email: lucie.bergeron@groupegeme.com

Services: * In-person and virtual support groups (on Zoom). * Individual counseling in person and virtual (on Zoom). * Meditation groups. * Documentation and tools to manage anxiety disorders: videos, testimonials, books, visualization CD. * Virtual and in-person workshops and conferences at the request of organizations.

Eligibility: people 18 years and over living with anxiety disorders: stress, simple or social phobia, agoraphobia, panic disorder, burnout, depression, post-traumatic stress

Capacity: support groups: 15 to 33 people

Coverage area: Province of Québec

Hours: office: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, groups schedule: on the website

Fees: contributions

Financing: provincial, levées de fonds, cotisations, autofinancements

Legal status: non-profit organization

MAISON DU GOÉLAND (LA)

66 Saint-Pierre Street, Saint-Constant, Montérégie, QC, J5A 1C1

450 845-1700 ext. 224 Fax: 450 845-1800

Website: lamaisongoeland.com

Email: info@maisongoeland.com

Services: * Mental health residence for social reintegration and integration into the community. * Community follow-up of varying intensity. * Needs assessment, social integration and clinical support. * Recovery and personal growth group. * Empowerment for participants to retake charge of their lives.

Eligibility: people living with a mental health problem

Capacity: 9 beds

Coverage area: CSSS Jardins-Roussillon

Hours: Monday to Friday 8h00 to 17h00

Financing: provincial, donations

Legal status: non-profit organization

MAISON SOUS LES ARBRES (LA)

2 D'Anjou Boulevard, Châteauguay, Montérégie, QC, J6K 1B7

1 866 277-3553 Fax: 450 201-0517

Website: www.la-msla.com/en/

Email: admin@la-msla.com

Services: Crisis and suicide prevention centre. * 24-hour, 7-day telephone intervention line. * Short-term crisis housing. * In-person crisis intervention. * Individual crisis follow-up. * Support in the community. * Variable intensive follow-up: psychosocial rehabilitation. * Support and follow-up for people bereaved by suicide. * Training for counsellors. * Awareness.* Referral.

Eligibility: people 18 years and over experiencing a psychosocial, suicidal or psychiatric crisis, intensive follow-up: people living with a mental health problem

Capacity: housing: 3 beds, crisis follow-up: 23 places, community support and intensive follow-up: 63 places

Coverage area: Châteauguay

Hours: hotline and crisis centre: 24 hours / 7 days, intensive follow-up: Monday to Friday 8h30 to 17h00

Fees: none

Financing: provincial

Legal status: non-profit organization

OPTIONS: RESOURCE AND PREGNANCY CENTRE FOR YOUTH

25 D'Anjou Boulevard, Châteauguay, Montérégie, QC, J6J 2P7

450 699-4357

Website: www.centreoptions.org/indexen1

Email: options@jslmontreal.org

Services: Care and support to youth and families facing unplanned pregnancy. Material assistance * Free pregnancy testing. * ARK boutique: clothes and diapers for children 0 to 5 years old, maternity clothes, high chairs, cots and cradles, etc. Education and prevention * Referral for STBBIs testing. * Sexual education workshops. * Referral to government and community resources. * Personal self-worth and healthy relationship teaching. Accompaniment * Personalized support. * Pregnancy options exploration. * Mediation between family members or a client and other people. * Tailored prenatal education & lactation support. * Reproductive loss grief support. * Birth family support through the adoption process during and after pregnancy. Parental education * Life skills and family management training. * Mom and tot groups. * Mentor mom and dad opportunities. Donations * Baby clothing donation. Housing * Housing program for pregnant youth and young parents.

Eligibility: people 25 years old and under with an unplanned pregnancy, their families, Boutique ark: parents, priority to those 25 years old and under

Capacity: pregnancy options support: 3 people per week, housing: 7 parents with children under 5, other services: as needed

Coverage area: Greater Montréal

Hours: ark boutique: Monday, Tuesday and Friday 10h00 to 14h00, appointments available outside these hours

Fees: none

Financing: donations

Legal status: non-profit organization

SERVICE CANADA CENTRE - CHÂTEAUGUAY

245 Saint-Jean-Baptiste Boulevard, Suite 101, Châteauguay, Montérégie, QC, J6K 3C3

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

Website: www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: srv138.services.gc.ca/daf/s/e82fb618-124c-4a07-ba98-9c99c5c5f6bf?goctemplateculture=en-ca * Job bank: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance, sickness benefits and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Recruitment awareness. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, career planning, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public

Coverage area: Châteauguay

Hours: Monday to Friday 8h30 to 16h00

Fees: parking: free

Financing: federal

Legal status: federal government agency

Crisis centres and suicide prevention

MAISON SOUS LES ARBRES (LA)

2 D'Anjou Boulevard, Châteauguay, Montérégie, QC, J6K 1B7

1 866 277-3553 Fax: 450 201-0517

Website: www.la-msla.com/en/

Email: admin@la-msla.com

Services: Crisis and suicide prevention centre. * 24-hour, 7-day telephone intervention line. * Short-term crisis housing. * In-person crisis intervention. * Individual crisis follow-up. * Support in the community. * Variable intensive follow-up: psychosocial rehabilitation. * Support and follow-up for people bereaved by suicide. * Training for counsellors. * Awareness.* Referral.

Eligibility: people 18 years and over experiencing a psychosocial, suicidal or psychiatric crisis, intensive follow-up: people living with a mental health problem

Capacity: housing: 3 beds, crisis follow-up: 23 places, community support and intensive follow-up: 63 places

Coverage area: Châteauguay

Hours: hotline and crisis centre: 24 hours / 7 days, intensive follow-up: Monday to Friday 8h30 to 17h00

Fees: none

Financing: provincial

Legal status: non-profit organization

Helplines

CENTRE D'ACTION BÉNÉVOLE DU GRAND CHÂTEAUGUAY - SERVICES AUX PROCHES AIDANTS

10 Gilmour Street, Châteauguay, Montérégie, QC, J6J 1K4

450 699-6289

Website: www.cabchateauguay.org

Email: aidant@cabgc.org

Services: * Mutual aid group. * Telephone listening. * Helping relationship. * At-home respite and stimulation. * Information and referral. * Workshops. * Thematic coffee chats. * Assistance with filling out forms. * Conferences. * Bereavement support. * Caregiving in immigration context. * Caregiving for men.

Eligibility: caregivers of people 50 years old and over

Capacity: 10 to 20 people depending on the activity

Coverage area: Châteauguay, Léry, Mercier, Saint-Isidore, Saint-Urbain-Premier, Sainte-Martine

Hours: office: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 15h00, by appointment after office hours

Fees: none

Financing: provincial, grants, donations

Legal status: non-profit organization

MAISON SOUS LES ARBRES (LA)

2 D'Anjou Boulevard, Châteauguay, Montérégie, QC, J6K 1B7

1 866 277-3553 Fax: 450 201-0517

Website: www.la-msla.com/en/

Email: admin@la-msla.com

Services: Crisis and suicide prevention centre. * 24-hour, 7-day telephone intervention line. * Short-term crisis housing. * In-person crisis intervention. * Individual crisis follow-up. * Support in the community. * Variable intensive follow-up: psychosocial rehabilitation. * Support and follow-up for people bereaved by suicide. * Training for counsellors. * Awareness.* Referral.

Eligibility: people 18 years and over experiencing a psychosocial, suicidal or psychiatric crisis, intensive follow-up: people living with a mental health problem

Capacity: housing: 3 beds, crisis follow-up: 23 places, community support and intensive follow-up: 63 places

Coverage area: Châteauguay

Hours: hotline and crisis centre: 24 hours / 7 days, intensive follow-up: Monday to Friday 8h30 to 17h00

Fees: none

Financing: provincial

Legal status: non-profit organization

Mental health advocacy groups

ACCOLADE SANTÉ MENTALE (L')

127 Saint-Jean-Baptiste Boulevard, Suite 12, Châteauguay, Montérégie, QC, J6K 3B1

1 866 699-7059 Fax: 450 699-1562

Website: www.accoladesantementale.org/en

Email: info@acoladesantementale.org

Services: * Psychosocial intervention. * Training on various mental illnesses. * Awareness program on mental illnesses. * Assistance in the submission of a psychiatric assessment request. * Monthly support group in Saint-Constant. * Monthly mutual aid group in Châteauguay. * Conferences, documentation.

Eligibility: family and close ones of people living with a major mental health problem

Capacity: open support and mutual aid groups or closed training groups: 10 to 15 persons per meeting

Coverage area: territory of the CSSS Jardins-Roussillon

Hours: Monday to Friday 9h00 to 16h30, support and mutual aid groups in the evening

Fees: free

Financing: provincial, contributions

Legal status: non-profit organization

CLSC KATERI

90 Marie-Victorin Boulevard, Candiac, Montérégie, QC, J5R 1C1

450 659-7661 Fax: 450 444-6260

Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1235&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J5R1C1

Services: Frontline services for routine health and social services. * Health insurance card authentication. * Bandage change and follow-up. * Nurse consultation. * Prenatal classes. * Distribution of new injection equipment to drug users (free service). * Sample collection. * Collection of used needles and syringes. * Breastfeeding room. * Psychosocial services including reception, analysis, orientation and referral. * Wound care. * Breast pump rental. * General immunization. * Flu vaccination: portal3.clicsante.ca/

Coverage area: CISSS de la Montérégie-Ouest area

Hours: Monday to Friday 6h30 to 20h00, Saturday and Sunday 8h00 to 12h00 and 13h00 to 15h00, tests centre: Monday to Friday 6h30 to 9h00

Financing: provincial

Legal status: parapublic organization

G.E.M.E. GROUPE D'ENTRAIDE POUR UN MIEUX-ÊTRE - LA PRAIRIE

462 Saint-Paul Street, La Prairie, Montérégie, QC, J5R 2R5

450 332-4463

Website: www.groupegeme.com

Email: lucie.bergeron@groupegeme.com

Services: * In-person and virtual support groups (on Zoom). * Individual counseling in person and virtual (on Zoom). * Meditation groups. * Documentation and tools to manage anxiety disorders: videos, testimonials, books, visualization CD. * Virtual and in-person workshops and conferences at the request of organizations.

Eligibility: people 18 years and over living with anxiety disorders: stress, simple or social phobia, agoraphobia, panic disorder, burnout, depression, post-traumatic stress

Capacity: support groups: 15 to 33 people

Coverage area: Province of Québec

Hours: office: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, groups schedule: on the website

Fees: contributions

Financing: provincial, levées de fonds, cotisations, autofinancements

Legal status: non-profit organization

MAISON DES JEUNES DE LA PRAIRIE

565 Notre-Dame Street, La Prairie, Montérégie, QC, J5R 5E5

450 444-6717

Website: maisondesjeunes.ca

Email: direction@mdjlaprairie.ca

Services: Meeting place, services and reference. * Cultural activities: painting, drawing, cooking, music, improvisation, etc. * Sports activities: soccer, hockey, basketball, volleyball, etc. * Leisure activities: board games, parties, sleepovers, etc. * Volunteering: tree planting, food drive, bike collection, etc. * Self-financing and democratic activities. * Information and prevention in sexuality, crime, drug addiction, mental health and others. * Homework assistance. * Outings.

Eligibility: youth 12 to 17 years old

Coverage area: La Prairie

Hours: Tuesday, Wednesday and Thursday 15h00 to 21h00, Friday 15h00 to 22h00 and Saturday 14h00 to 22h00

Fees: life membership: \$10

Financing: provincial, municipal, self-financing

Legal status: non-profit organization

Mental health housing

MAISON DU GOÉLAND (LA)

66 Saint-Pierre Street, Saint-Constant, Montérégie, QC, J5A 1C1

450 845-1700 ext. 224 Fax: 450 845-1800

Website: lamaisongoeland.com

Email: info@maisongoeland.com

Services: * Mental health residence for social reintegration and integration into the community. * Community follow-up of varying intensity. * Needs assessment, social integration and clinical support. * Recovery and personal growth group. * Empowerment for participants to retake charge of their lives.

Eligibility: people living with a mental health problem

Capacity: 9 beds

Coverage area: CSSS Jardins-Roussillon

Hours: Monday to Friday 8h00 to 17h00

Financing: provincial, donations

Legal status: non-profit organization

TOITS D'ÉMILE (LES)

255 d'Anjou Boulevard, Suite 201, Châteauguay, Montérégie, QC, J6J 2R4

450 699-9292

Website: lestoitsdemile.org

Email: info@lestoitsdemile.org

Services: Long-term housing that promotes social reintegration. * Assistance in daily life tasks. * Recreational and social activities. * At-home visits and support over the phone. * Referrals.

Eligibility: people living with mental illness

Capacity: 11

Coverage area: Candiac, Châteauguay, Delson, Hemmingford, La Prairie, Léry, Mercier, Napierville, Saint-Bernard-de-Lacolle, Saint-Constant, Saint-Cyprien-de-Napierville, Sainte-Catherine, Sainte-Clotilde, Saint-Édouard, Sainte-Martine, Saint-Isidore, Saint-Jacques-le-Mineur, Saint-Mathieu, Saint-Michel, Saint-Patrice-de-Sherrington, Saint-Philippe, Saint-Rémi, Saint-Urbain-Premier

Hours: Monday to Friday 8h30 to 16h30

Fees: housing: variable, activities: free

Financing: provincial, federal, fundraising campaigns, donations

Legal status: non-profit organization

Self-help groups for addiction issues

SERVICES D'INTERVENTION PRÉCOCE EN DÉPENDANCE - MONTÉRÉGIE-OUEST - SECTEUR CHÂTEAUGUAY

95 de la Verdure Avenue, Châteauguay, Montérégie, QC, J6K 0E8

450 699-3333 ext. 3286

Website: <https://santemonteregie.qc.ca/services/dependances>

Email: prevention.dependances.cisssmo16@ssss.gouv.qc.ca

Services: Front-line addiction services. * Information and education on addiction. * Reflection on consumption habits and possible solutions. * Support for loved ones. * Mes choix Alcool. * Mes choix cannabis. * Mes choix toutes substances.

Eligibility: people with questions about alcohol, drug, gambling, or Internet use habits

Coverage area: Montérégie-Ouest: Châteauguay Sector: Châteauguay, Mercier, Léry, Kahnawake, Sainte-Martine, Saint-Isidore, Saint-Urbain-Premier

Legal status: parapublic organization

SERVICES D'INTERVENTION PRÉCOCE EN DÉPENDANCE - MONTÉRÉGIE-OUEST - SECTEUR KATERI

90 Marie-Victorin boulevard, Candiac, Montérégie, QC, J5R 1C1

450 659-7661 ext. 1349

Website: <https://santemonteregie.qc.ca/services/dependances>

Email: prevention.dependances.cisssmo16@ssss.gouv.qc.ca

Services: Front-line addiction services. * Information and education on addiction. * Reflection on consumption habits and possible solutions. * Support for loved ones. * Mes choix Alcool. * Mes choix cannabis. * Mes choix toutes substances.

Eligibility: people with questions about alcohol, drug, gambling, or Internet use habits

Coverage area: Montérégie-Ouest: Kateri Sector: Candiac, Delson, La Prairie, Saint-Constant, Saint-Mathieu, Saint-Philippe, Sainte-Catherine

Legal status: parapublic organization

Seniors

CAREGIVERS

COMMUNITY AND RECREATION CENTRES

DAY CENTRES AND RESPITE

FRIENDLY VISITS AND SAFETY CALLS

HOME SUPPORT

HOUSING FOR SENIORS

INTERGENERATIONAL ACTIVITIES

MEALS ON WHEELS

SENIORS' ADVOCACY AND ASSISTANCE ASSOCIATIONS

VOLUNTEER TRANSPORTATION

Caregivers

CANDIAC PUBLIC LIBRARY

59 Haendel Road, Candiac, Montérégie, QC, J5R 1R7

450 635-6032

Website: www.biblio.ville.candiac.qc.ca

Services: * Loan and consultation of books and audiovisual documents. * Computers, Internet access and printing devices. * Story time. * Book club for children. * Book club for adults. * Knitting club. * Movie club. * Conferences and activities. * Biblio-aidants: information services for caregivers. * Générations@branchées: introduction to computers workshops.

Eligibility: general public

Coverage area: Candiac

Hours: Tuesday and Thursday 10h00 to 20h00, Wednesday and Friday 13h00 to 20h00, Saturday 10h00 to 16h30

Fees: registration: free for residents, non-residents: \$80 for an adult, \$40 for a child

Financing: municipal

Legal status: municipal agency

CENTRE D'ACTION BÉNÉVOLE DU GRAND CHÂTEAUGUAY

10 Gilmour Street, Châteauguay, Montérégie, QC, J6J 1K4

450 699-6289

Website: www.cabchateauguay.org

Email: info@cabgc.org

Services: * Friendly visits. * SecuriCAB: free reassuring call service made by volunteers. * Caring calls : weekly calls to fight isolation. * Walking club for seniors who are visually impaired or with reduced autonomy. * Walking assistance. * Respite and support for caregivers. * Info 50+: support program and outreach work initiative for vulnerable people 50 years and over (ITMAV). * Recruitment and training of volunteers. * Tax clinic.

Eligibility: people 50 years old and over, people with a loss of autonomy, caregivers

Coverage area: Châteauguay, Saint-Urbain-Premier, Saint-Isidore, Sainte-Martine, Mercier, Léry

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 15h00

Fees: none

Financing: federal, provincial, donations

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE DU GRAND CHÂTEAUGUAY - SERVICES AUX PROCHES AIDANTS

10 Gilmour Street, Châteauguay, Montérégie, QC, J6J 1K4

450 699-6289

Website: www.cabchateauguay.org

Email: aidant@cabgc.org

Services: * Mutual aid group. * Telephone listening. * Helping relationship. * At-home respite and stimulation. * Information and referral. * Workshops. * Thematic coffee chats. * Assistance with filling out forms. * Conferences. * Bereavement support. * Caregiving in immigration context. * Caregiving for men.

Eligibility: caregivers of people 50 years old and over

Capacity: 10 to 20 people depending on the activity

Coverage area: Châteauguay, Léry, Mercier, Saint-Isidore, Saint-Urbain-Premier, Sainte-Martine

Hours: office: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 15h00, by appointment after office hours

Fees: none

Financing: provincial, grants, donations

Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE LA RIVE-SUD - CANDIAC SITE

8 Saint-Francois-Xavier Road, Candiac, Montérégie, QC, J5R 1A2

450 659-9651

Website: www.benevolatrivesud.qc.ca

Email: candiac@benevolatrivesud.ca

Services: Homecare services * Meals on wheels: hot meals delivered at home. * Assistance with shopping. * Assistance with filling out forms. * Friendly visits and calls. * Training and support for caregivers. Community action * Welcoming and referral. * Tax clinic. * Toast and coffee: program to break seniors isolation. * Conferences.

Eligibility: adults and seniors with a loss of autonomy, living alone or in convalescence

Coverage area: Candiac, La Prairie, Saint-Constant, Sainte-Catherine, Saint-Mathieu, Saint-Philippe, Delson

Hours: Monday to Thursday 8h30 to 16h30, administration: Monday to Friday 8h30 to 16h30

Fees: meals-on-wheels: \$6,50 per meal

Financing: provincial

Legal status: non-profit organization

CHÂTEAUGUAY PUBLIC LIBRARY

25 Maple Boulevard, Châteauguay, Montérégie, QC, J6J 3P7

450 698-3080

Website: ville.chateauguay.qc.ca/bibliotheque/accueil

Email: biblio@ville.chateauguay.qc.ca

Services: * Loan and consultation of books and audiovisual documents. * Computers, Internet access and printing devices. * Work rooms. * Room dedicated to genealogy. * Activities, training and workshops. * Exhibitions, book launches. * Summer book club for children. * Générations@branchées: introduction to computer technology for seniors by pairing with a teenager-teacher. * Bibliobus: travelling library in parks during summer. * Biblio-Santé: information service for caregivers. * Online portal:

simba2.crsbp.qc.ca/client/fr_CA/chateauguay

Coverage area: Châteauguay

Hours: Monday 12h00 to 21h00, Tuesday and Wednesday 9h00 to 21h00, Thursday 9h00 to 20h00, Friday 9h00 to 17h00, Saturday and Sunday 12h00 to 17h00, summer: closed Saturday and Sunday

Fees: residents: none, non-residents: \$75 per year

Financing: municipal

Legal status: municipal agency

LA PRAIRIE PUBLIC LIBRARY

500 Saint-Laurent Street, La Prairie, Montérégie, QC, J5R 5X2

450 444-6710

Website: catalogue.ville.laprairie.qc.ca

Email: biblio@ville.laprairie.qc.ca

Services: * Lending and consultation of printed, digital and audiovisual documents. * Computers, Internet access and printing tools. * Biblio-Santé: information service for caregivers. * Biblio-jeux: language stimulation program based on games, supervised by speech therapists. * Empruntez un musée Program: loans access cards to the Musée d'archéologie de Roussillon. * Une naissance un livre program: reading initiation kits for children under 1 year old. * Les jardins de Léo: seed library. * Story time. * Book club for adults. * Reading club for children. * Creative writing workshop. * Activities, exhibitions and conferences.

Coverage area: La Prairie

Hours: Tuesday and Thursday 9h30 to 20h30, Wednesday 13h30 to 20h30, Friday 13h30 to 18h00, Saturday 10h00 to 16h30, Sunday 13h30 to 16h30, summer: Monday and Wednesday 13h30 to 20h30, Tuesday and Thursday 9h30 to 20h30, Friday 13h30 to 18h00, Saturday 13h30 to 16h30

Fees: membership: variable

Financing: municipal

Legal status: municipal agency

SAINT-ISIDORE PUBLIC LIBRARY

693 Saint-Régis Road, Saint-Isidore, Montérégie, QC, J0L 2A0

450 992-1323

Website: www.reseaubibliomonteregie.qc.ca/fr/bibliotheques-horaire-et-localisation/b44/bibliotheque-de-saint-isidore

Email: biblio@st-isidore.ca

Services: Loan and consultation of books, audiovisual and digital documents. * Computers and Internet access. * Board game loan. * Story time and book club for children. * Une naissance, un livre: reading awareness kit for children 0 to 12 months. * Biblio-Jeux: language skills development through play program for children 6 months to 6 years old. * Biblio-Santé: thematic and informative health booklets offering a variety of resources for caregivers and people living with a health problem.

Coverage area: Saint-Isidore

Hours: Monday 19h00 to 20h30, Tuesday 13h00 to 16h00, Saturday 10h00 to 12h00, summer: closed on Saturday

Fees: none

Financing: municipal

Legal status: municipal agency

SAINT-PHILIPPE PUBLIC LIBRARY

2223 Édouard-VII Road, Saint-Philippe, Montérégie, QC, J0L 2K0

450 659-7701 ext. 233 Fax: 450 659-7702

Website: ville.saintphilippe.quebec/bibliotheque

Email: bibliotheque@ville.saintphilippe.quebec

Services: Loan and consultation of books and digital documents. * Computers and Internet access. * Loan of board games. * Story time. * Home delivery for people with reduced mobility. * Book club for children. * Générations@branchées: introduction to computer technology for seniors by pairing with a teenager-teacher. * Activities: workshops, conferences, exhibitions, etc. * Biblio-Santé.

Coverage area: Saint-Philippe

Hours: Tuesday to Thursday 10h00 to 20h00, Friday 9h00 to 12h00, Saturday 9h00 to 13h00, Sunday 13h00 to 17h00

Fees: residents: none

Financing: municipal

Legal status: municipal agency

SAINTE-CATHERINE PUBLIC LIBRARY

5365 Saint-Laurent Boulevard, Sainte-Catherine, Montérégie, QC, J5C 1A6

450 632-0590 ext. 5230

Website: www.ville.sainte-catherine.qc.ca/sports-culture-et-loisirs/bibliotheque

Email: bibliotheque@ville.sainte-catherine.qc.ca

Services: Loan and consultation of printed, audiovisual and electronic documents. * Computers and Internet access. * Screen enlarger for people with a visual impairment. * Early literacy. * Biblio-aidants. * Biblio-jeux: game aiming to develop the language and promote reading awakening. * Une naissance un livre: introductory reading kits for children 1 year old and under. * L'Alvéole: creative space, digital and artistic tools, workshops. * Story time. * Book club for adults. * Seed library. * Printing, photocopying, laminating, faxing and scanning. * Board games. * Conferences.

Coverage area: Sainte-Catherine and surroundings

Hours: Monday 13h00 to 20h00, Tuesday 13h00 to 17h30, Wednesday and Thursday 10h00 to 20h00, Friday 10h00 to 17h30, Saturday and Sunday 10h00 to 15h00, summer: Monday 13h00 to 20h00, Tuesday 13h00 to 17h30, Wednesday and Thursday 10h00 to 20h00, Friday 10h00 to 17h30, Saturday 10h00 to 15h00

Fees: none

Financing: municipal

Legal status: municipal agency

SERVICE D'AIDE DOMESTIQUE JARDINS-ROUSSILLON

23 Montée des Bouleaux, Suite 100, Saint-Constant, Montérégie, QC, J5A 1B6

1 877 629-0817 Fax: 450 993-0730

Website: www.sadjardins-roussillon.com

Email: info@sadjardins-roussillon.com

Services: Domestic help for seniors, disabled or sick people. * Housekeeping and light work. * Assistance in the preparation of meals. * Respite for caregivers. * Help to the person. * Assistance with packing for a house move. * Accompaniment-transportation for errands.

Eligibility: seniors or people with a loss of autonomy, people living with a disability or ill

Coverage area: Candiac, Delson, La Prairie, Sainte-Catherine, Saint-Constant, Saint-Isidore, Saint-Mathieu, Saint-Philippe, MRC les Jardins-de-Napierville

Hours: Monday to Friday 8h30 to 16h30

Fees: housekeeping: variable according to income, respite: free with referral from the CLSC, personal assistance: \$30 per hour

Financing: provincial, self-financing

Legal status: non-profit organization

SOCIÉTÉ ALZHEIMER DU SUROÎT - POINT DE SERVICE DE CHÂTEAUGUAY

238A Saint-Jean-Baptiste Boulevard, Châteauguay, Montérégie, QC, J6K 3C1

450 455-3373 Fax: 450 373-0388

Website: www.alzheimer.ca/en/suroit

Email: info@alzheimersuroit.com

Services: * Telephone consultations. * Individual and family consultations. * Post-diagnosis reception and support. * Information and support groups and training for caregivers * Information and support groups and training for people affected. * Brunch meetings for couples and families. * Music and artistic activities. * Respite care at home. * Group respite at the Myosotis activity centres. * Documentation centre. * Information sessions, public conferences, kiosks * Training for health care professionals and workers. * Reference platform for health care workers: <http://referenceaidancequebec.ca>

Eligibility: people living with Alzheimer's disease or dementia, their caregivers and families, health care professionals and practitioners

Coverage area: MRC Beauharnois-Salaberry, MRC Vaudreuil-Soulanges, MRC Haut-Saint-Laurent, Kahnawake, greater Châteauguay, home respite: MRC Beauharnois-Salaberry, MRC Vaudreuil-Soulanges, greater Châteauguay, group respite: Salaberry-de-Valleyfield, Vaudreuil-Dorion, Châteauguay

Hours: Monday to Friday 9h00 to 16h30, by appointment

Fees: services to individuals and families: free, services to professionals and practitioners: variable

Financing: donations, grants, fundraising campaigns

Legal status: non-profit organization

Community and Recreation Centres**ÂGE D'OR SAINT-JEAN BAPTISTE-MARIE-VIANNEY DE CHÂTEAUGUAY**

8 Rainville Street, Châteauguay, Montérégie, QC, J6K 1H7

450 699-4362

Services: Recreational and social activities for seniors. * Bingo and cards. * Dance classes. * Community meals. * Pétanque.

Eligibility: seniors 50 years old and over

Coverage area: Châteauguay

Hours: Wednesday 10h30 to 16h00, Thursday 8h30 to 22h00, community meals: 1 Thursday per month until 22h30

Fees: membership card: \$25

Financing: membership fees

Legal status: non-profit organization

CAFÉ LIBERTÉ 50 DE SAINT-PHILIPPE (LE)

2235 Édouard-VII Road, Saint-Philippe, Montérégie, QC, J0L 2K0

450 659-4108

Email: cafe.lib50.stphilippe@gmail.com

Services: * Social and recreational activities for seniors. * Physical activities. * Outings. * Conferences.

Eligibility: people 50 years old and over

Coverage area: Saint-Philippe

Fees: annual membership: \$20

Financing: membership fees

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE DU GRAND CHÂTEAUGUAY

10 Gilmour Street, Châteauguay, Montérégie, QC, J6J 1K4

450 699-6289

Website: www.cabchateauguay.org

Email: info@cabgc.org

Services: * Friendly visits. * SecuriCAB: free reassuring call service made by volunteers. * Caring calls : weekly calls to fight isolation. * Walking club for seniors who are visually impaired or with reduced autonomy. * Walking assistance. * Respite and support for caregivers. * Info 50+: support program and outreach work initiative for vulnerable people 50 years and over (ITMAV). * Recruitment and training of volunteers. * Tax clinic.

Eligibility: people 50 years old and over, people with a loss of autonomy, caregivers

Coverage area: Châteauguay, Saint-Urbain-Premier, Saint-Isidore, Sainte-Martine, Mercier, Léry

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 15h00

Fees: none

Financing: federal, provincial, donations

Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE LA RIVE-SUD - CANDIAC SITE

8 Saint-Francois-Xavier Road, Candiac, Montérégie, QC, J5R 1A2

450 659-9651

Website: www.benevolatrivesud.qc.ca

Email: candiac@benevolatrivesud.ca

Services: Homecare services * Meals on wheels: hot meals delivered at home. * Assistance with shopping. * Assistance with filling out forms. * Friendly visits and calls. * Training and support for caregivers. Community action * Welcoming and referral. * Tax clinic. * Toast and coffee: program to break seniors isolation. * Conferences.

Eligibility: adults and seniors with a loss of autonomy, living alone or in convalescence

Coverage area: Candiac, La Prairie, Saint-Constant, Sainte-Catherine, Saint-Mathieu, Saint-Philippe, Delson

Hours: Monday to Thursday 8h30 to 16h30, administration: Monday to Friday 8h30 to 16h30

Fees: meals-on-wheels: \$6,50 per meal

Financing: provincial

Legal status: non-profit organization

CLUB DE L'ÂGE D'OR DE SAINTE-THÉRÈSE-DE-DELSON

1 1st Avenue, Delson, Montérégie, QC, J5B 1M9

450 632-1050 ext 3702

Email: jeanboisvert@gmail.com

Services: Recreational and social activities.

Eligibility: people 45 years and over

Capacity: 400 members

Coverage area: Delson

Fees: membership: \$13 per year

Financing: self-financing, membership fees

Legal status: non-profit organization

CLUB DE L'ÂGE D'OR DE ST-PHILIPPE

2235 Édouard-VII Road, Saint-Philippe, Montérégie, QC, J0L 2K0
450 907-6187

Services: * Social and recreational activities: cards, bingo, etc. * Annual outings and parties: Christmas, sugar shack, etc.

Eligibility: seniors 50 years old and over

Coverage area: MRC Roussillon

Hours: Wednesday 13h00 to 17h00

Fees: annual membership: \$20

Financing: municipal, donations, membership fees

Legal status: non-profit organization

CLUB DE L'ÂGE D'OR SAINT-CONSTANT

85 Montée Saint-Régis, Saint-Constant, Montérégie, QC, J5A 1X8
450 638-2010 ext. 7260

Website: clubagedor.wixsite.com/st-constant

Email: agedor.stconstant.secretaria@outlook.com

Services: Recreational, cultural and social activities for people 50 years old and over.

Eligibility: people 50 years old and over

Capacity: 700 members

Coverage area: MRC Roussillon

Fees: member: \$15 per year

Financing: membership fees

Legal status: non-profit organization

CLUB FADOQ COEURS VAILLANTS ST-ISIDORE

652 St-Régis Road, Saint-Isidore, Montérégie, QC, J0L 2A0
514 452-8260

Email: manon.lavignecartier@hotmail.com

Services: * Recreational and social activities: petanque, bean bags, dancing, board games, dinners, etc.

Eligibility: people 50 years old and over

Coverage area: Saint-Isidore

Hours: variable

Fees: membership: \$25

Financing: membership fees, donations

Legal status: non-profit organization

CLUB LE RENDEZ-VOUS DE CHÂTEAUGUAY

319 Brault Street, Châteauguay, Montérégie, QC, J6J 4M9
450 692-2190

Website: rendezvouschateauguay.club

Email: clubrvchat@gmail.com

Services: Social and recreational activities for seniors. * Social and line dancing. * Games: cards, darts, riddle, pool, palet, etc. * Computer classes.

Eligibility: people 45 years and over

Coverage area: Province of Québec

Fees: membership: \$30 per year, 80 years and over: \$15 per year

Financing: self-financing, contributions

Legal status: non-profit organization

DELSON - SERVICE DES LOISIRS

100 de Delson Avenue, Delson, Montérégie, QC, J5B 1S3

450 632-1050 ext. 3100 Fax: 450 635-0627

Website: www.ville.delson.qc.ca/fr/services-municipaux/loisirs-et-culture

Email: loisirs@ville.delson.qc.ca

Services: * Community, sociocultural and sporting activities. * Sports centre, parks, ice rinks and playgrounds. * Summer day camp. * Hall rental.

Coverage area: Delson

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

Fees: variable, citizen card: free

Financing: municipal

Legal status: municipal agency

FADOQ - CLUB DE L'ÂGE D'OR DE LA PRAIRIE

500 Saint-Laurent Street, La Prairie, Montérégie, QC, J5R 5X2

450 444-4586

Website: club.fadoq.ca/N011

Email: ageorlaprairie@outlook.com

Services: Social and recreational activities. * Bingo, card games, cribble, and bean bag toss. * Dance lessons, line dancing.

Eligibility: people 50 years old and over

Coverage area: Montérégie

Hours: Tuesday and Thursday, closed from June to August

Fees: annual membership: \$25

Financing: self-financing, membership fees

Legal status: non-profit organization

FADOQ - CLUB DE L'ÂGE D'OR DE SAINT-MATHIEU

299 Saint-Édouard Road, Saint-Mathieu, Montérégie, QC, J0L 2H0

450 659-6083

Services: Recreational and leisure activities for seniors. * Community suppers. * Card games, petanque, etc.

Eligibility: seniors

Capacity: 90 members

Coverage area: Saint-Mathieu

Hours: variable

Fees: membership: \$25

Financing: membership fees

Legal status: non-profit organization

LÉRY - LOISIRS ET CULTURE

1 de l'Hôtel-de-Ville Street, Léry, Montérégie, QC, J6N 1E8

450 692-6861 Fax: 450 692-6881

Website: www.lery.ca/services/loisirs-et-culture

Email: info@lery.ca

Services: * Cultural, sporting, artistic, and recreational activities. * Parks, swimming pool, indoor sports fields, and community gardens. * Club d'âge d'or de Léry: activities for seniors aged 50 and over. * Hall and sports fields rental. * Events.

Coverage area: Léry

Fees: variable

Financing: municipal

Legal status: municipal agency

MAISON DES AÎNÉS DE LA PRAIRIE

500 Saint-Laurent Street, La Prairie, Montérégie, QC, J5R 5X2

450 444-6736

Website: maisondesaineslaprairie.org

Email: admin@maisondesaineslaprairie.org

Services: Community centre for seniors. * Educational, social and cultural activities. * Sporting and wellness activities. * English and Spanish courses. * Computer courses. * Intergenerational projects. * At-home hairdressing. * Community meals. * Monthly breakfast. * Group transportation for errands and shopping. * Conferences and discussions.

Eligibility: people 50 years and over, at-home hairdressing: people aged 80 and over or people aged 50 years and over in recovery and without a car

Coverage area: La Prairie, MRC Roussillon, at-home hairdressing: La Prairie

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

Fees: annual membership: \$18 for La Prairie citizens, \$21 for others, courses and hairdressing: variable

Financing: self-financing, provincial

Legal status: non-profit organization

Day centres and respite**CHSLD DE CHÂTEAUGUAY**

95 de la Haute-Rivière Road, Châteauguay, Montérégie, QC, J6K 3P1

450 692-8231 Fax: 450 692-7920

Website: www.santemonteregie.qc.ca/en/installations/chsld-de-chateauguay

Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long term cares. * Day centre offering therapeutic services to maintain the autonomy of seniors living at home.

Eligibility: seniors, people with a loss of autonomy

Coverage area: Châteauguay

Hours: day centre: Tuesday to Friday 8h00 to 16h00

Financing: provincial

Legal status: parapublic organization

CHSLD DE LA PRAIRIE

500 Balmoral Avenue, La Prairie, Montérégie, QC, J5R 4N5

450 659-9148 Fax: 450 659-9989

Website: www.santemonteregie.qc.ca/en/installations/chsld-de-la-prairie

Services: Public care centre for seniors and people with a loss of autonomy. * Housing and long term cares. * Day centre offering therapeutic services to maintain the autonomy of seniors living at home. * End-of-life and palliative care.

Eligibility: seniors, people with a loss of autonomy

Capacity: day centre: 10 to 20 people per day

Coverage area: MCR Roussillon, MRC Les Jardins-de-Napierville

Hours: day centre: Monday to Friday 8h00 to 16h00

Financing: provincial

Legal status: parapublic organization

Friendly visits and safety calls

CENTRE D'ACTION BÉNÉVOLE DU GRAND CHÂTEAUGUAY

10 Gilmour Street, Châteauguay, Montérégie, QC, J6J 1K4

450 699-6289

Website: www.cabchateauguay.org

Email: info@cabgc.org

Services: * Friendly visits. * SecuriCAB: free reassuring call service made by volunteers. * Caring calls : weekly calls to fight isolation. * Walking club for seniors who are visually impaired or with reduced autonomy. * Walking assistance. * Respite and support for caregivers. * Info 50+: support program and outreach work initiative for vulnerable people 50 years and over (ITMAV). * Recruitment and training of volunteers. * Tax clinic.

Eligibility: people 50 years old and over, people with a loss of autonomy, caregivers

Coverage area: Châteauguay, Saint-Urbain-Premier, Saint-Isidore, Sainte-Martine, Mercier, Léry

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 15h00

Fees: none

Financing: federal, provincial, donations

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE DU GRAND CHÂTEAUGUAY - INITIATIVE DE TRAVAIL DE MILIEU AUPRÈS DES ÂÎNÉS EN SITUATION DE VULNÉRABILITÉ

10 Gilmour Street, Châteauguay, Montérégie, QC, J6J 1K4

450 699-6289

Website: www.cabchateauguay.org

Email: info@cabgc.org

Services: * Info 50+: support program and outreach work initiative for vulnerable people 50 years and over (ITMAV).

Eligibility: people 50 years old and over

Coverage area: Châteauguay, Mercier, Saint-Urbain-Premier, Saint-Isidore, Sainte-Martine, Léry

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 15h00

Financing: provincial, federal, donations

Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE LA RIVE-SUD - CANDIAC SITE

8 Saint-Francois-Xavier Road, Candiac, Montérégie, QC, J5R 1A2

450 659-9651

Website: www.benevolatrivesud.qc.ca

Email: candiac@benevolatrivesud.ca

Services: Homecare services * Meals on wheels: hot meals delivered at home. * Assistance with shopping. * Assistance with filling out forms. * Friendly visits and calls. * Training and support for caregivers. Community action * Welcoming and referral. * Tax clinic. * Toast and coffee: program to break seniors isolation. * Conferences.

Eligibility: adults and seniors with a loss of autonomy, living alone or in convalescence

Coverage area: Candiac, La Prairie, Saint-Constant, Sainte-Catherine, Saint-Mathieu, Saint-Philippe, Delson

Hours: Monday to Thursday 8h30 to 16h30, administration: Monday to Friday 8h30 to 16h30

Fees: meals-on-wheels: \$6,50 per meal

Financing: provincial

Legal status: non-profit organization

CHÂTEAUGUAY HORIZON COMMUNITY ASSOCIATION

319 Brault Street, Châteauguay, Montérégie, QC, J6J 4M9

Website: chateauguayhorizon.weebly.com

Email: chateauguayhorizon@gmail.com

Services: Organization serving the Black community of Châteauguay. * Community outreach. * Home and hospital friendly visits. * Newborn gift baskets. * Children's Christmas party and banquet. * Scholarship for college students. * Summer program and camp.

Eligibility: Black community of Châteauguay

Coverage area: Châteauguay

Fees: membership: family \$25, individual \$20

Financing: self-financing

Legal status: non-profit organization

Home support

CENTRE D'ACTION BÉNÉVOLE DU GRAND CHÂTEAUGUAY

10 Gilmour Street, Châteauguay, Montérégie, QC, J6J 1K4

450 699-6289

Website: www.cabchateauguay.org

Email: info@cabgc.org

Services: * Friendly visits. * SecuriCAB: free reassuring call service made by volunteers. * Caring calls : weekly calls to fight isolation. * Walking club for seniors who are visually impaired or with reduced autonomy. * Walking assistance. * Respite and support for caregivers. * Info 50+: support program and outreach work initiative for vulnerable people 50 years and over (ITMAV). * Recruitment and training of volunteers. * Tax clinic.

Eligibility: people 50 years old and over, people with a loss of autonomy, caregivers

Coverage area: Châteauguay, Saint-Urbain-Premier, Saint-Isidore, Sainte-Martine, Mercier, Léry

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 15h00

Fees: none

Financing: federal, provincial, donations

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE DU GRAND CHÂTEAUGUAY - SERVICES AUX PROCHES AIDANTS

10 Gilmour Street, Châteauguay, Montérégie, QC, J6J 1K4

450 699-6289

Website: www.cabchateauguay.org

Email: aidant@cabgc.org

Services: * Mutual aid group. * Telephone listening. * Helping relationship. * At-home respite and stimulation. * Information and referral. * Workshops. * Thematic coffee chats. * Assistance with filling out forms. * Conferences. * Bereavement support. * Caregiving in immigration context. * Caregiving for men.

Eligibility: caregivers of people 50 years old and over

Capacity: 10 to 20 people depending on the activity

Coverage area: Châteauguay, Léry, Mercier, Saint-Isidore, Saint-Urbain-Premier, Sainte-Martine

Hours: office: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 15h00, by appointment after office hours

Fees: none

Financing: provincial, grants, donations

Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE LA RIVE-SUD - CANDIAC SITE

8 Saint-Francois-Xavier Road, Candiac, Montérégie, QC, J5R 1A2

450 659-9651

Website: www.benevolatrivesud.qc.ca

Email: candiac@benevolatrivesud.ca

Seniors

Services: Homecare services * Meals on wheels: hot meals delivered at home. * Assistance with shopping. * Assistance with filling out forms. * Friendly visits and calls. * Training and support for caregivers. Community action * Welcoming and referral. * Tax clinic. * Toast and coffee: program to break seniors isolation. * Conferences.

Eligibility: adults and seniors with a loss of autonomy, living alone or in convalescence

Coverage area: Candiac, La Prairie, Saint-Constant, Sainte-Catherine, Saint-Mathieu, Saint-Philippe, Delson

Hours: Monday to Thursday 8h30 to 16h30, administration: Monday to Friday 8h30 to 16h30

Fees: meals-on-wheels: \$6,50 per meal

Financing: provincial

Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE LA RIVE-SUD - POINT DE SERVICE DE CANDIAC - ACCOMPANIMENT-TRANSPORTATION

8 Saint-Francois-Xavier Road, Candiac, Montérégie, QC, J5R 1A2

450 659-9651

Website: benevolatrivesud.qc.ca

Email: candiac@benevolatrivesud.ca

Services: * Transportation and accompaniment to medical appointments and errands by volunteers.

Eligibility: adults and seniors with a loss of autonomy, living alone or convalescent, in need of a physical presence in their side

Coverage area: Candiac, La Prairie, Saint-Constant, Sainte-Catherine, Saint-Mathieu, Saint-Philippe, Delson, appointments: South Shore, Montréal

Hours: day, evening and weekend according to availabilities

Fees: \$0.50 per km, parking fees for some hospitals at the beneficiary's expense

Financing: provincial, self-financing

Legal status: non-profit organization

MAISON DES AÎNÉS DE LA PRAIRIE

500 Saint-Laurent Street, La Prairie, Montérégie, QC, J5R 5X2

450 444-6736

Website: maisondesaineslaprairie.org

Email: admin@maisondesaineslaprairie.org

Services: Community centre for seniors. * Educational, social and cultural activities. * Sporting and wellness activities. * English and Spanish courses. * Computer courses. * Intergenerational projects. * At-home hairdressing. * Community meals. * Monthly breakfast. * Group transportation for errands and shopping. * Conferences and discussions.

Eligibility: people 50 years and over, at-home hairdressing: people aged 80 and over or people aged 50 years and over in recovery and without a car

Coverage area: La Prairie, MRC Roussillon, at-home hairdressing: La Prairie

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

Fees: annual membership: \$18 for La Prairie citizens, \$21 for others, courses and hairdressing: variable

Financing: self-financing, provincial

Legal status: non-profit organization

PARTAGE

547 Saint-Henri Street, La Prairie, Montérégie, QC, J5R 2S9

450 444-0803 Fax: 450 444-2621

Website: lepartage.info

Email: administration@lepartage.org

Services: * Emergency food and clothing assistance. * Christmas baskets. * Collective kitchens and cooking workshops. * Support, assistance and referral for families. * Thrift store. * Bonhomme à lunette service point: low-cost glasses.

Eligibility: individuals and families on a low income, homeless people, people living with major health problems, refugees, immigrants

Coverage area: La Prairie

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00, food assistance: Thursday 9h30 to 11h30, 13h30 to 15h30 and 17h00 to 18h15, bonhomme à lunette: no appointment necessary, Tuesday 9h30 to 11h30

Fees: food assistance, collective kitchens and culinary workshops: variable, Christmas baskets: free

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

Legal status: non-profit organization

PARTAGE - POINT DE SERVICE SAINT-CONSTANT

125 Saint-Pierre Street, Saint-Constant, Montérégie, QC, J5A 2G9

450 444-0803

Website: lepartage.info

Email: administration@lepartage.org

Services: * Food and clothing assistance. * Christmas baskets. * Support, assistance and referral for families. * Thrift store.

Eligibility: individuals and families on a low income, homeless people, people living with major health problems, refugees, immigrants

Coverage area: Saint-Constant

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00, food assistance: Thursday 13h30 to 15h15 and 17h00 to 18h15

Fees: food assistance, collective kitchens and culinary workshops: variable, Christmas baskets: free

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

Legal status: non-profit organization

PARTAGE - POINT DE SERVICE SAINTE-CATHERINE

1080 Union Street, Sainte-Catherine, Montérégie, QC, J5C 1B3

450 444-0803

Website: lepartage.info

Email: administration@lepartage.org

Services: * Food assistance. * Christmas baskets.

Eligibility: individuals and families on a low income

Coverage area: Sainte-Catherine

Hours: food assistance: Thursday 9h30 to 11h15

Fees: food assistance: variable, Christmas baskets: free

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

Legal status: non-profit organization

POPOTE CONSTANTE

330 Wilfrid-Lamarche Street, Saint-Constant, Montérégie, QC, J5A 1W2

450 632-2191

Email: popoteconstanteinc@hotmail.com

Services: Meals on wheels: hot meals delivered at home.

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

Capacity: 48 meals a day

Coverage area: Saint-Constant, Sainte-Catherine, Delson

Hours: delivery: Tuesday and Thursday 11h00 to 12h30

Fees: \$6

Financing: self-financing, municipal, fundraising campaigns

Legal status: non-profit organization

POPOTE ROULANTE DE CHÂTEAUGUAY

Confidential Address

514 231-0379**Website:** popoteroulantechateauguay.webnode.fr**Email:** infopopote.chateauguay@gmail.com**Services:** Home delivery of cold meals: main dish, soup and dessert.**Eligibility:** seniors with a loss of autonomy, ill or disabled**Coverage area:** Châteauguay, Léry**Hours:** Monday to Friday 8h00 to 18h00**Fees:** \$5 per meal**Financing:** grants, provincial**Legal status:** non-profit organization**SERVICE D'AIDE DOMESTIQUE JARDINS-ROUSSILLON**

23 Montée des Bouleaux, Suite 100, Saint-Constant, Montérégie, QC, J5A 1B6

1 877 629-0817 Fax: 450 993-0730**Website:** www.sadjardins-roussillon.com**Email:** info@sadjardins-roussillon.com**Services:** Domestic help for seniors, disabled or sick people. * Housekeeping and light work. * Assistance in the preparation of meals. * Respite for caregivers. * Help to the person. * Assistance with packing for a house move. * Accompaniment-transportation for errands.**Eligibility:** seniors or people with a loss of autonomy, people living with a disability or ill**Coverage area:** Candiac, Delson, La Prairie, Sainte-Catherine, Saint-Constant, Saint-Isidore, Saint-Mathieu, Saint-Philippe, MRC les Jardins-de-Napierville**Hours:** Monday to Friday 8h30 to 16h30**Fees:** housekeeping: variable according to income, respite: free with referral from the CLSC, personal assistance: \$30 per hour**Financing:** provincial, self-financing**Legal status:** non-profit organization**Housing for seniors****CHSLD DE CHÂTEAUGUAY**

95 de la Haute-Rivière Road, Châteauguay, Montérégie, QC, J6K 3P1

450 692-8231 Fax: 450 692-7920**Website:** www.santemonteregie.qc.ca/en/installations/chsld-de-chateauguay**Services:** Public care centre for seniors and people with a loss of autonomy. * Housing and long term cares. * Day centre offering therapeutic services to maintain the autonomy of seniors living at home.**Eligibility:** seniors, people with a loss of autonomy**Coverage area:** Châteauguay**Hours:** day centre: Tuesday to Friday 8h00 to 16h00**Financing:** provincial**Legal status:** parapublic organization**CHSLD DE LA PRAIRIE**

500 Balmoral Avenue, La Prairie, Montérégie, QC, J5R 4N5

450 659-9148 Fax: 450 659-9989**Website:** www.santemonteregie.qc.ca/en/installations/chsld-de-la-prairie**Services:** Public care centre for seniors and people with a loss of autonomy. * Housing and long term cares. * Day centre offering therapeutic services to maintain the autonomy of seniors living at home. * End-of-life and palliative care.**Eligibility:** seniors, people with a loss of autonomy

Capacity: day centre: 10 to 20 people per day
Coverage area: MRC Roussillon, MRC Les Jardins-de-Napierville
Hours: day centre: Monday to Friday 8h00 to 16h00
Financing: provincial
Legal status: parapublic organization

HABITATIONS DU VIEUX LA PRAIRIE

75 Saint-Laurent Street, Suite 100, La Prairie, Montérégie, QC, J5R 1H1
450 659-1547

Services: Subsidised housing for seniors. * 3 1/2 and 4 1/2 flats. * Common laundry room. * No smoking. * Cats accepted.

Eligibility: seniors 65 years old and over, autonomous and on a low income

Capacity: 32 apartments

Coverage area: La Prairie

Hours: Monday to Friday 10h00 to 12h00 and 13h00 to 16h00

Fees: 25% of income

Financing: self-financing

Legal status: non-profit organization

HABITATIONS LA GAILLARDE

90 Foucreault Street, Suite 100, Saint-Philippe, Montérégie, QC, J0L 2K0
450 907-0634

Email: la.gaillarde@videotron.ca

Services: Subsidized and non-subsidized housing. * 3½, 4½ and 5½ apartments. * Adapted units for people with reduced mobility. * Community hall.

Eligibility: autonomous seniors 65 years old and over, single people or families 65 years old and under

Capacity: seniors: 18 subsidized units, 65 years old and under: 6 subsidized units

Coverage area: MRC Roussillon

Fees: subsidized units: 25% of income

Financing: provincial

Legal status: non-profit organization

HABITATIONS LOGIS-CIEL

67 Pinsonneault Street, Saint-Constant, Montérégie, QC, J5A 2T4

Services: Subsidized and non-subsidized housing for seniors, young families and people living alone. * 3½, 4½ and 5½ apartments. * Adapted housing for people with reduced mobility.

Eligibility: seniors 65 years and over, autonomous or with a slight loss of autonomy, young families and people living alone, on a low or modest income

Capacity: 26 apartments, 13 are subsidized

Coverage area: MRC Roussillon

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

Financing: provincial

Legal status: non-profit organization

HABITATIONS TRILOGIS SAINT-CONSTANT (LES)

30 Saint-Pierre Street, Saint-Constant, Montérégie, QC, J5A 1B8
450 638-8333

Email: trilogis@outlook.com

Services: Subsidized housing for seniors, young families and people living alone. * 3½ and 4½ apartments. * Adapted housing for people with reduced mobility.

Eligibility: seniors 65 years and over, autonomous or with a slight loss of autonomy, young families and people living alone, on a low or modest income

Capacity: 44 apartments

Coverage area: MRC Roussillon

Fees: 25% of income based on provincial notice of assessment

Financing: provincial

Legal status: non-profit organization

MANOIR A. PIERRE LANCTÔT

95 de Carillon Street, Châteauguay, Montérégie, QC, J6J 5Z7

Website: frohme.org/services-gratuits/sinscrire-pour-obtenir-un-logement-social

Email: manoirlanctot@gmail.com

Services: Non-profit community housing for seniors. * Community meals. * Social activities.

Eligibility: seniors living alone over 75 years old, autonomous and seniors over 65 years old, semi-autonomous, on a low or middle income

Capacity: 23 subsidized units, 23 non-subsidized units

Coverage area: Châteauguay

Fees: non-subsidized: variable according to the situation, subsidized: 25% of income according to the provincial notice of assessment

Financing: grants, self-financing

Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE CHÂTEAUGUAY

33 Saint-Joseph Boulevard, Châteauguay, Montérégie, QC, J6K 4P9

450 692-9652 Fax: 450 692-4387

Website: www.omhchateauguay.org

Email: ohr@ohrchateauguay.org

Services: Management and administration of housing and housing programs * Low-rent housing (HLM). * Service d'aide à la recherche de logement (SARL): support, information, guidance and accompaniment with housing search. * Rent supplement program (PSL). * Québec affordable housing program. * Accès Logis program. * Online application form for subsidized housing: www.omhchateauguay.org/demande-en-ligne * Referral service.

Eligibility: people and families on a low or moderate income

Coverage area: Châteauguay

Hours: Monday, Tuesday and Thursday 9h00 to 12h00 and 13h00 to 16h00, Wednesday 13h00 to 16h00 and Friday 8h00 to 12h00

Financing: grants

Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DU BASSIN DE CHAMBLY

6270 Road 132, Suite 201, Sainte-Catherine, Montérégie, QC, J5C 1B6

450 658-0248

Website: www.omhbdc.ca

Email: info@omhbdc.ca

Services: * Management and administration of housing and housing programs: Low-rent housing (HLM) and Rent supplement program (PSL). * Service d'aide à la recherche de logement (SARL): support, information, guidance and accompaniment with housing search.

Eligibility: individuals and families on a low and moderate income who are Canadian citizens or permanent residents and who have lived in the territory of the Communauté métropolitaine de Montréal for 12 months in the 24 months preceding their application

Coverage area: Province of Québec

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

Fees: none

Financing: municipal, provincial, federal

Legal status: non-profit organization

Intergenerational activities

CANDIAC PUBLIC LIBRARY

59 Haendel Road, Candiac, Montérégie, QC, J5R 1R7

450 635-6032

Website: www.biblio.ville.candiac.qc.ca

Services: * Loan and consultation of books and audiovisual documents. * Computers, Internet access and printing devices. * Story time. * Book club for children. * Book club for adults. * Knitting club. * Movie club. * Conferences and activities. * Biblio-aidants: information services for caregivers. * Générations@branchées: introduction to computers workshops.

Eligibility: general public

Coverage area: Candiac

Hours: Tuesday and Thursday 10h00 to 20h00, Wednesday and Friday 13h00 to 20h00, Saturday 10h00 to 16h30

Fees: registration: free for residents, non-residents: \$80 for an adult, \$40 for a child

Financing: municipal

Legal status: municipal agency

CHÂTEAUGUAY PUBLIC LIBRARY

25 Maple Boulevard, Châteauguay, Montérégie, QC, J6J 3P7

450 698-3080

Website: ville.chateauguay.qc.ca/bibliotheque/accueil

Email: biblio@ville.chateauguay.qc.ca

Services: * Loan and consultation of books and audiovisual documents. * Computers, Internet access and printing devices. * Work rooms. * Room dedicated to genealogy. * Activities, training and workshops. * Exhibitions, book launches. * Summer book club for children. * Générations@branchées: introduction to computer technology for seniors by pairing with a teenager-teacher. * Bibliobus: travelling library in parks during summer. * Biblio-Santé: information service for caregivers. * Online portal:

simba2.crsbp.qc.ca/client/fr_CA/chateauguay

Coverage area: Châteauguay

Hours: Monday 12h00 to 21h00, Tuesday and Wednesday 9h00 to 21h00, Thursday 9h00 to 20h00, Friday 9h00 to 17h00, Saturday and Sunday 12h00 to 17h00, summer: closed Saturday and Sunday

Fees: residents: none, non-residents: \$75 per year

Financing: municipal

Legal status: municipal agency

DELSON PUBLIC LIBRARY

1 1st Avenue, Delson, Montérégie, QC, J5B 1M9

450 632-1050 ext. 3700

Website: www.ville.delson.qc.ca/fr/services-municipaux/loisirs-et-culture/bibliotheque

Email: bibliotheque@ville.delson.qc.ca

Services: * Loan and consultation of books and audiovisual documents. * Computers and Internet access. * Story time. * Animation and activities. * Générations@branchées: introduction to computer technology for adults by pairing with a teenager-teacher. * Computer courses, beginner level.

Coverage area: Delson

Hours: Tuesday to Thursday 13h00 to 20h30, Friday and Saturday 10h00 to 16h00

Fees: residents: none, non-residents: \$30

Financing: municipal

Legal status: municipal agency

MAISON DES AÎNÉS DE LA PRAIRIE

500 Saint-Laurent Street, La Prairie, Montérégie, QC, J5R 5X2

450 444-6736

Website: maisondesaineslaprairie.org

Email: admin@maisondesaineslaprairie.org

Services: Community centre for seniors. * Educational, social and cultural activities. * Sporting and wellness activities. * English and Spanish courses. * Computer courses. * Intergenerational projects. * At-home hairdressing. * Community meals. * Monthly breakfast. * Group transportation for errands and shopping. * Conferences and discussions.

Eligibility: people 50 years and over, at-home hairdressing: people aged 80 and over or people aged 50 years and over in recovery and without a car

Coverage area: La Prairie, MRC Roussillon, at-home hairdressing: La Prairie

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

Fees: annual membership: \$18 for La Prairie citizens, \$21 for others, courses and hairdressing: variable

Financing: self-financing, provincial

Legal status: non-profit organization

SAINT-CONSTANT PUBLIC LIBRARY

162 Monchamp Boulevard, Saint-Constant, Montérégie, QC, J5A 2K8

450 638-2010 ext. 7233

Website: saint-constant.ca/fr/bibliotheque-municipale

Email: bibliotheque@saint-constant.ca

Services: * Loan and consultation of books and audiovisual documents. * Computers, Internet access and printing devices. * Work rooms. * Story time. * Book club for children. * Book club for adults. * Générations@branchées: introduction to computers workshops. * Conferences, workshops. * Biblio-semences. * Online portal: saint-constant-prod.bibliomondo.com

Eligibility: general public

Coverage area: Saint-Constant

Hours: Monday to Wednesday 12h00 to 20h00, Thursday 9h30 to 20h00, Friday 13h00 to 17h00, Saturday 10h00 to 15h00, Sunday 12h00 to 16h00

Fees: membership: free for residents, non-residents adults: \$30, non-residents kids: \$12

Financing: municipal

Legal status: municipal agency

SAINT-PHILIPPE PUBLIC LIBRARY

2223 Édouard-VII Road, Saint-Philippe, Montérégie, QC, J0L 2K0

450 659-7701 ext. 233 Fax: 450 659-7702

Website: ville.saintphilippe.quebec/bibliotheque

Email: bibliotheque@ville.saintphilippe.quebec

Services: Loan and consultation of books and digital documents. * Computers and Internet access. * Loan of board games. * Story time. * Home delivery for people with reduced mobility. * Book club for children. * Générations@branchées: introduction to computer technology for seniors by pairing with a teenager-teacher. * Activities: workshops, conferences, exhibitions, etc. * Biblio-Santé.

Coverage area: Saint-Philippe

Hours: Tuesday to Thursday 10h00 to 20h00, Friday 9h00 to 12h00, Saturday 9h00 to 13h00, Sunday 13h00 to 17h00

Fees: residents: none

Financing: municipal

Legal status: municipal agency

SAINTE-CATHERINE PUBLIC LIBRARY

5365 Saint-Laurent Boulevard, Sainte-Catherine, Montérégie, QC, J5C 1A6

450 632-0590 ext. 5230

Website: www.ville.sainte-catherine.qc.ca/sports-culture-et-loisirs/bibliotheque

Email: bibliotheque@ville.sainte-catherine.qc.ca

Services: Loan and consultation of printed, audiovisual and electronic documents. * Computers and Internet access. * Screen enlarger for people with a visual impairment. * Early literacy. * Biblio-aidants. * Biblio-jeux: game aiming to develop the language and promote reading awakening. * Une naissance un livre: introductory reading kits for children 1 year old and under. * L'Alvéole: creative space, digital and artistic tools, workshops. * Story time. * Book club for adults. * Seed library. * Printing, photocopying, laminating, faxing and scanning. * Board games. * Conferences.

Coverage area: Sainte-Catherine and surroundings

Hours: Monday 13h00 to 20h00, Tuesday 13h00 to 17h30, Wednesday and Thursday 10h00 to 20h00, Friday 10h00 to 17h30, Saturday and Sunday 10h00 to 15h00, summer: Monday 13h00 to 20h00, Tuesday 13h00 to 17h30, Wednesday and Thursday 10h00 to 20h00, Friday 10h00 to 17h30, Saturday 10h00 to 15h00

Fees: none

Financing: municipal

Legal status: municipal agency

Meals on Wheels**CENTRE DE BÉNÉVOLAT DE LA RIVE-SUD - CANDIAC SITE**

8 Saint-Francois-Xavier Road, Candiac, Montérégie, QC, J5R 1A2

450 659-9651

Website: www.benevolatrivesud.qc.ca

Email: candiac@benevolatrivesud.ca

Services: Homecare services * Meals on wheels: hot meals delivered at home. * Assistance with shopping. * Assistance with filling out forms. * Friendly visits and calls. * Training and support for caregivers. Community action * Welcoming and referral. * Tax clinic. * Toast and coffee: program to break seniors isolation. * Conferences.

Eligibility: adults and seniors with a loss of autonomy, living alone or in convalescence

Coverage area: Candiac, La Prairie, Saint-Constant, Sainte-Catherine, Saint-Mathieu, Saint-Philippe, Delson

Hours: Monday to Thursday 8h30 to 16h30, administration: Monday to Friday 8h30 to 16h30

Fees: meals-on-wheels: \$6,50 per meal

Financing: provincial

Legal status: non-profit organization

PARTAGE

547 Saint-Henri Street, La Prairie, Montérégie, QC, J5R 2S9

450 444-0803 Fax: 450 444-2621

Website: lepartage.info

Email: administration@lepartage.org

Services: * Emergency food and clothing assistance. * Christmas baskets. * Collective kitchens and cooking workshops. * Support, assistance and referral for families. * Thrift store. * Bonhomme à lunette service point: low-cost glasses.

Eligibility: individuals and families on a low income, homeless people, people living with major health problems, refugees, immigrants

Coverage area: La Prairie

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00, food assistance: Thursday 9h30 to 11h30, 13h30 to 15h30 and 17h00 to 18h15, bonhomme à lunette: no appointment necessary, Tuesday 9h30 to 11h30

Fees: food assistance, collective kitchens and culinary workshops: variable, Christmas baskets: free

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

Legal status: non-profit organization

PARTAGE - POINT DE SERVICE SAINT-CONSTANT

125 Saint-Pierre Street, Saint-Constant, Montérégie, QC, J5A 2G9

450 444-0803

Website: lepartage.info

Email: administration@lepartage.org

Services: * Food and clothing assistance. * Christmas baskets. * Support, assistance and referral for families. * Thrift store.

Eligibility: individuals and families on a low income, homeless people, people living with major health problems, refugees, immigrants

Coverage area: Saint-Constant

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00, food assistance: Thursday 13h30 to 15h15 and 17h00 to 18h15

Fees: food assistance, collective kitchens and culinary workshops: variable, Christmas baskets: free

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

Legal status: non-profit organization

PARTAGE - POINT DE SERVICE SAINTE-CATHERINE

1080 Union Street, Sainte-Catherine, Montérégie, QC, J5C 1B3

450 444-0803

Website: lepartage.info

Email: administration@lepartage.org

Services: * Food assistance. * Christmas baskets.

Eligibility: individuals and families on a low income

Coverage area: Sainte-Catherine

Hours: food assistance: Thursday 9h30 to 11h15

Fees: food assistance: variable, Christmas baskets: free

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

Legal status: non-profit organization

POPOTE CONSTANTE

330 Wilfrid-Lamarche Street, Saint-Constant, Montérégie, QC, J5A 1W2

450 632-2191

Email: popoteconstanteinc@hotmail.com

Services: Meals on wheels: hot meals delivered at home.

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

Capacity: 48 meals a day

Coverage area: Saint-Constant, Sainte-Catherine, Delson

Hours: delivery: Tuesday and Thursday 11h00 to 12h30

Fees: \$6

Financing: self-financing, municipal, fundraising campaigns

Legal status: non-profit organization

POPOTE ROULANTE DE CHÂTEAUGUAY

Confidential Address

514 231-0379

Website: popoteroulantechateauguay.webnode.fr

Email: infopopote.chateauguay@gmail.com

Services: Home delivery of cold meals: main dish, soup and dessert.

Eligibility: seniors with a loss of autonomy, ill or disabled

Coverage area: Châteauguay, Léry

Hours: Monday to Friday 8h00 to 18h00

Fees: \$5 per meal

Financing: grants, provincial

Legal status: non-profit organization

Seniors' Advocacy and Assistance Associations

LEGAL AID OFFICE - CHÂTEAUGUAY

147 Saint-Jean-Baptiste Boulevard, Châteauguay, Montérégie, QC, J6K 3B1

450 691-4325 Fax: 450 699-0496

Website: ccjrs.com/en/bureaux/chateauguay-2

Email: chateauguay@ccjrs.com

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

Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible and with a legal need that is covered by the Law

Coverage area: Châteauguay, Saint-Constant, Delson, Kahnawake

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

Fees: people may be eligible for free legal aid or contributory legal aid between \$100 and 800, depending on their financial situation, see scale on website

Financing: provincial

Legal status: parapublic organization

Volunteer Transportation

CENTRE D'ACTION BÉNÉVOLE DU GRAND CHÂTEAUGUAY - ACCOMPANIMENT-TRANSPORTATION

10 Gilmour Street, Châteauguay, Montérégie, QC, J6J 1K4

450 699-6289

Website: www.cabchateauguay.org

Email: info@cabgc.org

Services: Volunteer accompaniment and transportation service. * Accompaniment to medical appointments. * Accompaniment for grocery shopping or essential errands. * Accompaniment for compassionate visits.

Eligibility: people 50 years and over with a loss of physical or cognitive autonomy, any person in oncology

Coverage area: Châteauguay, Mercier, Saint-Urbain-Premier, Saint-Isidore, Sainte-Martine, Léry, and for appointments: Greater Montréal

Hours: Monday to Friday, by appointment

Fees: variable depending on the destination

Financing: provincial, federal, donations

Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE LA RIVE-SUD - POINT DE SERVICE DE CANDIAC - ACCOMPANIMENT-TRANSPORTATION

8 Saint-Francois-Xavier Road, Candiac, Montérégie, QC, J5R 1A2

450 659-9651

Website: benevolatrivesud.qc.ca

Email: candiac@benevolatrivesud.ca

Services: * Transportation and accompaniment to medical appointments and errands by volunteers.

Eligibility: adults and seniors with a loss of autonomy, living alone or convalescent, in need of a physical presence in their side

Coverage area: Candiac, La Prairie, Saint-Constant, Sainte-Catherine, Saint-Mathieu, Saint-Philippe, Delson, appointments: South Shore, Montréal

Hours: day, evening and weekend according to availabilities

Fees: \$0.50 per km, parking fees for some hospitals at the beneficiary's expense

Financing: provincial, self-financing

Legal status: non-profit organization

MAISON DES AÎNÉS DE LA PRAIRIE

500 Saint-Laurent Street, La Prairie, Montérégie, QC, J5R 5X2

450 444-6736

Website: maisondesaineslaprairie.org

Email: admin@maisondesaineslaprairie.org

Services: Community centre for seniors. * Educational, social and cultural activities. * Sporting and wellness activities. * English and Spanish courses. * Computer courses. * Intergenerational projects. * At-home hairdressing. * Community meals. * Monthly breakfast. * Group transportation for errands and shopping. * Conferences and discussions.

Eligibility: people 50 years and over, at-home hairdressing: people aged 80 and over or people aged 50 years and over in recovery and without a car

Coverage area: La Prairie, MRC Roussillon, at-home hairdressing: La Prairie

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

Fees: annual membership: \$18 for La Prairie citizens, \$21 for others, courses and hairdressing: variable

Financing: self-financing, provincial

Legal status: non-profit organization

SERVICE D'AIDE DOMESTIQUE JARDINS-ROUSSILLON - ACCOMPANIMENT-TRANSPORTATION

23 Montée des Bouleaux, Suite 100, Saint-Constant, Montérégie, QC, J5A 1B6

1 877 629-0817 Fax: 450 993-0730

Website: www.sadjardins-roussillon.com

Email: info@sadjardins-roussillon.com

Services: * Transportation and accompaniment for errands by employees.

Eligibility: seniors or people with loss of autonomy, people living with a disability or ill

Coverage area: Candiac, Delson, La Prairie, Sainte-Catherine, Saint-Constant, Saint-Isidore, Saint-Mathieu, Saint-Philippe, MRC les Jardins-de-Napierville

Hours: Monday to Friday 8h00 to 17h00

Fees: transportation: \$0.45 per km, hourly fees according to the income

Financing: provincial, autofinancement

Legal status: non-profit organization

Sex and gender

WOMEN'S CENTRES

WOMEN'S ASSOCIATIONS

Women's centres

CANDIAC WEDNESDAY GROUP

125 Haendel Road, Candiac, Montérégie, QC, J5R 1R7

450 638-2846

Email: svocino@hotmail.com

Services: Community group for women. * Social and cultural activities: conferences, workshops, crafts, cooking, outings, discussion. * Community outreach. * Day care available during meetings.

Eligibility: women 18 years old and over

Capacity: 30 to 60 people

Coverage area: Candiac and surroundings

Hours: Wednesday 9h15 to 11h15, from September to May

Fees: membership: \$15 per year, coffee: \$1

Financing: self-financing

Legal status: non-profit organization

CENTRE DE FEMMES L'ÉCLAIRCIE

1025 Centrale Street, Sainte-Catherine, Montérégie, QC, J5C 1A2

450 638-1131 Fax: 450 638-1132

Website: www.centrefemmesleclaircie.com

Email: info@claircie.org

Services: Support for women in their autonomy process. * Reception, listening and referral. * Support group. * Accompaniment in socio-legal process. * Accompaniment with the decision-making process regarding the outcome of an unplanned pregnancy (pro-choice). * Documentation centre. * Popular education workshops. * Coffee-chat and conferences. * Day care. * Training of volunteers. * Collective action.

Eligibility: women 14 years and over, children 5 years old and under

Capacity: 15

Coverage area: Candiac, Delson, La Prairie, Sainte-Catherine, Saint-Constant, Saint-Mathieu, Saint-Philippe

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

Fees: free or low cost for some activities

Financing: grants, self-financing, donations

Legal status: non-profit organization

QUARTIER DES FEMMES (LE)

70 Salaberry Boulevard South, Châteauguay, Montérégie, QC, J6J 4J5

450 692-9805 Fax: 450 692-8243

Website: quartierdesfemmes.com/en

Email: info@quartierdesfemmes.org

Services: Self-help and popular education centre aimed at improving living conditions and empowering women in all their diversity. * Mother-friend program: support and accompaniment at home by a care worker. * Individual intervention. * Psychosocial support for women dealing with pregnancy ambivalence. * Respite for mothers. * Parenting talks * Workshops: sexuality, personal development, etc. * Self-help groups. * Community gardens. * Conferences and various meetings on subjects affecting women. * Fridge-sharing. * Various participatory committees.

Eligibility: women

Coverage area: CLSC Jardins-Roussillon

Hours: Monday to Friday 8h30 to 16h30, activities: variable, sometimes in the evening

Fees: free, activities: minimal fees for some

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

Legal status: non-profit organization

Women's associations

CANDIAC WEDNESDAY GROUP

125 Haendel Road, Candiac, Montérégie, QC, J5R 1R7

450 638-2846

Email: svocino@hotmail.com

Services: Community group for women. * Social and cultural activities: conferences, workshops, crafts, cooking, outings, discussion. * Community outreach. * Day care available during meetings.

Eligibility: women 18 years old and over

Capacity: 30 to 60 people

Coverage area: Candiac and surroundings

Hours: Wednesday 9h15 to 11h15, from September to May

Fees: membership: \$15 per year, coffee: \$1

Financing: self-financing

Legal status: non-profit organization

CENTRE DE FEMMES L'ÉCLAIRCIE

1025 Centrale Street, Sainte-Catherine, Montérégie, QC, J5C 1A2

450 638-1131 Fax: 450 638-1132

Website: www.centredefemmesleclaircie.com

Email: info@claircie.org

Services: Support for women in their autonomy process. * Reception, listening and referral. * Support group. * Accompaniment in socio-legal process. * Accompaniment with the decision-making process regarding the outcome of an unplanned pregnancy (pro-choice). * Documentation centre. * Popular education workshops. * Coffee-chat and conferences. * Day care. * Training of volunteers. * Collective action.

Eligibility: women 14 years and over, children 5 years old and under

Capacity: 15

Coverage area: Candiac, Delson, La Prairie, Sainte-Catherine, Saint-Constant, Saint-Mathieu, Saint-Philippe

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

Fees: free or low cost for some activities

Financing: grants, self-financing, donations

Legal status: non-profit organization

QUARTIER DES FEMMES (LE)

70 Salaberry Boulevard South, Châteauguay, Montérégie, QC, J6J 4J5

450 692-9805 Fax: 450 692-8243

Website: quartierdesfemmes.com/en

Email: info@quartierdesfemmes.org

Services: Self-help and popular education centre aimed at improving living conditions and empowering women in all their diversity. * Mother-friend program: support and accompaniment at home by a care worker. * Individual intervention. * Psychosocial support for women dealing with pregnancy ambivalence. * Respite for mothers. * Parenting talks * Workshops: sexuality, personal development, etc. * Self-help groups. * Community gardens. * Conferences and various meetings on subjects affecting women. * Fridge-sharing. * Various participatory committees.

Eligibility: women

Coverage area: CLSC Jardins-Roussillon

Hours: Monday to Friday 8h30 to 16h30, activities: variable, sometimes in the evening

Fees: free, activities: minimal fees for some

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

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

MUNICIPAL SPORTS AND RECREATION SERVICES

SPORT

SPORTS AND RECREATION FOR PEOPLE WITH A DISABILITY

Arts and culture

BISTRO CULTUREL COEUR DE VILLAGE

680 Saint-Régis Road, Saint-Isidore, Montérégie, QC, J0L 2A0

514 400-5351 Fax: 450 992-0633

Website: coeurdevillage.wordpress.com

Email: coeurdevillage@videotron.ca

Services: Promotion of culture and community action in rural areas. * Interventions with youth and seniors to break down the isolation. * Reintegration: professional integration internships, community work. * Summer jobs. * Flea market: small household items, toys, sports equipment and books. * Les papilles du coeur: catering service. * Room rental. * Volunteer work.

Eligibility: general public

Capacity: room: 75

Coverage area: MRC Roussillon

Hours: Wednesday to Friday 13h30 to 19h30, Saturday and Sunday 11h00 to 17h00

Fees: variable

Financing: self-financing, contributions, grants

Legal status: non-profit organization

CANDIAC PUBLIC LIBRARY

59 Haendel Road, Candiac, Montérégie, QC, J5R 1R7

450 635-6032

Website: www.biblio.ville.candiac.qc.ca

Services: * Loan and consultation of books and audiovisual documents. * Computers, Internet access and printing devices. * Story time. * Book club for children. * Book club for adults. * Knitting club. * Movie club. * Conferences and activities. * Biblio-aidants: information services for caregivers. * Générations@branchées: introduction to computers workshops.

Eligibility: general public

Coverage area: Candiac

Hours: Tuesday and Thursday 10h00 to 20h00, Wednesday and Friday 13h00 to 20h00, Saturday 10h00 to 16h30

Fees: registration: free for residents, non-residents: \$80 for an adult, \$40 for a child

Financing: municipal

Legal status: municipal agency

CHÂTEAUGUAY - ENTERTAINMENT, SPORTS AND CULTURE

15 Maple Boulevard, Châteauguay, Montérégie, QC, J6J 3P7

450 698-3100

Website: ville.chateauguay.qc.ca/en

Email: vie.citoyenne@ville.chateauguay.qc.ca

Services: * Community, cultural and sporting activities. * Multisports centre, polydium, arena, parks and playgrounds, cultural centre, aquatic centre, nautical centre. * Exhibition, events and festivals. * Coordination with community organizations. * Summer day camp. * Room rental.

Coverage area: Châteauguay

Hours: Monday and Tuesday 12h00 to 20h00, Wednesday and Thursday 12h00 to 18h00, Friday 12h00 to 17h00, Saturday 9h00 to 17h00, summer schedule: Monday and Friday 10h00 to 20h00, Tuesday to Thursday 10h00 to 16h00

Fees: variable, passeport-loisir: free for residents

Financing: municipal

Legal status: municipal agency

GUEULART

678 Saint-Régis Road, Saint-Isidore, Montérégie, QC, J0L 2A0

514 400-5351 Fax: 450 992-0633

Website: www.gueulart.com

Email: gueulart678@gmail.com

Services: Artist-run centre. * Meeting place. * Cultural mediation. * Conferences, musical performances and exhibitions.

Eligibility: artists, general public

Capacity: 100

Coverage area: Province of Québec

Hours: variable

Financing: donations

Legal status: non-profit organization

LA PRAIRIE PUBLIC LIBRARY

500 Saint-Laurent Street, La Prairie, Montérégie, QC, J5R 5X2

450 444-6710

Website: catalogue.ville.laprairie.qc.ca

Email: biblio@ville.laprairie.qc.ca

Services: * Lending and consultation of printed, digital and audiovisual documents. * Computers, Internet access and printing tools. * Biblio-Santé: information service for caregivers. * Biblio-jeux: language stimulation program based on games, supervised by speech therapists. * Empruntez un musée Program: loans access cards to the Musée d'archéologie de Roussillon. * Une naissance un livre program: reading initiation kits for children under 1 year old. * Les jardins de Léo: seed library. * Story time. * Book club for adults. * Reading club for children. * Creative writing workshop. * Activities, exhibitions and conferences.

Coverage area: La Prairie

Hours: Tuesday and Thursday 9h30 to 20h30, Wednesday 13h30 to 20h30, Friday 13h30 to 18h00, Saturday 10h00 to 16h30, Sunday 13h30 to 16h30, summer: Monday and Wednesday 13h30 to 20h30, Tuesday and Thursday 9h30 to 20h30, Friday 13h30 to 18h00, Saturday 13h30 to 16h30

Fees: membership: variable

Financing: municipal

Legal status: municipal agency

MONTÉRÉGIE WEST COMMUNITY NETWORK - CHÂTEAUGUAY

255 D'Anjou Boulevard, Suite 203, Châteauguay, Montérégie, QC, J6J 2R4

450 691-1444

Website: mwcnc.ca

Email: info@mwcnc.ca

Services: Development of the English-speaking community. * Networking and partnerships. * Health promotion. * Advocacy. * Knitting club. * Financial literacy. * French and English conversation workshops. * Lending library: English books and audio books. * Book club. * Café-rencontre. * Social and educational events and activities.

Eligibility: English-speaking community groups, citizens of all ages

Coverage area: MRC Les Jardins-de-Napierville, MRC Roussillon, MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

Hours: Monday to Thursday 8h30 to 16h30

Fees: membership: \$10 per year, \$25 for 3 years

Financing: federal, provincial, donations

Legal status: non-profit organization

SAINT-CONSTANT PUBLIC LIBRARY

162 Monchamp Boulevard, Saint-Constant, Montérégie, QC, J5A 2K8

450 638-2010 ext. 7233

Website: saint-constant.ca/fr/bibliotheque-municipale

Email: bibliotheque@saint-constant.ca

Services: * Loan and consultation of books and audiovisual documents. * Computers, Internet access and printing devices. * Work rooms. * Story time. * Book club for children. * Book club for adults. * Générations@branchées: introduction to computers workshops. * Conferences, workshops. * Biblio-semences. * Online portal: saint-constant-prod.bibliomondo.com

Eligibility: general public

Coverage area: Saint-Constant

Hours: Monday to Wednesday 12h00 to 20h00, Thursday 9h30 to 20h00, Friday 13h00 to 17h00, Saturday 10h00 to 15h00, Sunday 12h00 to 16h00

Fees: membership: free for residents, non-residents adults: \$30, non-residents kids: \$12

Financing: municipal

Legal status: municipal agency

SAINT-PHILIPPE PUBLIC LIBRARY

2223 Édouard-VII Road, Saint-Philippe, Montérégie, QC, J0L 2K0

450 659-7701 ext. 233 Fax: 450 659-7702

Website: ville.saintphilippe.quebec/bibliotheque

Email: bibliotheque@ville.saintphilippe.quebec

Services: Loan and consultation of books and digital documents. * Computers and Internet access. * Loan of board games. * Story time. * Home delivery for people with reduced mobility. * Book club for children. * Générations@branchées: introduction to computer technology for seniors by pairing with a teenager-teacher. * Activities: workshops, conferences, exhibitions, etc. * Biblio-Santé.

Coverage area: Saint-Philippe

Hours: Tuesday to Thursday 10h00 to 20h00, Friday 9h00 to 12h00, Saturday 9h00 to 13h00, Sunday 13h00 to 17h00

Fees: residents: none

Financing: municipal

Legal status: municipal agency

SAINTE-CATHERINE PUBLIC LIBRARY

5365 Saint-Laurent Boulevard, Sainte-Catherine, Montérégie, QC, J5C 1A6

450 632-0590 ext. 5230

Website: www.ville.sainte-catherine.qc.ca/sports-culture-et-loisirs/bibliotheque

Email: bibliotheque@ville.sainte-catherine.qc.ca

Services: Loan and consultation of printed, audiovisual and electronic documents. * Computers and Internet access. * Screen enlarger for people with a visual impairment. * Early literacy. * Biblio-aidants. * Biblio-jeux: game aiming to develop the language and promote reading awakening. * Une naissance un livre: introductory reading kits for children 1 year old and under. * L'Alvéole: creative space, digital and artistic tools, workshops. * Story time. * Book club for adults. * Seed library. * Printing, photocopying, laminating, faxing and scanning. * Board games. * Conferences.

Coverage area: Sainte-Catherine and surroundings

Hours: Monday 13h00 to 20h00, Tuesday 13h00 to 17h30, Wednesday and Thursday 10h00 to 20h00, Friday 10h00 to 17h30, Saturday and Sunday 10h00 to 15h00, summer: Monday 13h00 to 20h00, Tuesday 13h00 to 17h30, Wednesday and Thursday 10h00 to 20h00, Friday 10h00 to 17h30, Saturday 10h00 to 15h00

Fees: none

Financing: municipal

Legal status: municipal agency

Clubs and social events

ÂGE D'OR SAINT-JEAN BAPTISTE-MARIE-VIANNEY DE CHÂTEAUGUAY

8 Rainville Street, Châteauguay, Montérégie, QC, J6K 1H7

450 699-4362

Services: Recreational and social activities for seniors. * Bingo and cards. * Dance classes. * Community meals. * Pétanque.

Eligibility: seniors 50 years old and over

Coverage area: Châteauguay

Hours: Wednesday 10h30 to 16h00, Thursday 8h30 to 22h00, community meals: 1 Thursday per month until 22h30

Fees: membership card: \$25

Financing: membership fees

Legal status: non-profit organization

CAFÉ LIBERTÉ 50 DE SAINT-PHILIPPE (LE)

2235 Édouard-VII Road, Saint-Philippe, Montérégie, QC, J0L 2K0

450 659-4108

Email: cafe.lib50.stphilippe@gmail.com

Services: * Social and recreational activities for seniors. * Physical activities. * Outings. * Conferences.

Eligibility: people 50 years old and over

Coverage area: Saint-Philippe

Fees: annual membership: \$20

Financing: membership fees

Legal status: non-profit organization

CANDIAC WEDNESDAY GROUP

125 Haendel Road, Candiac, Montérégie, QC, J5R 1R7

450 638-2846

Email: svocino@hotmail.com

Services: Community group for women. * Social and cultural activities: conferences, workshops, crafts, cooking, outings, discussion. * Community outreach. * Day care available during meetings.

Eligibility: women 18 years old and over

Capacity: 30 to 60 people

Coverage area: Candiac and surroundings

Hours: Wednesday 9h15 to 11h15, from September to May

Fees: membership: \$15 per year, coffee: \$1

Financing: self-financing

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE DU GRAND CHÂTEAUGUAY

10 Gilmour Street, Châteauguay, Montérégie, QC, J6J 1K4

450 699-6289

Website: www.cabchateauguay.org

Email: info@cabgc.org

Services: * Friendly visits. * SecuriCAB: free reassuring call service made by volunteers. * Caring calls : weekly calls to fight isolation. * Walking club for seniors who are visually impaired or with reduced autonomy. * Walking assistance. * Respite and support for caregivers. * Info 50+: support program and outreach work initiative for vulnerable people 50 years and over (ITMAV). * Recruitment and training of volunteers. * Tax clinic.

Eligibility: people 50 years old and over, people with a loss of autonomy, caregivers

Coverage area: Châteauguay, Saint-Urbain-Premier, Saint-Isidore, Sainte-Martine, Mercier, Léry

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 15h00

Fees: none

Financing: federal, provincial, donations

Legal status: non-profit organization

CENTRE DE FEMMES L'ÉCLAIRCIE

1025 Centrale Street, Sainte-Catherine, Montérégie, QC, J5C 1A2

450 638-1131 Fax: 450 638-1132

Website: www.centrefemmesleclaircie.com

Email: info@claircie.org

Services: Support for women in their autonomy process. * Reception, listening and referral. * Support group. * Accompaniment in socio-legal process. * Accompaniment with the decision-making process regarding the outcome of an unplanned pregnancy (pro-choice). * Documentation centre. * Popular education workshops. * Coffee-chat and conferences. * Day care. * Training of volunteers. * Collective action.

Eligibility: women 14 years and over, children 5 years old and under

Capacity: 15

Coverage area: Candiac, Delson, La Prairie, Sainte-Catherine, Saint-Constant, Saint-Mathieu, Saint-Philippe

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

Fees: free or low cost for some activities

Financing: grants, self-financing, donations

Legal status: non-profit organization

CHÂTEAUGUAY HORIZON COMMUNITY ASSOCIATION

319 Brault Street, Châteauguay, Montérégie, QC, J6J 4M9

Website: chateauguayhorizon.weebly.com

Email: chateauguayhorizon@gmail.com

Services: Organization serving the Black community of Châteauguay. * Community outreach. * Home and hospital friendly visits. * Newborn gift baskets. * Children's Christmas party and banquet. * Scholarship for college students. * Summer program and camp.

Eligibility: Black community of Châteauguay

Coverage area: Châteauguay

Fees: membership: family \$25, individual \$20

Financing: self-financing

Legal status: non-profit organization

CLUB DE L'ÂGE D'OR DE SAINTE-THÉRÈSE-DE-DELSON

1 1st Avenue, Delson, Montérégie, QC, J5B 1M9

450 632-1050 ext 3702

Email: jeanboisvert@gmail.com

Services: Recreational and social activities.

Eligibility: people 45 years and over

Capacity: 400 members

Coverage area: Delson

Fees: membership: \$13 per year

Financing: self-financing, membership fees

Legal status: non-profit organization

CLUB DE L'ÂGE D'OR DE ST-PHILIPPE

2235 Édouard-VII Road, Saint-Philippe, Montérégie, QC, J0L 2K0

450 907-6187

Services: * Social and recreational activities: cards, bingo, etc. * Annual outings and parties: Christmas, sugar shack, etc.

Eligibility: seniors 50 years old and over

Coverage area: MRC Roussillon

Hours: Wednesday 13h00 to 17h00

Fees: annual membership: \$20

Financing: municipal, donations, membership fees

Legal status: non-profit organization

CLUB FADOQ COEURS VAILLANTS ST-ISIDORE

652 St-Régis Road, Saint-Isidore, Montérégie, QC, J0L 2A0

514 452-8260

Email: manon.lavignecartier@hotmail.com

Services: * Recreational and social activities: petanque, bean bags, dancing, board games, dinners, etc.

Eligibility: people 50 years old and over

Coverage area: Saint-Isidore

Hours: variable

Fees: membership: \$25

Financing: membership fees, donations

Legal status: non-profit organization

CLUB LE RENDEZ-VOUS DE CHÂTEAUGUAY

319 Brault Street, Châteauguay, Montérégie, QC, J6J 4M9

450 692-2190

Website: rendezvouschateauguay.club

Email: clubrvchat@gmail.com

Services: Social and recreational activities for seniors. * Social and line dancing. * Games: cards, darts, riddle, pool, palet, etc. * Computer classes.

Eligibility: people 45 years and over

Coverage area: Province of Québec

Fees: membership: \$30 per year, 80 years and over: \$15 per year

Financing: self-financing, contributions

Legal status: non-profit organization

FADOQ - CLUB DE L'ÂGE D'OR DE LA PRAIRIE

500 Saint-Laurent Street, La Prairie, Montérégie, QC, J5R 5X2

450 444-4586

Website: club.fadoq.ca/N011

Email: ageorlaprairie@outlook.com

Services: Social and recreational activities. * Bingo, card games, cribble, and bean bag toss. * Dance lessons, line dancing.

Eligibility: people 50 years old and over

Coverage area: Montérégie

Hours: Tuesday and Thursday, closed from June to August

Fees: annual membership: \$25

Financing: self-financing, membership fees

Legal status: non-profit organization

FADOQ - CLUB DE L'ÂGE D'OR DE SAINT-MATHIEU

299 Saint-Édouard Road, Saint-Mathieu, Montérégie, QC, J0L 2H0

450 659-6083

Services: Recreational and leisure activities for seniors. * Community suppers. * Card games, petanque, etc.

Eligibility: seniors

Capacity: 90 members

Coverage area: Saint-Mathieu

Hours: variable

Fees: membership: \$25

Financing: membership fees

Legal status: non-profit organization

LÉRY - LOISIRS ET CULTURE

1 de l'Hôtel-de-Ville Street, Léry, Montérégie, QC, J6N 1E8

450 692-6861 Fax: 450 692-6881

Website: www.lery.ca/services/loisirs-et-culture

Email: info@lery.ca

Services: * Cultural, sporting, artistic, and recreational activities. * Parks, swimming pool, indoor sports fields, and community gardens. * Club d'âge d'or de Léry: activities for seniors aged 50 and over. * Hall and sports fields rental. * Events.

Coverage area: Léry

Fees: variable

Financing: municipal

Legal status: municipal agency

Community recreation centres

ACTION JEUNESSE ROUSSILLON

123 Sainte-Catherine Street, Suite 300, Saint-Constant, Montérégie, QC, J5A 1R5

450 993-1616

Website: mdjstconstant.com

Email: stconstantmdj@gmail.com

Services: Youth centre. * Listening, entertainment and referral. * Homework assistance. * Arts and music room. * Indoor and outdoor activities: sports, games, cultural activities. * Cooking workshops. * Kiosks in schools at lunch time. * Various projects.

Eligibility: youth 12 to 17 years old

Coverage area: Saint-Constant

Hours: Tuesday to Saturday 16h00 to 20h00

Fees: none

Financing: provincial

Legal status: non-profit organization

CAFÉ LIBERTÉ 50 DE SAINT-PHILIPPE (LE)

2235 Édouard-VII Road, Saint-Philippe, Montérégie, QC, J0L 2K0

450 659-4108

Email: cafe.lib50.stphilippe@gmail.com

Services: * Social and recreational activities for seniors. * Physical activities. * Outings. * Conferences.

Eligibility: people 50 years old and over

Coverage area: Saint-Philippe

Fees: annual membership: \$20

Financing: membership fees

Legal status: non-profit organization

CLUB DE L'ÂGE D'OR SAINT-CONSTANT

85 Montée Saint-Régis, Saint-Constant, Montérégie, QC, J5A 1X8

450 638-2010 ext. 7260

Website: clubagedor.wixsite.com/st-constant

Email: agedor.stconstant.secretaria@outlook.com

Services: Recreational, cultural and social activities for people 50 years old and over.

Eligibility: people 50 years old and over

Capacity: 700 members

Coverage area: MRC Roussillon
Fees: member: \$15 per year
Financing: membership fees
Legal status: non-profit organization

CLUB LE RENDEZ-VOUS DE CHÂTEAUGUAY

319 Brault Street, Châteauguay, Montérégie, QC, J6J 4M9

450 692-2190

Website: rendezvouschateauguay.club

Email: clubrvchat@gmail.com

Services: Social and recreational activities for seniors. * Social and line dancing. * Games: cards, darts, riddle, pool, palet, etc. * Computer classes.

Eligibility: people 45 years and over

Coverage area: Province of Québec

Fees: membership: \$30 per year, 80 years and over: \$15 per year

Financing: self-financing, contributions

Legal status: non-profit organization

DELSON - SERVICE DES LOISIRS

100 de Delson Avenue, Delson, Montérégie, QC, J5B 1S3

450 632-1050 ext. 3100 Fax: 450 635-0627

Website: www.ville.delson.qc.ca/fr/services-municipaux/loisirs-et-culture

Email: loisirs@ville.delson.qc.ca

Services: * Community, sociocultural and sporting activities. * Sports centre, parks, ice rinks and playgrounds. * Summer day camp. * Hall rental.

Coverage area: Delson

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

Fees: variable, citizen card: free

Financing: municipal

Legal status: municipal agency

MAISON DES AÎNÉS DE LA PRAIRIE

500 Saint-Laurent Street, La Prairie, Montérégie, QC, J5R 5X2

450 444-6736

Website: maisondesaineslaprairie.org

Email: admin@maisondesaineslaprairie.org

Services: Community centre for seniors. * Educational, social and cultural activities. * Sporting and wellness activities. * English and Spanish courses. * Computer courses. * Intergenerational projects. * At-home hairdressing. * Community meals. * Monthly breakfast. * Group transportation for errands and shopping. * Conferences and discussions.

Eligibility: people 50 years and over, at-home hairdressing: people aged 80 and over or people aged 50 years and over in recovery and without a car

Coverage area: La Prairie, MRC Roussillon, at-home hairdressing: La Prairie

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

Fees: annual membership: \$18 for La Prairie citizens, \$21 for others, courses and hairdressing: variable

Financing: self-financing, provincial

Legal status: non-profit organization

MAISON DES JEUNES CHÂTELOIS

180 Mercier Street, Châteauguay, Montérégie, QC, J6J 5X2

450 698-3343 Fax: 450 698-3344

Website: www.mdjchateauguay.com

Email: infomdjchateauguay@videotron.ca

Services: Animated meeting place. * Assistance and referral. * Social, recreational and sports activities. * Skatepark. * Peer support program in secondary schools. * Street work. * Prevention workshops. * Collective kitchen.

Eligibility: youth 11 to 17 years old, street work: people of all ages

Coverage area: Châteauguay

Hours: school year: Tuesday to Thursday 15h00 to 17h00 and 18h00 to 20h30, Friday and Saturday 15h00 to 17h00 and 18h00 to 22h30, summer: Monday to Thursday 15h00 to 17h00 and 18h00 to 22h30, Friday and Saturday 15h00 to 17h00 and 18h00 to 23h00

Fees: membership: \$2

Financing: provincial, self-financing, municipal

Legal status: non-profit organization

MAISON DES JEUNES DE LA PRAIRIE

565 Notre-Dame Street, La Prairie, Montérégie, QC, J5R 5E5

450 444-6717

Website: maisondesjeunes.ca

Email: direction@mdjlaprairie.ca

Services: Meeting place, services and reference. * Cultural activities: painting, drawing, cooking, music, improvisation, etc. * Sports activities: soccer, hockey, basketball, volleyball, etc. * Leisure activities: board games, parties, sleepovers, etc. * Volunteering: tree planting, food drive, bike collection, etc. * Self-financing and democratic activities. * Information and prevention in sexuality, crime, drug addiction, mental health and others. * Homework assistance. * Outings.

Eligibility: youth 12 to 17 years old

Coverage area: La Prairie

Hours: Tuesday, Wednesday and Thursday 15h00 to 21h00, Friday 15h00 to 22h00 and Saturday 14h00 to 22h00

Fees: life membership: \$10

Financing: provincial, municipal, self-financing

Legal status: non-profit organization

MAISON DES JEUNES DE SAINT-PHILIPPE

2245 Édouard VII Road, Saint-Philippe, Montérégie, QC, J0L 2K0

450 659-0428 Fax: 450 659-7701

Website: mdjaureperestp.wixsite.com/mdjstp

Email: maisondesjeunes.stp@outlook.com

Services: Meeting place. * Listening and counselling. * Sporting and cultural activities. * Volunteering. * Youth committee.

Eligibility: youth 12 to 17 years old

Capacity: 200

Coverage area: Saint-Philippe

Hours: Tuesday to Thursday 18h00 to 21h00, Friday 18h00 to 23h00, Sunday 12h00 to 19h00, summer: Tuesday 18h00 to 22h00, Wednesday and Thursday 14h00 to 17h00 and 18h00 to 22h00, Friday 18h00 to 23h00, Sunday 12h00 to 19h00

Fees: subscription: \$5

Financing: provincial, municipal, self-financing

Legal status: non-profit organization

MAISON DES JEUNES ÉQUINOX

5185 Saint-Laurent Boulevard, Sainte-Catherine, Montérégie, QC, J5C 1A6

450 632-5122 Fax: 450 632-1680

Website: mdjequinox.ca

Email: direction@mdjequinox.ca

Services: Meeting place. * Listening and counselling. * Sporting and cultural activities. * Homework assistance. * Running club. * Bi-weekly dinner. * Volunteering.

Eligibility: youth 12 to 17 years old, certain times for youth 10 to 11 years old

Coverage area: Sainte-Catherine and surroundings

Hours: school year: Tuesday to Thursday 16h00 to 21h00, Friday 16h00 to 22h00, Saturday 14h00 to 21h00, youth 10 to 11 years old: Monday 15h00 to 17h30, summer: Tuesday to Friday 14h00 to 17h00 and 18h00 to 22h00, Saturday 14h00 to 21h00, youth 10 to 11 years old: Monday 15h00 to 17h30

Fees: none

Financing: provincial, municipal

Legal status: non-profit organization

MAISON DES JEUNES L'ANTIDOTE DE CANDIAC

125 Haendel Road, Candiac, Montérégie, QC, J5R 1R7

450 638-1761

Website: www.mdj-antidote.qc.ca

Email: antidote@mdj-antidote.qc.ca

Services: Meeting and exchange space that encourages individual and collective creative expression through the promotion of health, healthy lifestyles and participatory democratic life. * Workshops, outings and sports. * Listening, support and helping relationship. * Gymnasium, music room, video game room and kitchen. * Study room. * Wi-Fi zone.

Eligibility: people 12 to 17 years old

Coverage area: Candiac

Hours: Wednesday and Thursday 16h00 to 20h45, Friday 16h00 to 21h45, Saturday 13h00 to 21h45, summer schedule: Wednesday to Saturday 13h00 to 21h45

Fees: none

Financing: provincial, municipal

Legal status: non-profit organization

MAISON DES JEUNES MERCIÉROIS

4 Faubert Street, Mercier, Montérégie, QC, J6R 1E2

450 201-5151

Email: mdjmercier@videotron.ca

Services: Supervised meeting place. * Referral. * Sporting and cultural activities. * Volunteering.

Eligibility: youth 12 to 17 years old

Coverage area: Mercier

Hours: Wednesday to Saturday 16h00 to 22h00

Financing: municipal, provincial

Legal status: non-profit organization

MAISON DES JEUNES SYMPHOLIE

65 Boardman Street, Delson, Montérégie, QC, J5B 2B8

450 632-1050 ext. 3120

Website: maisondesjeunessympholie.org

Email: mdjsympholie2@hotmail.com

Services: Place for meeting, services and referral. * Sporting and cultural activities. * Volunteering. * Homework assistance. * Outings.

Eligibility: youth 12 to 17 years old, homework assistance: 9 years old and over

Capacity: 50

Coverage area: Delson

Hours: Tuesday to Thursday 15h00 to 21h00, Friday 15h00 to 22h00, Saturday 13h00 to 22h00, homework assistance for 9 to 12 years old: Tuesday and Thursday 15h00 to 17h00

Fees: none

Financing: municipal, provincial, self-financing

Legal status: non-profit organization

Day camps and specialized camps

CANDIAC - LOISIRS

59 Haendel Road, Candiac, Montérégie, QC, J5R 1R7

450 635-6020

Website: candiac.ca/culture-et-loisirs

Email: loisirs@ville.candiac.qc.ca

Services: * Community, sociocultural and sporting activities. * Parks and playgrounds, ice rinks, community centres, arena, swimming pool. * Financial assistance for sporting, recreational and artistic activities. * Coordination with community organizations. * Summer day camp. * Room rental. * Events and parties.

Coverage area: Candiac

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

Fees: variable

Financing: municipal

Legal status: municipal agency

CHÂTEAUGUAY - ENTERTAINMENT, SPORTS AND CULTURE

15 Maple Boulevard, Châteauguay, Montérégie, QC, J6J 3P7

450 698-3100

Website: ville.chateauguay.qc.ca/en

Email: vie.citoyenne@ville.chateauguay.qc.ca

Services: * Community, cultural and sporting activities. * Multisports centre, polydium, arena, parks and playgrounds, cultural centre, aquatic centre, nautical centre. * Exhibition, events and festivals. * Coordination with community organizations. * Summer day camp. * Room rental.

Coverage area: Châteauguay

Hours: Monday and Tuesday 12h00 to 20h00, Wednesday and Thursday 12h00 to 18h00, Friday 12h00 to 17h00, Saturday 9h00 to 17h00, summer schedule: Monday and Friday 10h00 to 20h00, Tuesday to Thursday 10h00 to 16h00

Fees: variable, passeport-loisir: free for residents

Financing: municipal

Legal status: municipal agency

CHÂTEAUGUAY HORIZON COMMUNITY ASSOCIATION

319 Brault Street, Châteauguay, Montérégie, QC, J6J 4M9

Website: chateauguayhorizon.weebly.com

Email: chateauguayhorizon@gmail.com

Services: Organization serving the Black community of Châteauguay. * Community outreach. * Home and hospital friendly visits. * Newborn gift baskets. * Children's Christmas party and banquet. * Scholarship for college students. * Summer program and camp.

Eligibility: Black community of Châteauguay

Coverage area: Châteauguay

Fees: membership: family \$25, individual \$20

Financing: self-financing

Legal status: non-profit organization

CHÂTEAUGUAY VALLEY LITERACY COUNCIL

Confidential Address

450 698-0342

Website: cvlc-chateauguay.weebly.com

Email: cvlc.chateauguay@gmail.com

Services: * English literacy workshops. * English courses: business and general development. * Reading camp and activities for children. * Training of volunteer teachers. * Activities for seniors in residences.

Eligibility: adults, families, children, seniors

Coverage area: Châteauguay and surrounding areas

Hours: Monday to Thursday 9h00 to 17h00

Fees: none or low cost

Financing: provincial, grants, donations, municipal, fundraising campaigns

Legal status: non-profit organization

DELSON - SERVICE DES LOISIRS

100 de Delson Avenue, Delson, Montérégie, QC, J5B 1S3

450 632-1050 ext. 3100 Fax: 450 635-0627

Website: www.ville.delson.qc.ca/fr/services-municipaux/loisirs-et-culture

Email: loisirs@ville.delson.qc.ca

Services: * Community, sociocultural and sporting activities. * Sports centre, parks, ice rinks and playgrounds. * Summer day camp. * Hall rental.

Coverage area: Delson

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

Fees: variable, citizen card: free

Financing: municipal

Legal status: municipal agency

LA PRAIRIE - SERVICE DES LOISIRS

500 Saint-Laurent Street, La Prairie, Montérégie, QC, J5R 5X2

450 444-6700

Website: www.ville.laprairie.qc.ca

Email: loisirs@ville.laprairie.qc.ca

Services: * Community, sociocultural and sporting activities. * Arena, multi-purpose centre, swimming pool, parks, ice rinks and playgrounds. * Coordination with community organizations. * Summer day camp. * Community gardens. * Vieux - La Prairie theater. * Activities and events. * Room rental.

Coverage area: La Prairie

Hours: Monday to Friday 8h15 to 20h30, Saturday 13h30 to 16h30

Fees: variable

Financing: municipal

Legal status: municipal agency

SAINT-CONSTANT - LEISURE DEPARTMENT

330 Wilfrid-Lamarche Street, Saint-Constant, Montérégie, QC, J5A 2S2

450 638-2010 ext. 7200 Fax: 450 635-8415

Website: saint-constant.ca

Email: loisirs@saint-constant.ca

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

Coverage area: Saint-Constant

Hours: Monday to Thursday 8h00 to 17h00, Friday 8h00 to 13h00

Fees: variable

Financing: municipal

Legal status: municipal agency

SAINT-ISIDORE - LOISIRS ET VIE COMMUNAUTAIRE

671 Saint-Régis Road, Saint-Isidore, Montérégie, QC, J0L 2A0

450 454-3919 ext. 106

Website: www.municipalite.saint-isidore.qc.ca

Email: loisirs@municipalite.saint-isidore.qc.ca

Services: * Sporting and recreational activities. * Community centre, parks, ice rink, sports fields. * Summer day camp. * Events.

Coverage area: Saint-Isidore

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

Fees: variable

Financing: municipal

Legal status: municipal agency

SAINT-MATHIEU - SERVICE DES LOISIRS

299 Saint-Édouard Road, Saint-Mathieu, Montérégie, QC, J0L 2H0

450 632-9528 ext. 225 Fax: 450 632-9544

Website: municipalite.saint-mathieu.qc.ca

Email: loisirs@municipalite.saint-mathieu.qc.ca

Services: * Sporting and recreational activities. * Parks, community centre, sports fields, ice rink. * Summer day camp. * Parties and events. * Hall rental.

Coverage area: Saint-Mathieu

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

Fees: variable

Financing: municipal

Legal status: municipal agency

SAINT-PHILIPPE - LOISIRS, CULTURE ET VIE COMMUNAUTAIRE

2225 Édouard-VII Road, Saint-Philippe, Montérégie, QC, J0L 2K0

450 659-7701 ext. 230 Fax: 450 659-7702

Website: ville.saintphilippe.quebec/programmation-loisirs

Email: loisirs@ville.saintphilippe.quebec

Services: * Sporting and recreational activities. * Community centre, parks, sports fields. * Coordination with community organizations. * Summer day camp. * Events. * Hall rental.

Coverage area: Saint-Philippe

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

Fees: variable

Financing: municipal

Legal status: municipal agency

SAINTE-CATHERINE - SPORTS, CULTURE, LEISURE AND COMMUNITY LIFE

5365 Saint-Laurent Boulevard, Sainte-Catherine, Montérégie, QC, J5C 1A6

450 632-0590 ext. 5210 Fax: 450 632-9908

Website: www.ville.sainte-catherine.qc.ca/sports-culture-et-loisirs

Email: sports-culture@vdsc.ca

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

Coverage area: Sainte-Catherine

Hours: Monday to Thursday 8h30 to 19h30, Friday 8h30 to 16h30

Fees: variable

Financing: municipal

Legal status: municipal agency

Hobbies

CANDIAC PUBLIC LIBRARY

59 Haendel Road, Candiac, Montérégie, QC, J5R 1R7

450 635-6032

Website: www.biblio.ville.candiac.qc.ca

Services: * Loan and consultation of books and audiovisual documents. * Computers, Internet access and printing devices. * Story time. * Book club for children. * Book club for adults. * Knitting club. * Movie club. * Conferences and activities. * Biblio-aidants: information services for caregivers. * Générations@branchées: introduction to computers workshops.

Eligibility: general public

Coverage area: Candiac

Hours: Tuesday and Thursday 10h00 to 20h00, Wednesday and Friday 13h00 to 20h00, Saturday 10h00 to 16h30

Fees: registration: free for residents, non-residents: \$80 for an adult, \$40 for a child

Financing: municipal

Legal status: municipal agency

CENTRE D'ÉDUCATION POPULAIRE

18 d'Anjou Boulevard, Châteauguay, Montérégie, QC, J6K 1B7

450 699-9955

Website: cep-alphabetisation.com

Email: cep@videotron.ca

Services: * Literacy program. * Basic training in French and calculus. * Educational upgrading: General Development Test (GDT) and Secondary School Equivalency Test (SSET) preparation. * Personal skills development. * Beginner and conversation English courses. * Basic computer training. * Francization. * Écrivain de rue: assistance to write letters, forms, etc.

Eligibility: people 16 years and over who no longer attend school on a regular basis

Coverage area: Greater Châteauguay: Beauharnois, Châteauguay, Kahnawake, Léry, Mercier, Saint-Isidore, Saint-Rémi, Saint-Urbain-Premier, Sainte-Martine

Hours: Monday to Friday 8h30 to 16h30

Fees: membership: \$20

Financing: provincial

Legal status: non-profit organization

CLUB DE L'ÂGE D'OR DE ST-PHILIPPE

2235 Édouard-VII Road, Saint-Philippe, Montérégie, QC, J0L 2K0

450 907-6187

Services: * Social and recreational activities: cards, bingo, etc. * Annual outings and parties: Christmas, sugar shack, etc.

Eligibility: seniors 50 years old and over

Coverage area: MRC Roussillon

Hours: Wednesday 13h00 to 17h00

Fees: annual membership: \$20

Financing: municipal, donations, membership fees

Legal status: non-profit organization

CLUB FADOQ COEURS VAILLANTS ST-ISIDORE

652 St-Régis Road, Saint-Isidore, Montérégie, QC, J0L 2A0

514 452-8260

Email: manon.lavignecartier@hotmail.com

Services: * Recreational and social activities: petanque, bean bags, dancing, board games, dinners, etc.

Eligibility: people 50 years old and over

Coverage area: Saint-Isidore

Hours: variable

Fees: membership: \$25

Financing: membership fees, donations

Legal status: non-profit organization

CLUB LE RENDEZ-VOUS DE CHÂTEAUGUAY

319 Brault Street, Châteauguay, Montérégie, QC, J6J 4M9

450 692-2190

Website: rendezvouschateauguay.club

Email: clubrvchat@gmail.com

Services: Social and recreational activities for seniors. * Social and line dancing. * Games: cards, darts, riddle, pool, palet, etc. * Computer classes.

Eligibility: people 45 years and over

Coverage area: Province of Québec

Fees: membership: \$30 per year, 80 years and over: \$15 per year

Financing: self-financing, contributions

Legal status: non-profit organization

DELSON PUBLIC LIBRARY

1 1st Avenue, Delson, Montérégie, QC, J5B 1M9

450 632-1050 ext. 3700

Website: www.ville.delson.qc.ca/fr/services-municipaux/loisirs-et-culture/bibliotheque

Email: bibliotheque@ville.delson.qc.ca

Services: * Loan and consultation of books and audiovisual documents. * Computers and Internet access. * Story time. * Animation and activities. * Générations@branchées: introduction to computer technology for adults by pairing with a teenager-teacher. * Computer courses, beginner level.

Coverage area: Delson

Hours: Tuesday to Thursday 13h00 to 20h30, Friday and Saturday 10h00 to 16h00

Fees: residents: none, non-residents: \$30

Financing: municipal

Legal status: municipal agency

G.E.M.E. GROUPE D'ENTRAIDE POUR UN MIEUX-ÊTRE - LA PRAIRIE

462 Saint-Paul Street, La Prairie, Montérégie, QC, J5R 2R5

450 332-4463

Website: www.groupegeme.com

Email: lucie.bergeron@groupegeme.com

Services: * In-person and virtual support groups (on Zoom). * Individual counseling in person and virtual (on Zoom). * Meditation groups. * Documentation and tools to manage anxiety disorders: videos, testimonials, books, visualization CD. * Virtual and in-person workshops and conferences at the request of organizations.

Eligibility: people 18 years and over living with anxiety disorders: stress, simple or social phobia, agoraphobia, panic disorder, burnout, depression, post-traumatic stress

Capacity: support groups: 15 to 33 people

Coverage area: Province of Québec

Hours: office: Monday to Friday 9h00 to 12h00 and 13h00 to 17h00, groups schedule: on the website

Fees: contributions

Financing: provincial, levées de fonds, cotisations, autofinancements

Legal status: non-profit organization

MAISON DES AÎNÉS DE LA PRAIRIE

500 Saint-Laurent Street, La Prairie, Montérégie, QC, J5R 5X2

450 444-6736

Website: maisondesaineslaprairie.org

Email: admin@maisondesaineslaprairie.org

Services: Community centre for seniors. * Educational, social and cultural activities. * Sporting and wellness activities. * English and Spanish courses. * Computer courses. * Intergenerational projects. * At-home hairdressing. * Community meals. * Monthly breakfast. * Group transportation for errands and shopping. * Conferences and discussions.

Eligibility: people 50 years and over, at-home hairdressing: people aged 80 and over or people aged 50 years and over in recovery and without a car

Coverage area: La Prairie, MRC Roussillon, at-home hairdressing: La Prairie

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

Fees: annual membership: \$18 for La Prairie citizens, \$21 for others, courses and hairdressing: variable

Financing: self-financing, provincial

Legal status: non-profit organization

MAISON DES JEUNES DE LA PRAIRIE

565 Notre-Dame Street, La Prairie, Montérégie, QC, J5R 5E5

450 444-6717

Website: maisondesjeunes.ca

Email: direction@mdjlaprairie.ca

Services: Meeting place, services and reference. * Cultural activities: painting, drawing, cooking, music, improvisation, etc. * Sports activities: soccer, hockey, basketball, volleyball, etc. * Leisure activities: board games, parties, sleepovers, etc. * Volunteering: tree planting, food drive, bike collection, etc. * Self-financing and democratic activities. * Information and prevention in sexuality, crime, drug addiction, mental health and others. * Homework assistance. * Outings.

Eligibility: youth 12 to 17 years old

Coverage area: La Prairie

Hours: Tuesday, Wednesday and Thursday 15h00 to 21h00, Friday 15h00 to 22h00 and Saturday 14h00 to 22h00

Fees: life membership: \$10

Financing: provincial, municipal, self-financing

Legal status: non-profit organization

MONTÉRÉGIE WEST COMMUNITY NETWORK - CHÂTEAUGUAY

255 D'Anjou Boulevard, Suite 203, Châteauguay, Montérégie, QC, J6J 2R4

450 691-1444

Website: mwcnc.ca

Email: info@mwcnc.ca

Services: Development of the English-speaking community. * Networking and partnerships. * Health promotion. * Advocacy. * Knitting club. * Financial literacy. * French and English conversation workshops. * Lending library: English books and audio books. * Book club. * Café-rencontre. * Social and educational events and activities.

Eligibility: English-speaking community groups, citizens of all ages

Coverage area: MRC Les Jardins-de-Napierville, MRC Roussillon, MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

Hours: Monday to Thursday 8h30 to 16h30

Fees: membership: \$10 per year, \$25 for 3 years

Financing: federal, provincial, donations

Legal status: non-profit organization

PARTAGE

547 Saint-Henri Street, La Prairie, Montérégie, QC, J5R 2S9

450 444-0803 Fax: 450 444-2621

Website: lepartage.info

Email: administration@lepartage.org

Services: * Emergency food and clothing assistance. * Christmas baskets. * Collective kitchens and cooking workshops. * Support, assistance and referral for families. * Thrift store. * Bonhomme à lunette service point: low-cost glasses.

Eligibility: individuals and families on a low income, homeless people, people living with major health problems, refugees, immigrants

Coverage area: La Prairie

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00, food assistance: Thursday 9h30 to 11h30, 13h30 to 15h30 and 17h00 to 18h15, bonhomme à lunette: no appointment necessary, Tuesday 9h30 to 11h30

Fees: food assistance, collective kitchens and culinary workshops: variable, Christmas baskets: free

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

Legal status: non-profit organization

RENCONTRE CHÂTEAUGUOISE (LA)

159 Principale Street, Châteauguay, Montérégie, QC, J6K 1G2

450 699-6819 Fax: 450 699-3453

Website: www.rencontrechateaugoise.com

Email: adjointe@rencontrechateaugoise.com

Services: * Community meals. * Collective kitchens. * Coffee shops. * Family dinners. * Young cooks. * Welcome and psychosocial support meetings. * Food recovery and distribution (food assistance). * PAAS Action program: employability assistance for people living on social welfare and excluded from the labour market. * Assistance in obtaining school supplies.

Eligibility: individuals and families on a low income, anyone who wants to break their isolation

Capacity: 30 persons

Coverage area: Châteauguay, Léry, Mercier, Saint-Isidore, Saint-Urbain-Premier, Sainte-Martine

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

Fees: food assistance: \$5, community meals: \$1, collective kitchens: \$2

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

Legal status: non-profit organization

SAINT-CONSTANT PUBLIC LIBRARY

162 Monchamp Boulevard, Saint-Constant, Montérégie, QC, J5A 2K8

450 638-2010 ext. 7233

Website: saint-constant.ca/fr/bibliotheque-municipale

Email: bibliotheque@saint-constant.ca

Services: * Loan and consultation of books and audiovisual documents. * Computers, Internet access and printing devices. * Work rooms. * Story time. * Book club for children. * Book club for adults. * Générations@branchées: introduction to computers workshops. * Conferences, workshops. * Biblio-semences. * Online portal: saint-constant-prod.bibliomondo.com

Eligibility: general public

Coverage area: Saint-Constant

Hours: Monday to Wednesday 12h00 to 20h00, Thursday 9h30 to 20h00, Friday 13h00 to 17h00, Saturday 10h00 to 15h00, Sunday 12h00 to 16h00

Fees: membership: free for residents, non-residents adults: \$30, non-residents kids: \$12

Financing: municipal

Legal status: municipal agency

SAINT-ISIDORE PUBLIC LIBRARY

693 Saint-Régis Road, Saint-Isidore, Montérégie, QC, J0L 2A0

450 992-1323

Website: www.reseaubibliomonteregie.qc.ca/fr/bibliotheques-horaire-et-localisation/b44/bibliotheque-de-saint-isidore

Email: biblio@st-isidore.ca

Services: Loan and consultation of books, audiovisual and digital documents. * Computers and Internet access. * Board game loan. * Story time and book club for children. * Une naissance, un livre: reading awareness kit for children 0 to 12 months. * Biblio-Jeux: language skills development through play program for children 6 months to 6 years old. * Biblio-Santé: thematic and informative health booklets offering a variety of resources for caregivers and people living with a health problem.

Coverage area: Saint-Isidore

Hours: Monday 19h00 to 20h30, Tuesday 13h00 to 16h00, Saturday 10h00 to 12h00, summer: closed on Saturday

Fees: none

Financing: municipal

Legal status: municipal agency

SAINT-MATHIEU PUBLIC LIBRARY

299 Saint-Édouard Road, Saint-Mathieu, Montérégie, QC, J0L 2H0

450 632-9528 ext. 3

Website: municipalite.saint-mathieu.qc.ca/bibliotheque

Email: mathieu@reseaubibliomonteregie.qc.ca

Services: Loan and consultation of books and documents. * Story time. * Internet access. * Children's book club. * Croque-livres program. * Friendly meetings and boardgames.

Coverage area: Saint-Mathieu

Hours: Tuesday 10h00 to 16h00 and 18h30 to 20h30, Thursday 18h30 to 20h30

Fees: membership: free for residents

Financing: municipal

Legal status: municipal agency

SAINT-PHILIPPE PUBLIC LIBRARY

2223 Édouard-VII Road, Saint-Philippe, Montérégie, QC, J0L 2K0

450 659-7701 ext. 233 Fax: 450 659-7702

Website: ville.saintphilippe.quebec/bibliotheque

Email: bibliotheque@ville.saintphilippe.quebec

Services: Loan and consultation of books and digital documents. * Computers and Internet access. * Loan of board games. * Story time. * Home delivery for people with reduced mobility. * Book club for children. * Générations@branchées: introduction to computer technology for seniors by pairing with a teenager-teacher. * Activities: workshops, conferences, exhibitions, etc. * Biblio-Santé.

Coverage area: Saint-Philippe

Hours: Tuesday to Thursday 10h00 to 20h00, Friday 9h00 to 12h00, Saturday 9h00 to 13h00, Sunday 13h00 to 17h00

Fees: residents: none

Financing: municipal

Legal status: municipal agency

SAINTE-CATHERINE PUBLIC LIBRARY

5365 Saint-Laurent Boulevard, Sainte-Catherine, Montérégie, QC, J5C 1A6

450 632-0590 ext. 5230

Website: www.ville.sainte-catherine.qc.ca/sports-culture-et-loisirs/bibliotheque

Email: bibliotheque@ville.sainte-catherine.qc.ca

Services: Loan and consultation of printed, audiovisual and electronic documents. * Computers and Internet access. * Screen enlarger for people with a visual impairment. * Early literacy. * Biblio-aidants. * Biblio-jeux: game aiming to develop the language and promote reading awakening. * Une naissance un livre: introductory reading kits for children 1 year old and under. * L'Alvéole: creative space, digital and artistic tools, workshops. * Story time. * Book club for adults. * Seed library. * Printing, photocopying, laminating, faxing and scanning. * Board games. * Conferences.

Coverage area: Sainte-Catherine and surroundings

Hours: Monday 13h00 to 20h00, Tuesday 13h00 to 17h30, Wednesday and Thursday 10h00 to 20h00, Friday 10h00 to 17h30, Saturday and Sunday 10h00 to 15h00, summer: Monday 13h00 to 20h00, Tuesday 13h00 to 17h30, Wednesday and Thursday 10h00 to 20h00, Friday 10h00 to 17h30, Saturday 10h00 to 15h00

Fees: none

Financing: municipal

Legal status: municipal agency

Libraries

CANDIAC PUBLIC LIBRARY

59 Haendel Road, Candiac, Montérégie, QC, J5R 1R7

450 635-6032

Website: www.biblio.ville.candiac.qc.ca

Services: * Loan and consultation of books and audiovisual documents. * Computers, Internet access and printing devices. * Story time. * Book club for children. * Book club for adults. * Knitting club. * Movie club. * Conferences and activities. * Biblio-aidants: information services for caregivers. * Générations@branchées: introduction to computers workshops.

Eligibility: general public

Coverage area: Candiac

Hours: Tuesday and Thursday 10h00 to 20h00, Wednesday and Friday 13h00 to 20h00, Saturday 10h00 to 16h30

Fees: registration: free for residents, non-residents: \$80 for an adult, \$40 for a child

Financing: municipal

Legal status: municipal agency

CHÂTEAUGUAY PUBLIC LIBRARY

25 Maple Boulevard, Châteauguay, Montérégie, QC, J6J 3P7

450 698-3080

Website: ville.chateauguay.qc.ca/bibliotheque/accueil

Email: biblio@ville.chateauguay.qc.ca

Services: * Loan and consultation of books and audiovisual documents. * Computers, Internet access and printing devices. * Work rooms. * Room dedicated to genealogy. * Activities, training and workshops. * Exhibitions, book launches. * Summer book club for children. * Générations@branchées: introduction to computer technology for seniors by pairing with a teenager-teacher. * Bibliobus: travelling library in parks during summer. * Biblio-Santé: information service for caregivers. * Online portal:

simba2.crsbp.qc.ca/client/fr_CA/chateauguay

Coverage area: Châteauguay

Hours: Monday 12h00 to 21h00, Tuesday and Wednesday 9h00 to 21h00, Thursday 9h00 to 20h00, Friday 9h00 to 17h00, Saturday and Sunday 12h00 to 17h00, summer: closed Saturday and Sunday

Fees: residents: none, non-residents: \$75 per year

Financing: municipal

Legal status: municipal agency

DELSON PUBLIC LIBRARY

1 1st Avenue, Delson, Montérégie, QC, J5B 1M9

450 632-1050 ext. 3700

Website: www.ville.delson.qc.ca/fr/services-municipaux/loisirs-et-culture/bibliotheque

Email: bibliotheque@ville.delson.qc.ca

Services: * Loan and consultation of books and audiovisual documents. * Computers and Internet access. * Story time. * Animation and activities. * Générations@branchées: introduction to computer technology for adults by pairing with a teenager-teacher. * Computer courses, beginner level.

Coverage area: Delson

Hours: Tuesday to Thursday 13h00 to 20h30, Friday and Saturday 10h00 to 16h00

Fees: residents: none, non-residents: \$30

Financing: municipal

Legal status: municipal agency

LA PRAIRIE PUBLIC LIBRARY

500 Saint-Laurent Street, La Prairie, Montérégie, QC, J5R 5X2

450 444-6710

Website: catalogue.ville.laprairie.qc.ca

Email: biblio@ville.laprairie.qc.ca

Services: * Lending and consultation of printed, digital and audiovisual documents. * Computers, Internet access and printing tools. * Biblio-Santé: information service for caregivers. * Biblio-jeux: language stimulation program based on games, supervised by speech therapists. * Empruntez un musée Program: loans access cards to the Musée d'archéologie de Roussillon. * Une naissance un livre program: reading initiation kits for children under 1 year old. * Les jardins de Léo: seed library. * Story time. * Book club for adults. * Reading club for children. * Creative writing workshop. * Activities, exhibitions and conferences.

Coverage area: La Prairie

Hours: Tuesday and Thursday 9h30 to 20h30, Wednesday 13h30 to 20h30, Friday 13h30 to 18h00, Saturday 10h00 to 16h30, Sunday 13h30 to 16h30, summer: Monday and Wednesday 13h30 to 20h30, Tuesday and Thursday 9h30 to 20h30, Friday 13h30 to 18h00, Saturday 13h30 to 16h30

Fees: membership: variable

Financing: municipal

Legal status: municipal agency

MERCIER - CITY

869 Saint-Jean-Baptiste Boulevard, 2nd floor, Mercier, Montérégie, QC, J6R 2L3

450 691-6090 Fax: 450 691-6529

Website: www.ville.mercier.qc.ca

Email: info@ville.mercier.qc.ca

Services: Management of municipal services. * Payment of municipal taxes and property assessment. * Urban planning by-laws. * Permit applications. * Fire safety department. * Information on the collection of residual materials and collections according to the calendar provided by the MRC de Roussillon:

<http://roussillon.ca/gestion-des-matieres-residuelles/info-matieres-residuelles/info-collection/?ville=mercier> *

Centre d'avis aux citoyens: updated recorded message containing current notifications. * Alerte citoyens: automated phone call system for emergencies. * Leisure, culture, and community life. * Municipal library.

Coverage area: Mercier

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h00 to 12h00, centre d'avis aux citoyens phone service: 24 hours / 7 days

Financing: municipal

Legal status: municipal agency

MONTÉRÉGIE WEST COMMUNITY NETWORK - CHÂTEAUGUAY

255 D'Anjou Boulevard, Suite 203, Châteauguay, Montérégie, QC, J6J 2R4

450 691-1444

Website: mwcnc.ca

Email: info@mwcnc.ca

Services: Development of the English-speaking community. * Networking and partnerships. * Health promotion. * Advocacy. * Knitting club. * Financial literacy. * French and English conversation workshops. * Lending library: English books and audio books. * Book club. * Café-rencontre. * Social and educational events and activities.

Eligibility: English-speaking community groups, citizens of all ages

Coverage area: MRC Les Jardins-de-Napierville, MRC Roussillon, MRC Beauharnois-Salaberry, MRC Le Haut-Saint-Laurent, MRC Vaudreuil-Soulanges

Hours: Monday to Thursday 8h30 to 16h30

Fees: membership: \$10 per year, \$25 for 3 years

Financing: federal, provincial, donations

Legal status: non-profit organization

RÉSEAU BIBLIO DE LA MONTÉRÉGIE

275 Conrad-Pelletier Street, La Prairie, Montérégie, QC, J5R 4V1

450 444-5433 Fax: 450 659-3364

Website: www.reseaubibliomonteregie.qc.ca

Email: crsaide@reseaubibliomonteregie.qc.ca

Services: Development and support of a regional network of public libraries. * Pooling and sharing of resources. * Room rental.

Eligibility: affiliated libraries

Coverage area: Montérégie

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

Financing: municipal

Legal status: municipal agency

SAINT-CONSTANT PUBLIC LIBRARY

162 Monchamp Boulevard, Saint-Constant, Montérégie, QC, J5A 2K8

450 638-2010 ext. 7233

Website: saint-constant.ca/fr/bibliotheque-municipale

Email: bibliotheque@saint-constant.ca

Services: * Loan and consultation of books and audiovisual documents. * Computers, Internet access and printing devices. * Work rooms. * Story time. * Book club for children. * Book club for adults. * Générations@branchées: introduction to computers workshops. * Conferences, workshops. * Biblio-semences. * Online portal: saint-constant-prod.bibliomondo.com

Eligibility: general public

Coverage area: Saint-Constant

Hours: Monday to Wednesday 12h00 to 20h00, Thursday 9h30 to 20h00, Friday 13h00 to 17h00, Saturday 10h00 to 15h00, Sunday 12h00 to 16h00

Fees: membership: free for residents, non-residents adults: \$30, non-residents kids: \$12

Financing: municipal

Legal status: municipal agency

SAINT-ISIDORE PUBLIC LIBRARY

693 Saint-Régis Road, Saint-Isidore, Montérégie, QC, J0L 2A0

450 992-1323

Website: www.reseaubibliomonteregie.qc.ca/fr/bibliotheques-horaire-et-localisation/b44/bibliotheque-de-saint-isidore

Email: biblio@st-isidore.ca

Services: Loan and consultation of books, audiovisual and digital documents. * Computers and Internet access. * Board game loan. * Story time and book club for children. * Une naissance, un livre: reading awareness kit for children 0 to 12 months. * Biblio-Jeux: language skills development through play program for children 6 months to 6 years old. * Biblio-Santé: thematic and informative health booklets offering a variety of resources for caregivers and people living with a health problem.

Coverage area: Saint-Isidore

Hours: Monday 19h00 to 20h30, Tuesday 13h00 to 16h00, Saturday 10h00 to 12h00, summer: closed on Saturday

Fees: none

Financing: municipal

Legal status: municipal agency

SAINT-MATHIEU PUBLIC LIBRARY

299 Saint-Édouard Road, Saint-Mathieu, Montérégie, QC, J0L 2H0

450 632-9528 ext. 3

Website: municipalite.saint-mathieu.qc.ca/bibliotheque

Email: mathieu@reseaubibliomonteregie.qc.ca

Services: Loan and consultation of books and documents. * Story time. * Internet access. * Children's book club. * Croque-livres program. * Friendly meetings and boardgames.

Coverage area: Saint-Mathieu

Hours: Tuesday 10h00 to 16h00 and 18h30 to 20h30, Thursday 18h30 to 20h30

Fees: membership: free for residents

Financing: municipal

Legal status: municipal agency

SAINT-PHILIPPE PUBLIC LIBRARY

2223 Édouard-VII Road, Saint-Philippe, Montérégie, QC, J0L 2K0

450 659-7701 ext. 233 Fax: 450 659-7702

Website: ville.saintphilippe.quebec/bibliotheque

Email: bibliotheque@ville.saintphilippe.quebec

Services: Loan and consultation of books and digital documents. * Computers and Internet access. * Loan of board games. * Story time. * Home delivery for people with reduced mobility. * Book club for children. * Générations@branchées: introduction to computer technology for seniors by pairing with a teenager-teacher. * Activities: workshops, conferences, exhibitions, etc. * Biblio-Santé.

Coverage area: Saint-Philippe

Hours: Tuesday to Thursday 10h00 to 20h00, Friday 9h00 to 12h00, Saturday 9h00 to 13h00, Sunday 13h00 to 17h00

Fees: residents: none

Financing: municipal

Legal status: municipal agency

SAINTE-CATHERINE PUBLIC LIBRARY

5365 Saint-Laurent Boulevard, Sainte-Catherine, Montérégie, QC, J5C 1A6

450 632-0590 ext. 5230

Website: www.ville.sainte-catherine.qc.ca/sports-culture-et-loisirs/bibliotheque

Email: bibliotheque@ville.sainte-catherine.qc.ca

Services: Loan and consultation of printed, audiovisual and electronic documents. * Computers and Internet access. * Screen enlarger for people with a visual impairment. * Early literacy. * Biblio-aidants. * Biblio-jeux: game aiming to develop the language and promote reading awakening. * Une naissance un livre: introductory reading kits for children 1 year old and under. * L'Alvéole: creative space, digital and artistic tools, workshops. * Story time. * Book club for adults. * Seed library. * Printing, photocopying, laminating, faxing and scanning. * Board games. * Conferences.

Coverage area: Sainte-Catherine and surroundings

Hours: Monday 13h00 to 20h00, Tuesday 13h00 to 17h30, Wednesday and Thursday 10h00 to 20h00, Friday 10h00 to 17h30, Saturday and Sunday 10h00 to 15h00, summer: Monday 13h00 to 20h00, Tuesday 13h00 to 17h30, Wednesday and Thursday 10h00 to 20h00, Friday 10h00 to 17h30, Saturday 10h00 to 15h00

Fees: none

Financing: municipal

Legal status: municipal agency

Municipal sports and recreation services

CANDIAC - LOISIRS

59 Haendel Road, Candiac, Montérégie, QC, J5R 1R7

450 635-6020

Website: candiac.ca/culture-et-loisirs

Email: loisirs@ville.candiac.qc.ca

Services: * Community, sociocultural and sporting activities. * Parks and playgrounds, ice rinks, community centres, arena, swimming pool. * Financial assistance for sporting, recreational and artistic activities. * Coordination with community organizations. * Summer day camp. * Room rental. * Events and parties.

Coverage area: Candiac

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

Fees: variable

Financing: municipal

Legal status: municipal agency

CHÂTEAUGUAY - ENTERTAINMENT, SPORTS AND CULTURE

15 Maple Boulevard, Châteauguay, Montérégie, QC, J6J 3P7

450 698-3100

Website: ville.chateauguay.qc.ca/en

Email: vie.citoyenne@ville.chateauguay.qc.ca

Services: * Community, cultural and sporting activities. * Multisports centre, polydium, arena, parks and playgrounds, cultural centre, aquatic centre, nautical centre. * Exhibition, events and festivals. * Coordination with community organizations. * Summer day camp. * Room rental.

Coverage area: Châteauguay

Hours: Monday and Tuesday 12h00 to 20h00, Wednesday and Thursday 12h00 to 18h00, Friday 12h00 to 17h00, Saturday 9h00 to 17h00, summer schedule: Monday and Friday 10h00 to 20h00, Tuesday to Thursday 10h00 to 16h00

Fees: variable, passeport-loisir: free for residents

Financing: municipal

Legal status: municipal agency

DELSON - SERVICE DES LOISIRS

100 de Delson Avenue, Delson, Montérégie, QC, J5B 1S3

450 632-1050 ext. 3100 Fax: 450 635-0627

Website: www.ville.delson.qc.ca/fr/services-municipaux/loisirs-et-culture

Email: loisirs@ville.delson.qc.ca

Services: * Community, sociocultural and sporting activities. * Sports centre, parks, ice rinks and playgrounds. * Summer day camp. * Hall rental.

Coverage area: Delson

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

Fees: variable, citizen card: free

Financing: municipal

Legal status: municipal agency

LA PRAIRIE - SERVICE DES LOISIRS

500 Saint-Laurent Street, La Prairie, Montérégie, QC, J5R 5X2

450 444-6700

Website: www.ville.laprairie.qc.ca

Email: loisirs@ville.laprairie.qc.ca

Services: * Community, sociocultural and sporting activities. * Arena, multi-purpose centre, swimming pool, parks, ice rinks and playgrounds. * Coordination with community organizations. * Summer day camp. * Community gardens. * Vieux - La Prairie theater. * Activities and events. * Room rental.

Coverage area: La Prairie

Hours: Monday to Friday 8h15 to 20h30, Saturday 13h30 to 16h30

Fees: variable

Financing: municipal

Legal status: municipal agency

LÉRY - LOISIRS ET CULTURE

1 de l'Hôtel-de-Ville Street, Léry, Montérégie, QC, J6N 1E8

450 692-6861 Fax: 450 692-6881

Website: www.lery.ca/services/loisirs-et-culture

Email: info@lery.ca

Services: * Cultural, sporting, artistic, and recreational activities. * Parks, swimming pool, indoor sports fields, and community gardens. * Club d'âge d'or de Léry: activities for seniors aged 50 and over. * Hall and sports fields rental. * Events.

Coverage area: Léry

Fees: variable

Financing: municipal

Legal status: municipal agency

SAINT-CONSTANT - LEISURE DEPARTMENT

330 Wilfrid-Lamarche Street, Saint-Constant, Montérégie, QC, J5A 2S2

450 638-2010 ext. 7200 Fax: 450 635-8415

Website: saint-constant.ca

Email: loisirs@saint-constant.ca

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

Coverage area: Saint-Constant

Hours: Monday to Thursday 8h00 to 17h00, Friday 8h00 to 13h00

Fees: variable

Financing: municipal

Legal status: municipal agency

SAINT-ISIDORE - LOISIRS ET VIE COMMUNAUTAIRE

671 Saint-Régis Road, Saint-Isidore, Montérégie, QC, J0L 2A0

450 454-3919 ext. 106

Website: www.municipalite.saint-isidore.qc.ca

Email: loisirs@municipalite.saint-isidore.qc.ca

Services: * Sporting and recreational activities. * Community centre, parks, ice rink, sports fields. * Summer day camp. * Events.

Coverage area: Saint-Isidore

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

Fees: variable

Financing: municipal

Legal status: municipal agency

SAINT-MATHIEU - SERVICE DES LOISIRS

299 Saint-Édouard Road, Saint-Mathieu, Montérégie, QC, J0L 2H0

450 632-9528 ext. 225 Fax: 450 632-9544

Website: municipalite.saint-mathieu.qc.ca

Email: loisirs@municipalite.saint-mathieu.qc.ca

Services: * Sporting and recreational activities. * Parks, community centre, sports fields, ice rink. * Summer day camp. * Parties and events. * Hall rental.

Coverage area: Saint-Mathieu

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

Fees: variable

Financing: municipal

Legal status: municipal agency

SAINT-PHILIPPE - LOISIRS, CULTURE ET VIE COMMUNAUTAIRE

2225 Édouard-VII Road, Saint-Philippe, Montérégie, QC, J0L 2K0

450 659-7701 ext. 230 Fax: 450 659-7702

Website: ville.saintphilippe.quebec/programmation-loisirs

Email: loisirs@ville.saintphilippe.quebec

Services: * Sporting and recreational activities. * Community centre, parks, sports fields. * Coordination with community organizations. * Summer day camp. * Events. * Hall rental.

Coverage area: Saint-Philippe

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

Fees: variable

Financing: municipal

Legal status: municipal agency

SAINTE-CATHERINE - SPORTS, CULTURE, LEISURE AND COMMUNITY LIFE

5365 Saint-Laurent Boulevard, Sainte-Catherine, Montérégie, QC, J5C 1A6

450 632-0590 ext. 5210 Fax: 450 632-9908

Website: www.ville.sainte-catherine.qc.ca/sports-culture-et-loisirs

Email: sports-culture@vdsc.ca

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

Coverage area: Sainte-Catherine

Hours: Monday to Thursday 8h30 to 19h30, Friday 8h30 to 16h30

Fees: variable

Financing: municipal

Legal status: municipal agency

Sport**CENTRE COMMUNAUTAIRE DE CHÂTEAUGUAY**

3 Principale Street, Châteauguay, Montérégie, QC, J6K 1E7

450 699-3464 Fax: 450 699-4111

Website: centrecommunautairechateauguay.com/en

Email: admin@ccchateau.ca

Services: Sale of clothing and household items. * Professional reintegration: recycling. * Emergency donation.

Eligibility: people in need

Coverage area: Châteauguay

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

Financing: donations, self-financing, grants

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE DU GRAND CHÂTEAUGUAY

10 Gilmour Street, Châteauguay, Montérégie, QC, J6J 1K4

450 699-6289

Website: www.cabchateauguay.org

Email: info@cabgc.org

Services: * Friendly visits. * SecuriCAB: free reassuring call service made by volunteers. * Caring calls : weekly calls to fight isolation. * Walking club for seniors who are visually impaired or with reduced autonomy. * Walking assistance. * Respite and support for caregivers. * Info 50+: support program and outreach work initiative for vulnerable people 50 years and over (ITMAV). * Recruitment and training of volunteers. * Tax clinic.

Eligibility: people 50 years old and over, people with a loss of autonomy, caregivers

Coverage area: Châteauguay, Saint-Urbain-Premier, Saint-Isidore, Sainte-Martine, Mercier, Léry

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 15h00

Fees: none

Financing: federal, provincial, donations

Legal status: non-profit organization

Sports and recreation for people with a disability

ASSOCIATION QUÉBÉCOISE DE LA DYSPHASIE - RÉGION MONTÉRÉGIE

55 Saint-Pierre Street, Suite 203, Saint-Constant, Montérégie, QC, J5A 1B9

450 635-1961

Website: www.dysphasiemonteregie.qc.ca

Email: direction@dysphasiemonteregie.org

Services: * Listening, information and support for members. * Activities, conferences. * Consultation with a social worker: follow-up, intervention plan, etc. * Info TS: online information service from a social worker via the private Facebook page. * Les p'tits conseils de mon orthophoniste: various themes discussed via the private Facebook page (<https://www.facebook.com/groups/lesptitsconseils>). * Production of information and advocacy tools. * Support to research on developmental language disorder.

Eligibility: people living with a developmental language disorder (dysphasia), their parents and relatives

Coverage area: Montérégie

Hours: office: Monday to Thursday 8h00 to 16h00, Friday 9h00 to 13h00, activities: evenings and weekends

Fees: membership: \$25 per year for individual, professional and supporter members, \$50 for corporate members

Financing: provincial, self-financing, donations

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE DU GRAND CHÂTEAUGUAY

10 Gilmour Street, Châteauguay, Montérégie, QC, J6J 1K4

450 699-6289

Website: www.cabchateauguay.org

Email: info@cabgc.org

Services: * Friendly visits. * SecuriCAB: free reassuring call service made by volunteers. * Caring calls : weekly calls to fight isolation. * Walking club for seniors who are visually impaired or with reduced autonomy. * Walking assistance. * Respite and support for caregivers. * Info 50+: support program and outreach work initiative for vulnerable people 50 years and over (ITMAV). * Recruitment and training of volunteers. * Tax clinic.

Eligibility: people 50 years old and over, people with a loss of autonomy, caregivers

Coverage area: Châteauguay, Saint-Urbain-Premier, Saint-Isidore, Sainte-Martine, Mercier, Léry

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00 and 13h00 to 15h00

Fees: none

Financing: federal, provincial, donations

Legal status: non-profit organization

CENTRE DE RÉHABILITATION AVC

500 Saint-Laurent Street, La Prairie, Montérégie, QC, J5R 5X2

514 775-5347

Website: www.centrerehabilitationavc.com

Email: accidentvasculaire@hotmail.com

Services: Long-term sensory-motor, verbal, cognitive and psychological rehabilitation following a CVA. * Cognitive activities: vocalization, speech therapy, concentration and memory games. * Socio-cultural activities: cinema, sugar shack, cultural outings, Christmas party, etc. * Adapted physical activities: chair exercises, bowling, bean bag toss and darts. * Creative activities: painting, crafts and singing. * Various workshops: music therapy, nutrition, relaxation, etc. * Information activities and conferences. * Weekly meetings.

Eligibility: people who have had a stroke, their caregivers

Coverage area: South Shore of Montréal

Hours: Wednesday 9h15 to 15h30

Fees: annual contribution: \$20, outing: \$5

Financing: donations, membership fees, provincial

Legal status: non-profit organization

MOUVEMENT ACTION DÉCOUVERTE POUR PERSONNES HANDICAPÉES DE LA RÉGION DE CHÂTEAUGUAY

25-B Saint-Francis Boulevard, Châteauguay, Montérégie, QC, J6J 1Y2

450 698-3361 Fax: 450 698-3362

Website: actiondecouverte.org/en

Email: actiondecouverte@videotron.ca

Services: Educational and social integration centre for people living with disabilities. * Movement Program: learning activities, autonomy development activities and educational workshops. * Action Program: special citizen participation activities. * Découverte Program: individual, in pairs and group projects.

Eligibility: adults living with intellectual disabilities, with or without other disorders

Coverage area: Châteauguay

Hours: Monday to Friday 9h00 to 16h00, variable in the evening and on Saturday

Fees: variable

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

Legal status: non-profit organization

S.AU.S.

9 Montcalm Street North, Suite 505, Candiac, Montérégie, QC, J5R 3L5

514 944-4986

Website: s-au-s.org/en

Email: info@s-au-s.org

Services: Recreational activities for youth with an autism spectrum disorder. * Oasis adapted day camps for youth 13 to 21 years old. * Teen-Club: social club for youth aged 13 years and over once a month. * Respite for caregivers of adults aged 21 and over. * Programming for 21 year olds and over in collaboration with the Riverside School Board. * Music therapy. * Soccer and dance. * Swimming and games adapted for members only. * Autism awareness run/walk. * Annual fund-raising gala. * Christmas breakfast.

Eligibility: children, youth, young adults 21 and over, living with an autism spectrum disorder (level 2-3)

Coverage area: Montérégie

Hours: office: Monday to Thursday 9h00 to 15h00, respite care: Friday 8h30 to 16h30

Fees: non-mandatory membership: 50 or \$100 depending on the type chosen, activities: variable

Financing: self-financing

Legal status: non-profit organization

SOCIÉTÉ ALZHEIMER DU SUROÏT - POINT DE SERVICE DE CHÂTEAUGUAY

238A Saint-Jean-Baptiste Boulevard, Châteauguay, Montérégie, QC, J6K 3C1

450 455-3373 Fax: 450 373-0388

Website: www.alzheimer.ca/en/suroit

Email: info@alzheimer-suroit.com

Services: * Telephone consultations. * Individual and family consultations. * Post-diagnosis reception and support. * Information and support groups and training for caregivers * Information and support groups and training for people affected. * Brunch meetings for couples and families. * Music and artistic activities. * Respite care at home. * Group respite at the Myosotis activity centres. * Documentation centre. * Information sessions, public conferences, kiosks * Training for health care professionals and workers. * Reference platform for health care workers: <http://referenceaidancequebec.ca>

Eligibility: people living with Alzheimer's disease or dementia, their caregivers and families, health care professionals and practitioners

Coverage area: MRC Beauharnois-Salaberry, MRC Vaudreuil-Soulanges, MRC Haut-Saint-Laurent, Kahnawake, greater Châteauguay, home respite: MRC Beauharnois-Salaberry, MRC Vaudreuil-Soulanges, greater Châteauguay, group respite: Salaberry-de-Valleyfield, Vaudreuil-Dorion, Châteauguay

Hours: Monday to Friday 9h00 to 16h30, by appointment

Fees: services to individuals and families: free, services to professionals and practitioners: variable

Financing: donations, grants, fundraising campaigns

Legal status: non-profit organization

Thrift store and material aid

CLOTHING

DONATION PICK-UPS

SCHOOL SUPPLIES

THRIFT STORES

Clothing

CENTRE COMMUNAUTAIRE DE CHÂTEAUGUAY

3 Principale Street, Châteauguay, Montérégie, QC, J6K 1E7

450 699-3464 Fax: 450 699-4111

Website: centrecommunautairechateauguay.com/en

Email: admin@ccchateau.ca

Services: Sale of clothing and household items. * Professional reintegration: recycling. * Emergency donation.

Eligibility: people in need

Coverage area: Châteauguay

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

Financing: donations, self-financing, grants

Legal status: non-profit organization

CORNE D'ABONDANCE DE CANDIAC

255 Montcalm Boulevard North, Candiac, Montérégie, QC, J5R 3L6

450 444-6999

Email: corne.abondance.candiac@gmail.com

Services: * Food bank and emergency assistance. * Thrift store: clothing, household items, sporting equipment, toys, etc. * Donation of food and clothing to community organizations and people in need. * Christmas baskets and Guignolée. * Volunteer development. * Donation boxes located at the Candiac Library and the IGA Extra Vallée Candiac. * Donation of school supplies for the food bank recipients.

Eligibility: food bank: people in need, thrift store: general public

Coverage area: Candiac

Hours: food bank: Tuesday 9h00 to 11h00, thrift store: Thursday 13h30 to 17h30, 1st Saturday of the month: 8h30 to 12h30, donation containers: Monday, Thursday and Saturday 9h00 to 16h00, donation boxes: 24 hours / 7 days

Financing: donations, self-financing

Legal status: non-profit organization

OPTIONS: RESOURCE AND PREGNANCY CENTRE FOR YOUTH

25 D'Anjou Boulevard, Châteauguay, Montérégie, QC, J6J 2P7

450 699-4357

Website: www.centreoptions.org/indexen1

Email: options@jslmontreal.org

Services: Care and support to youth and families facing unplanned pregnancy. Material assistance * Free pregnancy testing. * ARK boutique: clothes and diapers for children 0 to 5 years old, maternity clothes, high chairs, cots and cradles, etc. Education and prevention * Referral for STBBIs testing. * Sexual education workshops. * Referral to government and community resources. * Personal self-worth and healthy relationship teaching. Accompaniment * Personalized support. * Pregnancy options exploration. * Mediation between family members or a client and other people. * Tailored prenatal education & lactation support. * Reproductive loss grief support. * Birth family support through the adoption process during and after pregnancy. Parental education * Life skills and family management training. * Mom and tot groups. * Mentor mom and dad opportunities. Donations * Baby clothing donation. Housing * Housing program for pregnant youth and young parents.

Eligibility: people 25 years old and under with an unplanned pregnancy, their families, Boutique ark: parents, priority to those 25 years old and under

Capacity: pregnancy options support: 3 people per week, housing: 7 parents with children under 5, other services: as needed

Coverage area: Greater Montréal

Hours: ark boutique: Monday, Tuesday and Friday 10h00 to 14h00, appointments available outside these hours

Fees: none

Financing: donations

Legal status: non-profit organization

PARTAGE

547 Saint-Henri Street, La Prairie, Montérégie, QC, J5R 2S9

450 444-0803 Fax: 450 444-2621

Website: lepartage.info

Email: administration@lepartage.org

Services: * Emergency food and clothing assistance. * Christmas baskets. * Collective kitchens and cooking workshops. * Support, assistance and referral for families. * Thrift store. * Bonhomme à lunette service point: low-cost glasses.

Eligibility: individuals and families on a low income, homeless people, people living with major health problems, refugees, immigrants

Coverage area: La Prairie

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00, food assistance: Thursday 9h30 to 11h30, 13h30 to 15h30 and 17h00 to 18h15, bonhomme à lunette: no appointment necessary, Tuesday 9h30 to 11h30

Fees: food assistance, collective kitchens and culinary workshops: variable, Christmas baskets: free

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

Legal status: non-profit organization

PARTAGE - POINT DE SERVICE SAINT-CONSTANT

125 Saint-Pierre Street, Saint-Constant, Montérégie, QC, J5A 2G9

450 444-0803

Website: lepartage.info

Email: administration@lepartage.org

Services: * Food and clothing assistance. * Christmas baskets. * Support, assistance and referral for families. * Thrift store.

Eligibility: individuals and families on a low income, homeless people, people living with major health problems, refugees, immigrants

Coverage area: Saint-Constant

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00, food assistance: Thursday 13h30 to 15h15 and 17h00 to 18h15

Fees: food assistance, collective kitchens and culinary workshops: variable, Christmas baskets: free

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

Legal status: non-profit organization

Donation pick-ups

CENTRE COMMUNAUTAIRE DE CHÂTEAUGUAY - USED ITEMS RECOVERY

3 Principale Street, Châteauguay, Montérégie, QC, J6K 1E7

450 699-3464 Fax: 450 699-4111

Website: centrecommunautairechateauguay.com/en

Email: admin@ccchateau.ca

Services: Used items recovery: appliances, furniture, household items, clothes, books. * Home pick-up.

Coverage area: Delson, Candiac, Châteauguay, La Prairie, Sainte-Catherine, Saint-Constant

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

Fees: variable

Financing: donations, self-financing, grants

Legal status: non-profit organization

School supplies

RENCONTRE CHÂTEAUGUOISE (LA)

159 Principale Street, Châteauguay, Montérégie, QC, J6K 1G2

450 699-6819 Fax: 450 699-3453

Website: www.rencontrechateaugoise.com

Email: adjointe@rencontrechateaugoise.com

Services: * Community meals. * Collective kitchens. * Coffee shops. * Family dinners. * Young cooks. * Welcome and psychosocial support meetings. * Food recovery and distribution (food assistance). * PAAS Action program: employability assistance for people living on social welfare and excluded from the labour market. * Assistance in obtaining school supplies.

Eligibility: individuals and families on a low income, anyone who wants to break their isolation

Capacity: 30 persons

Coverage area: Châteauguay, Léry, Mercier, Saint-Isidore, Saint-Urbain-Premier, Sainte-Martine

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

Fees: food assistance: \$5, community meals: \$1, collective kitchens: \$2

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

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - CHÂTEAUGUAY

42 Gilmour Street, Châteauguay, Montérégie, QC, J6J 1K6

450 691-1007 Fax: 450 692-5063

Email: ssvpchateauguay@hotmail.com

Services: * General store: clothing, furniture and other used items. * Food aid: distribution of food baskets and food vouchers. * Financial assistance for school fees. * Christmas baskets.

Eligibility: people on a low income

Coverage area: Châteauguay, Léry, Mercier

Hours: general store: Monday, Tuesday, Thursday, Friday 10h00 to 14h00, Saturday 9h00 to 12h00, food aid: on demand

Fees: food aid: free

Financing: donations, self-financing

Legal status: non-profit organization

Thrift Stores

BISTRO CULTUREL COEUR DE VILLAGE

680 Saint-Régis Road, Saint-Isidore, Montérégie, QC, J0L 2A0

514 400-5351 Fax: 450 992-0633

Website: coeurdevillage.wordpress.com

Email: coeurdevillage@videotron.ca

Services: Promotion of culture and community action in rural areas. * Interventions with youth and seniors to break down the isolation. * Reintegration: professional integration internships, community work. * Summer jobs. * Flea market: small household items, toys, sports equipment and books. * Les papilles du coeur: catering service. * Room rental. * Volunteer work.

Eligibility: general public

Capacity: room: 75

Coverage area: MRC Roussillon

Hours: Wednesday to Friday 13h30 to 19h30, Saturday and Sunday 11h00 to 17h00

Fees: variable

Financing: self-financing, contributions, grants

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE DE CHÂTEAUGUAY

3 Principale Street, Châteauguay, Montérégie, QC, J6K 1E7

450 699-3464 Fax: 450 699-4111

Website: centrecommunautairechateauguay.com/en

Email: admin@ccchateau.ca

Services: Sale of clothing and household items. * Professional reintegration: recycling. * Emergency donation.

Eligibility: people in need

Coverage area: Châteauguay

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

Financing: donations, self-financing, grants

Legal status: non-profit organization

CLÉ DES MOTS (LA)

200 Saint-Pierre Street, Suite 103, Saint-Constant, Montérégie, QC, J5A 2G9

450 635-1411

Website: www.lacledesmots.ca

Email: info@lacledesmots.ca

Services: * Literacy workshops. * Francization workshops. * English course. * Store selling used books and other items. * Social Tuesday: board games.

Eligibility: adults

Capacity: 60

Coverage area: Saint-Constant

Hours: workshops: Monday to Friday 9h00 to 16h00, bookstore: Monday to Friday 9h00 to 16h00 and the first Sunday of the month, July and August: closed, except for the first Sunday of the month

Fees: registration: \$20

Financing: provincial, self-financing

Legal status: non-profit organization

CORNE D'ABONDANCE DE CANDIAC

255 Montcalm Boulevard North, Candiac, Montérégie, QC, J5R 3L6

450 444-6999

Email: corne.abondance.candiac@gmail.com

Services: * Food bank and emergency assistance. * Thrift store: clothing, household items, sporting equipment, toys, etc. * Donation of food and clothing to community organizations and people in need. * Christmas baskets and Guignolée. * Volunteer development. * Donation boxes located at the Candiac Library and the IGA Extra Vallée Candiac. * Donation of school supplies for the food bank recipients.

Eligibility: food bank: people in need, thrift store: general public

Coverage area: Candiac

Hours: food bank: Tuesday 9h00 to 11h00, thrift store: Thursday 13h30 to 17h30, 1st Saturday of the month: 8h30 to 12h30, donation containers: Monday, Thursday and Saturday 9h00 to 16h00, donation boxes: 24 hours / 7 days

Financing: donations, self-financing

Legal status: non-profit organization

ENTRAIDE MERCIER

959 Saint-Joseph Street, Mercier, Montérégie, QC, J6R 2K9

450 698-2137

Website: www.entraidemercier.ca

Email: services_communautaires@entraidemercier.ca

Services: * Thrift store: clothing, dishes, toys, books, housewares, computer equipment and electronic appliances. * Community fridge. * Indoor donation reception centre at 941 Saint-Joseph Street in Mercier. * Meeting with a community worker in partnership with La Rencontre Châteauguoise. * Distribution of school supplies.

Eligibility: general public

Coverage area: Mercier, school supplies: Châteauguay, Mercier, Léry, Sainte-Martine, Saint-Urbain, Saint-Isidore

Hours: Monday, Tuesday and Wednesday 9h00 to 18h00, Thursday and Friday 9h00 to 21h00, Saturday and Sunday 9h30 to 17h00, indoor donation reception centre: 7 days, 8h00 to 18h00, closed on holidays

Financing: self-financing, provincial

Legal status: non-profit organization

FABRIQUE DE LA PAROISSE DE SAINTE-MARGUERITE-D'YOUVILLE (LA) - ENTRAIDE FAMILIALE

8 Rainville Street, Châteauguay, Montérégie, QC, J6K 1H5

450 691-0966

Email: paroissesmy@gmail.com

Services: * Thrift store: clothes, toys, small household appliances, electronic devices, dishes and books. * Collection box: clothes, toys, small household appliances, electronic devices, dishes and books.

Eligibility: people on a low income

Coverage area: Châteauguay

Hours: Monday 11h30 to 15h00 and 18h30 to 20h00, Tuesday to Friday 11h30 to 15h30, summer hours: Monday to Friday 11h30 to 15h00

Financing: donations

Legal status: non-profit organization

FRIPERIE DE L'ÉCLUSE

5367 Marie-Victorin Boulevard, Sainte-Catherine, Montérégie, QC, J5C 1L9

514 805-4230

Email: friperiedecluse@gmail.com

Services: Sale of clothing and other items at low prices. * On-site used items recovery: clothes, small household items, toys and leisure equipment.

Eligibility: families

Capacity: 15

Coverage area: Sainte-Catherine

Hours: Wednesday 13h00 to 18h00

Financing: donations

Legal status: non-profit organization

PARTAGE

547 Saint-Henri Street, La Prairie, Montérégie, QC, J5R 2S9

450 444-0803 Fax: 450 444-2621

Website: lepartage.info

Email: administration@lepartage.org

Services: * Emergency food and clothing assistance. * Christmas baskets. * Collective kitchens and cooking workshops. * Support, assistance and referral for families. * Thrift store. * Bonhomme à lunette service point: low-cost glasses.

Eligibility: individuals and families on a low income, homeless people, people living with major health problems, refugees, immigrants

Coverage area: La Prairie

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00, food assistance: Thursday 9h30 to 11h30, 13h30 to 15h30 and 17h00 to 18h15, bonhomme à lunette: no appointment necessary, Tuesday 9h30 to 11h30

Fees: food assistance, collective kitchens and culinary workshops: variable, Christmas baskets: free

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

Legal status: non-profit organization

PARTAGE - POINT DE SERVICE SAINT-CONSTANT

125 Saint-Pierre Street, Saint-Constant, Montérégie, QC, J5A 2G9

450 444-0803

Website: lepartage.info

Email: administration@lepartage.org

Services: * Food and clothing assistance. * Christmas baskets. * Support, assistance and referral for families. * Thrift store.

Eligibility: individuals and families on a low income, homeless people, people living with major health problems, refugees, immigrants

Coverage area: Saint-Constant

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00, food assistance: Thursday 13h30 to 15h15 and 17h00 to 18h15

Fees: food assistance, collective kitchens and culinary workshops: variable, Christmas baskets: free

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

Legal status: non-profit organization

SOCIÉTÉ DE SAINT-VINCENT DE PAUL - CHÂTEAUGUAY

42 Gilmour Street, Châteauguay, Montérégie, QC, J6J 1K6

450 691-1007 Fax: 450 692-5063

Email: ssvpchateauguay@hotmail.com

Services: * General store: clothing, furniture and other used items. * Food aid: distribution of food baskets and food vouchers. * Financial assistance for school fees. * Christmas baskets.

Eligibility: people on a low income

Coverage area: Châteauguay, Léry, Mercier

Hours: general store: Monday, Tuesday, Thursday, Friday 10h00 to 14h00, Saturday 9h00 to 12h00, food aid: on demand

Fees: food aid: free

Financing: donations, self-financing

Legal status: non-profit organization

Transportation

ACCOMPANIED TRANSPORT

ACCOMPANIED TRANSPORT FOR MEDICAL REASONS

Accompanied transport

CENTRE D'ACTION BÉNÉVOLE DU GRAND CHÂTEAUGUAY - ACCOMPANIMENT-TRANSPORTATION

10 Gilmour Street, Châteauguay, Montérégie, QC, J6J 1K4

450 699-6289

Website: www.cabchateauguay.org

Email: info@cabgc.org

Services: Volunteer accompaniment and transportation service. * Accompaniment to medical appointments. * Accompaniment for grocery shopping or essential errands. * Accompaniment for compassionate visits.

Eligibility: people 50 years and over with a loss of physical or cognitive autonomy, any person in oncology

Coverage area: Châteauguay, Mercier, Saint-Urbain-Premier, Saint-Isidore, Sainte-Martine, Léry, and for appointments: Greater Montréal

Hours: Monday to Friday, by appointment

Fees: variable depending on the destination

Financing: provincial, federal, donations

Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE LA RIVE-SUD - POINT DE SERVICE DE CANDIAC - ACCOMPANIMENT-TRANSPORTATION

8 Saint-Francois-Xavier Road, Candiac, Montérégie, QC, J5R 1A2

450 659-9651

Website: benevolatrivesud.qc.ca

Email: candiac@benevolatrivesud.ca

Services: * Transportation and accompaniment to medical appointments and errands by volunteers.

Eligibility: adults and seniors with a loss of autonomy, living alone or convalescent, in need of a physical presence in their side

Coverage area: Candiac, La Prairie, Saint-Constant, Sainte-Catherine, Saint-Mathieu, Saint-Philippe, Delson, appointments: South Shore, Montréal

Hours: day, evening and weekend according to availabilities

Fees: \$0.50 per km, parking fees for some hospitals at the beneficiary's expense

Financing: provincial, self-financing

Legal status: non-profit organization

MAISON DES AÎNÉS DE LA PRAIRIE

500 Saint-Laurent Street, La Prairie, Montérégie, QC, J5R 5X2

450 444-6736

Website: maisondesaineslaprairie.org

Email: admin@maisondesaineslaprairie.org

Services: Community centre for seniors. * Educational, social and cultural activities. * Sporting and wellness activities. * English and Spanish courses. * Computer courses. * Intergenerational projects. * At-home hairdressing. * Community meals. * Monthly breakfast. * Group transportation for errands and shopping. * Conferences and discussions.

Eligibility: people 50 years and over, at-home hairdressing: people aged 80 and over or people aged 50 years and over in recovery and without a car

Coverage area: La Prairie, MRC Roussillon, at-home hairdressing: La Prairie

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

Fees: annual membership: \$18 for La Prairie citizens, \$21 for others, courses and hairdressing: variable

Financing: self-financing, provincial

Legal status: non-profit organization

SERVICE D'AIDE DOMESTIQUE JARDINS-ROUSSILLON - ACCOMPANIMENT-TRANSPORTATION

23 Montée des Bouleaux, Suite 100, Saint-Constant, Montérégie, QC, J5A 1B6

1 877 629-0817 Fax: 450 993-0730

Website: www.sadjardins-roussillon.com

Email: info@sadjardins-roussillon.com

Services: * Transportation and accompaniment for errands by employees.

Eligibility: seniors or people with loss of autonomy, people living with a disability or ill

Coverage area: Candiac, Delson, La Prairie, Sainte-Catherine, Saint-Constant, Saint-Isidore, Saint-Mathieu, Saint-Philippe, MRC les Jardins-de-Napierville

Hours: Monday to Friday 8h00 to 17h00

Fees: transportation: \$0.45 per km, hourly fees according to the income

Financing: provincial, autofinancement

Legal status: non-profit organization

Accompanied transport for medical reasons

CENTRE D'ACTION BÉNÉVOLE DU GRAND CHÂTEAUGUAY - ACCOMPANIMENT-TRANSPORTATION

10 Gilmour Street, Châteauguay, Montérégie, QC, J6J 1K4

450 699-6289

Website: www.cabchateauguay.org

Email: info@cabgc.org

Services: Volunteer accompaniment and transportation service. * Accompaniment to medical appointments. * Accompaniment for grocery shopping or essential errands. * Accompaniment for compassionate visits.

Eligibility: people 50 years and over with a loss of physical or cognitive autonomy, any person in oncology

Coverage area: Châteauguay, Mercier, Saint-Urbain-Premier, Saint-Isidore, Sainte-Martine, Léry, and for appointments: Greater Montréal

Hours: Monday to Friday, by appointment

Fees: variable depending on the destination

Financing: provincial, federal, donations

Legal status: non-profit organization

CENTRE DE BÉNÉVOLAT DE LA RIVE-SUD - POINT DE SERVICE DE CANDIAC - ACCOMPANIMENT-TRANSPORTATION

8 Saint-Francois-Xavier Road, Candiac, Montérégie, QC, J5R 1A2

450 659-9651

Website: benevolatrivesud.qc.ca

Email: candiac@benevolatrivesud.ca

Services: * Transportation and accompaniment to medical appointments and errands by volunteers.

Eligibility: adults and seniors with a loss of autonomy, living alone or convalescent, in need of a physical presence in their side

Coverage area: Candiac, La Prairie, Saint-Constant, Sainte-Catherine, Saint-Mathieu, Saint-Philippe, Delson, appointments: South Shore, Montréal

Hours: day, evening and weekend according to availabilities

Fees: \$0.50 per km, parking fees for some hospitals at the beneficiary's expense

Financing: provincial, self-financing

Legal status: non-profit organization

Violence and abuse**CHILD ABUSE****DOMESTIC VIOLENCE: SHELTERS AND SUPPORT****HELP LINES RELATED TO VIOLENCE AND ABUSE****PREVENTION OF VIOLENCE AND CRIME****SEXUAL ASSAULT AND INCEST****SUPPORT FOR PERPETRATORS OF VIOLENCE AND THEIR FAMILIES****SUPPORT FOR VICTIMS AND THEIR FAMILIES****THERAPY AND COUNSELLING**

Child abuse

AVIF - ACTION SUR LA VIOLENCE ET INTERVENTION FAMILIALE

330 Pierre-Boursier Street, Suite 1200, Châteauguay, Montérégie, QC, J6J 4Z2

450 692-7313 Fax: 450 692-9356

Website: www.avif.ca

Email: avif@bellnet.ca

Services: * Intervention for men to cease controlling and violent behaviours. * Support group for men in difficulty. * Individual consultations, assessment and referral. * Complètement Ados: awareness activities for youth in difficulty. * Prevention workshops. * Training for parents.

Eligibility: male adults, youth 12 to 18 years old

Coverage area: MRC Roussillon, MRC Jardins de Napierville

Hours: Monday to Thursday 9h00 to 17h00, Friday 9h00 to 12h00 by appointment, group meetings: in the evening

Fees: none

Financing: provincial, donations

Legal status: non-profit organization

BENADO

197 Saint-François-Xavier Road, Delson, Montérégie, QC, J5B 1X7

450 632-1640 Fax: 450 632-6754

Website: benado.org

Email: info@benado.org

Services: Prevention of juvenile delinquency. * Day centre for young dropouts. * Manual and self-knowledge activities, painting workshops, leather, bike repair. * Job information for young dropouts. * Development and application of extrajudicial and judicial measures under the Youth Criminal Justice Act. * Information and consultation with victims of crime. * Prevention of crime in schools. * Community support in the implementation of programs related to conflict resolution.

Eligibility: dropout alternative section: youth 13 to 18 years old coping with academic, family or social difficulties, alternative justice section: youth 12 to 18 years old, victims, parents and community

Coverage area: MRC de Roussillon, Hemmingford, Saint-Édouard, Saint-Michel, Saint-Rémi, Sainte-Clotilde, Sherrington

Hours: Monday, Tuesday, Thursday and Friday 8h00 to 16h30, Wednesday 8h00 to 21h00

Financing: Centraide of Greater Montréal, donations, provincial

Legal status: non-profit organization

MAISON DES JEUNES DE LA PRAIRIE

565 Notre-Dame Street, La Prairie, Montérégie, QC, J5R 5E5

450 444-6717

Website: maisondesjeunes.ca

Email: direction@mdjlaprairie.ca

Services: Meeting place, services and reference. * Cultural activities: painting, drawing, cooking, music, improvisation, etc. * Sports activities: soccer, hockey, basketball, volleyball, etc. * Leisure activities: board games, parties, sleepovers, etc. * Volunteering: tree planting, food drive, bike collection, etc. * Self-financing and democratic activities. * Information and prevention in sexuality, crime, drug addiction, mental health and others. * Homework assistance. * Outings.

Eligibility: youth 12 to 17 years old

Coverage area: La Prairie

Hours: Tuesday, Wednesday and Thursday 15h00 to 21h00, Friday 15h00 to 22h00 and Saturday 14h00 to 22h00

Fees: life membership: \$10

Financing: provincial, municipal, self-financing

Legal status: non-profit organization

POUVOIR D'AGIR

161B Principale Street, Châteauguay, Montérégie, QC, J6K 1G2

450 692-5757

Website: www.pouvoirdagir.org

Email: info@pouvoirdagir.org

Services: Prevention of violence against children. * Prevention workshops. * Phone listening and referral. * Awareness and support.

Eligibility: children 3 to 12 years old, parents, teachers, counsellors, elementary schools, early childhood centres

Coverage area: MRC Roussillon and MRC Jardins-de-Napierville

Hours: Monday to Friday 8h00 to 16h00

Fees: none

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization

Domestic violence: shelters and support**AVIF - ACTION SUR LA VIOLENCE ET INTERVENTION FAMILIALE**

330 Pierre-Boursier Street, Suite 1200, Châteauguay, Montérégie, QC, J6J 4Z2

450 692-7313 Fax: 450 692-9356

Website: www.avif.ca

Email: avif@bellnet.ca

Services: * Intervention for men to cease controlling and violent behaviours. * Support group for men in difficulty. * Individual consultations, assessment and referral. * Complètement Ados: awareness activities for youth in difficulty. * Prevention workshops. * Training for parents.

Eligibility: male adults, youth 12 to 18 years old

Coverage area: MRC Roussillon, MRC Jardins de Napierville

Hours: Monday to Thursday 9h00 to 17h00, Friday 9h00 to 12h00 by appointment, group meetings: in the evening

Fees: none

Financing: provincial, donations

Legal status: non-profit organization

LEGAL AID OFFICE - CHÂTEAUGUAY

147 Saint-Jean-Baptiste Boulevard, Châteauguay, Montérégie, QC, J6K 3B1

450 691-4325 Fax: 450 699-0496

Website: ccjrs.com/en/bureaux/chateauguay-2

Email: chateauguay@ccjrs.com

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

Eligibility: person or non-profit organization residing in Quebec or forced to remain in Quebec, financially eligible and with a legal need that is covered by the Law

Coverage area: Châteauguay, Saint-Constant, Delson, Kahnawake

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

Fees: people may be eligible for free legal aid or contributory legal aid between \$100 and 800, depending on their financial situation, see scale on website

Financing: provincial

Legal status: parapublic organization

MAISON D'HÉBERGEMENT LA RE-SOURCE DE CHÂTEAUGUAY - TRANSITIONAL HOUSING

Confidential Address

50 699-0908 ext. 1 Fax: 450 699-1698**Website:** lare-source.org/en**Email:** direction@lare-source.org**Services:** Second stage house. * Transitional housing for up to 1 year. * Specialized intervention in post-separation domestic violence.**Eligibility:** women who stayed in a 1st stage house and were victims of domestic violence, with or without children**Capacity:** 8 apartments**Coverage area:** Montérégie**Financing:** fundraising campaigns, federal, provincial**Legal status:** non-profit organization**Help lines related to violence and abuse****POUVOIR D'AGIR**

161B Principale Street, Châteauguay, Montérégie, QC, J6K 1G2

450 692-5757**Website:** www.pouvoirdagir.org**Email:** info@pouvoirdagir.org**Services:** Prevention of violence against children. * Prevention workshops. * Phone listening and referral. * Awareness and support.**Eligibility:** children 3 to 12 years old, parents, teachers, counsellors, elementary schools, early childhood centres**Coverage area:** MRC Roussillon and MRC Jardins-de-Napierville**Hours:** Monday to Friday 8h00 to 16h00**Fees:** none**Financing:** provincial, fundraising campaigns, donations**Legal status:** non-profit organization**Prevention of violence and crime****AVIF - ACTION SUR LA VIOLENCE ET INTERVENTION FAMILIALE**

330 Pierre-Boursier Street, Suite 1200, Châteauguay, Montérégie, QC, J6J 4Z2

450 692-7313 Fax: 450 692-9356**Website:** www.avif.ca**Email:** avif@bellnet.ca**Services:** * Intervention for men to cease controlling and violent behaviours. * Support group for men in difficulty. * Individual consultations, assessment and referral. * Complètement Ados: awareness activities for youth in difficulty. * Prevention workshops. * Training for parents.**Eligibility:** male adults, youth 12 to 18 years old**Coverage area:** MRC Roussillon, MRC Jardins de Napierville**Hours:** Monday to Thursday 9h00 to 17h00, Friday 9h00 to 12h00 by appointment, group meetings: in the evening**Fees:** none**Financing:** provincial, donations**Legal status:** non-profit organization

RÉGIE INTERMUNICIPALE DE POLICE ROUSSILLON

90 Saint-François-Xavier Road, Candiac, Montérégie, QC, J5R 6M6

450 638-0911 ext. 0 Fax: 450 638-0905

Website: www.ripr.ca

Email: direction@policeroussillon.ca

Services: Responds to the public's safety needs. * Protection of the citizen's lives and property. * Peace and public safety maintenance. * Verification of criminal record. * Prevention and combat against crime. * Enforcement of applicable laws and regulations.

Coverage area: Candiac, Delson, La Prairie, Saint-Constant, Saint-Mathieu, Saint-Philippe, Sainte-Catherine

Hours: 24 hours / 7 days, administration: Monday and Tuesday 8h00 to 12h00 and 13h00 to 16h30,

Wednesday and Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00

Financing: municipal

Legal status: municipal agency

SERVICE DE POLICE DE CHÂTEAUGUAY

55 Maple Boulevard, Châteauguay, Montérégie, QC, J6J 3P9

450 698-1331

Website: ville.chateauguay.qc.ca/en/police-service/home

Email: police@police.chateauguay.ca

Services: Peacekeeping, law enforcement and public security. * Prevention and repression of crime and offences. * Criminal record check-up. * Awareness-raising.

Coverage area: Châteauguay, Léry, Beauharnois, Saint-Isidore

Hours: 24 hours / 7 days

Financing: municipal

Legal status: municipal agency

Sexual assault and incest**CHÂTEAUGUAY SEXUAL ASSAULT CENTRE**

Confidential Address

450 699-8258 Fax: 450 699-7295

Website: calacs-chateauguay.ca/en

Email: info@calacs-chateauguay.ca

Services: * Listening, information, referral. * Individual counselling. * Support groups. * Accompaniment during legal procedures and for IVAC requests. * Prevention activities in school, social, community and professionals groups. * Activism: denunciations, protests, consultations, advocacy and mobilization.

Eligibility: women 12 years old and over who have experienced sexual assault

Capacity: support groups: 6 to 8 women

Coverage area: Beauharnois, MRC Les Jardins-de-Napierville, MRC Roussillon

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

Fees: none

Financing: provincial, donations

Legal status: non-profit organization

CLSC DE CHÂTEAUGUAY

95 de la Verdure Avenue, Châteauguay, Montérégie, QC, J6K 0E8

450 699-3333 Fax: 450 691-6202

Website: [sante.gouv.qc.ca/en/repertoire-](http://sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1232&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J6K0E8)

[ressources/ressource/?nofiche=1232&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J6K0E8](http://sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1232&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J6K0E8)

Services: Frontline services for routine health and social services. * Health card authentication. * Designated center, specialized services for victims of sexual assault. * Distribution of new injection equipment to people who use drugs (free service). * Family health care. * Recovery of used needles and syringes. * Breastfeeding room. * General vaccination. * Flu vaccination: www.clicsante.ca.

Coverage area: CISSS de la Montérégie-Ouest area

Hours: Monday to Friday 6h30 to 20h00, Saturday and Sunday 8h00 to 12h00 and 13h30 to 16h00, test centre: Monday to Friday 6h30 to 9h00

Financing: provincial

Legal status: parapublic organization

Support for perpetrators of violence and their families

AVIF - ACTION SUR LA VIOLENCE ET INTERVENTION FAMILIALE

330 Pierre-Boursier Street, Suite 1200, Châteauguay, Montérégie, QC, J6J 4Z2

450 692-7313 Fax: 450 692-9356

Website: www.avif.ca

Email: avif@bellnet.ca

Services: * Intervention for men to cease controlling and violent behaviours. * Support group for men in difficulty. * Individual consultations, assessment and referral. * Complètement Ados: awareness activities for youth in difficulty. * Prevention workshops. * Training for parents.

Eligibility: male adults, youth 12 to 18 years old

Coverage area: MRC Roussillon, MRC Jardins de Napierville

Hours: Monday to Thursday 9h00 to 17h00, Friday 9h00 to 12h00 by appointment, group meetings: in the evening

Fees: none

Financing: provincial, donations

Legal status: non-profit organization

Support for victims and their families

BENADO

197 Saint-François-Xavier Road, Delson, Montérégie, QC, J5B 1X7

450 632-1640 Fax: 450 632-6754

Website: benado.org

Email: info@benado.org

Services: Prevention of juvenile delinquency. * Day centre for young dropouts. * Manual and self-knowledge activities, painting workshops, leather, bike repair. * Job information for young dropouts. * Development and application of extrajudicial and judicial measures under the Youth Criminal Justice Act. * Information and consultation with victims of crime. * Prevention of crime in schools. * Community support in the implementation of programs related to conflict resolution.

Eligibility: dropout alternative section: youth 13 to 18 years old coping with academic, family or social difficulties, alternative justice section: youth 12 to 18 years old, victims, parents and community

Coverage area: MRC de Roussillon, Hemmingford, Saint-Édouard, Saint-Michel, Saint-Rémi, Sainte-Clotilde, Sherrington

Hours: Monday, Tuesday, Thursday and Friday 8h00 to 16h30, Wednesday 8h00 to 21h00

Financing: Centraide of Greater Montréal, donations, provincial

Legal status: non-profit organization

CHÂTEAUGUAY SEXUAL ASSAULT CENTRE

Confidential Address

450 699-8258 Fax: 450 699-7295**Website:** calacs-chateauguay.ca/en**Email:** info@calacs-chateauguay.ca

Services: * Listening, information, referral. * Individual counselling. * Support groups. * Accompaniment during legal procedures and for IVAC requests. * Prevention activities in school, social, community and professionals groups. * Activism: denunciations, protests, consultations, advocacy and mobilization.

Eligibility: women 12 years old and over who have experienced sexual assault

Capacity: support groups: 6 to 8 women

Coverage area: Beauharnois, MRC Les Jardins-de-Napierville, MRC Roussillon

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

Fees: none

Financing: provincial, donations

Legal status: non-profit organization

CLSC DE CHÂTEAUGUAY

95 de la Verdure Avenue, Châteauguay, Montérégie, QC, J6K 0E8

450 699-3333 Fax: 450 691-6202**Website:** sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1232&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J6K0E8

Services: Frontline services for routine health and social services. * Health card authentication. * Designated center, specialized services for victims of sexual assault. * Distribution of new injection equipment to people who use drugs (free service). * Family health care. * Recovery of used needles and syringes. * Breastfeeding room. * General vaccination. * Flu vaccination: www.clicsante.ca.

Coverage area: CISSS de la Montérégie-Ouest area

Hours: Monday to Friday 6h30 to 20h00, Saturday and Sunday 8h00 to 12h00 and 13h30 to 16h00, test centre: Monday to Friday 6h30 to 9h00

Financing: provincial

Legal status: parapublic organization

SERVICE CANADA CENTRE - CHÂTEAUGUAY

245 Saint-Jean-Baptiste Boulevard, Suite 101, Châteauguay, Montérégie, QC, J6K 3C3

1 800 622-6232 TTY: 1 800 926-9105**Website:** www.canada.ca

Services: Gateway to federal government services. All Canadians * Find a Service Canada office: www.servicecanada.gc.ca/tbsc-fsco/sc-hme.jsp?lang=eng * Benefits finder: srv138.services.gc.ca/daf/s/e82fb618-124c-4a07-ba98-9c99c5c5f6bf?goctemplateculture=en-ca * Job bank: www.jobbank.gc.ca/jobsearch/jobsearch * Social Insurance Number (SIN) application. * Passport application. * Complaints office. * Fraud prevention and reporting. Workers and businesses * Employment insurance, sickness benefits and regular benefits. * Special employment insurance benefits for parents of seriously ill children. * Recruitment awareness. * Canada Summer Jobs (CSJ) for youth and students. * Employment assistance: labour market information, training, career planning, etc. * Record of employment. * Wage Earner Protection Program. * State pensions and savings schemes. * Online information for businesses: business start-ups, workplace standards, etc. * Financing programs for businesses and organizations. Veterans Affairs Canada * Support and services related to mental and physical health. * Education and employment: finding a job, returning to school, etc. * Financial programs and services: income support, emergency financial assistance, etc. * Housing and family life support. Immigration and citizenship * Online information: using the services of a representative, sponsoring a family member, immigrating as a refugee, skills recognition, etc. * Assessment of credentials. * Find free newcomer services near you: ircc.canada.ca/english/newcomers/services Seniors * Canada Pension Plan retirement benefits. * International benefits. * Allowance and Allowance for the Survivor programs. * Guaranteed Income Supplement. * Old Age Security.

Eligibility: general public
Coverage area: Châteauguay
Hours: Monday to Friday 8h30 to 16h00
Fees: parking: free
Financing: federal
Legal status: federal government agency

Therapy and counselling

CENTRE DE RÉHABILITATION AVC

500 Saint-Laurent Street, La Prairie, Montérégie, QC, J5R 5X2
514 775-5347

Website: www.centrerehabilitationavc.com

Email: accidentvasculaire@hotmail.com

Services: Long-term sensory-motor, verbal, cognitive and psychological rehabilitation following a CVA. * Cognitive activities: vocalization, speech therapy, concentration and memory games. * Socio-cultural activities: cinema, sugar shack, cultural outings, Christmas party, etc. * Adapted physical activities: chair exercises, bowling, bean bag toss and darts. * Creative activities: painting, crafts and singing. * Various workshops: music therapy, nutrition, relaxation, etc. * Information activities and conferences. * Weekly meetings.

Eligibility: people who have had a stroke, their caregivers

Coverage area: South Shore of Montréal

Hours: Wednesday 9h15 to 15h30

Fees: annual contribution: \$20, outing: \$5

Financing: donations, membership fees, provincial

Legal status: non-profit organization

CLSC KATERI

90 Marie-Victorin Boulevard, Candiac, Montérégie, QC, J5R 1C1

450 659-7661 Fax: 450 444-6260

Website: sante.gouv.qc.ca/en/repertoire-ressources/ressource/?nofiche=1235&ch_type%5B6%5D=1201&bt_rechType=&theme=clsc&ch_choixReg=&ch_rayon=0&ch_code=J5R1C1

Services: Frontline services for routine health and social services. * Health insurance card authentication. * Bandage change and follow-up. * Nurse consultation. * Prenatal classes. * Distribution of new injection equipment to drug users (free service). * Sample collection. * Collection of used needles and syringes. * Breastfeeding room. * Psychosocial services including reception, analysis, orientation and referral. * Wound care. * Breast pump rental. * General immunization. * Flu vaccination: portal3.clicsante.ca/

Coverage area: CISSS de la Montérégie-Ouest area

Hours: Monday to Friday 6h30 to 20h00, Saturday and Sunday 8h00 to 12h00 and 13h00 to 15h00, tests centre: Monday to Friday 6h30 to 9h00

Financing: provincial

Legal status: parapublic organization

MAISON SOUS LES ARBRES (LA)

2 D'Anjou Boulevard, Châteauguay, Montérégie, QC, J6K 1B7

1 866 277-3553 Fax: 450 201-0517

Website: www.la-msla.com/en/

Email: admin@la-msla.com

Services: Crisis and suicide prevention centre. * 24-hour, 7-day telephone intervention line. * Short-term crisis housing. * In-person crisis intervention. * Individual crisis follow-up. * Support in the community. * Variable intensive follow-up: psychosocial rehabilitation. * Support and follow-up for people bereaved by suicide. * Training for counsellors. * Awareness.* Referral.

Eligibility: people 18 years and over experiencing a psychosocial, suicidal or psychiatric crisis, intensive follow-up: people living with a mental health problem

Capacity: housing: 3 beds, crisis follow-up: 23 places, community support and intensive follow-up: 63 places

Coverage area: Châteauguay

Hours: hotline and crisis centre: 24 hours / 7 days, intensive follow-up: Monday to Friday 8h30 to 17h00

Fees: none

Financing: provincial

Legal status: non-profit organization

OPTIONS: RESOURCE AND PREGNANCY CENTRE FOR YOUTH

25 D'Anjou Boulevard, Châteauguay, Montérégie, QC, J6J 2P7

450 699-4357

Website: www.centreoptions.org/indexen1

Email: options@jslmontreal.org

Services: Care and support to youth and families facing unplanned pregnancy. Material assistance * Free pregnancy testing. * ARK boutique: clothes and diapers for children 0 to 5 years old, maternity clothes, high chairs, cots and cradles, etc. Education and prevention * Referral for STBBIs testing. * Sexual education workshops. * Referral to government and community resources. * Personal self-worth and healthy relationship teaching. Accompaniment * Personalized support. * Pregnancy options exploration. * Mediation between family members or a client and other people. * Tailored prenatal education & lactation support. * Reproductive loss grief support. * Birth family support through the adoption process during and after pregnancy. Parental education * Life skills and family management training. * Mom and tot groups. * Mentor mom and dad opportunities. Donations * Baby clothing donation. Housing * Housing program for pregnant youth and young parents.

Eligibility: people 25 years old and under with an unplanned pregnancy, their families, Boutique ark: parents, priority to those 25 years old and under

Capacity: pregnancy options support: 3 people per week, housing: 7 parents with children under 5, other services: as needed

Coverage area: Greater Montréal

Hours: ark boutique: Monday, Tuesday and Friday 10h00 to 14h00, appointments available outside these hours

Fees: none

Financing: donations

Legal status: non-profit organization

QUARTIER DES FEMMES (LE)

70 Salaberry Boulevard South, Châteauguay, Montérégie, QC, J6J 4J5

450 692-9805 Fax: 450 692-8243

Website: quartierdesfemmes.com/en

Email: info@quartierdesfemmes.org

Services: Self-help and popular education centre aimed at improving living conditions and empowering women in all their diversity. * Mother-friend program: support and accompaniment at home by a care worker. * Individual intervention. * Psychosocial support for women dealing with pregnancy ambivalence. * Respite for mothers. * Parenting talks * Workshops: sexuality, personal development, etc. * Self-help groups. * Community gardens. * Conferences and various meetings on subjects affecting women. * Fridge-sharing. * Various participatory committees.

Eligibility: women

Coverage area: CLSC Jardins-Roussillon

Hours: Monday to Friday 8h30 to 16h30, activities: variable, sometimes in the evening

Fees: free, activities: minimal fees for some

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

Legal status: non-profit organization

S.AU.S.

9 Montcalm Street North, Suite 505, Candiac, Montérégie, QC, J5R 3L5

514 944-4986

Website: s-au-s.org/en

Email: info@s-au-s.org

Services: Recreational activities for youth with an autism spectrum disorder. * Oasis adapted day camps for youth 13 to 21 years old. * Teen-Club: social club for youth aged 13 years and over once a month. * Respite for caregivers of adults aged 21 and over. * Programming for 21 year olds and over in collaboration with the Riverside School Board. * Music therapy. * Soccer and dance. * Swimming and games adapted for members only. * Autism awareness run/walk. * Annual fund-raising gala. * Christmas breakfast.

Eligibility: children, youth, young adults 21 and over, living with an autism spectrum disorder (level 2-3)

Coverage area: Montérégie

Hours: office: Monday to Thursday 9h00 to 15h00, respite care: Friday 8h30 to 16h30

Fees: non-mandatory membership: 50 or \$100 depending on the type chosen, activities: variable

Financing: self-financing

Legal status: non-profit organization

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