



Grand Montréal

**Directory of Community and
Social Services**

LAURENTIDES



2-1-1



www.211qc.ca

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Child and Family

CHILD WELFARE

DAYCARE AND RESPITE

FAMILY SUPPORT

MATERNITY SUPPORT AND ADOPTION

RECREATIONAL ACTIVITIES

Child welfare

CENTRE D'ENTRAIDE ET DE TRAITEMENT DES AGRESSIONS SEXUELLES

8 de La Salette Boulevard, Suite 101C, Saint-Jérôme, Laurentides, QC, J7Y 5C8

450 431-6400 Fax: 450 431-2475

Email: cetas@b2b2c.ca

Services: Treatment relative to sexual abuse. * Group and individual treatment for victims. * Group and individual treatment for sexual offenders. * Psychosexual assessment for sexual offenders.

Eligibility: people victims of sexual abuse during childhood or adolescence, their parents, adults or teenagers having committed sexual abuse, their spouse

Coverage area: Laurentides

Hours: office: Monday to Thursday 9h00 to 16h30, Friday 9h00 to 12h00, treatment: availabilities in the evening

Fees: variable

Legal status: non-profit organization

CENTRE JEUNESSE DES LAURENTIDES - CAMPUS HUBERDEAU

104, Vert-Pré Street, Huberdeau, Laurentides, QC, J0T 1G0

819 687-3103

Website: www.cjlaurentides.qc.ca

Services: Readaptation services for teenagers with social and emotional problems.

Eligibility: boys and girls from 12 to 18 years old

Coverage area: Laurentides

Financing: provincial

Legal status: parapublic organization

CENTRE JEUNESSE DES LAURENTIDES - CAMPUS HUBERDEAU

148 Castonguay Street, Saint-Jérôme, Laurentides, QC, J7Y 2J2

450 565-1773

Website: www.cjlaurentides.qc.ca

Services: Readaptation services for teenagers with social and emotional problems.

Eligibility: boys and girls from 12 to 18 years old

Coverage area: Laurentides

Financing: provincial

Legal status: parapublic organization

CENTRE JEUNESSE DES LAURENTIDES - DEUX-MONTAGNES

333 Antonin-Campeau Street, Suite 101, Deux-Montagnes, Laurentides, QC, J7R 0A2

450 491-5656 Fax: 450 491-5659

Website: www.cjlaurentides.qc.ca

Services: * Youth protection.* Psychosocial services and outpatient rehabilitation.* Supervised access.

Eligibility: children and teenagers in difficulties, young offenders, parents, guardians, counsellors

Coverage area: MRC Deux-Montagnes

Financing: provincial

Legal status: parapublic organization

CENTRE JEUNESSE DES LAURENTIDES - HEAD OFFICE AND DIRECTION OF YOUTH PROTECTION

500 des Laurentides Boulevard, Suite 241, Saint-Jérôme, Laurentides, QC, J7Z 4M2

450 436-7607 Fax: 450 436-4811

Website: www.cjlaurentides.qc.ca

Services: Administration of Youth Centres. * Direction of youth protection: reports reception and assessment for acts of neglect, violence, abuse against a young person or behavioral disorders, under the Act on the Protection of youth.* Services for young offenders under the Youth Criminal Justice Act.* Housing: foster families, group homes, rehabilitation centres and intermediate resources.* Adoption, biological background research, reunion.* Psychosocial services, rehabilitation, social integration, guidance, support and social emergency.* Supervised access.

Eligibility: children and teenagers in difficulties, young offenders, parents, guardians, counsellors

Coverage area: Laurentides

Financing: provincial

Legal status: parapublic organization

CENTRE JEUNESSE DES LAURENTIDES - OKA

118 Notre-Dame Street, Oka, Laurentides, QC, J0N 1E0

450 479-8309 Fax: 450 479-6497

Website: www.cjlaurentides.qc.ca

Services: * Psychosocial services and outpatient rehabilitation.* Supervised access.

Eligibility: native children and teenagers in difficulties, young offenders, parents, guardians, counsellors

Coverage area: Laurentides

Financing: provincial

Legal status: parapublic organization

CENTRE JEUNESSE DES LAURENTIDES - SAINT-JÉRÔME

358 Laviolette Street, Saint-Jérôme, Laurentides, QC, J7Y 2T1

450 432-9300 Fax: 450 432-9869

Website: www.cjlaurentides.qc.ca

Services: * Youth Centre.* Intervention with young offenders.* Recruitment of foster families and follow-up.* Adoption and international adoption services.* Supervised access.

Eligibility: children and teenagers in difficulties, young offenders, parents, guardians, counsellors

Coverage area: Laurentides

Financing: provincial

Legal status: parapublic organization

CENTRE JEUNESSE DES LAURENTIDES - SAINTE-AGATHE

125-A Tour du Lac Road, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 3A1 Fax: 819 324-0559

Website: www.cjlaurentides.qc.ca

Services: * Youth protection.* Psychosocial services and outpatient rehabilitation.* Supervised access.

Eligibility: children and teenagers in difficulties, young offenders, parents, guardians, counsellors

Coverage area: Laurentides

Financing: provincial

Legal status: parapublic organization

CENTRE JEUNESSE DES LAURENTIDES - SAINTE-THÉRÈSE

300 Sicard Street, Suite 100 and 255, Sainte-Thérèse, Laurentides, QC, J7E 3X5

450 971-1718

Website: www.cjlaurentides.qc.ca

Services: * Psychosocial services and outpatient rehabilitation.* Supervised access. * Services for young offenders under the Youth Criminal Justice Act.

Eligibility: children and teenagers in difficulties, young offenders, parents, guardians, counsellors

Coverage area: MRC Thérèse-de-Blainville

Financing: provincial

Legal status: parapublic organization

ESPACE LAURENTIDES

1400 Sainte-Adèle Boulevard, Suite 104, Sainte-Adèle, Laurentides, QC, J8B 2N5

450 229-6650 Fax: 450 229-0331

Website: www.espacelaurentides.org

Email: info@espacelaurentides.org

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

Eligibility: children aged 3 to 12 years old of primary schools and early childhood care centre, relative adults

Coverage area: Laurentides

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

Fees: contributions: \$5

Financing: donations, self-financing, contributions

Legal status: non-profit organization

SOS JEUNESSE

200 Henri-Dunant Street, Deux-Montagnes, Laurentides, QC, J7R 4W6

450 473-5014

Services: * Supervised visits.* Supervised custody exchange.* Another point of service at Saint-Jérôme: 336 du Bocage Street.

Eligibility: children 0 to 17 years subject to custody under supervision, referred by the Superior Court or the DPJ, or whose 2 parents are volunteers

Coverage area: CSSS Argenteuil, CSSS Saint-Jérôme, CSSS Thérèse-de-Blainville, CSSS Lac-des-deux-Montagnes, CSSS des Pays-d'en-Haut, Centre Jeunesse des Laurentides (the territory is the one where the child lives)

Hours: by appointment, voicemail 24 hours, 7 days

Fees: file opening

Financing: provincial, grants

Legal status: non-profit organization

Daycare and respite

MOUVANCE CENTRE DE FEMMES (LA)

83 Chénier Street, Saint-Eustache, Laurentides, QC, J7R 1W9

450 472-7245

Website: www.lamouvance.ca

Email: info@lamouvance.ca

Services: Welcome and support to women victims of violence * Reception, listening and references.* Personal development workshops.* Support group.* Conferences.* Educational workshops.* Kindergarten.* Legal and notary clinic.

Eligibility: women

Coverage area: MRC Deux-Montagnes and the South of Mirabel

Hours: Monday to Thursday 9h00 to 12h00 and 13h00 to 16h00, kindergarten: Tuesday, Wednesday and Thursday 9h00 to 15h30

Fees: variable for the workshops

Financing: provincial, Centraide Laurentides

Legal status: non-profit organization

Family Support

PHARE DES LUCIOLES (LE)

158 des Cèdres Street, Sainte-Anne-des-Plaines, Laurentides, QC, J0N 1H0

438 502-1044

Email: pharedeslucioles@hotmail.com

Services: Listening through confidential mail.

Eligibility: children 5 to 12 years old

Coverage area: Sainte-Anne-des-Plaines

Hours: by appointment

Fees: free

Financing: self-financing

Legal status: non-profit organization

UNITÉ DOMRÉMY SAINTE-THÉRÈSE INC.

56 Turgeon Street, Sainte-Thérèse, Laurentides, QC, J7E 3H4

450 435-0808 Fax: 450 435-2772

Website: www.unitealcotoxico.org

Email: unitealcotoxico@qc.aira.com

Services: * Telephone assistance.* Evaluation.* External individual support.* Mutual Toxico-prevention program for adolescents.* Parent-teen mediation meetings.* Gambling prevention activities.* Group facilitation program.

Eligibility: people with dependency problems and their relatives

Coverage area: Basses-Laurentides

Hours: Monday to Thursday 8h30 to 21h00, Friday 12h00 to 16h30

Fees: free

Financing: provincial, self-financing, Centraide Laurentides

Legal status: non-profit organization

Maternity support and adoption

COURT OF QUÉBEC - YOUTH DIVISION - MONTRÉAL

25 de Martigny Street West, Saint-Jérôme, Laurentides, QC, J7Y 4Z1

450 431-4419

Website: www.justice.gouv.qc.ca

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

Coverage area: Laurentides: Terrebonne judicial district

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: provincial government agency

MAISON DE NAISSANCE DU BOISÉ

15 70th Avenue West, Blainville, Laurentides, QC, J7C 1R6

450 431-8623

Website: www.santelaurentides.gouv.qc.ca

Services: * Childbirth.* Pregnancy follow-up with midwives.* Postnatal follow-up.* Birth preparation sessions.

Eligibility: pregnant women

Coverage area: Laurentides

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

Financing: provincial

Legal status: parapublic organization

NOURRI-SOURCE - LAURENTIDES

517 Saint-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 5B6

450 990-1031

Website: www.laurentides.nourri-source.org

Email: laurentides@nourri-source.org

Services: * Breastfeeding godmothers: phone pairing.* Godparents: pairing between fathers.* Breastfeeding drop-in, conferences.* Positioning and nursing clinics.* Breakfast chats.

Eligibility: families wishing to breastfeed

Coverage area: Laurentides

Hours: Monday to Friday 8h30 to 16h30

Fees: variable for conferences and workshops

Financing: self-financing, donations, provincial

Legal status: non-profit organization

Recreational Activities

FORAINS ABYSSAUX (LES)

51 13th Avenue, Deux-Montagnes, Laurentides, QC, J7R 3T6

514 892-3271

Website: ecoledecirquelesforains.com

Email: ecoleforains@videotron.ca

Services: * Circus workshops and classes.* Indoor or outdoor mobile shows for municipalities, schools or other organizations.* Specialized day camp.

Eligibility: people 4 to 70 years old interested in circus arts, people with physical disabilities, young immigrants

Coverage area: Province of Québec, Indigenous reserves

Hours: 7 days

Fees: variable, financial assistance program available

Financing: self-financing

Legal status: non-profit organization

Community Action

ADVISORY AND CITIZEN ACTION ORGANIZATIONS

CHARITY ORGANIZATIONS

COMMUNITY CENTRES

COMMUNITY DEVELOPMENT

INFORMATION AND REFERRAL

VOLUNTEERING AND VOLUNTEER CENTRES

Advisory and citizen action organizations

ASSOCIATION DES MAISONS DE JEUNES DE MIRABEL

8515 Saint-Jacques Street, Mirabel, Laurentides, QC, J7N 2A3

450 475-2071

Website: www.mdjmirabel.ca

Services: Youth organization offering various projects and approaches promoting health and global well-being. * Healthy and supervised living spaces, complementary to family and school. * Help and accompaniment by outreach work and community action. * Intervention regarding: social and affective difficulties, substance abuse, poverty, homelessness, delinquency, etc. and referral to appropriated resources. * Awareness and prevention. * Promoting community involvement. * Youth rights' advocacy. * 6 youth centers in Mirabel, street work (TRAM) and 3 youth job cooperatives.

Eligibility: youth centers and youth job cooperatives: 12 to 17 years old and their relatives, street work: youth from 12 to 35 years and their relatives, 6th grade project: youth 11 or 12 years old in 6th grade

Coverage area: Mirabel

Hours: administration 9h00 to 16h00, youth centres: 16h00to 21h00, street work: depending on the needs

Fees: none

Financing: municipal, provincial, Centraide Laurentides, Programme de soutien aux organismes communautaires (PSOC), Programme de la Stratégie des partenariats de lutte contre l'itinérance - volet communauté désignée, self-financing, donations

Legal status: non-profit organization

ASSOCIATION RÉGIONALE DE LOISIRS POUR PERSONNES HANDICAPÉES DES LAURENTIDES

300 Longpré Street, Suite 100, Saint-Jérôme, Laurentides, QC, J7Y 3B9

450 431-3388

Website: www.arlphl.org

Email: arlphl@videotron.ca

Services: Promotion of the improvement of people with disabilities' health, wellbeing and social involvement through sports, recreational and physical activities. * Sports and recreational activities. * Information, referral, counselling, training. * Tourist and leisure companion sticker (TLCS).

Eligibility: people of all ages with all sorts of disabilities

Coverage area: Laurentides

Hours: activities: weekend

Financing: donations, provincial, municipal

Legal status: non-profit organization

PARTENAIRES POUR LA RÉUSSITE ÉDUCATIVE DANS LES LAURENTIDES

229 Turgeon Street, Sainte-Thérèse, Laurentides, QC, J7E 3H2

450 434-7735 Fax: 450 434-9706

Website: www.prel.qc.ca

Email: info@prel.qc.ca

Services: Partnership in the fight against dropping out of school and support for academic success. * Collective awareness and mobilization.

Eligibility: partners within the school environment

Coverage area: Laurentians

Hours: Monday to Thursday 8h30 to 16h30

Financing: provincial

Legal status: non-profit organization

PERSÉVÉRONS ENSEMBLE

465 Bibeau Street, Suite 600, Saint-Eustache, Laurentides, QC, J7R 0C8

450 419-4905 ext. 627

Website: www.perseveronsensemble.com

Email: info@perseveronsensemble.com

Services: Group of partners who are mobilizing to support concerted action and development of initiatives encouraging personal and academic perseverance and success. * Support, enhancement and financing for the development of rallying projects.

Eligibility: organizations supporting academic perseverance, organizations working with youth, youth

Coverage area: Commission scolaire de la Seigneurie-des-Mille-Îles (CSSMI)

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

Financing: donations, provincial, municipal

Legal status: non-profit organization

REGROUPEMENT POUR LE DÉVELOPPEMENT SOCIAL DE LA RÉGION DE DEUX-MONTAGNES

Maison des citoyens, 184 Saint-Eustache Street, Suite 319, Saint-Eustache, Laurentides, QC, J7R 2L7

450 974-5001 ext. 5060 Fax: 450 974-5064

Website: www.tous-complices.com

Email: rpds.deuxmontagnesetsudmirabel@hotmail.com

Services: Social development. * Identification and examination of local issues.* Consultation: relay between community organizations and resources (CISSS, municipalities) on the territory.

Eligibility: community organizations, CIUSSS, municipalities, school board and businesses

Coverage area: MRC Deux-Montagnes

Legal status: non-profit organization

REGROUPEMENT TANDEM 0-6 ANS

184 Saint-Eustache Street, Saint-Eustache, Laurentides, QC, J7R 2L7

450 974-5001 ext. 5630

Email: cbourgeois@ville.saint-eustache.qc.ca

Services: Collaboration of partners in the early childhood sector. * Development and maintenance of activities for children and their families.* Mobilization and information.* Ressource-familles: workshops with mobile childcare.* Les Marmitons: community meals.* Workshops, recreational outings.* Childcare.

Eligibility: children 0 to 5 years old, their families

Coverage area: MRC Deux-Montagnes

Hours: office: Monday to Friday 8h30 to 17h00, activities: variable

Financing: foundation, fundraising campaigns

Legal status: non-profit organization

RÉSEAU DES FEMMES DES LAURENTIDES

342 Parent Street, Saint-Jérôme, Laurentides, QC, J7Z 2A2

450 431-1896

Website: www.femmeslaurentides.org

Email: info@femmeslaurentides.org

Services: Regional autonomous community action grouping. * Representation.* Improvement of women's quality of life.* Civil involvement projects.* Awareness.

Eligibility: women's groups and committees, general public

Coverage area: Laurentides

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: grants

Legal status: non-profit organization

TABLE DE CONCERTATION RÉGIONALE DES ÂÎNÉS DES LAURENTIDES

225 de la Gare Street, Saint-Jérôme, Laurentides, QC, J7Z 4Y4

450 432-3200 ext. 224

Website: www.tcral.ca

Email: info@tcral.ca

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

Eligibility: organizations for seniors

Coverage area: Laurentians

Hours: Monday and Wednesday 8h00 to 16h00

Fees: free

Financing: provincial

Legal status: non-profit organization

Charity Organizations

CENTRAIDE GATINEAU-LABELLE-HAUTES-LAURENTIDES

343 de la Madone Street, Mont-Laurier, Laurentides, QC, J9L 3G9

819 623-4090 Fax: 819 623-7646

Website: www.maregioncentraide.com

Email: bureau@centraideghl.ca

Services: Support to local community organizations through a fundraising campaign and donations collected.

Eligibility: community organizations

Coverage area: MRC Antoine-Labelle, MRC Les Laurentides, MRC Vallée-de-la-Gatineau

Financing: fundraising campaign

Legal status: non-profit organization

CENTRAIDE LAURENTIDES

880 Michèle-Bohec Boulevard, Suite 107, Blainville, Laurentides, QC, J7C 5E2

450 436-1584 Fax: 450 951-2772

Website: www.centraidelaurentides.org

Email: bureau@centraidelaurentides.org

Services: Support to local community organizations through a fundraising campaign and donations collected. *
Management of three clothing and furniture stores in Lachute, Saint-Jérôme and Terrebonne.

Eligibility: community organizations

Coverage area: Laurentides: except MRC Antoine-Labelle

Hours: Monday to Friday 9h00 to 12h00 and 13h30 to 17h00

Financing: fundraising campaigns, self-financing

Legal status: non-profit organization

FONDATION ÉMILE Z. LAVIOLETTE

3101 de l'Église Street, Sainte-Marthe-Sur-Le-Lac, Laurentides, QC, J0N 1P0

450 623-2112

Website: www.emile-z-laviolette.com

Email: info@emile-z-laviolette.com

Services: Financial or material assistance for organizations and projects that support children of low-income families.

Eligibility: organizations that support children of low-income families, preferably through food aid or school assistance

Coverage area: MRC Deux-Montagnes

Hours: Monday to Thursday 8h00 to 13h30

Financing: fundraising campaigns, donations

Legal status: non-profit organization

Community centres

CENTRE D'ENTRAIDE RACINE-LAVOIE

154 Dorion Street, Saint-Eustache, Laurentides, QC, J7R 2N9

450 623-6030 Fax: 450 623-5275

Website: www.entraideracinelavoie.org

Email: info@entraideracinelavoie.org

Services: * Weekly food distribution.* Collective kitchen.* Lunch box: preparation of lunches by parents for their children's school.* Tax clinic.* Referral and listening.

Eligibility: people and families on a low income

Coverage area: MRC Deux-Montagnes, South of Mirabel

Hours: office: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30, food distribution: Wednesday 10h15 to 11h15, kitchen: twice a month, lunchbox: each week

Fees: variable

Financing: grants, donations

Legal status: non-profit organization

CENTRE D'ENTRAIDE THÉRÈSE-DE-BLAINVILLE

245 Leduc Street, Sainte-Thérèse, Laurentides, QC, J7E 0A4

450 435-0199 Fax: 450 435-0516

Email: cetb@bellnet.ca

Services: * Emergency and regular food assistance.* Friendship meals.* Collective kitchens.* Listening, referral.* Directory, conferences.* Summer day camp.

Eligibility: people on a low income

Coverage area: MRC Thérèse-De Blainville, Sacré-Coeur Parish

Hours: Monday to Friday 8h30 to 12h00 and 13h00 to 16h30, food assistance: Wednesday 13h00 to 15h00, friendship meals: Thursday 11h30

Financing: provincial, Centraide Laurentides

Legal status: non-profit organization

Community development

FONDS COMMUNAUTAIRE D'ACCÈS AU MICRO-CRÉDIT

96 Turgeon Street, Suite 200, Sainte-Thérèse, Laurentides, QC, J7E 3H9

450 818-4830 Fax: 450 818-4832

Website: www.fondsmicrocredit.qc.ca

Services: Financing and accompaniment in entrepreneurial projects for people excluded from traditional credit.

* Support to the realization of the business plan.* Advices.* Accompaniment, follow-up, mentoring.* Extra training and activities.* Loans.

Eligibility: people with entrepreneurial projects, excluded from traditional credit

Coverage area: Lanaudière: MRC Les Moulins, MRC L'Assomption, MRC Montcalm, MRC Joliette, MRC D'Autray, Basses-Laurentides: MRC Thérèse-De Blainville, MRC Deux-Montagnes, MRC Mirabel

Financing: grants, self-financing

Legal status: non-profit organization

Information and referral

ABL-IMMIGRATION

1 Place de la Gare, Suite 304, Saint-Eustache, Laurentides, QC, J7R 2C5

514 570-3313

Website: www.abl-immigration.org

Email: ablimmigration@gmail.com

Services: Integration support for newcomers. * Welcoming and integration support: referral and frontline services. * Promoting the region: job possibilities, sociocultural services, transport, housing, etc.* Transcultural openness promotion.

Eligibility: newcomers, private sponsorship for refugees

Capacity: 25

Coverage area: Basses-Laurentides: MRC Mirabel, MRC Thérèse-de-Blainville, MRC Deux-Montagnes

Hours: Monday to Friday 9h30 to 16h30

Fees: free

Financing: grants

Legal status: non-profit organization

APPUI LAURENTIDES (L')

500, des Laurentides Boulevard, Suite 235, Saint-Jérôme, Laurentides, QC, J7Z 4M2

1 855 852-7784 Fax: 450 592-3706

Website: www.lappui.org/laurentides

Email: info@lappuilaurentides.org

Services: * Helpline Service Info-aidant: listening, information and referral.* Consultation and mobilization of stakeholders.

Eligibility: seniors caregivers, relevant stakeholders

Coverage area: Laurentides

Financing: provincial, foundations

Legal status: non-profit organization

ÉCOUTE AGRICOLE DES LAURENTIDES

231 Thérèse Crescent, Saint-Joseph-du-Lac, Laurentides, QC, J0N 1M0

514 929-2476

Email: ecouteagricolelaurentides@gmail.com

Services: Support for agricultural producer and their relatives, and for those working in the agricultural sector. * Listening and referrals.* Support network aiming to break isolation.* Personalized accompaniment through conflict resolution process.* Awareness among the population to demystify the profession of farmer.

Eligibility: agricultural producers, their relatives and people from the agricultural sector

Coverage area: Laurentides

Fees: individual member: \$20, corporate member: \$100

Financing: self-financing

Legal status: non-profit organization

INFO-SOCIAL 8-1-1 - LAURENTIDES

Confidential Address

8-1-1 option 2

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

Coverage area: Laurentides

Hours: 24 hours, 7 days

Fees: free

Financing: provincial

Legal status: non-profit organization

LORRAINE PUBLIC LIBRARY

31 De Gaulle Boulevard, Lorraine, Laurentides, QC, J6Z 3W9

450 621-1071 Fax: 450 621-6585

Website: www.ville.lorraine.qc.ca

Email: bibliotheque@ville.lorraine.qc.ca

Services: * Loan and consultation of books and audiovisual documents.* Computers and Internet access.* Biblio-aidants.* Story time.* Early literacy workshops.* Book club for children.* Book club for adults.* Home loan for people with reduced mobility.* Conferences, exhibitions, contests.

Coverage area: Lorraine

Hours: Monday and Tuesday 10h00 to 21h00, Wednesday and Thursday 13h00 to 21h00, Friday 10h00 to 17h00

Financing: municipal

Legal status: municipal agency

ROSEMÈRE PUBLIC LIBRARY

339 de la Grande-Côte Road, Rosemère, Laurentides, QC, J7A 1K2

450 621-3500 ext. 7221 Fax: 450 621-6131

Website: www.ville.rosemere.qc.ca/bibliotheque

Email: biblio@ville.rosemere.qc.ca

Services: * Loan and consultation of books and audiovisual.* Computers and Internet access.* Biblio-aidants.* Book club for children.* Story time.* Exhibitions, workshops, author meetings.

Coverage area: Rosemère

Hours: Monday to Thursday 13h00 to 21h00, Friday and Saturday 10h00 to 17h00, Sunday 12h00 to 16h30, summer: Monday to Thursday 10h00 to 21h00, Friday 10h00 to 17h00

Fees: subscription: free

Financing: municipal

Legal status: municipal agency

SAINTE-ANNE-DES-PLAINES PUBLIC LIBRARY

155 des Cèdres Street, Sainte-Anne-des-Plaines, Laurentides, QC, J0N 1H0

450 478-4337 Fax: 450 478-6733

Website: www.villesadp.ca/biblio

Email: bibliotheque@villesadp.ca

Services: Loan and consultation of books and audiovisual documents. * Computers and Internet access.* Biblio-aidants.* Early literacy workshops.* Story time.* Book club for children.* Exhibitions, conferences and workshops.

Eligibility: children and adults

Coverage area: Sainte-Anne-des-Plaines

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

Fees: free for residents

Financing: municipal

Legal status: municipal agency

TABLE DE CONCERTATION COMMUNAUTAIRE MIRABELLOISE

9945 Belle-Rivière Street, Mirabel, Laurentides, QC, J7N 2X8

450 848-6059

Website: www.tccdemirabel.com

Email: info@tccdemirabel.com

Services: Grouping and consultation of organizations in Mirabel's area. * Community diners.* Bonne boîte bonne bouffe: low-cost fresh food boxes. * Community resources repertory.* Mobilizing projects development and support.* Committees: seniors, youth, food safety, poverty-housing-homelessness, school perseverance.* RAPPID-OR: information and safety program including home visits for elders and providing a safety kit that usually includes a smoke detector, a night light, a bath mat, etc.

Eligibility: individuals and organizations

Coverage area: Mirabel

Hours: Monday to Friday 9h00 to 16h00

Fees: none

Financing: municipal

Legal status: non-profit organization

Volunteering and volunteer centres

BOOK HUMANITAIRE (LE)

181 Brière Street, Saint-Jérôme, Laurentides, QC, J7Y 3A7

450 436-2665

Website: www.lebookhumanitaire.com

Email: rlapierre@lebookhumanitaire.com

Services: Volunteering network answering to certain types of requests. * Food, clothing and material assistance.* Support for school or medical fees.* Partnership allowing to offer free glasses for kids.* International humanitarian trips.

Eligibility: people in a difficult situation, volunteers

Coverage area: Laurentides, Laval, Rive-Sud, Verdun

Hours: Monday to Friday 9h00 to 17h00, Saturday 10h00 to 14h00, on-calls

Financing: donations

Legal status: non-profit organization

CENTRE D'ACTION BÉNÉVOLE LES ARTISANS DE L'AIDE

184 Saint-Eustache Street, Suite 108, Saint-Eustache, Laurentides, QC, J7R 2L7

450 472-9540 Fax: 450 472-9586

Email: info@cabartisans.org

Services: * Reception.* Friendly visits.* Accompaniment and transportation for medical appointments and grocery shopping.* Meals-on-wheels.* Community meals.* Home care.* Assistance with filling out forms.* Carrefour 50+: social activities.

Eligibility: adults with a loss of autonomy

Coverage area: MRC Deux-Montagnes

Hours: Monday to Friday 8h00 to 16h00

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization

PETIT PEUPLE (LE)

500 Curé-Labelle Boulevard, Blainville, Laurentides, QC, J7C 2L5

450 971-2250

Website: www.lepetitpeuple.org

Email: info@lepetitpeuple.org

Services: Recruitment, training and volunteer involvement of teenagers and young adults. * Humanitarian missions.* Christmas party.* Community breakfasts.* Distribution of school supplies.

Coverage area: Blainville

Hours: Wednesday 19h00 to 21h00, other days by appointment

Fees: free

Financing: donations, self-financing

Legal status: non-profit organization

RESTO POP THÉRÈSE DE BLAINVILLE

61 Blainville Street West, Sainte-Thérèse, Laurentides, QC, J7E 1X4

450 434-0101 Fax: 450 434-1762

Website: www.restopop.org

Email: info@restopop.org

Services: * Low-price meals.* Frozen meals.* Dîner Pop project: delivery of free meals in schools.* Catering services.* Internships.* Community service.* Wage subsidy: employment integration.* Counselling, intervention, assessment, listening and referral.* Meeting and sharing place.* Volunteerism promotion.* Table d'Hôte project against homelessness.* Temporary accommodation.* Shower and laundry.* Nursing services 2 Mondays per month.* Food stability workshops.* Food processing.* Cultive-Toit project: rooftop organic garden.

Eligibility: any person in need, disadvantaged children referred by their schools, people out of the job market, people who are homeless or at risk of homelessness, seniors, general public

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Friday 7h30 to 16h00, breakfast: 7h30 to 9h30, lunch: 11h30 to 13h30

Fees: meals: \$4 for low-income people, students and seniors, \$8 for workers

Financing: donations, self-financing, municipal, provincial, federal, fundraising campaigns, Centraide Laurentides

Legal status: non-profit organization

Education

DIFFICULTIES AND LEARNING DISABILITIES

DROPOUT

HOMEWORK ASSISTANCE AND TUTORING

LANGUAGE COURSES

LITERACY

SCHOOL BOARDS

VOCATIONAL TRAINING, CÉGEPS AND UNIVERSITIES

Difficulties and learning disabilities

GYMNO LAURENTIDES

1155 du Parc Avenue, Saint-Jérôme, Laurentides, QC, J7Z 6X6

450 848-3211

Website: www.gymno.org

Email: laurentides@gymno.org

Services: Recreational activities for children and teenagers with learning disorders. * Summer day camp: for children 5 to 12 years old.* Les Explorateurs: weekly sessions of gymnastic and swimming pool games aimed at developing motor skills, children 5 to 10 years old.* Les Survolteurs: weekly sessions of recreational activities, sports and outings, teenagers 10 to 15 years old.

Eligibility: children and teenagers 5 to 15 years old with learning disorders

Capacity: day camp: 20 places per day, Explorateurs: 24 places, Survolteurs: 10 places

Coverage area: Laurentians

Fees: variable according to program

Financing: donations, grants, fundraising campaigns

Legal status: non-profit organization

Dropout

CARREFOUR JEUNESSE-EMPLOI DE LA MRC DEUX-MONTAGNES

2705 des Promenades Boulevard, Suite 10, Deux-Montagnes, Laurentides, QC, J7R 0A6

450 974-1635 Fax: 450 974-1077

Website: cjedm.qc.ca

Email: info@cjedm.qc.ca

Services: Assistance with job and returning to school procedures. * Individual accompaniment.* School and professional information.* Job search assistance: resume, cover letter, interview preparation and simulation, etc.* Info-centre: computers, printer, telephone, etc.* Financial education.* School perseverance.* Development of autonomy.* Business start-up project.* Volunteering.* Internships.* Job postings and pairing with businesses.* Entrepreneurship and volunteering projects.

Eligibility: youth 16 to 35 years old

Coverage area: MRC Deux-Montagnes

Hours: Monday, Tuesday, Thursday and Friday 8h30 to 16h30, Wednesday 8h30 to 20h00, summer: Monday to Thursday 8h30 to 16h30, Friday 8h30 to 12h00

Fees: free

Financing: provincial

Legal status: non-profit organization

CARREFOUR JEUNESSE-EMPLOI THÉRÈSE-DE-BLAINVILLE

100 Ducharme Boulevard, Suite 230, Sainte-Thérèse, Laurentides, QC, J7E 4R6

450 437-1635

Website: cje-tdb.qc.ca

Email: info@cje-tdb.qc.ca

Services: Socioprofessional integration services. * Individual counselling, psychosocial support.* Job search assistance: resume writing, interview techniques, etc.* School and professional guidance.* Youth entrepreneurship program.* School dropout prevention, preparation for returning to school.* Varied workshops and programs, information sessions.* Volunteering.* Multiservice centre: computers and Internet access.

Eligibility: youth 16 to 35 years old

Coverage area: MRC Thérèse-de-Blainville

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

Fees: free

Financing: provincial

Legal status: non-profit organization

CENTRE COMMUNAUTAIRE DES BASSES LAURENTIDES

3075 Oka Road, Suite 108, Sainte-Marthe-sur-le-Lac, Laurentides, QC, J0N 1P0

514 712-3075

Website: www.ccblaurentide.ca

Email: info@ccblaurentide.ca

Services: Aid to the integration and development of the Muslim community in particular in the region. * Cultural, cultural, social, sporting and charity activities.* Humanitarian actions, moral support and academic support.* Encourage women's involvement.* Support for youth: dropout and crime prevention.* Accompaniment and integration of newcomers.

Eligibility: Muslim community

Coverage area: Lower Laurentians

Hours: variable

Legal status: non-profit organization

JEUNESSE ATOUT

184 Saint-Eustache Street, Suite 319.2, Saint-Eustache, Laurentides, QC, J7R 2L7

450 473-0606

Email: jatout@yahoo.ca

Services: * Support to rehabilitation.* Social intervention.* Integration to employment, internships in workplace.

Eligibility: potentiel dropout students referred by school principals

Coverage area: secondary schools of Saint-Eustache, Deux-Montagnes, Oka and Sainte-Marthe-sur-le-Lac

Hours: Monday to Thursday 9h00 to 16h00 on appointment

Financing: fundraising campaigns

Legal status: non-profit organization

Homework assistance and tutoring

MAISON DES JEUNES DE POINTE-CALUMET (LA)

Salle du conseil (basement), 871 de la Chapelle Boulevard, Pointe-Calumet, Laurentides, QC, J0N 1G1

450 491-6509

Email: mdj.pointe-calumet@hotmail.com

Services: Meeting place. * Awareness, information and prevention.* Cultural, educational, sports and social activities.* Lunch boxes.* Help with homework.* Music course.* Improvisation league for the 12-17 years old.

Eligibility: youth 12 to 17 years

Coverage area: Pointe-Calumet

Hours: Monday to Friday 16h00 to 22h00

Fees: registration: \$3 per year, healthy lunch: \$4 per week for 3 lunches

Financing: fundraising campaign

Legal status: non-profit organization

Language courses

CENTRE DE PRÉVENTION DU DÉCROCHAGE SCOLAIRE OMÉGA

421-B Curé-Labelle Boulevard, Suite 3, Blainville, Laurentides, QC, J7C 2H4

450 979-7755

Website: www.centreomega.org

Email: info@centreomega.org

Services: * Academic dropout prevention program: accompaniment, support, active listening, animation and education.* Learning activities tailored to the needs of the young ones.* LAO-Desjardins program: homework assistance.* LAO at-home: at-home homework assistance.* PARL'Oméga program: development of social skills.* French learning program.

Eligibility: young people 6 to 14 year olds who are likely to dropout

Coverage area: Basses-Laurentides: MRC Thérèse-De Blainville, MRC d'Argenteuil and MRC Deux-Montagnes

Hours: Monday to Thursday 9h00 to 16h30

Financing: provincial, donations

Legal status: non-profit organization

Literacy

ATELIER ALTITUDE (L')

280, Montée Gagnon, Bois-des-Filion, Laurentides, QC, J6Z 2X2

450 437-5053

Website: atelieraltitudeinc.wordpress.com

Email: atelieraltitudeinc@gmail.com

Services: Popular education for adults with an intellectual disability. * Craft.* Dance and workout.* Community meals.* Literacy.* Cultural and social outings.* Daycamp.

Eligibility: people with an intellectual disability

Capacity: 38 people

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Friday 8h30 to 15h00

Fees: membership card: \$10, \$2 per day

Financing: membership, grants

Legal status: non-profit organization

CENTRE D'ALPHABÉTISATION POPULAIRE DES PATRIOTES

52 Saint-Louis Street, Saint-Eustache, Laurentides, QC, J7R 1X7

450 473-2277 Fax: 450 473-2277

Email: alpha.patriote@videotron.ca

Services: * Literacy, mathematics and French-learning activities.* Alpha-créativité workshops: another way to learn how to write and read through art.* Permanent Library. * Help with forms.

Eligibility: people aged 16 years and over, with reading, writing and calculation difficulties, people with a low school level who have immigrated recently and people with an intellectual disability

Capacity: 10 students per group

Coverage area: MRC Deux-Montagnes, South of Mirabel

Hours: Monday to Friday 8h30 to 16h00

Financing: provincial

Legal status: non-profit organization

DEUX-MONTAGNES PUBLIC LIBRARY

200 Henri-Dunant Street, Deux-Montagnes, Laurentides, QC, J7R 4W6

450 473-2702 ext. 228 Fax: 450 473-2816

Website: www.bibliotheque.ville.deux-montagnes.qc.ca

Email: biblio@ville.deux-montagnes.qc.ca

Services: Loan and consultation of books and audiovisual documents. * Computers and Internet access.* Story time.* Reading workshops for toddlers.* Book club for children.* Coffee-reading.* Arts exhibitions.* Contests, author meetings, conferences, shows, etc.

Eligibility: children, youth and adults

Coverage area: Deux-Montagnes

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

Fees: subscription: free for residents, activities: variable

Financing: municipal, provincial

Legal status: municipal agency

MIRABEL PUBLIC LIBRARY - SAINT-AUGUSTIN BRANCH

15005 des Saules Street, Mirabel, Laurentides, QC, J7N 1Z9

450 475-6558

Website: www.ville.mirabel.qc.ca/biblio

Email: biblio@ville.mirabel.qc.ca

Services: * Loan and consultation of books and audiovisual documents.* Computers, Internet access and printing devices.* Book club for children.* Early literacy workshops.* Story time.* Animation activities.

Coverage area: Mirabel

Hours: Monday and Wednesday 13h00 to 20h00, Tuesday and Thursday 10h00 to 20h00, Friday and Sunday 10h00 to 16h30, Saturday 12h00 to 16h30, summer: Monday and Wednesday 13h00 to 20h00, Tuesday and Thursday 10h00 to 20h00, Friday 10h00 to 16h30, Saturday 10h00 to 14h30

Fees: subscription: free

Financing: municipal

Legal status: municipal agency

MIRABEL PUBLIC LIBRARY - SAINT-BENOÎT BRANCH

9020 Dumouchel Street, Mirabel, Laurentides, QC, J7N 2N7

450 475-2073

Website: www.ville.mirabel.qc.ca/biblio

Email: biblio@ville.mirabel.qc.ca

Services: * Loan and consultation of books and audiovisual documents.* Computers, Internet access and printing devices.* Book club for children.* Early literacy workshops.* Story time.* Animation activities.

Coverage area: Mirabel

Hours: Tuesday 10h00 to 12h00 and 13h00 to 17h00, Wednesday and Thursday 13h00 to 17h00 and 18h00 to 20h00

Fees: subscription: free

Financing: municipal

Legal status: municipal agency

MIRABEL PUBLIC LIBRARY - SAINT-CANUT BRANCH

9950 de Saint-Canut Boulevard, Mirabel, Laurentides, QC, J7N 1K1

450 436-7816

Website: www.ville.mirabel.qc.ca/biblio

Email: biblio@ville.mirabel.qc.ca

Services: * Loan and consultation of books and audiovisual documents.* Computers, Internet access and printing devices.* Book club for children.* Early literacy workshops.* Story time.* Animation activities.

Coverage area: Mirabel

Hours: Monday 10h00 to 20h00, Tuesday to Thursday 13h00 to 20h00, Saturday 10h00 to 16h30, Sunday 13h00 to 16h30, summer: Monday 10h00 to 20h00, Tuesday to Thursday 13h00 to 20h00, Saturday 10h00 to 14h30

Fees: subscription: free

Financing: municipal

Legal status: municipal agency

MIRABEL PUBLIC LIBRARY - SAINT-HERMAS BRANCH

4261 Lalande Street, Mirabel, Laurentides, QC, J7N 2Z4

450 475-2058

Website: www.ville.mirabel.qc.ca/biblio

Email: biblio@ville.mirabel.qc.ca

Services: * Loan and consultation of books and audiovisual documents.* Computers, Internet access and printing devices.* Book club for children.* Early literacy workshops.* Story time.* Animation activities.

Coverage area: Mirabel

Hours: Tuesday and Thursday 13h00 to 17h00 and 18h00 to 20h00, summer: Tuesday 13h00 to 17h00 and 18h00 to 20h00

Fees: subscription: free

Financing: municipal

Legal status: municipal agency

MIRABEL PUBLIC LIBRARY - SAINT-JANVIER BRANCH

17710 du Val-d'Espoir Street, Mirabel, Laurentides, QC, J7J 1V7

450 475-2011

Website: www.ville.mirabel.qc.ca/biblio

Email: biblio@ville.mirabel.qc.ca

Services: * Loan and consultation of books and audiovisual documents.* Computers, Internet access and printing devices.* Book club for children.* Early literacy workshops.* Story time.* Animation activities.

Coverage area: Mirabel

Hours: Monday to Friday 10h00 to 20h00, Saturday 10h00 to 16h30, Sunday 13h00 to 16h30, summer:

Monday to Friday 10h00 to 20h00, Saturday 10h00 to 14h30

Fees: subscription: free

Financing: municipal

Legal status: municipal agency

MIRABEL PUBLIC LIBRARY - SAINTE-SCHOLASTIQUE BRANCH

9975 Saint-Vincent Street, Mirabel, Laurentides, QC, J7N 2Y3

450 475-2057

Website: www.ville.mirabel.qc.ca/biblio

Email: biblio@ville.mirabel.qc.ca

Services: * Loan and consultation of books and audiovisual documents.* Computers, Internet access and printing devices.* Book club for children.* Early literacy workshops.* Story time.* Animation activities.

Coverage area: Mirabel

Hours: Monday and Wednesday 13h00 to 17h00 and 18h00 to 20h00

Fees: subscription: free

Financing: municipal

Legal status: municipal agency

SAINT-EUSTACHE PUBLIC LIBRARY

12 de la Grande-Côte Road, Saint-Eustache, Laurentides, QC, J7P 1A2

450 974-5035

Website: www.saint-eustache.ca/citoyens-bibliotheque/bibliotheque-guy-belisle

Services: * Loan and consultation of books and audiovisual documents.* Computers and Internet access.* Story time.* Book club for adults.* Book club for children.* Early literacy workshops.* Computer workshops.* Workshops, conferences, exhibitions.

Coverage area: Saint-Eustache

Hours: Monday to Friday 9h00 to 21h00, Saturday and Sunday 9h00 to 17h00

Fees: subscription: free

Financing: municipal

Legal status: municipal agency

SAINTE-THÉRÈSE PUBLIC LIBRARY

150 du Séminaire Boulevard, Sainte-Thérèse, Laurentides, QC, J7E 1Z2

450 434-1440 ext. 2400 Fax: 450 434-6070

Website: www.sainte-therese.ca/biblio

Email: biblio@sainte-therese.ca

Services: Loan and consultation of books and audiovisual documents. * Computers, Internet access and printing devices.* Home loan for people with reduced mobility.* Computer workshops.* Early literacy workshops.* Story time.* Book club for children.* Exhibitions, conferences and meetings.

Coverage area: Sainte-Thérèse

Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00

Fees: free for residents

Financing: municipal

Legal status: municipal agency

School boards

COMMISSION SCOLAIRE DE LA RIVIÈRE-DU-NORD

Administrative Office II, 795 Melançon Street, Saint-Jérôme, Laurentides, QC, J7Z 4L1

450 438-3131

Website: www.csrdn.qc.ca

Email: csrdn2@csrdn.qc.ca

Services: Primary schools, high schools and specialized schools board. * Vocational training.* Adult education.* Vocational training and adult education: help and orientation.

Coverage area: Bellefeuille, Brownsburg-Chatham, Grenville, Grenville-sur-la-Rouge, Gore, Harrington, Lachute, Lafontaine, Mille-Isles, Mirabel, Prévost, Saint-André D'Argenteuil, Saint-Antoine, Saint-Canut, Saint-Colomban, Sainte-Sophie, Saint-Hippolyte, Saint-Jérôme, Wentworth

Hours: Administrative Office 1: Monday to Friday 8h00 to 12h00 and 13h00 to 15h45 Administrative Office 2: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00

Legal status: parapublic organization

COMMISSION SCOLAIRE DE LA SEIGNEURIE-DES-MILLE-ÎLES

430 Arthur-Sauvé Boulevard, Saint-Eustache, Laurentides, QC, J7R 6V6

450 974-7000 Fax: 450 974-6977

Website: www.cssmi.qc.ca

Email: info@cssmi.qc.ca

Services: Primary schools, high schools and specialized schools board. * Vocational training.* Adult education.* Vocational training and adult education: help and orientation.* Services to companies.

Coverage area: Blainville, Boisbriand, Bois-des-Filion, Deux-Montagnes, Lorraine, Mirabel (Saint-Augustin, Saint-Benoît, Sainte-Scholastique and Parc du Domaine Vert), Oka, Pointe-Calumet, Rosemère, Sainte-Anne-des-Plaines, Sainte-Marthe-sur-le-Lac, Sainte-Thérèse, Saint-Eustache, Saint-Joseph-du-Lac, Saint-Placide and a part of Terrebonne (quartier 2, Germain-Raby and quartier 3, Louis-Gilles-Ouimet)

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

Legal status: parapublic organization

SIR WILFRID LAURIER SCHOOL BOARD

Administrative Centre, 235 Montée Lesage, Rosemère, Laurentides, QC, J7A 4Y6

450 621-5600 Fax: 450 621-7929

Website: swlauriersb.qc.ca

Services: Primary schools, high schools and specialized schools board. * Vocational training.* Adult education.* Vocational training and adult education: help and orientation.* Services to companies.

Coverage area: Laurentians, Lanaudière, Laval

Legal status: parapublic organization

Vocational training, Cégeps and Universities

COLLÈGE LIONEL-GROULX

100 Duquet Street, Sainte-Thérèse, Laurentides, QC, J7E 3G6

450 430-3120 Fax: 450 971-7883

Website: www.clg.qc.ca

Email: info@clg.qc.ca

Services: College public education school. * Pre-University and technical programs (DEC), attestation of collegial studies (AEC). * Continuous training and services to enterprises. * Student residences.

Coverage area: province of Québec

Hours: Monday to Friday 7h00 to 23h00, Saturday and Sunday 8h00 to 21h00 during school year

Legal status: parapublic organization

Employment and Income

ADVOCACY FOR WORKERS AND UNEMPLOYED

BUDGET MANAGEMENT AND CONSUMPTION

BUSINESS DEVELOPMENT

EMPLOYMENT SUPPORT AND TRAINING

EMPLOYMENT SUPPORT FOR IMMIGRANTS

EMPLOYMENT SUPPORT FOR WOMEN

EMPLOYMENT SUPPORT FOR YOUTH

GOVERNMENT SERVICES

TAX CLINICS

VOCATIONAL REHABILITATION AND DISABILITY-RELATED EMPLOYMENT

Advocacy for workers and unemployed

COMMISSION DE L'ÉQUITÉ SALARIALE - LAURENTIDES

275 Latour Street, Saint-Jérôme, Laurentides, QC, J7Z 0J7

1 844 838-0808 Fax: 514 864-6756

Website: www.cnesst.gouv.qc.ca

Email: equite.salariale@ces.gouv.qc.ca

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

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

Coverage area: province of Québec

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

Legal status: provincial government agency

COMMISSION DES NORMES DU TRAVAIL - LAURENTIDES

275 Latour Street, Saint-Jérôme, Laurentides, QC, J7Z 0J7

1 844 838-0808

Website: www.cnesst.gouv.qc.ca

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

Eligibility: public, employers and employees

Coverage area: Laurentides

Hours: Office: by appointment for investigation and mediation

Legal status: provincial government agency

Budget management and consumption

ASSOCIATION COOPÉRATIVE D'ÉCONOMIE FAMILIALE DES BASSES LAURENTIDES

42-D Turgeon Street, Suite 1, Sainte-Thérèse, Laurentides, QC, J7E 3H4

450 430-2228

Website: www.acefbl.org

Email: acefbl@consommateur.qc.ca

Services: * Budget courses.* Budget counseling.* Telephone assistance on personal finances.* Conferences and workshops.* Consumers' advocacy.

Eligibility: consumers

Coverage area: Basses-Laurentides

Hours: Monday to Thursday 9h00 to 17h00

Fees: free, except for budget courses and for receiving a conference in an organization

Financing: grants, self-financing

Legal status: non-profit organization

CANADIAN CANCER SOCIETY - LAURENTIDES REGIONAL OFFICE

418 Saint-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 5B1

450 436-2691 ext. 25504 Fax: 450 436-3801

Website: www.cancer.ca

Email: scclaurentides@quebec.cancer.ca

Services: * Donation of temporary breast prostheses. * Loan of wigs, turbans and scarves. * Awareness and documentation. * Financial and material assistance. * Phone pairing with a person who experienced the same situation or with a health professional. * Online community: www.cancerconnection.ca.

Eligibility: people affected by cancer, general public

Coverage area: Laurentides, Rawdon, Saint-Esprit and Saint-Lin-Laurentides

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

Fees: prosthesis: \$20

Financing: fundraising campaigns, donations

Legal status: non-profit organization

Business development

CENTRE INTÉGRÉ DE SANTÉ ET DE SERVICES SOCIAUX DES LAURENTIDES

290 De Montigny Street, Saint-Jérôme, Laurentides, QC, J7Z 5T3

1 866 963-2777

Website: www.santelaurentides.qc.ca

Email: infosantelaurentides@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. * Handling of complaints regarding dissatisfaction or violation of rights of users.

Coverage area: Laurentides

Financing: provincial

Legal status: parapublic organization

FEMMESSOR - LAURENTIDES

298 De Martigny Street West, Suite 120, Saint-Jérôme, Laurentides, QC, J7Y 4C9

1 844 523-7767

Website: www.femmessor.com

Email: info@femmessorqc.com

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

Eligibility: women

Coverage area: Laurentides

Financing: provincial

Legal status: non-profit organization

FONDS D'EMPRUNT COMMUNAUTAIRE FÉMININ

508 Principale Street, Lachute, Laurentides, QC, J8H 1Y3

1 888 782-3553 Fax: 450 562-1601

Website: felautentides.org

Email: info@felautentides.org

Services: * Business start-up assistance. * Individual follow-up. * Corporate loans. * Training. * S'Entreprendre: correspondence professional training and financial autonomy training for women. * Espace affaires: shared workspace.

Eligibility: women and men, entrepreneurs and future entrepreneurs

Coverage area: entrepreneurship: MRC d'Argenteuil, MRC Rivière-du-Nord, MRC Pays d'En-Haut, MRC

Laurentides, MRC Antoine-Labelle, Lanaudière, Abitibi, s'Entreprendre and complimentary training: Laurentides

Hours: Monday to Thursday 8h00 to 16h30, Friday 8h00 to 11h00

Financing: provincial, federal, foundations

Legal status: non-profit organization

MIRABEL ÉCONOMIQUE

17690 du Val-d'Espoir Street, Mirabel, Laurentides, QC, J7J 1A1

450 475-2008 ext. 2110 Fax: 450 435-3177

Website: www.ville.mirabel.qc.ca

Services: * Assistance to start up individual or collective business.* Financial and technical support.* Business mentoring.* Support to autonomous job.* Carrefour Capital/Mirabel: database likely to meet capital needs or business project research.

Eligibility: entrepreneurs, businesses, NPOs

Coverage area: Mirabel

Hours: Monday to Friday 9h00 to 16h30

Fees: free

Financing: provincial

Legal status: municipal agency

MRC DE THÉRÈSE-DE-BLAINVILLE

33 Blainville Street West, Suite 200, Sainte-Thérèse, Laurentides, QC, J7E 1X1

450 621-5546 Fax: 450 621-2628

Website: www.mrc-tdb.org

Email: reception@mrc-tdb.org

Services: * Administration of land use. * Urban planning regulations* Management of public services: watercourses, waste management and civil security.* Participation in socio-economic development.* Promotion of heritage, culture and tourism.* Carpooling services online.* Foster job creation through businesses development, implementation and consolidation.

Eligibility: residents and businesses

Coverage area: Blainville, Bois-des-Filion, Boisbriand, Lorraine, Rosemère, Sainte-Anne-des-Plaines and Sainte-Thérèse

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

Fees: annual membership: \$85 plus tax for corporate members, \$20 plus tax for community members

Financing: municipal, self-financing, provincial

Legal status: municipal agency

MRC DEUX-MONTAGNES - ECONOMIC DEVELOPMENT

1 Place de la Gare, Suite 301, Saint-Eustache, Laurentides, QC, J7R 0B4

450 491-1818 Fax: 450 491-3040

Website: www.mrc2m.qc.ca

Email: info@mrc2m.qc.ca

Services: Stimulate and support economic development. * Help starting and expanding business: training workshops, information sessions, assistance in writing a business plan, technical and financial support to self-employment (STA), support for business succession.* Project financing.* Business mentoring.

Eligibility: young entrepreneurs, businesses

Coverage area: MRC Deux-Montagnes

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

Financing: provincial, municipal

Legal status: non-profit organization

Employment support and training

CENTRE D'AIDE PROFESSIONNELLE POUR L'EMPLOI - SIÈGE SOCIAL

338 Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5L3

450 565-4707 Fax: 450 569-8299

Website: capemploi.ca

Email: info@capemploi.ca

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

Eligibility: adults

Coverage area: Laurentides

Hours: Monday to Friday 9h00 to 16h00

Financing: provincial

Legal status: non-profit organization

PALETTES FGL

16 Rolland-Brière Street, Blainville, Laurentides, QC, J7C 5N2

450 437-1146 Fax: 450 437-0938

Website: www.palettesfgl.org

Email: info@palettesfgl.org

Services: Training business specialized in the manufacture of wood pallet. * Paid training in a work environment, manual and technical skills development.* Personalized accompaniment, orientation and learning of job searching techniques.* Model on demand or recycled, meeting exportation criteria.

Eligibility: adults with difficulties to find or maintain a job, priority is accorded to last-resort financial assistance beneficiaries (social assistance and social solidarity)

Coverage area: Laurentides

Hours: Monday to Thursday 9h00 to 16h00, Friday 7h30 to 15h00

Financing: grants, self-financing

Legal status: non-profit organization

Employment support for immigrants

CENTRE D'INTÉGRATION EN EMPLOI LAURENTIDES

340, rue Labelle, Saint-Jérôme, Laurentides, QC, J7Z 5L3

1 800 363-2499 Fax: 450 432-8647

Website: www.cielarentides.com

Email: info@cielarentides.com

Services: * Job search consulting services.* Guidance counselling.* Skills assessment.* Program for worker 50 year and over.* Program for immigrant.

Eligibility: people who are unemployed: employment insurance and welfare recipients, people who do not receive any check, immigrants and 50 year olds and over

Coverage area: Laurentides

Hours: Monday to Friday 8h00 to 16h00

Fees: free

Financing: provincial

Legal status: non-profit organization

SERVICE CANADA CENTRE - SAINT-EUSTACHE

250 Arthur-Sauvé Boulevard, Saint-Eustache, Laurentides, QC, J7R 2H9

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

Website: www.canada.ca

Services: Service centre bringing together for programs, services and benefits at the federal level. * Applications for Social Insurance Number.* Information on the labor market.* Job bank.* Record of Employment.* Annuities.* Retirement pension from Canada Pension Plan.* Guaranteed Income Supplement, Old Age Security.* International Benefits.* Career Transition Services for veterans.* Allowance Program.* Special Benefits.* Employment Insurance Regular Benefits.* Career Planning.* Wage Earner Protection Program.* Canada Summer Jobs (CSJ) for youth and students.* Orientation on foreign credentials.* Receiving agents of passports.* Office of complaints.* Employer service centre.* Prevention and reporting of fraud.* Savings plan.

Coverage area: Saint-Eustache

Hours: Monday to Friday 8h30 to 16h00

Legal status: federal government agency

SERVICE CANADA CENTRE - SAINTE-THÉRÈSE

100 Ducharme Boulevard, Suite 130, Sainte-Thérèse, Laurentides, QC, J7E 3G7

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

Website: www.canada.ca

Services: Service centre bringing together for programs, services and benefits at the federal level. * Applications for Social Insurance Number.* Information on the labor market.* Job bank.* Record of Employment.* Annuities.* Retirement pension from Canada Pension Plan.* Guaranteed Income Supplement, Old Age Security.* International Benefits.* Career Transition Services for veterans.* Allowance Program.* Special Benefits.* Employment Insurance Regular Benefits.* Career Planning.* Wage Earner Protection Program.* Canada Summer Jobs (CSJ) for youth and students.* Orientation on foreign credentials.* Receiving agents of passports.* Office of complaints.* Employer service centre.* Prevention and reporting of fraud.* Savings plan.

Coverage area: Sainte-Thérèse and surrounding area

Hours: Monday to Friday 8h30 to 16h00

Legal status: federal government agency

Employment support for women

PORTE DE L'EMPLOI THÉRÈSE DE BLAINVILLE (LA)

100 Ducharme Boulevard, Suite 250, Sainte-Thérèse, Laurentides, QC, J7E 4R6

450 435-4565 Fax: 450 435-5586

Website: www.laportedeemploi.com

Email: info@laportedeemploi.com

Services: Accompaniment for people searching for a job or planning to go back to school. * Labor market preparation activities.* Assistance for professional reorientation.* Counselling, guidance.* Internships.* Femmes et métiers gagnants project for women.* Solution Action project: full-time program for people on social assistance.

Eligibility: people out of the labor market searching for a job

Coverage area: MRC Thérèse-de-Blainville, Mirabel, MRC Deux-Montagnes

Hours: Monday to Friday 8h30 to 16h30

Fees: free

Financing: provincial

Legal status: non-profit organization

Employment support for youth

CARREFOUR JEUNESSE-EMPLOI DE MIRABEL

13665 du Curé Labelle Boulevard, Suite 201, Mirabel, Laurentides, QC, J7J 1L2

450 420-6262 Fax: 450 420-6464

Website: www.cjemirabel.ca

Email: info@cjemirabel.ca

Services: * Reception, information and referral.* Job search assistance, at home and abroad.* Assistance for school retention or return.* Digitalized documentation centre.* Guidance, vocational and school information.* Development of youth entrepreneurship.* Support in project development.* Job posting.* Pairing.* Information on wage subsidies and financial contributions.* Room and office rental.* Employability-based special events organization.* CV bank.

Eligibility: young adults 16 to 35 years old, employers

Coverage area: Mirabel

Hours: Monday to Wednesday 8h30 to 12h00 and 12h30 to 17h00, Wednesday (by appointment) 17h30 to 20h30, Thursday 8h30 to 12h00 and 12h30 to 15h00, Friday 9h00 to 12h00

Fees: free

Financing: provincial

Legal status: non-profit organization

Government services

CENTRE LOCAL D'EMPLOI DE MIRABEL-SAINT-JANVIER

13665 du Curé Labelle Boulevard, Suite 201, Mirabel, Laurentides, QC, J7J 1L2

450 435-3667 Fax: 450 430-0128

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

Services: Accompaniment services regarding job market integration process and last-resort financial assistance. * Information and referral.* Job search assistance: redaction of resume and preparation to interview.* Training programs aiming professional skills development for enterprises and specific client group: students, women, youth, young mothers, older workers, disabled people, immigrants or visible minorities.* Multiservices room: access to phone, fax, computers and printing machines.* Last-resort financial and social assistance.* Enterprise services: recruitment assistance.* Services offered by self-service, online or by phone only.

Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low-income, employers

Coverage area: Mirabel

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

Financing: provincial

Legal status: parapublic organization

CENTRE LOCAL D'EMPLOI DE SAINT-EUSTACHE

367 Arthur-Sauvé Boulevard, Suite 247, Saint-Eustache, Laurentides, QC, J7P 2B1

450 472-2311 Fax: 450 974-3315

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

Services: Accompaniment services regarding job market integration process and last-resort financial assistance. * Information and referral.* Job search assistance: redaction of resume and preparation to interview.* Training programs aiming professional skills development for enterprises and specific client group: students, women, youth, young mothers, older workers, disabled people, immigrants or visible minorities.* Multiservices room: access to phone, fax, computers and printing machines.* Last-resort financial and social assistance.* Enterprise services: recruitment assistance.

Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low-income, employers

Coverage area: Saint-Eustache, Deux-Montagnes, Oka, Pointe-Calumet, Saint-Joseph-du-Lac, Sainte-Marthe-sur-le-Lac, Saint-Placide

Hours: Monday to Friday 8h30 to 16h30, by appointment to meet an agent

Financing: provincial

Legal status: parapublic organization

CENTRE LOCAL D'EMPLOI DE SAINTE-THÉRÈSE

100 Ducharme Boulevard, Suite 120, Sainte-Thérèse, Laurentides, QC, J7E 4R6

450 435-3667 Fax: 450 430-0128

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

Services: Accompaniment services regarding job market integration process and last-resort financial assistance. * Information and referral.* Job search assistance: redaction of resume and preparation to interview.* Training programs aiming professional skills development for enterprises and specific client group: students, women, youth, young mothers, older workers, disabled people, immigrants or visible minorities.* Multiservices room: access to phone, fax, computers and printing machines.* Last-resort financial and social assistance.* Enterprise services: recruitment assistance.

Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low-income, employers

Coverage area: Blainville, Sainte-Thérèse, Lorraine, Saint-Anne-des-Plaines, Bois-des-Filions, Rosemère, Boisbriand

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

Financing: provincial

Legal status: parapublic organization

CENTRES LOCAUX D'EMPLOI - DIRECTION RÉGIONALE DES LAURENTIDES

275 Latour Street, Suite 1.4, Saint-Jérôme, Laurentides, QC, J7Z 0J7

450 569-7575 Fax: 450 436-4934

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

Services: Regional administration of the local employment centres.

Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low-income, employers

Coverage area: Laurentides

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

Financing: provincial

Legal status: parapublic organization

COMMISSION DE LA SANTÉ ET DE LA SÉCURITÉ DU TRAVAIL DU QUÉBEC - LAURENTIDES

275 Latour Street, Saint-Jérôme, Laurentides, QC, J7Z 0J7

1 844 838-0808 Fax: 450 432-1765

Website: www.cnesst.gouv.qc.ca

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

Eligibility: employers and employees

Coverage area: Laurentides

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

Financing: membership fees, self-financing

Legal status: provincial government agency

SERVICES QUÉBEC - SAINT-EUSTACHE

367, boulevard Arthur-Sauvé, bureau 247, Saint-Eustache, Laurentides, QC, J7P 2B1

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

Website: www.laurentides.gouv.qc.ca

Services: * Information on government programs and services.* Self-service computer stations.* Services related to the land register of Quebec.* Administration-of-oath services.

Coverage area: Laurentides

Hours: In person: Monday, Tuesday, Thursday, Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 9h00 to 12h00 and 13h00 to 16h30, by phone: Monday to Friday 8h00 to 20h00

Legal status: provincial government agency

Tax clinics

CENTRE D'ENTRAIDE RACINE-LAVOIE - TAX CLINIC

154 Dorion Street, Saint-Eustache, Laurentides, QC, J7R 2N9

450 623-6030 Fax: 450 623-5275

Website: www.entraideracinelavoie.org

Email: info@entraideracinelavoie.org

Services: Tax clinic by appointment.

Eligibility: people on a low income

Coverage area: MRC Deux-Montagnes, South of Mirabel

Hours: clinic 2018: registration: February, clinic: March 1st to April 26, Tuesdays and Thursdays

Financing: grants, donations

Legal status: non-profit organization

CENTRE D'ENTRAIDE THÉRÈSE-DE-BLAINVILLE - TAX CLINIC

245 Leduc Street, Sainte-Thérèse, Laurentides, QC, J7E 0A4

450 435-0199 Fax: 450 435-0516

Email: cetb@bellnet.ca

Services: Tax clinic.

Eligibility: people on a low income

Capacity: 20 people per hour

Coverage area: MRC Thérèse-de-Blainville, Sacré-Coeur Parish

Hours: clinic 2018: March 5 to April 30, Monday all day and Friday morning

Fees: voluntary contribution

Financing: provincial, Centraide Laurentides

Legal status: non-profit organization

MAISON DE LA FAMILLE DE SAINTE-ANNE-DES-PLAINES - TAX CLINIC

238 Beauré Street, Sainte-Anne-des-Plaines, Laurentides, QC, J0N 1H0

450 478-6537

Website: www.maisondelafamillesadp.com

Email: mdf.sadp@videotron.ca

Services: Tax clinic by appointment.

Eligibility: people on a low income

Coverage area: Sainte-Anne-des-Plaines

Hours: by appointment only during March and April 2018

Legal status: non-profit organization

Vocational rehabilitation and disability-related employment

INTÉGRATION - TRAVAIL LAURENTIDES

547 des Laurentides Boulevard, Saint-Jérôme, Laurentides, QC, J7Z 4M4

450 436-4024 Fax: 450 436-6607

Website: www.i-tl.org

Email: integration_travail@i-tl.org

Services: Vocational reintegration. * Consultation service: employability assessment, self-knowledge, development of a plan of action, preparatory measures for employment, referrals.* Job seeking methods: guidance and support, information on labor market, CV preparation, job interview techniques, accompaniment if necessary, outreach strategies.* Job integration: employers awareness-raising, grants negotiations, employment follow-up.

Eligibility: people living with a disability looking to integrate the labor market, employers

Coverage area: Laurentides

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

Financing: provincial

Legal status: non-profit organization

INTÉGRATION - TRAVAIL LAURENTIDES - MIRABEL

13479 Curé-Labelle Boulevard, Suite 205, Mirabel, Laurentides, QC, J7J 1H1

450 436-4024

Website: www.i-tl.org

Services: Vocational reintegration. * Consultation service: employability assessment, self-knowledge, development of a plan of action, preparatory measures for employment, referrals.* Job seeking methods: guidance and support, information on labor market, CV preparation, job interview techniques, accompaniment if necessary, outreach strategies.* Job integration: employers awareness-raising, grants negotiations, employment follow-up.

Eligibility: people living with a disability looking to integrate the labor market, employers

Coverage area: MRC Mirabel

Financing: provincial

Legal status: non-profit organization

INTÉGRATION - TRAVAIL LAURENTIDES - SAINT-EUSTACHE

111A Saint-Laurent Street, Saint-Eustache, Laurentides, QC, J7P 5G1

450 623-0398 ext. 502 Fax: 450 983-5033

Website: www.i-tl.org

Email: mperron@i-tl.org

Services: Vocational reintegration. * Consultation service: employability assessment, self-knowledge, development of a plan of action, preparatory measures for employment, referrals.* Job seeking methods: guidance and support, information on labor market, CV preparation, job interview techniques, accompaniment if necessary, outreach strategies.* Job integration: employers awareness-raising, grants negotiations, employment follow-up.

Eligibility: people living with a disability looking to integrate the labor market, employers

Coverage area: MRC Deux-Montagnes

Hours: Monday to Friday 8h30 to 16h30, by appointment

Financing: provincial

Legal status: non-profit organization

INTÉGRATION - TRAVAIL LAURENTIDES - SAINTE-THÉRÈSE

100 Ducharme Boulevard, Suite 200, Sainte-Thérèse, Laurentides, QC, J7E 4R6

450 979-1640 ext. 554 Fax: 450 951-2519

Website: www.i-tl.org

Email: mfredette@i-tl.org

Services: Vocational reintegration. * Consultation service: employability assessment, self-knowledge, development of a plan of action, preparatory measures for employment, referrals.* Job seeking methods: guidance and support, information on labor market, CV preparation, job interview techniques, accompaniment if necessary, outreach strategies.* Job integration: employers awareness-raising, grants negotiations, employment follow-up.

Eligibility: people living with a disability, people with a criminal record or people who have been struggling with drug problems looking to integrate the labor market, employers

Coverage area: MRC Thérèse-de-Blainville

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: provincial

Legal status: non-profit organization

L'ATELIER ENSEMBLE ON SE TIENT

185 du Moulin Street, Saint-Eustache, Laurentides, QC, J7R 2P5

450 623-1561 Fax: 450 623-2692

Email: atelierensemble@videotron.ca

Services: Day centre. * Social reintegration and rehabilitation.* Socialization and learning activities.* Pre-employability group.* Closed support and growth groups facilitated by a counselor, on a weekly basis with a dozen of meetings.* Community follow-up program providing: psychosocial and home support, accompaniment and intensive follow-up.

Eligibility: adults with severe and persistent mental health or emotional distress disorders

Capacity: support group: 12 people maximum per group

Coverage area: MRC de Deux-Montagnes and Mirabel South

Hours: Monday to friday 9h30 to 16h00, support group on day and evening

Fees: none

Financing: provincial

Legal status: non-profit organization

Food

CHRISTMAS BASKET

COLLECTIVE KITCHENS

COMMUNITY GARDENS AND MARKETS

FOOD ASSISTANCE

FOOD AID FOR PREGNANT WOMEN AND CHILDREN

FOOD ASSISTANCE COORDINATION

LOW COST OR FREE MEALS

Christmas basket

ROSEMÈRE - ROSEMÈRE COMMUNITY SERVICES

325 de la Grande-Côte Road, Rosemère, Laurentides, QC, J7A 1K2

450 621-3500 ext. 7380 Fax: 450 621-0426

Website: www.ville.rosemere.qc.ca/loisirs-et-vie-communautaire

Email: info@ville.rosemere.qc.ca

Services: * Community, sociocultural and sports activities.* Community centre, gym, arena, swimming pool, parks and playgrounds.* Coordination with community organizations.* Summer day camp.* Room rental.* Christmas baskets.

Coverage area: Rosemère

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

Fees: variable

Financing: municipal, self-financing

Legal status: municipal agency

Collective kitchens

CENTRE RAYONS DE FEMMES THÉRÈSE-DE-BLAINVILLE

27 Desjardins Boulevard West, Sainte-Thérèse, Laurentides, QC, J7E 1E3

450 437-0890

Website: www.crdf.ca

Email: info@crdf.ca

Services: Day centre for women. * Reception, individual and group assistance, accompaniment and referral.* Evolution and popular education workshop on violence, poverty, discriminations and cultural realities.* Coffee meetings, collective kitchen, weekly knitters meetings.* Collective actions and activities.

Eligibility: women

Coverage area: MRC Sainte-Thérèse-de-Blainville

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

Fees: members: \$10 per year

Financing: provincial, Centraide, contributions, donations

Legal status: non-profit organization

MAISON DE LA FAMILLE DE BOIS-DES-FILION

395 Adolphe-Chapleau Boulevard, Bois-des-Filion, Laurentides, QC, J6Z 1H5

450 965-0666 Fax: 450 621-6400

Email: info@maisondefamillebdf.com

Services: * Reception and referral.* Collective kitchens.* Daycare and respite.* Family activities.* Occasional conferences and workshops.

Eligibility: families, individuals

Coverage area: Bois-des-Filion and surroundings

Hours: office: Monday to Friday 8h30 to 16h00, information: 13h00 to 15h30

Fees: membership: \$7 per year

Financing: Centraide, provincial, fundraising campaigns, donations, contributions

Legal status: non-profit organization

MAISON DE LA FAMILLE DE MIRABEL

8106-C de Belle-Rivière Street, Mirabel, Laurentides, QC, J7N 2V8

450 258-2121

Website: www.mfdemirabel.com

Email: info@mfdemirabel.com

Services: * Prenatal classes.* Parental counselling.* Infant massage workshops.* Baby food preparation workshops.* Language development, baby sign language and early literacy workshops.* Parent-child and child development workshops.* Coffee-chat.* Drop-in daycare.* Collective and family kitchens.* Troc-tes-trucs: trading of clothing and other items.* Thematic activities and parties.* Conferences.

Eligibility: families, children and grand-parents

Coverage area: Mirabel

Hours: administration: Monday to Friday 9h00 to 12h00 and 13h00 to 15h00

Fees: free or at a low cost

Financing: fundraising campaigns, provincial, Centraide

Legal status: non-profit organization

MAISON DES MOTS DES BASSES-LAURENTIDES (LA)

4 du Ravin Road, Sainte-Thérèse, Laurentides, QC, J7E 2T2

450 434-9593 Fax: 450 434-5181 **TTY:** 450 434-9593

Website: www.maisondesmots.com

Email: info@maisondesmots.com

Services: Group workshops.* Reading and writing for hearing or deaf people.* Budget calculation.* Theater.* Computing.* Community kitchen.* Popular education workshops.* Coffee chat.* Advocacy.* Assistance to fill out forms.* Journal of participants.

Eligibility: people aged 16 and over who have difficulty reading and writing, deaf people

Coverage area: Basses-Laurentides

Hours: Monday and Wednesday 8h30 to 21h30, Tuesday, Thursday and Friday 8h30 to 16h30, closed from June 25th to September 1st

Fees: membership: \$2 per year

Financing: Centraide, grants, provincial, contributions, donations

Legal status: non-profit organization

MAISON PARENFAANT DES BASSES LAURENTIDES

310 Montée Sanche, Rosemère, Laurentides, QC, J7A 3R6

450 434-9934 Fax: 450 434-9981

Website: www.maisonparenfant.ca

Email: info@maisonparenfant.ca

Services: * Respite.* Daycare.* Parents and parent-child workshops.* Coffee meetings.* Family activities.* Thematic kitchens.

Eligibility: parents and children

Capacity: 200 families

Coverage area: MRC Thérèse-De Blainville

Hours: Monday to Friday 9h00 to 16h00

Fees: membership: \$5, membership including weekend respite: \$12

Financing: grants, donations, contributions

Legal status: non-profit organization

MOUVEMENT PERSONNE D'ABORD DE SAINT-EUSTACHE

367 Godard Street, Saint-Eustache, Laurentides, QC, J7P 3V2

450 623-7792

Website: www.fmpdaq.org

Email: mpdasteustache@gmail.com

Services: * Reception and referral.* Support and social monitoring.* Promotion and advocacy of rights.* Mutual aid.* Monthly dances.* Collective kitchens.* Adapted karate.* Workshops.

Eligibility: adults 18 years and over with intellectual disabilities

Coverage area: MRC Deux-Montagnes

Hours: Monday to Thursday 8h30 to 16h00

Fees: membership: \$10 per year

Financing: provincial

Legal status: non-profit organization

PETITE MAISON DE POINTE-CALUMET

861 de la Chapelle Boulevard, Pointe-Calumet, Laurentides, QC, J0N 1G2

450 974-7556 Fax: 450 974-1960

Email: petitemaison-pointe-calumet@hotmail.com

Services: * Family activities.* Child-mother mornings.* Collective kitchens.* Conferences.* References on topics affecting families.* Community Internet Access Centre.* Support and individual follow-up.* Services for fathers.* Knitting club.

Eligibility: individuals and families

Coverage area: Pointe-Calumet and surroundings

Hours: Monday to Thursday 8h30 to 17h00, Friday 9h00 to 12h00

Fees: annual membership: \$5 per family

Financing: Centraide, provincial

Legal status: non-profit organization

Community gardens and markets

SAINTE-ANNE-DES-PLAINES - SERVICE DES LOISIRS

141 Sainte-Anne Boulevard, Sainte-Anne-des-Plaines, Laurentides, QC, J0N 1H0

450 478-0211 ext. 2016 Fax: 450 478-5660

Website: ville.ste-anne-des-plaines.qc.ca/fr/page-loisirs-service-des-loisirs.php

Email: loisirs@villesadp.ca

Services: * Community, sociocultural and sports activities.* Community centre, arena, gyms, ice rinks, parks and playgrounds.* Coordination with community organizations.* Summer day camp.* Room rental.* Community garden.* Events and parties.* Exhibitions and movie projections.

Coverage area: Sainte-Anne-des-Plaines

Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 16h45, Friday 8h00 to 12h00

Fees: variable

Legal status: municipal agency

SAINTE-THÉRÈSE - CULTURE ET LOISIRS

37 Turgeon Street, Sainte-Thérèse, Laurentides, QC, J7E 3H2

450 434-1440 ext. 2540

Website: www.sainte-therese.ca/services-aux-citoyens/sports-et-loisirs

Email: cultureetloisirs@sainte-therese.ca

Services: * Community, sociocultural and sports activities.* Sports and community centres, athletics stadium, swimming pools, arenas and ice rinks, parks and playgrounds.* Coordination with community organizations.* Summer day camp.* Community gardens.* Room rental.* Conferences and shows.

Coverage area: Sainte-Thérèse

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

Fees: variable

Legal status: municipal agency

Food Assistance

CENTRE DE DÉPANNAGE LE VISAGE

Centre communautaire Saint-Esprit, 374 Pie-XII Street, Saint-Eustache, Laurentides, QC, J7P 4S7

450 473-3200 ext. 5 Fax: 450 473-5055

Website: www.paroissest-eustache.com

Email: gpineault@st-eustache.qc.ca

Services: * Food aid.* Financial assistance.* School supplies.

Eligibility: families, people in need

Coverage area: Saint-Eustache

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

Financing: self-financing

Legal status: non-profit organization

CENTRE DE DÉPANNAGE ST-CANUT

9615 Saint-Canut Boulevard, Mirabel, Laurentides, QC, J7N 1N2

450 530-7094

Services: * Food assistance, emergency assistance.* Clothing depot: sale of used items and furniture.* Christmas baskets.

Eligibility: families on a low income, people in need

Coverage area: Saint-Canut neighbourhood

Hours: food assistance: Thursday afternoon, clothing depot: Monday to Friday 13h00 to 16h00, Saturday 9h00 to 12h00

Fees: food assistance: free

Financing: self-financing, donations

Legal status: non-profit organization

CENTRE REGAIN DE VIE (LE)

12 Turgeon Street, Sainte-Thérèse, Laurentides, QC, J7E 3H3

450 437-3136 Fax: 450 971-7046

Website: www.centreregaindevie.ca

Email: info@centreregaindevie.ca

Services: * Reception, individual counselling, accompaniment.* Referral, information.* Daycare.* Food distribution.* Collective kitchens.* Community dinners.

Eligibility: individuals and families on a low income

Coverage area: MRC Thérèse-De Blainville

Hours: office: Monday to Wednesday 8h00 to 16h00, Thursday 9h30 to 16h00, Friday 17h00 to 21h00, food distribution for individuals: Thursday 10h00 to 11h30, food distribution for families: Thursday 13h30 to 14h30, popular evenings: Friday 17h00 to 21h00, daycare: Monday to Thursday 8h00 to 16h00, collective kitchen: Wednesday and Thursday

Fees: membership: \$5 per year, food assistance: \$2 per week, collective kitchen: \$7 for 5 meals, daycare: \$4 per child per day

Financing: Centraide, provincial

Legal status: non-profit organization

COFFRET (LE)

181 Brière Street, Saint-Jérôme, Laurentides, QC, J7Y 3A7

450 565-2998 Fax: 450 565-3577

Website: www.lecoffret.ca

Services: Reception and settlement assistance for newcomers. * Housing search assistance.* Bank of interpreters, interpretation and administration of oath.* Employability: internship.* Homework assistance.* Francisation.* Literacy program.* Spanish classes.* Intercultural pairing.* Free community dinners and lunches.* Food bank.* Community kitchen.* Awareness through conferences, exhibitions and articles in newspapers.* Prevention of violence.* Day camp.* Thrift shop.* Festival du Monde and Mendela evenings.* Regional organization in charge of State's refugees settling.

Eligibility: new immigrants

Coverage area: Laurentides

Hours: Monday to Friday 8h30 to 16h30

Financing: municipal, provincial, federal, Centraide

Legal status: non-profit organization

COMITÉ D'ACTION SOCIALE DE POINTE-CALUMET

Marie-Médiatrice Church, 810 de la Chapelle Boulevard, Pointe-Calumet, Laurentides, QC, J0N 1G1

450 472-0259

Services: * Food assistance.* Clothing bank.

Eligibility: families and individuals on a low income, newcomers

Capacity: 68 to 74 families

Coverage area: Pointe-Calumet

Hours: food assistance: Tuesday 8h00 to 11h00 (by appointment)

Financing: self-financing

Legal status: non-profit organization

COMITÉ D'ACTION SOCIALE ST-JOSEPH-DU-LAC

Presbytère, 1028 A Principal Road, Saint-Joseph-du-Lac, Laurentides, QC, J0N 1M0

450 473-2440

Email: comiteaction@outlook.com

Services: * Food baskets.* Christmas baskets.* Soup kitchen.* Collection and sale of second-hand items and clothing.

Eligibility: disadvantaged people

Coverage area: Saint-Joseph-du-Lac

Hours: baskets distribution: Tuesday 10h00 to 12h00, soup kitchen: Friday 11h00 to 13h00, sale of second-hand items: Friday 8h00 to 15h00

Fees: baskets: \$2 suggested voluntary contribution

Financing: fundraising campaigns, donations, self-financing

Legal status: non-profit organization

COMPTOIR ALIMENTAIRE DE DEUX-MONTAGNES

1002 Oka Road, Deux-Montagnes, Laurentides, QC, J7R 1L7

450 473-9877

Services: * Food assistance and emergency aid.* Clothing depot.

Eligibility: people on a low income

Coverage area: Deux-Montagnes

Hours: food aid: Tuesday 11h30 to 13h00, clothing depot: Wednesday 9h30 to 20h00 and Saturday 10h00 to 16h00

Fees: \$2 per month

Financing: donations

Legal status: non-profit organization

COMPTOIR ALIMENTAIRE DE SAINTE-MARTHE

3101 de l'Église Street, Sainte-Marthe-sur-le-Lac, Laurentides, QC, J0N 1P0

450 473-9877

Services: * Food aid.* Clothing depot.

Eligibility: people on a low income

Coverage area: Sainte-Marthe-sur-le-Lac

Hours: food aid: Tuesday 11h30 to 13h00, clothing depot: Thursday 9h30 to 20h00

Fees: \$2 per month

Financing: donations

Legal status: non-profit organization

COMPTOIR D'ENTRAIDE POPULAIRE MIRABEL

8555 Saint-Jacques Street, Mirabel, Laurentides, QC, J7N 2A3

450 475-7609

Email: cepmi@videotron.ca

Services: * Recovery and sale of used clothing, items and furniture.* Food baskets.* Financial assistance for school supplies and day camps.

Eligibility: families, people on a low income

Coverage area: Mirabel: Saint-Benoît, Saint-Hermas, Sainte-Scholastique, Saint-Augustin parishes

Hours: Monday and Thursday 13h00 to 17h00, Tuesday and Wednesday 13h00 to 16h00, Saturday 9h00 to 12h00, food assistance: Tuesday 13h30 to 15h00

Financing: self-financing, donations

Legal status: non-profit organization

DÉPANNAGE ALIMENTAIRE SAINTE-ANNE-DES-PLAINES

154-C Sainte-Anne-des-Plaines Boulevard, Sainte-Anne-des-Plaines, Laurentides, QC, J0N 1H0

450 838-7044

Services: * Food bank.

Coverage area: Sainte-Anne-des-Plaines

Hours: by appointment

Fees: free

Legal status: non-profit organization

DÉPANNAGE ST-AGAPIT

202 Henri-Dunant Street, Deux-Montagnes, Laurentides, QC, J7R 4W6

450 473-7450

Website: www.depannage-st-agapit.org

Email: depannage.agapit@hotmail.com

Services: * Food assistance.* Christmas baskets.* Referral.

Eligibility: families and people in need

Coverage area: Deux-Montagnes

Hours: Monday to Friday 9h00 to 12h00

Fees: none

Financing: fundraising campaigns, municipal

Legal status: non-profit organization

ENTRAIDE ROSEMÈRE

325 de la Grande-Côte Road, Rosemère, Laurentides, QC, J7A 1K2

450 621-3500 ext. 7380

Email: scimagir@bell.net

Services: Support to families. * Vouchers redeemable in groceries.* Food bags.

Eligibility: families in need

Coverage area: Rosemère

Legal status: non-profit organization

L'ENTRE-AMIS

Centre communautaire Christ-Roi, 367 Godard Street, Saint-Eustache, Laurentides, QC, J7P 3V2

450 473-3200 ext. 5 Fax: 450 473-5055

Website: www.paroissest-eustache.com

Email: gpineault@st-eustache.qc.ca

Services: * Food aid.* Community luncheons.* Clothing bank and other used items.

Eligibility: families, people in need

Coverage area: Saint-Eustache

Hours: community meals: Wednesday 11h00 to 13h00

Fees: lunch: free

Financing: self-financing

Legal status: non-profit organization

PAROISSE SAINTE-FAMILLE - NOTRE-DAME-DE-L'ASSOMPTION

1015 du Curé-Labelle Boulevard, Blainville, Laurentides, QC, J7C 2M2

450 437-2018 ext. 226

Email: info@paroissesaintefamille.com

Services: Family assistance services. * Food aid.* Christmas baskets.* Help with school supplies.* Clothing bank.* On-site used items recovery: clothing, baby items, small furniture, small appliances, toys, books, jewelry and accessories.

Eligibility: families in need

Coverage area: Blainville

Hours: Tuesday to Thursday 10h00 to 12h00 and 13h00 to 15h00, Saturday 9h00 to 12h00

Legal status: non-profit organization

PAROISSE SAINTE-FAMILLE - SAINT-RÉDEMPTEUR

421 du Curé-Labelle Boulevard, Blainville, Laurentides, QC, J7C 2H4

450 437-2018 ext. 406

Email: info@paroissesaintefamille.com

Services: Family assistance services. * Food aid.* Christmas baskets.* Help with school supplies.* Clothing bank.* On-site used items recovery: clothing, baby items, small furniture, small appliances, toys, books, jewelry and accessories.

Eligibility: families in need

Coverage area: Blainville

Hours: Monday and Friday 10h00 to 12h00 and 13h00 to 16h00, Thursday 16h00 to 20h00, Saturday 9h00 to 12h00

Legal status: non-profit organization

SERVICE D'AIDE ALIMENTAIRE SAINT-MAURICE

388 Adolphe-Chapleau Boulevard, Bois-des-Filion, Laurentides, QC, J6Z 1H6

450 621-5521 ext. 211

Email: nathalie.laforce1@videotron.ca

Services: * Food bank.* School supply distribution for families already benefiting of food assistance.* Christmas baskets.

Eligibility: people on a low income

Coverage area: Bois-des-Filion, Lorraine, Rosemère

Hours: every second Thursday 13h00

Fees: \$2

Financing: Centraide Laurentides, Moisson Laurentides

Legal status: non-profit organization

SERVICES D'ENTRAIDE «LE RELAIS»

305 de la Grande Côte Road, Boisbriand, Laurentides, QC, J7G 1B3

450 939-0501

Website: www.entraidelerelais.org

Email: entraidelerelais@videotron.ca

Services: * Food distribution and emergency assistance.* Collective kitchens.* Popular education.

Eligibility: individuals and families in financial need

Coverage area: Boisbriand

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

Fees: food assistance: \$1 per visit

Financing: Centraide, grants, fundraising campaigns

Legal status: non-profit organization

Food aid for pregnant women and children

GROUPE MARRAINE TENDRESSE INC. (LE)

3 Blainville Street East, Sainte-Thérèse, Laurentides, QC, J7E 1L4

450 435-6924

Email: lgmt@bellnet.ca

Services: * Respite and accompaniment for families with a child aged between 0 and 1 years old.* Daycare for families with a child aged between 0 and 18 months.* Material assistance: clothing, basic care and food products for babies.* Loan of baby items.

Eligibility: families with children aged 0 to 18 months

Coverage area: MRC Thérèse-de-Blainville

Hours: Monday 9h00 to 17h00, Tuesday to Thursday 8h30 to 17h00 and Friday 9h00 to 15h00

Fees: home visits: free, daycare: according to income

Financing: Centraide, provincial

Legal status: non-profit organization

Food assistance coordination

COMITÉ D'AIDE ALIMENTAIRE DES PATRIOTES

95 Principale Street, Saint-Joseph-du-Lac, Laurentides, QC, J0N 1M0

450 472-9469

Website: www.aidealimentaire.com

Email: caa-patriotes@videotron.ca

Services: * Distributor for the county's food banks.* Food assistance: food pick-up, processing and distribution to organizations.* Social reintegration through employment.

Eligibility: social reintegration through employment: people with intellectual or physical disabilities, pervasive development disorders or with a desire to reinsert the job market, food assistance: food banks

Capacity: unlimited

Coverage area: MRC Deux-Montagnes, South of Mirabel

Hours: Monday to Thursday 8h00 to 17h00

Fees: free

Financing: Centraide, provincial, federal, donations, foundations

Legal status: non-profit organization

MOISSON LAURENTIDES

25 Rolland-Brière Street, Blainville, Laurentides, QC, J7C 5R8

450 434-0790 Fax: 450 434-9235

Website: www.moissonlaurentides.org

Email: direction@moissonlaurentides.org

Services: * Collection and distribution of food surplus to organizations offering food assistance.

Eligibility: food assistance organizations

Coverage area: Laurentides, MRC Les Moulins

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

Fees: free

Financing: donations, provincial, Centraide Laurentides

Legal status: non-profit organization

Low cost or free meals

CENTRE DE FEMMES LIBER'ELLES

9381 Côte des Saints, Mirabel, Laurentides, QC, J7N 2X4

450 594-0556 Fax: 450 412-0713

Website: www.liberelles.org

Email: liberelles@videotron.ca

Services: * Reception, telephone listening, referrals.* Self-esteem, personal growth and relaxation workshops.*

Writing workshop.* Computer workshop.* Conference on women's health.* Tricotons pour la cause project.*

Lunch for women, healthy cooking workshop.* Coffee-chats.* Walking club.

Eligibility: women

Coverage area: Lower Laurentians

Hours: Monday to Thursday 8h30 to 16h00, Friday 9h00 to 12h00

Fees: membership card: \$10 per year

Financing: Centraide, provincial, federal, donations, contributions, Canadian religious conference

Legal status: non-profit organization

DÎNERS DE L'AMITIÉ (LES) - BLAINVILLE

1000 du Plan Bouchard Road, Blainville, Laurentides, QC, J7C 3S9

450 435-0388

Email: gilles.daviault@gmail.com

Services: * Community meals.

Eligibility: people 65 years and over

Coverage area: Blainville

Hours: two Thursdays a month, from September to May

Fees: membership card: \$10, \$7 per meal for members

Financing: municipal

Legal status: non-profit organization

Government services

MUNICIPAL SERVICES

PROVINCIAL SERVICES

PUBLIC TRANSPORTATION

Municipal services

BLAINVILLE - ÉCOCENTRE DE LA SEIGNEURIE

68 de la Seigneurie Boulevard East, Blainville, Laurentides, QC, J7C 4N1

450 434-5348 Fax: 450 434-5357

Website: www.blainville.ca/services-aux-citoyens/collectes-et-ecocentre/ecocentre-de-la-seigneurie/

Email: travauxpublics@blainville.ca

Services: Waste recovery and reuse site. * Drop-off location.* No waste collection.* Accepted items: cooling and freezing appliances containing halocarbons, appliances, big padded furniture, recyclable wastes, electronics, constructions wastes, hazardous household wastes (paints, oils, sprays, batteries, light bulbs, etc.) and green wastes (leaves, tree branches, etc.)

Eligibility: city's residents

Coverage area: Blainville

Hours: summer (April 15 to November 14): Monday and Thursday 9h00 to 18h00, Friday 9h00 to 20h00, Saturday and Sunday 9h00 to 18h00, winter (November 15 to April 14): Saturday 9h00 to 16h00

Fees: free

Financing: municipal

Legal status: municipal agency

BLAINVILLE - LOISIRS, CULTURE, BIBLIOTHÈQUE ET VIE COMMUNAUTAIRE

Maison des associations, 1001, Plan-Bouchard Road, Blainville, Laurentides, QC, J7C 4N4

450 434-5275 Fax: 450 434-5296

Website: blainville.ca/citoyens/loisirs

Email: loisirs@ville.blainville.qc.ca

Services: * Management and organization of community, cultural and sports activities.* Arenas, ice rinks, pools, home associations, equestrian park, parks and playground.* Coordination with community organizations in the community.* Summer day camp.

Coverage area: Blainville, Lorraine, Rosemère, Sainte-Thérèse

Hours: Maison des associations reception: Monday to Friday 8h00 to 17h00

Fees: variable

Legal status: municipal agency

BOIS-DES-FILION - ÉCOCENTRE

690 de la Sablière Street, Bois-des-Filion, Laurentides, QC, J6Z 4T7

450 621-1460 ext. 162

Website: www.ville.bois-des-filion.qc.ca/travaux-publics-environnement/ecocentre.html

Services: Waste recovery and reuse site. * Drop-off location.* No waste collection.* Accepted items: cooling and freezing appliances containing halocarbons, appliances, big padded furniture, recyclable wastes, electronics, constructions wastes, hazardous household wastes (paints, oils, sprays, batteries, light bulbs, etc.) and green wastes (leaves, tree branches, etc.)

Coverage area: Bois-des-Filion

Hours: summer (April to October): Monday to Friday 12h00 to 17h00, Saturday 9h00 to 17h00, Sunday 12h00 to 17h00, winter (November to March): Monday to Friday 12h00 to 17h00, Saturday 9h00 to 17h00

Fees: variables, hazardous household wastes: free for residents

Financing: municipal

Legal status: municipal agency

BOIS-DES-FILION - LOISIRS ET CULTURE

479 Adolphe-Chapleau Boulevard, Bois-des-Filion, Laurentides, QC, J6Z 1J9

450 621-1460 ext. 148

Website: ville.bois-des-filion.qc.ca

Email: secloisirs@ville.bois-des-filion.qc.ca

Services: * Management and organization of community, cultural and sports activities.* Sport centre, pool, parks and playground.* Coordination with community organizations in the community.* Summer day camp.
Eligibility: children, youth and adults
Coverage area: Bois-des-Filion
Fees: variables, additional \$15 for non-residents
Legal status: municipal agency

BOISBRIAND - LOISIRS, CULTURE ET BIBLIOTHÈQUE

940 de la Grande Allée Boulevard, ground floor, Boisbriand, Laurentides, QC, J7G 2J7
450 437-2727 Fax: 450 437-9397
Website: www.ville.boisbriand.qc.ca

Services: Management and organization of community, cultural and sports activities. * Arena, ice rinks, pools, Maison du citoyen and Place de la culture, community and cultural centres, parks and playground.* Coordination and support to volunteering within the community of Boisbriand.* Summer day camp.
Coverage area: Boisbriand
Hours: Monday 8h15 to 16h15, Tuesday to Thursday 8h15 to 20h00, Friday 8h00 to 16h00
Fees: variable
Legal status: municipal agency

DEUX-MONTAGNES - CITY

803 d'Oka Road, Deux-Montagnes, Laurentides, QC, J7R 1L8
450 473-2796 Fax: 450 473-2417
Website: www.ville.deux-montagnes.qc.ca
Email: communications@ville.deux-montagnes.qc.ca

Services: Municipal service management. * Municipal tax management and payment.* Garbage collection.* Pet licences.* Construction permits.* Material depot.* Public work department: infrastructure maintenance.* Room rental.
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 17h00, Friday 8h30 to 12h00
Legal status: municipal agency

DEUX-MONTAGNES - LEISURE AND COMMUNITY SERVICES

200 Henri-Dunant Street, Deux-Montagnes, Laurentides, QC, J7R 4W6
450 473-4700 Fax: 450 473-4225
Website: www.ville.deux-montagnes.qc.ca
Email: loisirs@ville.deux-montagnes.qc.ca

Services: * Community, cultural and sports activities.* Community centre, swimming pool, ice rink, parks, sports fields and playgrounds.* Coordination with community organizations.* Summer day camp.
Coverage area: Deux-Montagnes
Hours: Monday to Thursday 8h30 to 12h00 and 13h00 to 17h00, Friday 8h30 to 12h00
Fees: variable
Legal status: municipal agency

LORRAINE - SERVICE DES LOISIRS ET DE LA CULTURE

33 De Gaulle Boulevard, Lorraine, Laurentides, QC, J6Z 3W9
450 621-8550 ext. 275 Fax: 450 621-4763
Website: www.ville.lorraine.qc.ca
Email: loisirs@ville.lorraine.qc.ca

Services: * Community, sociocultural and sports activities.* Cultural centre, arena, ice rinks, swimmingpool, parks and playgrounds.* Coordination with community organizations.* Summer day camp.* Parties and events.
Coverage area: Lorraine
Fees: variable
Legal status: municipal agency

MIRABEL - CITY

14111 Saint-Jean Street, Mirabel, Laurentides, QC, J7J 1Y3

450 475-8653 Fax: 450 475-7195

Website: www.ville.mirabel.qc.ca

Email: communications@ville.mirabel.qc.ca

Services: Municipal service management. * Municipal tax payment.* Environment department: garbage collection.* Dog license.* Urban-planning department: construction permits.* Fire department.* Police department.

Hours: Monday to Friday 9h00 to 12h00 and 13h00 to 16h30, summer: Monday and Tuesday 8h30 to 12h00 and 13h00 to 17h00, Wednesday and Thursday 8h30 to 12h00 and 13h00 to 16h30, Friday 8h30 to 12h00

Legal status: municipal agency

MIRABEL - ÉCOCENTRE SECTEUR DE SAINT-AUGUSTIN

15020 Louis-M.-Taillon Street, Mirabel, Laurentides, QC, J7N 2K4

450 475-2006

Website: www.ville.mirabel.qc.ca/page-ecocentres.php

Email: communications@ville.mirabel.qc.ca

Services: Deposit, sorting and recovery site for residual materials. * Large items and dry residential renovation materials.* Metal appliances.* Electronic appliances.* Household hazardous waste (paint, oil, filters, batteries, etc.)* Tires.* Soil, branches.* Recyclable items.

Eligibility: citizens

Coverage area: Mirabel

Hours: Tuesday to Saturday 9h00 to 16h30, summer: Tuesday, Wednesday, Friday and Saturday 9h00 to 16h30, Thursday 11h30 to 19h00

Fees: free

Financing: municipal

Legal status: municipal agency

MIRABEL - ÉCOCENTRE SECTEUR DE SAINT-CANUT

6000 Sir-Wilfrid-Laurier Road, Mirabel, Laurentides, QC, J7N 2Z8

450 475-2006

Website: www.ville.mirabel.qc.ca/page-ecocentres.php

Email: communications@ville.mirabel.qc.ca

Services: Deposit, sorting and recovery site for residual materials. * Large items and dry residential renovation materials.* Metal appliances.* Electronic appliances.* Household hazardous waste (paint, oil, filters, batteries, etc.)* Tires.* Soil, branches.* Recyclable items.

Eligibility: citizens

Coverage area: Mirabel

Hours: Monday to Friday 8h00 to 12h00 and 12h30 to 17h00, Saturday 8h00 to 15h00

Fees: free

Financing: municipal

Legal status: municipal agency

MIRABEL - ÉCOCENTRE SECTEUR DE SAINT-JANVIER

14645 Joseph-Marc-Vermette Street, Mirabel, Laurentides, QC, J7J 1X2

450 475-2006

Website: www.ville.mirabel.qc.ca/page-ecocentres.php

Email: communications@ville.mirabel.qc.ca

Services: Deposit, sorting and recovery site for residual materials. * Large items and dry residential renovation materials.* Metal appliances.* Electronic appliances.* Household hazardous waste (paint, oil, filters, batteries, etc.)* Tires.* Soil, branches.* Recyclable items.

Eligibility: citizens

Coverage area: Mirabel

Hours: Tuesday to Saturday 9h00 to 16h30, summer: Tuesday, Thursday to Saturday 9h00 to 16h30, Wednesday 11h30 to 19h00

Fees: free

Financing: municipal

Legal status: municipal agency

MIRABEL - ÉCOCENTRE SECTEUR DE SAINTE-SCHOLASTIQUE

9825 Saint-Vincent Street, Mirabel, Laurentides, QC, J7N 2Y5

450 475-2006

Website: www.ville.mirabel.qc.ca/page-ecocentres.php

Email: communications@ville.mirabel.qc.ca

Services: Deposit, sorting and recovery site for residual materials. * Large items and dry residential renovation materials. * Metal appliances. * Electronic appliances. * Household hazardous waste (paint, oil, filters, batteries, etc.) * Tires. * Soil, branches. * Recyclable items.

Eligibility: citizens

Coverage area: Mirabel

Hours: Saturday 9h00 to 16h30

Fees: free

Financing: municipal

Legal status: municipal agency

MIRABEL - LOISIRS, CULTURE ET VIE COMMUNAUTAIRE

8515 Saint-Jacques Street, Mirabel, Laurentides, QC, J7N 2A3

450 475-8656

Website: ville.mirabel.qc.ca/page-services-loisirs.php

Services: * Community, sociocultural and sports activities. * Parks, cultural centre, ice rinks, arenas and sports fields. * Coordination with community organizations. * Summer day camp.

Coverage area: Mirabel

Fees: variable

Legal status: municipal agency

OKA - LOISIRS ET CULTURE

183 des Anges Street, Oka, Laurentides, QC, J0N 1E0

450 479-8333 Fax: 450 479-1886

Website: www.municipalite.oka.qc.ca/loisirs-et-culture

Email: info@municipalite.oka.qc.ca

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

Coverage area: Oka

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

Fees: variable

Legal status: municipal agency

OKA - MUNICIPALITÉ

183 des Anges Street, Oka, Laurentides, QC, J0N 1E0

450 479-8333 Fax: 450 479-1886

Website: www.municipalite.oka.qc.ca

Email: info@municipalite.oka.qc.ca

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

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

Legal status: municipal agency

POINTE-CALUMET - LOISIRS

190 41th Avenue, Pointe-Calumet, Laurentides, QC, J0N 1G2

450 473-5930 ext. 229

Website: www.pointe-calumet.ca

Email: l.germain@pointe-calumet.ca

Services: * Sports and recreational activities.* Sports and cultural centre, swimming pool, parks, ice rinks, sports fields.* Summer day camp.* Events.

Coverage area: Pointe-Calumet

Fees: variable

Legal status: municipal agency

POINTE-CALUMET - MUNICIPALITÉ

300 Basile-Routhier Avenue, Pointe-Calumet, Laurentides, QC, J0N 1G2

450 473-5930 Fax: 450 473-6571

Website: www.pointe-calumet.ca

Email: info@pointe-calumet.ca

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

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

Legal status: municipal agency

RÉGIE DE POLICE DU LAC DES DEUX-MONTAGNES

615 20th Avenue, Deux-Montagnes, Laurentides, QC, J7R 6B2

450 473-4686 Fax: 450 473-3189

Website: www.rpldm.ca

Services: Response to the public's needs in terms of safety. * Protection of the life and property of citizens. * Peacekeeping and public safety. * Prevention and fight against crime. * Enforcement of the laws and regulations in effect.* Criminal record check-up.

Coverage area: Deux-Montagnes, Sainte-Marthe-sur-le-Lac, Saint-Joseph-du-Lac, Pointe-Calumet

Hours: Monday to Friday 8h00 to 16h30

Financing: municipal

Legal status: municipal agency

RÉGIE INTERMUNICIPALE DE POLICE THÉRÈSE-DE BLAINVILLE

Head Quarter, 150 Ducharme Boulevard, Sainte-Thérèse, Laurentides, QC, J7E 4R6

450 435-2421

Website: www.riptb.qc.ca

Services: Respond to the safety needs of the public. * Protect the lives and property of citizens.* Maintain peace and public safety.* Prevent and combat crime.* Enforce the laws and regulations in effect.

Coverage area: Boisbriand, Lorraine, Rosemère, Sainte-Thérèse

Legal status: municipal agency

ROSEMÈRE - CITY

100 Charbonneau Street, Rosemère, Laurentides, QC, J7A 3W1

450 621-3500 Fax: 450 621-7601

Website: www.ville.rosemere.qc.ca

Email: info@ville.rosemere.qc.ca

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

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

Legal status: municipal agency

SAINT-EUSTACHE - LOISIRS

Aquatic Centre, 230 Arthur-Sauvé Boulevard, Saint-Eustache, Laurentides, QC, J7R 2H9

450 974-5111 Fax: 450 974-5135

Website: www.saint-eustache.ca

Services: * Community, sociocultural and sports activities.* Aquatic centre, multisport centre, arts centre, arenas, swimming pool, ice rinks, parks and playgrounds.* Coordination with community organizations.* Shows, activities and events.* Summer day camp.* Room rental.

Coverage area: Saint-Eustache

Hours: aquatic centre: Monday to Friday 8h30 to 21h00, Saturday and Sunday 8h00 to 17h00, culture and community: Monday to Thursday 8h30 to 16h30, Friday 8h00 to 12h00

Fees: variable

Legal status: municipal agency

SAINT-JOSEPH-DU-LAC - ÉCOCENTRE

4085 d'Oka Road, Saint-Joseph-du-Lac, Laurentides, QC, J0N 1M0

450 623-1072

Website: www.sjdl.qc.ca/services-municipaux/environnement/ecocentre

Services: Deposit, sorting and recovery site for residual materials. * Household hazardous waste (paint, oil, batteries, propane, etc.)* Computer appliances.* Small appliances.* Building materials: aggregates, wood, dry materials.* Rimless tires.* Mattresses.

Eligibility: citizens

Coverage area: Saint-Joseph-du-Lac

Hours: January to March: every second Saturday 9h00 to 13h00, April: Saturday 9h00 to 13h00, May to October: Saturday 9h00 to 16h00, Wednesday 16h00 to 20h00, November and December: Saturday 9h00 to 16h00

Fees: free

Financing: municipal

Legal status: municipal agency

SAINT-JOSEPH-DU-LAC - LOISIRS, CULTURE ET TOURISME

1110 Principal Road, Saint-Joseph-du-Lac, Laurentides, QC, J0N 1M0

450 623-1072 ext. 229 Fax: 450 623-2889

Website: www.sjdl.qc.ca/loisirs-et-culture/activites-de-loisirs

Email: vlalonde@sjdl.qc.ca

Services: * Sports and recreational activities.* Parks, ice rinks, sports fields and playgrounds.* Summer and spring break day camps.* Room rental.* Parties and events.

Coverage area: Saint-Joseph-du-Lac

Fees: variable

Legal status: municipal agency

SAINTE-ANNE-DES-PLAINES - CITY

139 Sainte-Anne Boulevard, Sainte-Anne-des-Plaines, Laurentides, QC, J0N 1H0

450 478-0211 Fax: 450 478-5660

Website: ville.ste-anne-des-plaines.qc.ca

Email: info@villesadp.ca

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

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

Legal status: municipal agency

SAINTE-MARTHE-SUR-LE-LAC - LOISIRS ET VIE COMMUNAUTAIRE

Community centre, 99 de la Mairie Street, Sainte-Marthe-sur-le-Lac, Laurentides, QC, J0N 1P0

450 472-7310 ext. 145

Website: www.ville.sainte-marthe-sur-le-lac.qc.ca/loisirs-et-vie-communautaire

Email: viemunautaire@ville.sainte-marthe-sur-le-lac.qc.ca

Services: * Community, sociocultural and sports activities.* Community centre, aquatic complex, gyms, arena, parks and playgrounds.* Coordination with community organizations.* Summer day camp.* Shows and events.* Room rental.

Coverage area: Sainte-Marthe-sur-le-Lac

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

Fees: variable

Legal status: municipal agency

SAINTE-THÉRÈSE - CENTRE DE MULTIRECYCLAGE

105 Blanchard Street, Sainte-Thérèse, Laurentides, QC, J7E 4N4

450 434-1440 ext. 2149

Website: www.ville.boisbriand.qc.ca/services-aux-citoyens/collectes-ou-matieres-residuelles/dechetterie-municipale.html

Services: Waste recovery and reuse site. * Drop-off location.* No waste collection.* Accepted items: cooling and freezing appliances containing halocarbons, appliances, big padded furniture, recyclable wastes, electronics, constructions wastes, hazardous household wastes (paints, oils, sprays, batteries, light bulbs, etc.) and green wastes (leaves, tree branches, etc.)

Coverage area: Sainte-Thérèse, Boisbriand

Hours: summer (April 15 to November 15): Friday 12h00 to 19h00, Saturday and Sunday 9h00 to 18h00, winter (November 16 to April 14): Friday 12h00 to 19h00

Fees: price per drop-off: \$5 per car, \$25 per truck, \$30 per trailer

Financing: municipal

Legal status: non-profit organization

SAINTE-THÉRÈSE - CITY

6 de l'Église Street, Sainte-Thérèse, Laurentides, QC, J7E 3L1

450 434-1440

Website: www.sainte-therese.ca

Email: info@sainte-therese.ca

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

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

Legal status: municipal agency

SERVICE DE POLICE DE BLAINVILLE

640 Curé-Labelle Boulevard, Blainville, Laurentides, QC, J7C 2J2

450 434-5300 Fax: 450 434-8294

Website: www.policeblainville.ca

Email: police@blainville.ca

Services: * Maintain peace, order and public security.* Prevention and repression of crimes and infringements.* Awareness activities.* Criminal record check-up.* Coffee with a cop: discussion between a policeman and citizens concerning various subjects and worries.

Coverage area: Blainville

Hours: 24 hours, 7 days, administration: Monday to Friday 8h00 to 17h00

Financing: municipal

Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE MIRABEL

14113 Saint-Jean Street, Mirabel, Laurentides, QC, J7J 1Y4

450 475-7708 TTY: 9-1-1

Email: d.rivest@ville.mirabel.qc.ca

Services: Respond to the safety needs of the public. * Protect the lives and property of citizens.* Maintain peace and public safety.* Prevent and combat crime.* Enforce the laws and regulations in effect.* Criminal record check-up.* SMS service for deaf people.

Coverage area: Mirabel, Saint-Colomban

Financing: municipal

Legal status: municipal agency

SERVICE DE POLICE DE LA VILLE DE SAINT-EUSTACHE

144 Dorion Street, Saint-Eustache, Laurentides, QC, J7R 2N7

450 974-5300

Services: Respond to the safety needs of the public.* Protect the lives and property of citizens.* Maintain peace and public safety.* Prevent and combat crime.* Enforce the laws and regulations in effect.* Criminal record check-up.

Coverage area: Saint-Eustache

Financing: municipal

Legal status: municipal agency

Provincial services

CURATEUR PUBLIC - DIRECTION TERRITORIALE NORD - SAINT-JÉRÔME

222 Saint-Georges Street, Suite 315, Saint-Jérôme, Laurentides, QC, J7Z 5K8

450 569-3240

Website: www.curateur.gouv.qc.ca

Services: * Protection of rights and interests.* Information, assistance and support to families and close friends who are representing incapacitated individuals, administering the estate of an incapacitated person or a minor, or serving as a member of a tutorship council.

Eligibility: incapacitated individuals, incapacity may be declared due to a mental or degenerative illness, stroke, intellectual disability, head injury or weakened state as a result of old age that alters the mental faculties or physical ability to express their own will, represented by the Curateur public, under provisional administration, under tutorship or under private curatorship, private tutors and curators

Coverage area: North of the Province of Québec

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

Financing: provincial

Legal status: provincial government agency

Public transportation

CONSEIL INTERMUNICIPAL DE TRANSPORT LAURENTIDES

37 Turgeon Street, 3rd floor, Sainte-Thérèse, Laurentides, QC, J7E 3H2

450 433-7873 Fax: 450 430-5092

Website: www.citl.qc.ca

Email: citl@citl.qc.ca

Services: * Regular transit system: bus, taxi bus.* Paratransit: taxi, taxi bus or adapted bus, according to the needs of the user and the resources available.

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

Government services

Coverage area: Blainville, Bois-des-Filion, Boisbriand, Deux-Montagnes, Lorraine, Mirabel, Pointe-Calumet, Rosemère, Saint-Eustache, Saint-Jérôme, Saint-Joseph-du-Lac, Sainte-Anne-des-Plaines, Sainte-Marthe-sur-le-Lac and Sainte-Thérèse.

Hours: Service Center: Monday and Thursday 8h30 to 20h00, Tuesday, Wednesday and Friday 8h30 to 18h00, Regular Transport: Monday to Friday 6h00 to 20h00, Saturday, Sunday and national holidays: 9h00 to 12h00 and 13h00 to 17h00, Adapted transport: Monday to Friday 7h00 to 18h00

Fees: variable

Financing: self-financing, provincial

Legal status: parapublic organization

Health

FUNERAL COOPERATIVES

HOSPITALS, CLSC AND COMMUNITY CLINICS

PALLIATIVE CARE

PUBLIC HEALTH

SUPPORT ASSOCIATIONS FOR THE SICK

Funeral cooperatives

CENTRE FUNÉRAIRE SAINT-BENOÎT

4105 du Grand-Brûlé Road, Mirabel, Laurentides, QC, J7N 2N5

450 504-9771

Website: www.coopfunerairelaurentides.org

Email: info@coopfunerairelaurentides.org

Services: Funeral cooperative.

Coverage area: Laurentides

Legal status: cooperative

Hospitals, CLSC and community clinics

CENTRE DE PRÉLÈVEMENT DE SAINTE-THÉRÈSE

300 Sicard Street, Sainte-Thérèse, Laurentides, QC, J7E 3X5

450 430-4553

Website: www.santelaurentides.gouv.qc.ca

Services: Blood tests and samples.

Coverage area: MRC Thérèse-de-Blainville

Financing: provincial

Legal status: parapublic organization

CLSC DE SAINT-JÉRÔME - MENTAL HEALTH AND IN-HOME SUPPORT

1000 Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5N6

450 432-2777 ext. 26221

Website: www.santelaurentides.gouv.qc.ca

Services: Frontline services in health and social services. * In-home support services.* Mental and psychosocial health follow-up and treatment.

Coverage area: Laurentides

Financing: provincial

Legal status: parapublic organization

CLSC DE SAINT-JÉRÔME - YOUTH, FAMILY, COLLECTIVITY

430 Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5L3

450 432-2777 ext. 25000

Website: www.santelaurentides.gouv.qc.ca

Services: Frontline services for health and social services. * routine health and social services.* Preventive or medical services.* Rehabilitation and reintegration services.* Public health activities.

Eligibility: child, teenagers, families

Coverage area: Laurentides

Financing: provincial

Legal status: parapublic organization

CLSC JEAN-OLIVIER-CHÉNIER

29 Oka Road, Saint-Eustache, Laurentides, QC, J7R 1K6

450 491-1233

Website: www.santelaurentides.gouv.qc.ca

Services: Frontline services for health and social services. * Routine health and social services.* Preventive or medical services.* Rehabilitation and reintegration services.* Public health activities.* Psychosocial evaluation and crisis intervention.* Home-based cares.

Coverage area: MRC de Deux-Montagnes et partie sud de Mirabel

Hours: Monday to Friday 8h30 to 20h00, Saturday and Sunday 8h30 to 16h30, psychosocial evaluation and crisis intervention: 24 hours, 7 days

Financing: provincial

Legal status: parapublic organization

CLSC MIRABEL

Complexe Jean-Laurin, 8467 Saint-Jacques Street, Mirabel, Laurentides, QC, J7N 2A3

450 475-7938

Website: www.santelaurentides.gouv.qc.ca

Services: Frontline services for health and social services. * Routine health and social services.* Preventive or medical services.* Rehabilitation and reintegration services.* Public health activities.

Coverage area: MRC de Deux-Montagnes, South of Mirabel

Hours: Monday to Friday 8h00 to 12h00 and 13h00 to 16h00, Saturday, Sunday, holidays 8h30 to 11h30

Financing: provincial

Legal status: parapublic organization

CSLC THÉRÈSE-DE-BLAINVILLE

125 Duquet Street, Sainte-Thérèse, Laurentides, QC, J7E 0A5

450 433-2777 Fax: 450 430-0140

Website: www.santelaurentides.gouv.qc.ca

Services: Frontline services for health and social services. * Routine health and social services.* Preventive or medical services.* Rehabilitation and reintegration services.* Public health activities.

Coverage area: Rosemère, Sainte-Anne-des-Plaines, Sainte-Thérèse, Blainville, Boisbriand, Bois-des-Filion, Lorraine

Hours: Monday to Friday 7h30 to 20h00, Saturday, Sunday and holidays 8h30 to 16h30

Financing: provincial

Legal status: non-profit organization

HÔPITAL DE SAINT-EUSTACHE

520 Arthur-Sauvé Boulevard, Saint-Eustache, Laurentides, QC, J7R 5B1

1 888 234-3837

Website: www.santelaurentides.gouv.qc.ca

Services: General and specialized medical care. * Emergency and acute care.

Coverage area: MRC de Deux-Montagnes, MRC Thérèse-De Blainville and MRC de Mirabel

Financing: provincial

Legal status: parapublic organization

UNITÉ DE MÉDECINE FAMILIALE DE SAINT-EUSTACHE

57 Industriel Boulevard, Suite 2200, Saint-Eustache, Laurentides, QC, J7R 5B9

450 491-6001

Website: www.santelaurentides.gouv.qc.ca

Services: General family medicine. * Contraception.

Eligibility: people with or without a family doctor

Coverage area: MRC Deux-Montagnes

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

Financing: provincial

Legal status: non-profit organization

Palliative care

MAISON DE SOINS PALLIATIFS DE LA RIVIÈRE DU NORD

385 Lebeau Street, Saint-Jérôme, Laurentides, QC, J7Y 2M8

450 431-0488 Fax: 450 431-5929

Website: www.pallia-vie.ca/lamaisonpalliatifs

Email: admin@pallia-vie.ca

Services: Palliative care house.

Eligibility: people with a life prognosis of under 3 months

Coverage area: Laurentides

Fees: free

Financing: fundraising campaigns, donations

Legal status: non-profit organization

Public Health

CENTRE INTÉGRÉ DE SANTÉ ET DE SERVICES SOCIAUX DES LAURENTIDES - VACCINATION CONTRE LA GRIPPE

Confidential Address

8-1-1

Website:

www.santelaurentides.gouv.qc.ca/sante_public/maladies_infectieuses/vaccination_contre_la_grippe_2017.html

Services: Vaccination campaign against seasonal influenza. * Online appointment system available for Lac-des-Deux-Montagnes, Rivière-du-Nord (Saint-Jérôme) and Thérèse-de-Blainville areas: monvaccin.ca.

Coverage area: Laurentides

Hours: starting November 1st 2017, vaccination schedule on website

Fees: free for people at risk: children 6 to 23 months, women pregnant for 13 weeks or more, people with chronic illness, people 60 years and over, relatives of these people or of children under 6 months, health workers

Legal status: provincial government agency

Support associations for the sick

ASSOCIATION DU SYNDROME DE TURNER DU QUÉBEC

1484 Montée Gagnon, Val-David, Laurentides, QC, J0T 2N0

819 320-0409

Website: www.syndrometurnerquebec.com

Email: info@syndrometurnerquebec.com

Services: Association aiming to help people with Turner's syndrome and their families. * Helpline and referral. * Information about research.* Awareness.* Support groups.* Social activities: adapted events for youth and regional meetings.

Eligibility: people with Turner's syndrome and their families

Coverage area: Province of Québec

Hours: by phone and email

Fees: annual membership fees: \$30 for the affected person, \$40 for the family member, \$50 for health professionals and companies

Financing: fund-raising campaigns, donations, provincial, membership fees

Legal status: non-profit organization

CAMP CAROWANIS

Confidential Address

1 855 326-2456 Fax: 514 731-2683

Website: www.diabete-enfants.ca

Email: carowanis@diabete-enfants.ca

Services: Summer camp for diabetic children aged 7 to 15 years. * Complete camping program under medical supervision.* Detailed instruction in the care of diabete.* Family week-end for children of 8 years old and less.* Counselor-in-Training (CTI) Program for 16 years old diabetics.

Eligibility: young diabetics 16 years old or less, their families

Capacity: 100 diabetic children per session

Coverage area: Province of Québec

Hours: Monday to Friday 8h30 to 16h30, camp: 3 periods of 12 days

Financing: Diabetic Children's Foundation

Legal status: non-profit organization

HÔPITAL RÉGIONAL DE SAINT-JÉRÔME

290 De Montigny Street, Saint-Eustache, Laurentides, QC, J7Z 5T3

1 888 963-2777

Website: www.santelaurentides.gouv.qc.ca

Services: General and specialized medical care. * Emergency and acute care.* Intensive and cardiac care unit.* Inpatient medicine ambulatory centre.* External clinics: neurology, multiple sclerosis, asthma, COPD, respiratory rehabilitation, cardiac failure, etc.* Sleep laboratory.

Coverage area: Laurentides

Hours: 24 hours, 7 days

Financing: provincial

Legal status: parapublic organization

MIGRAINE-QUÉBEC - ENTRAIDE LAURENTIDES

Confidential Address

Website: migrainequebec.com

Email: entraidelaurentides@migrainequebec.com

Services: Support group.

Eligibility: people living with migraines or headaches

Coverage area: Laurentides

Fees: free

Financing: donations

Legal status: non-profit organization

Homelessness

DAY AND EVENING CENTRES

MOBILE UNITS AND STREET WORK

TRANSITIONAL HOUSING

Day and evening centres

ACCUEIL COMMUNAUTAIRE JEUNESSE DES BASSES LAURENTIDES - LE RÉPIT DE LA RUE

311 and 305 Féré Street, Saint-Eustache, Laurentides, QC, J7R 2V1

450 472-3135

Website: www.acjbl.org

Email: lerepit@acjbl.org

Services: Mixed night shelter. * Stay ranging from 1 to 30 nights.* Day center: meals, shower, laundry and Internet access.* Support with reintegration.* Individual follow-up, referrals.

Eligibility: people 18 years old and older, homeless or at risk of homelessness

Capacity: 6 people

Coverage area: Lower Laurentians and surroundings

Hours: respite: 7 days, 17h30 to 4h00, day centre: reception from Monday to Friday 9h30 to 13h00 and accompaniment from Monday to Thursday 13h00 to 15h00

Fees: free

Financing: grants, donations

Legal status: non-profit organization

RESSOURCES COMMUNAUTAIRES ACJ+

Administrative Centre, 400 Boileau Street, Saint-Eustache, Laurentides, QC, J7R 4R7

450 974-1510 Fax: 450 974-9140

Website: www.acjbl.org

Email: info@acjbl.org

Services: Community shelters for youth. * Le Répit de la rue day centre: alternative resource.* Le Répit de la rue, night shelter: respite for homeless people.* Coaching and support to families.

Eligibility: youth aged 12 to 17, living in a context of a temporary instability, their families, homeless people aged 18 and over

Capacity: 27 places

Coverage area: Lower Laurentians and the surroundings

Hours: Monday to Thursday 8h00 to 17h00

Fees: contribution depending on the ability to pay, between \$1 and \$10

Financing: grants, donations

Legal status: non-profit organization

Mobile units and street work

ÉCLUSE DES LAURENTIDES (L')

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

450 744-1393 Fax: 450 744-1335

Website: www.ecluse.org

Email: eclusedeslaurentides@bellnet.ca

Services: * Street work: actual presence, active listening, information, personalized referral, support and accompaniment.* Needle exchange and distribution.* Awareness activities.* Street workers are available for each specific area.

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

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

Hours: Monday to Friday 9h00 to 17h00

Financing: provincial, municipal, federal

Legal status: non-profit organization

MAISON DES JEUNES DES BASSES-LAURENTIDES

53 Saint-Lambert Street, Sainte-Thérèse, Laurentides, QC, J7E 3J9

450 437-0320 Fax: 450 437-0870

Website: www.mdjbl.org

Email: mdjbasseslaurentides@videotron.ca

Services: Supervised meeting place. * Prevention, promotion, awareness and referral.* Recreational, cultural, sporting and social activities.* Outreach work in parks from June to September.

Eligibility: youth 12 to 17 years old

Coverage area: Sainte-Thérèse and surroundings

Hours: Monday to Friday 17h00 to 22h00, weekend according to activities, office: Monday to Friday 9h00 to 17h00

Financing: provincial, self-financing, fundraising campaigns

Legal status: non-profit organization

MAISON DES JEUNES SADP

225 Sainte-Anne Boulevard, Sainte-Anne-des-Plaines, Laurentides, QC, J0N 1H0

450 478-1011

Website: mdjsadp.wixsite.com/mdjsadp

Email: mdjsadp@videotron.ca

Services: * Recreational and sporting activities.* Street work.

Eligibility: youth 12 to 17 years old

Coverage area: Sainte-Anne-des-Plaines

Hours: Monday to Friday 16h00 to 20h00, Saturday 12h00 to 16h00

Financing: provincial

Legal status: non-profit organization

Transitional housing

ACCUEIL COMMUNAUTAIRE JEUNESSE DES BASSES-LAURENTIDES - MAISON D'HÉBERGEMENT

306 Féré Street, Saint-Eustache, Laurentides, QC, J7R 2V2

450 473-1600 Fax: 450 473-1476

Website: www.acjbl.org

Email: info@acjbl.org

Services: Short and medium term mixed housing. * Stay: 3 months.* Accompaniment, support.* One on one, parental or family counselling.* Post-shelter follow-up.* Telephone support, counselling within the community.*
Affiliated with: Centre de jour, Le Préfixe, Le Répit et Le transit.

Eligibility: young adults 16 to 25 years old, in difficult situations, their families

Capacity: 9 places

Coverage area: Lower Laurentians and surroundings

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

Fees: 25% of the income or \$2 per day if no income

Financing: grants, donations

Legal status: non-profit organization

APPARTEMENTS SUPERVISÉS LE TRANSIT (LES)

309 Féré Street, Saint-Eustache, Laurentides, QC, J7R 2V1

450 472-3135 Fax: 450 974-9140

Website: www.acjbl.org

Email: info@acjbl.org

Services: Mixed supervised accommodation. * Duration: 1 to 2 years.* Accompaniment and support.*
Maintaining and encouraging the process towards autonomy.

Eligibility: youth aged 17 to 25 years old facing difficulties

Capacity: 3 places

Coverage area: Basses-Laurentides and surroundings

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

Financing: grants, donations

Legal status: non-profit organization

CENTRE D'HÉBERGEMENT MULTISERVICE MIRABEL

13936 Curé-Labelle Boulevard, Mirabel, Laurentides, QC, J7J 1L3

450 951-5551

Email: hebergementmirabel@gmail.com

Services: Mixed shelter for young people aged 16 to 25 years old without a fixed address.

Eligibility: young people aged 16 to 25 years old without a fixed address

Capacity: 4 beds

Coverage area: Mirabel

Legal status: non-profit organization

MAISON D'HÉBERGEMENT LE PRÉFIXE DES BASSES-LAURENTIDES

196 Rochon Street, Saint-Eustache, Laurentides, QC, J7R 2P8

450 974-2887

Website: www.acjbl.org

Email: info@acjbl.org

Services: Mixed housing. * Stay of 3 months.* Accompaniment, individual, parent or family meetings.* Support in conflict resolution.* Reintegration.* Post-shelter monitoring.* Phone support, counselling for families and the community.

Eligibility: youth 12 to 17 years old, their families

Capacity: 6 places

Coverage area: Lower Laurentians and surroundings

Hours: 7 days, 8h00 to 23h00

Financing: grants, donations

Legal status: non-profit organization

Immigration and cultural communities

GOVERNMENT SERVICES

Government services

CENTRE LOCAL D'EMPLOI DE MIRABEL-SAINT-JANVIER

13665 du Curé Labelle Boulevard, Suite 201, Mirabel, Laurentides, QC, J7J 1L2

450 435-3667 Fax: 450 430-0128

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

Services: Accompaniment services regarding job market integration process and last-resort financial assistance. * Information and referral.* Job search assistance: redaction of resume and preparation to interview.* Training programs aiming professional skills development for enterprises and specific client group: students, women, youth, young mothers, older workers, disabled people, immigrants or visible minorities.* Multiservices room: access to phone, fax, computers and printing machines.* Last-resort financial and social assistance.* Enterprise services: recruitment assistance.* Services offered by self-service, online or by phone only.

Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low-income, employers

Coverage area: Mirabel

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

Financing: provincial

Legal status: parapublic organization

CENTRE LOCAL D'EMPLOI DE SAINT-EUSTACHE

367 Arthur-Sauvé Boulevard, Suite 247, Saint-Eustache, Laurentides, QC, J7P 2B1

450 472-2311 Fax: 450 974-3315

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

Services: Accompaniment services regarding job market integration process and last-resort financial assistance. * Information and referral.* Job search assistance: redaction of resume and preparation to interview.* Training programs aiming professional skills development for enterprises and specific client group: students, women, youth, young mothers, older workers, disabled people, immigrants or visible minorities.* Multiservices room: access to phone, fax, computers and printing machines.* Last-resort financial and social assistance.* Enterprise services: recruitment assistance.

Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low-income, employers

Coverage area: Saint-Eustache, Deux-Montagnes, Oka, Pointe-Calumet, Saint-Joseph-du-Lac, Sainte-Marthe-sur-le-Lac, Saint-Placide

Hours: Monday to Friday 8h30 to 16h30, by appointment to meet an agent

Financing: provincial

Legal status: parapublic organization

CENTRE LOCAL D'EMPLOI DE SAINTE-THÉRÈSE

100 Ducharme Boulevard, Suite 120, Sainte-Thérèse, Laurentides, QC, J7E 4R6

450 435-3667 Fax: 450 430-0128

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

Services: Accompaniment services regarding job market integration process and last-resort financial assistance. * Information and referral.* Job search assistance: redaction of resume and preparation to interview.* Training programs aiming professional skills development for enterprises and specific client group: students, women, youth, young mothers, older workers, disabled people, immigrants or visible minorities.* Multiservices room: access to phone, fax, computers and printing machines.* Last-resort financial and social assistance.* Enterprise services: recruitment assistance.

Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low-income, employers

Coverage area: Blainville, Sainte-Thérèse, Lorraine, Saint-Anne-des-Plaines, Bois-des-Filions, Rosemère, Boisbriand

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

Financing: provincial

Legal status: parapublic organization

CENTRES LOCAUX D'EMPLOI - DIRECTION RÉGIONALE DES LAURENTIDES

275 Latour Street, Suite 1.4, Saint-Jérôme, Laurentides, QC, J7Z 0J7

450 569-7575 Fax: 450 436-4934

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

Services: Regional administration of the local employment centres.

Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low-income, employers

Coverage area: Laurentides

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

Financing: provincial

Legal status: parapublic organization

COMMISSION DE LA SANTÉ ET DE LA SÉCURITÉ DU TRAVAIL DU QUÉBEC - LAURENTIDES

275 Latour Street, Saint-Jérôme, Laurentides, QC, J7Z 0J7

1 844 838-0808 Fax: 450 432-1765

Website: www.cnesst.gouv.qc.ca

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

Eligibility: employers and employees

Coverage area: Laurentides

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

Financing: membership fees, self-financing

Legal status: provincial government agency

SERVICES QUÉBEC - SAINT-EUSTACHE

367, boulevard Arthur-Sauvé, bureau 247, Saint-Eustache, Laurentides, QC, J7P 2B1

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

Website: www.laurentides.gouv.qc.ca

Services: * Information on government programs and services.* Self-service computer stations.* Services related to the land register of Quebec.* Administration-of-oath services.

Coverage area: Laurentides

Hours: In person: Monday, Tuesday, Thursday, Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 9h00 to 12h00 and 13h00 to 16h30, by phone: Monday to Friday 8h00 to 20h00

Legal status: provincial government agency

Indigenous Peoples

GOVERNMENT SERVICES

Government Services

CENTRE LOCAL D'EMPLOI DE MIRABEL-SAINT-JANVIER

13665 du Curé Labelle Boulevard, Suite 201, Mirabel, Laurentides, QC, J7J 1L2

450 435-3667 Fax: 450 430-0128

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

Services: Accompaniment services regarding job market integration process and last-resort financial assistance. * Information and referral.* Job search assistance: redaction of resume and preparation to interview.* Training programs aiming professional skills development for enterprises and specific client group: students, women, youth, young mothers, older workers, disabled people, immigrants or visible minorities.* Multiservices room: access to phone, fax, computers and printing machines.* Last-resort financial and social assistance.* Enterprise services: recruitment assistance.* Services offered by self-service, online or by phone only.

Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low-income, employers

Coverage area: Mirabel

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

Financing: provincial

Legal status: parapublic organization

CENTRE LOCAL D'EMPLOI DE SAINT-EUSTACHE

367 Arthur-Sauvé Boulevard, Suite 247, Saint-Eustache, Laurentides, QC, J7P 2B1

450 472-2311 Fax: 450 974-3315

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

Services: Accompaniment services regarding job market integration process and last-resort financial assistance. * Information and referral.* Job search assistance: redaction of resume and preparation to interview.* Training programs aiming professional skills development for enterprises and specific client group: students, women, youth, young mothers, older workers, disabled people, immigrants or visible minorities.* Multiservices room: access to phone, fax, computers and printing machines.* Last-resort financial and social assistance.* Enterprise services: recruitment assistance.

Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low-income, employers

Coverage area: Saint-Eustache, Deux-Montagnes, Oka, Pointe-Calumet, Saint-Joseph-du-Lac, Sainte-Marthe-sur-le-Lac, Saint-Placide

Hours: Monday to Friday 8h30 to 16h30, by appointment to meet an agent

Financing: provincial

Legal status: parapublic organization

CENTRE LOCAL D'EMPLOI DE SAINTE-THÉRÈSE

100 Ducharme Boulevard, Suite 120, Sainte-Thérèse, Laurentides, QC, J7E 4R6

450 435-3667 Fax: 450 430-0128

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

Services: Accompaniment services regarding job market integration process and last-resort financial assistance. * Information and referral.* Job search assistance: redaction of resume and preparation to interview.* Training programs aiming professional skills development for enterprises and specific client group: students, women, youth, young mothers, older workers, disabled people, immigrants or visible minorities.* Multiservices room: access to phone, fax, computers and printing machines.* Last-resort financial and social assistance.* Enterprise services: recruitment assistance.

Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low-income, employers

Coverage area: Blainville, Sainte-Thérèse, Lorraine, Saint-Anne-des-Plaines, Bois-des-Filions, Rosemère, Boisbriand

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

Financing: provincial

Legal status: parapublic organization

CENTRES LOCAUX D'EMPLOI - DIRECTION RÉGIONALE DES LAURENTIDES

275 Latour Street, Suite 1.4, Saint-Jérôme, Laurentides, QC, J7Z 0J7

450 569-7575 Fax: 450 436-4934

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

Services: Regional administration of the local employment centres.

Eligibility: job seekers, including people who have particular difficulties entering the labour market, individual and families receiving the governmental last-resort assistance or on a low-income, employers

Coverage area: Laurentides

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

Financing: provincial

Legal status: parapublic organization

COMMISSION DE LA SANTÉ ET DE LA SÉCURITÉ DU TRAVAIL DU QUÉBEC - LAURENTIDES

275 Latour Street, Saint-Jérôme, Laurentides, QC, J7Z 0J7

1 844 838-0808 Fax: 450 432-1765

Website: www.cnesst.gouv.qc.ca

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

Eligibility: employers and employees

Coverage area: Laurentides

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

Financing: membership fees, self-financing

Legal status: provincial government agency

SERVICES QUÉBEC - SAINT-EUSTACHE

367, boulevard Arthur-Sauvé, bureau 247, Saint-Eustache, Laurentides, QC, J7P 2B1

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

Website: www.laurentides.gouv.qc.ca

Services: * Information on government programs and services.* Self-service computer stations.* Services related to the land register of Quebec.* Administration-of-oath services.

Coverage area: Laurentides

Hours: In person: Monday, Tuesday, Thursday, Friday 8h30 to 12h00 and 13h00 to 16h30, Wednesday 9h00 to 12h00 and 13h00 to 16h30, by phone: Monday to Friday 8h00 to 20h00

Legal status: provincial government agency

Intellectual Disability

ADVOCACY FOR PEOPLE WITH AN INTELLECTUAL DISABILITY

AUTISM, PDD, ADHD

RECREATION AND CAMPS

RESPIRE SERVICES AND HOUSING

SUPPORT AND INTEGRATION ORGANIZATIONS

THERAPY AND REHABILITATION CENTRES

Advocacy for people with an intellectual disability

MOUVEMENT PERSONNE D'ABORD DE SAINTE-THÉRÈSE

12 Saint-Joseph Street, Sainte-Thérèse, Laurentides, QC, J7E 3L6
450 818-1883

Website: www.mpdatherese12.com

Email: mpdatherese@videotron.ca

Services: * Reception, listening and referral, self-help.* Advocacy and promotion of rights and interests.* Popular education and awareness.* Community life, mobilization, representation.* Social activities.

Eligibility: adults with intellectual disabilities

Coverage area: MRC Thérèse-de-Blainville

Hours: Monday, Tuesday and Thursday 8h00 to 15h00, Friday 12h00 to 21h00

Fees: membership: \$5

Financing: provincial

Legal status: non-profit organization

Autism, PDD, ADHD

ASSOCIATION PANDA BASSES-LAURENTIDES-SUD-OUEST

29 Oka Road, Saint-Eustache, Laurentides, QC, J7R 1K6
514 713-5353

Website: www.pandablso.ca

Email: info_en@pandablso.ca

Services: Information and support related to ADHD.* Monthly conferences.* Phone and email support.* Loan of books and material.* Workshops.* Training for counsellors.

Eligibility: parents, children, teenagers and adults with ADHD, counsellors, professionals

Coverage area: MRC Deux-Montagnes and South of Mirabel

Fees: annual membership: \$10 for an individual or family

Financing: provincial

Legal status: non-profit organization

ASSOCIATION PANDA THÉRÈSE-DE-BLAINVILLE ET DES LAURENTIDES

2 du Ravin Road, Sainte-Thérèse, Laurentides, QC, J7E 2T2
1 877 979-7263 Fax: 450 979-5533 TTY: 450 979-7263

Website: www.pandatdb.com

Email: pandastherese@hotmail.com

Services: * Information, support and referral.* Telephone support.* Individual meetings.* Support to families.* Workshops for parents of children in primary school and for adults.* Papillon program for children 3 to 5 years old and their parents.* Public conferences.* Family activities.* Family winter camps, summer camps.

Eligibility: people with an attention deficit disorder with or without hyperactivity (ADD/H), their families and relatives: field workers, professors, etc.

Coverage area: Laurentides, except for MRC Deux-Montagnes and the South of Mirabel

Hours: Monday to Thursday 8h30 to 16h30, Friday 9h00 to 12h00, possibility of evening meetings

Fees: membership: \$25 per family per year

Financing: provincial, donations

Legal status: non-profit organization

CENTRE DU FLORÈS - DEUX-MONTAGNES ET MIRABEL

333 Antoine-Campeau Street, Suite 102, Rivière-Rouge, Laurentides, QC, J0T 1T0
450 472-3180 Fax: 450 433-2616

Website:

www.centreduflores.com/cisssl_centre_du_flores/ou_nous_trouver/adresses_du_centre_du_flores.html

Services: * Specialized adaptation and rehabilitation services promoting social integration of people with an intellectual disability or an autism spectrum disorder.* Support to parents and relatives.* Rehabilitation services for residential and vocational integration for adults with mental health issues.

Eligibility: people with intellectual disabilities or autism spectrum disorders, adults with mental health issues, their families and relatives

Coverage area: MRC Deux-Montagnes, Mirabel

Financing: provincial

Legal status: parapublic organization

CENTRE DU FLORÈS - ENFANCE TSA N-6 ANS

18110, Lapointe Street, Mirabel, Laurentides, QC, J7J 1K8

1 877 437-8850 Fax: 450 437-8448

Website:

www.centreduflores.com/cisssl_centre_du_flores/ou_nous_trouver/adresses_du_centre_du_flores.html

Services: * Specialized adaptation and rehabilitation services promoting social integration of children with autism spectrum disorder.* Support to parents and relatives.

Eligibility: children of less than 6 years old with autism spectrum disorder, their families

Coverage area: Laurentides

Financing: provincial

Legal status: parapublic organization

CENTRE DU FLORÈS - LAFONTAINE

55 104th Avenue, Saint-Jérôme, Laurentides, QC, J7Y 1H5

450 436-5984 Fax: 450 565-1236

Website:

www.centreduflores.com/cisssl_centre_du_flores/ou_nous_trouver/adresses_du_centre_du_flores.html

Services: * Specialized adaptation and rehabilitation services promoting social integration of people with an intellectual disability or an autism spectrum disorder.* Support to parents and relatives.* Rehabilitation services for residential and vocational integration for adults with mental health issues.

Eligibility: people with intellectual disabilities or autism spectrum disorders, adults with mental health issues, their families and relatives

Coverage area: Laurentides

Financing: provincial

Legal status: parapublic organization

CENTRE DU FLORÈS - MONT-LAURIER

600 de la Madone Street, Mont-Laurier, Laurentides, QC, J9L 1S9

1 866 925-2974

Website:

www.centreduflores.com/cisssl_centre_du_flores/ou_nous_trouver/adresses_du_centre_du_flores.html

Services: * Specialized adaptation and rehabilitation services promoting social integration of people with an intellectual disability or an autism spectrum disorder.* Support to parents and relatives.* Rehabilitation services for residential and vocational integration for adults with mental health issues.

Eligibility: people with intellectual disabilities or autism spectrum disorders, adults with mental health issues, their families and relatives

Coverage area: Laurentides

Financing: provincial

Legal status: parapublic organization

CENTRE DU FLORÈS - RIVIÈRE-DU-NORD

500 des Laurentides Boulevard, Suite 255, J7Z 4M2

450 436-5984 Fax: 450 431-5813

Website:

www.centreduflores.com/cisssl_centre_du_flores/ou_nous_trouver/adresses_du_centre_du_flores.html

Services: * Specialized adaptation and rehabilitation services promoting social integration of people with an intellectual disability or an autism spectrum disorder.* Support to parents and relatives.* Rehabilitation services for residential and vocational integration for adults with mental health issues.

Eligibility: people with intellectual disabilities or autism spectrum disorders, adults with mental health issues, their families and relatives

Coverage area: Laurentides

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

Financing: provincial

Legal status: parapublic organization

CENTRE DU FLORÈS - THÉRÈSE-DE-BLAINVILLE

140 Grande Côte Road, Rosemère, Laurentides, QC, J7A 1H3

450 433-1958 Fax: 440 433-2616

Website:

www.centreduflores.com/cisssl_centre_du_flores/ou_nous_trouver/adresses_du_centre_du_flores.html

Services: * Specialized adaptation and rehabilitation services promoting social integration of people with an intellectual disability or an autism spectrum disorder.* Support to parents and relatives.* Rehabilitation services for residential and vocational integration for adults with mental health issues.

Eligibility: people with intellectual disabilities or autism spectrum disorders, adults with mental health issues, their families and relatives

Coverage area: Laurentides

Financing: provincial

Legal status: parapublic organization

CLINIQUE DE DÉVELOPPEMENT (LA)

450 Monseigneur-Dubois Boulevard, Suite 101, Saint-Jérôme, Laurentides, QC, J7Y 3L8

450 432-2777 ext. 23600

Website: www.santelaurentides.gouv.qc.ca

Services: Care relative to language, motricity or development problems, intellectual impairment, autism spectrum disorder or physical impairment. * Evaluation and assistance.* Individual and group intervention.* Speech therapy, occupational therapy and physiotherapy.

Eligibility: children 0 to 5 years old with a language, motricity or development problem, an intellectual or physical disability or an autism spectrum disorder, their relatives

Coverage area: Laurentides

Financing: provincial

Legal status: parapublic organization

LA CHACUNIÈRE

Confidential Address

450 951-4146

Email: quennewilleg@lycos.com

Services: * Supervised housing for people with an intellectual disability or an autism spectrum disorder (ASD) and severely limited employment capacity.

Eligibility: people living with intellectual disabilities or an autism spectrum disorder (ASD) living with their parents

Capacity: 12 housings

Coverage area: MRC Deux-Montagnes

Financing: provincial, donations

Legal status: non-profit organization

SOCIÉTÉ DE L'AUTISME LAURENTIDES

474 Lavolette Street, Saint-Jérôme, Laurentides, QC, J7Y 2T7

450 569-1794 Fax: 450 569-6022

Website: www.autismelaurentides.org

Email: info@autismelaurentides.org

Services: Promotion, assistance, support and advocacy for people with autism or other autism spectrum disorders (ASD) and their families. * Respite and recreational services. * Summer camps. * Matériathèque: provides educational materials for parents and professionals.

Eligibility: families, children and adolescents with an autism spectrum disorder

Coverage area: Laurentides

Hours: Tuesday, Wednesday, Thursday 9h00 to 16h00, Friday 9h00 to 12h00

Fees: annual membership, participation to activities and summer camps, week-end respite

Financing: foundation, donations, provincial

Legal status: non-profit organization

SPOT (LE) - MAISON DES JEUNES DE SAINT-EUSTACHE - GRANDE-CÔTE

367 Godard Street, Saint-Eustache, Laurentides, QC, J7P 3V2

450 983-4990

Website: www.mdjsteustache.wix.com/mdj-lespot

Email: mdjsteustache@videotron.ca

Services: Educational, cultural and recreational services offered outside school hours. * Prevention and awareness work. * Healthy and safe meeting place for youth between 12 and 17 years old. * Projet DÉFI: project for youth between 12 and 21 years old with an intellectual disability, Asperger syndrome or an autism spectrum disorder.

Eligibility: youth between 11 and 17 years old, youth with an intellectual disability, Asperger syndrome or an autism spectrum disorder from 12 to 21 years old

Coverage area: Saint-Eustache

Hours: Wednesday, Thursday 16h00 to 20h00, Friday 16h00 to 21h00, Projet DÉFI: Friday 16h00 to 21h00

Fees: free

Financing: provincial, municipal, self-financing

Legal status: non-profit organization

Recreation and camps

MAISON DES PARENTS D'ENFANTS HANDICAPÉS DES LAURENTIDES

909 Guy Street, Saint-Jérôme, Laurentides, QC, J5L 1P3

450 431-7428 Fax: 450 431-7916

Website: www.lamaisondesparents.org

Email: info@lmdp.org

Services: Respite house. * Support. * Telephone listening. * Day camps. * Workshops for people 21 years old and over. * Creative dancing classes. * Sales of used items to participants.

Eligibility: children with a disability or multiple disabilities (physical or intellectual) and their parents, people with disabilities, day camps: people 6 to 35 years old

Coverage area: Laurentides

Hours: Monday to Friday 9h00 to 15h30

Financing: provincial, donations, fundraising campaigns

Legal status: non-profit organization

P'TIT BONHEUR (LE)

1721 du Lac Quenouille Road, Saint-Faustin-Lac-Carré, Laurentides, QC, J0T 1J0

1 800 567-6788 Fax: 819 326-3230

Website: www.ptitbonheur.com

Email: info@ptitbonheur.com

Services: Summer camps with introduction to outdoor activities. * SNAP camp: specialized stay for obese children.* Training program for aspiring counsellors.* Packages for school or organized groups.

Eligibility: summer camps: youth 6 to 17 years old, SNAP camp: obese children, packages: open to all

Capacity: regular camps: 400 places

Coverage area: Province of Québec

Fees: variable

Financing: foundations, provincial, fundraising campaigns

Legal status: non-profit organization

Respite services and housing

ACCO-LOISIRS

42D Turgeon Street, Suite 4, Sainte-Thérèse, Laurentides, QC, J7E 3H4

450 433-5559 Fax: 450 433-0453

Website: www.accoloisirs.com

Email: accoloisirs@videotron.ca

Services: * Accompaniment.* Adapted recreational and tourism activities.* Respite for teenagers and adults.

Eligibility: people with an intellectual disability, another type of disability or mental health issues

Coverage area: Laurentides

Hours: Monday to Friday 8h30 to 16h00

Fees: variable

Financing: municipal

Legal status: non-profit organization

ACCUEIL ET PARTAGE POUR HANDICAPÉS DE STE-MARTHE-SUR-LE-LAC

117 25th Avenue, Sainte-Marthe-Sur-Le-Lac, Laurentides, QC, J0N 1P0

450 473-7538

Email: lyndachevalier@live.ca

Services: Home environment for people with an intellectual disability or a mental health issue. * Accommodation.* Care.

Eligibility: people with intellectual disabilities or a mental health issue

Coverage area: Sainte-Marthe-sur-le-Lac

Fees: variable

Financing: self-financing

Legal status: non-profit organization

Support and integration organizations

PARRAINAGE CIVIQUE BASSES-LAURENTIDES

141 Saint-Charles Street, Suite 1, Sainte-Thérèse, Laurentides, QC, J7E 2A9

450 430-8177 Fax: 450 430-8150

Website: parrainagecivique.ca

Email: info@parrainagecivique.ca

Services: Pairing of volunteers with a person living with an intellectual disability. * Group activities, outings, seasonal events.* Social, educational, recreational and artistic workshops.* Special days for sponsored people with reduced mobility.

Eligibility: people of all ages living with an intellectual disability

Coverage area: Basses-Laurentides

Hours: Monday to Friday 8h30 to 16h30

Fees: none

Financing: Centraide, provincial, fundraising campaigns

Legal status: non-profit organization

Therapy and rehabilitation centres

CENTRE DU FLORÈS - ENFANCE DI N-6 ANS

140 Grande Côte Road, Rosemère, Laurentides, QC, J7A 1H3

450 433-1957 Fax: 450 433-2616

Website:

www.centreduflores.com/cissl_centre_du_flores/ou_nous_trouver/adresses_du_centre_du_flores.html

Services: * Specialized adaptation and rehabilitation services promoting social integration of children of less than 6 years old with an intellectual disability.* Support to parents and relatives.

Eligibility: children with an intellectual disability, their families

Coverage area: Laurentides

Financing: provincial

Legal status: parapublic organization

Justice and Advocacy

ADVOCACY GROUPS

CORRECTIONAL SERVICES

COURTHOUSES AND TRIBUNALS

INFORMATION AND LEGAL ASSISTANCE

Advocacy groups

ASSOCIATION FÉMININE D'ÉDUCATION ET D'ACTION SOCIALE - MONTRÉAL-LAURENTIDES-OUTAOUAIS

48 Raymond Street, Saint-Jérôme, Laurentides, QC, J7Y 1W8

450 431-7881

Website: www.afeas.qc.ca

Email: montreal-laurentides-outaouais@afeas.qc.ca

Services: Information, social action and promotion of women's interests. * Representation.

Eligibility: women 16 years and over

Coverage area: Montréal, Laurentides, Outaouais

Fees: contribution: \$35 per year

Financing: contributions, grants, provincial

Legal status: non-profit organization

DROITS ET RECOURS LAURENTIDES

227 Saint-Georges Street, Suite 104, Saint-Jérôme, Laurentides, QC, J7Z 5A2

1 800 361-4633 Fax: 450 436-5099

Website: www.droitsetrecourslaurentides.org

Email: info@droitsetrecourslaurentides.org

Services: Individual and collective mental health rights' advocacy. * Support and accompaniment through process.* Dignity awareness and promotion.* Information and training.

Eligibility: people or groups with past or present mental health issues

Coverage area: Laurentides

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

Fees: free

Financing: grants

Legal status: non-profit organization

REGROUPEMENT DES USAGERS DU TRANSPORT ADAPTÉ DES PATRIOTES

184 Saint-Eustache Street, Suite 202, Saint-Eustache, Laurentides, QC, J7R 2L7

438 938-7882

Website: www.rcphl.org/mbr-UsagersTransportAdaptePatriotes.shtml

Email: rutadp@live.ca

Services: Advocacy and promotion of the rights of paratransit users. * Information.* Grouping, representation and consultation.

Eligibility: people with disabilities, paratransit users

Coverage area: MRC Deux-Montagnes and South of Mirabel

Financing: donations

Legal status: non-profit organization

Correctional services

CORRECTIONAL SERVICE CANADA - LA MACAZA INSTITUTION

321 Chemin de l'Aéroport, La Macaza, Laurentides, QC, J0T 1R0

819 275-2315 Fax: 819 275-3079

Website: www.csc-scc.gc.ca

Services: Medium security centre responsible of activities related to the detention of offenders. * Offenders assessment and follow-up.* Correctional plans elaboration.* Management of custody, accommodation, supervision and guidance programs.* Transportation, escorts and supervision for court appearances and transfers to other prisons and hospitals.

Eligibility: men offenders sentenced for more than 2 years

Capacity: 240 inmates

Coverage area: province of Qu/bec

Legal status: federal government agency

CORRECTIONAL SERVICE CANADA - LAURENTIDES PAROLE OFFICE

955 Michèle-Bohec Boulevard, Door C, Blainville, Laurentides, QC, J7C 5J6

450 430-0794 Fax: 450 430-1709

Website: www.csc-scc.gc.ca

Services: Office under the jurisdiction of The Parole Board of Canada (PBC). * Monitoring offenders serving a part of their sentence under conditional release or restricted parole.

Eligibility: people serving a sentence in a federal detention facility

Coverage area: Laurentides

Legal status: federal government agency

CORRECTIONAL SERVICE CANADA - MEDIUM SECURITY ARCHAMBAULT INSTITUTION

242 Montée Gagnon, Sainte-Anne-des-Plaines, Laurentides, QC, J0N 1H0

450 478-5960 Fax: 450 478-7655

Website: www.csc-scc.gc.ca

Services: Medium security centre responsible of activities related to the detention of offenders. * Offenders assessment and follow-up.* Correctional plans elaboration.* Management of custody, accommodation, supervision and guidance programs.* Transportation, escorts and supervision for court appearances and transfers to other prisons and hospitals.

Eligibility: men offenders sentenced for more than 2 years

Capacity: 284 inmates

Coverage area: province of Québec

Legal status: federal government agency

CORRECTIONAL SERVICE CANADA - MINIMAL SECURITY ARCHAMBAULT INSTITUTION

244 Montée Gagnon, Sainte-Anne-des-Plaines, Laurentides, QC, J0N 1H0

450 478-5933 Fax: 450 478-7077

Website: www.csc-scc.gc.ca

Services: Minimal security centre responsible of activities related to the detention of offenders. * Offenders assessment and follow-up.* Correctional plans elaboration.* Management of custody, accommodation, supervision and guidance programs.* Transportation, escorts and supervision for court appearances and transfers to other prisons and hospitals.

Eligibility: men offenders sentenced for more than 2 years

Capacity: 165 inmates

Coverage area: province of Québec

Legal status: federal government agency

CORRECTIONAL SERVICE CANADA - REGIONAL RECEPTION CENTRE

246 Montée Gagnon, Sainte-Anne-des-Plaines, Laurentides, QC, J0N 1H0

450 478-5977 Fax: 450 478-5899

Website: www.csc-scc.gc.ca

Services: Multi-level security centre responsible of activities related to the detention of offenders. * Offenders assessment and follow-up.* Correctional plans elaboration.* Management of custody, accommodation, supervision and guidance programs.* Reception unit, maximum security unit and special handling unit (SHU).

Eligibility: male offenders sentenced for more than 2 years

Capacity: 283 inmates

Coverage area: province of Québec

Legal status: federal government agency

DIRECTION DES SERVICES PROFESSIONNELS CORRECTIONNELS - LAURENTIDES

275 Latour Street, Suite 2.5, Saint-Jérôme, Laurentides, QC, J7Z 0J7

1 866-722-7351 Fax: 450 569-3138

Website: www.securitepublique.gouv.qc.ca

Services: Body responsible of the activities related to offenders assessment and follow-up. * Assessment of offenders.* Development of correctional intervention plans.* Administration of sentences in the community.

Eligibility: offenders sentenced to less than 2 years, alleged offenders

Coverage area: Laurentides

Legal status: provincial government agency

SERVICES CORRECTIONNELS DU QUÉBEC - ÉTABLISSEMENT DE DÉTENTION SAINT-JÉRÔME

2 de la Salette Boulevard, Saint-Jérôme, Laurentides, QC, J7Y 5G5

450 436-8144 Fax: 450 436-8444

Website: www.securitepublique.gouv.qc.ca

Services: Body responsible of activities related to the detention of offenders. * Offenders assessment and follow-up.* Management of custody, accommodation, supervision and guidance programs.* Transportation, escorts and supervision for court appearances and transfers to other prisons and hospitals.

Eligibility: men offenders sentenced to less than 2 years, alleged offenders

Coverage area: province of Québec

Legal status: provincial government agency

Courthouses and tribunals

COURT OF QUÉBEC - CIVIL DIVISION - SAINT-JÉRÔME

25 de Martigny Street West, Saint-Jérôme, Laurentides, QC, J7Y 4Z1

450 431-4407 Fax: 514 873-4760

Website: www.justice.gouv.qc.ca

Services: Court constituting the judicial system of Québec. * Hearing of cases where the amount in dispute is less than \$85,000 and the prosecution of voluntary deposits and municipal and school affairs.* Requests for psychiatric assessment: judgment administration for temporary or authorized custody when a doctor wants to keep a person in hospital to conduct a psychiatric examination or when a person refuses to go to hospital to submit for an examination.

Coverage area: Laurentides: Terrebonne judicial district

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: provincial government agency

COURT OF QUÉBEC - CRIMINAL AND PENAL DIVISION - SAINT-JÉRÔME

25 de Martigny Street West, Saint-Jérôme, Laurentides, QC, J7Y 4Z1

450 431-4418 Fax: 450 569-3051

Website: www.justice.gouv.qc.ca

Services: Court constituting the judicial system of Québec. * Hearing prosecutions under the Criminal Code, the Code of penal Procedure and all other regulatory offence statutes.

Coverage area: Laurentides: Terrebonne judicial district

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: provincial government agency

COURT OF QUÉBEC - SMALL CLAIMS DIVISION - SAINT-JÉRÔME

25 de Martigny Street West, Saint-Jérôme, Laurentides, QC, J7Y 4Z1

450 431-4439

Website: www.justice.gouv.qc.ca/francais/publications/generale/creance.htm

Email: pcstjerome@justice.gouv.qc.ca

Services: Court hearing cases in which the disputed amount of money is inferior to \$15,000 and where people represent themselves, without a lawyer. * Free mediation service to parties wishing to resolve their dispute by an agreement before the hearing of their case by the judge.

Eligibility: any natural or legal person if it employed at most 10 people during the 12 months prior to the claim

Coverage area: Laurentides: Terrebonne judicial district

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: provincial government agency

SAINT-JÉRÔME COURTHOUSE

25 de Martigny Street West, Saint-Jérôme, Laurentides, QC, J7Y 4Z1

450 431-4407

Website: www.justice.gouv.qc.ca

Services: Administration or court services of Saint-Jérôme. * Support to various courts constituting the judicial system of Québec and some specialized courts.* Judicial services: curatorships, tutorships and wills, civil wedding and partnership, divorce records, family mediation and alimony.

Coverage area: Laurentides: Terrebonne judicial district

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: provincial government agency

SUPERIOR COURT - SAINT-JÉRÔME

25 de Martigny Street West, Saint-Jérôme, Laurentides, QC, J7Y 4Z1

450 431-4407

Website: www.justice.gouv.qc.ca

Services: Court constituting the judicial system of Québec. * Hearing the cases where the amount in dispute is more than \$70,000 and administrative, familial and bankruptcy litigations.* Hearing jury trial in criminal cases and appeals in summary conviction.

Coverage area: Laurentides: Terrebonne judicial district

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: provincial government agency

Information and legal assistance

BLAINVILLE - MUNICIPAL COURT

1000 du Plan-Bouchard Road, Blainville, QC, J7C 3S9

Services: First instance justice Court hearing lawsuits relatively to municipal by-laws, infringements to the Code de la Sécurité routière and some criminal infringements (drunk driving, thefts under \$5000 and misdeeds). * Tickets payment or contestation.* Recovery of unpaid amounts.* Other point of service: 75 Des Châteaux Boulevard, Suite 103.

BOISBRIAND - MUNICIPAL COURT

940, de la Grande-Allée Boulevard, Boisbriand, Laurentides, QC, J7G 2J7

450 435-1954 ext. 271

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

Coverage area: Boisbriand

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

Financing: municipal

Legal status: municipal agency

BUREAU DES INFRACTIONS ET AMENDES - SAINT-JÉRÔME

25 de Martigny Street West, Saint-Jérôme, Laurentides, QC, J7Y 4Z1

1 877 263-6337 Fax: 450 569-7683

Website: www.amendes.qc.ca

Email: amendes@justice.gouv.qc.ca

Services: Administration of offenses under the majority of penal provincial laws and certain federal laws concerning road safety, working relations in the field of construction, food products and others. * Recovery of fines and unpaid legal fees.* Online payment services for court records and statements of offense.

Coverage area: Laval, Saint-Jérôme

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

Financing: provincial

Legal status: provincial government agency

CENTRE COMMUNAUTAIRE JURIDIQUE LAURENTIDES-LANAUDIÈRE

300 Sicard Street, Suite 210, Sainte-Thérèse, Laurentides, QC, J7E 3X5

450 420-4921 Fax: 450 420-3016

Website: www.cjll.qc.ca

Email: administration@cjll.qc.ca

Services: Legal aid services, free or at a low cost to eligible individuals, provided by family, matrimonial, youth protection, young offenders, criminal and penal, administrative, social, civil and immigration lawyers or notaries. * Representation before a first instance or appeal court, as plaintiff or defendant.* Assistance in certain cases expressly provided for in the Legal Aid Act.* Legal consultation.* Phone consultation, available 24/7, for detention or custody.* Legal information regarding rights and obligations of legal aid recipients.* Community involvement.

Eligibility: beneficiaries of last resort assistance or eligible individuals depending on their income, assets and liquidity

Coverage area: Lanaudière et Laurentides

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

Fees: eligible for free: beneficiaries of last resort assistance, other individuals may be eligible for free legal aid or contributory legal aid

Financing: provincial

Legal status: provincial government agency

DEUX-MONTAGNES - MUNICIPAL COURT

1502 d'Oka Road, Deux-Montagnes, Laurentides, QC, J7R 1M8

450 473-8688 Fax: 450 473-0094

Website: www.ville.deux-montagnes.qc.ca/services-municipaux/cour-municipale

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

Coverage area: MRC de Deux-Montagnes

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

Legal status: municipal agency

LEGAL AID OFFICE - SAINT-EUSTACHE

11 Grande-Côte Road, Saint-Eustache, Laurentides, QC, J7P 5L3

450 472-0134 Fax: 450 472-0409

Website: www.ccjll.qc.ca

Email: bajeust@ccjll.qc.ca

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

Eligibility: beneficiaries of last resort assistance or eligible individuals depending on their income, assets and liquidity

Coverage area: Saint-Eustache and surroundings

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

Fees: eligible for free: beneficiaries of last resort assistance, other individuals may be eligible for free legal aid or contributory legal aid

Financing: provincial

Legal status: provincial government agency

LEGAL AID OFFICE - SAINTE-THÉRÈSE

220 Labelle Boulevard, Suite 201, Sainte-Thérèse, Laurentides, QC, J7E 2X7

450 435-6509 Fax: 450 435-3439

Website: www.ccjll.qc.ca

Email: bajther@ccjll.qc.ca

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

Eligibility: beneficiaries of last resort assistance or eligible individuals depending on their income, assets and liquidity

Coverage area: Sainte-Thérèse

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

Fees: eligible for free: beneficiaries of last resort assistance, other individuals may be eligible for free legal aid or contributory legal aid

Financing: provincial

Legal status: provincial government agency

MIRABEL - MUNICIPAL COURT

17690 du Val-d'Espoir Street, Mirabel, Laurentides, QC, J7J 1A1

450 475-2009

Email: j.aumont@ville.mirabel.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.

Coverage area: Mirabel

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

Financing: municipal

Legal status: municipal agency

ROSEMÈRE - MUNICIPAL COURT

100 Charbonneau Street, Rosemère, Laurentides, QC, J7A 3W1

450 621-3500 ext. 1247 Fax: 450 621-1022

Website: www.ville.rosemere.qc.ca/cour-municipale

Email: cour@ville.rosemere.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.

Coverage area: Rosemère

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

Financing: municipal

Legal status: municipal agency

SAINTE-THÉRÈSE - MUNICIPAL COURT

6 de l'Église Street, Sainte-Thérèse, Laurentides, QC, J7E 3L1

450 434-1440 ext. 2622

Email: cour@sainte-therese.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: Sainte-Thérèse

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

Financing: municipal

Legal status: municipal agency

Material Assistance and Housing

EMERGENCY

HOUSING COOPERATIVES AND CORPORATIONS

HOUSING SEARCH ASSISTANCE

THRIFT STORES

USED ARTICLES DONATION

Emergency

BOIS-DES-FILION - CITY

375 Adolphe-Chapleau Boulevard, Bois-des-Filion, Laurentides, QC, J6Z 1H1

450 621-1460 Fax: 450 621-8483

Website: ville.bois-des-filion.qc.ca

Email: ville@ville.bois-des-filion.qc.ca

Services: Municipal services management. * Collection: heavy items, dead leaves and branches, cardboard surplus and pines, domestic and recyclable wastes.* Online property assessment: [www.portail.accesscite.net/ProfileGovern/\(S\(234axb55ml5xxn45r30spj45\)\)/UEL/WEB_UEL_CITY.aspx?action=styleselection&CityId=73030&language=fr](http://www.portail.accesscite.net/ProfileGovern/(S(234axb55ml5xxn45r30spj45))/UEL/WEB_UEL_CITY.aspx?action=styleselection&CityId=73030&language=fr)* Automatized message system in case of emergencies.* INFO-travaux.* Fire protection and civil security.

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

Legal status: municipal agency

BOISBRIAND - CITY

940 de la Grande-Allée Boulevard, Boisbriand, Laurentides, QC, J7G 2J7

450 435-1954 Fax: 450 433-5146

Website: www.ville.boisbriand.qc.ca

Services: Municipal services management. * Collection: heavy items, dead leaves and branches, cardboard surplus and pines, domestic and recyclable wastes, composting.* Rooms rental.* Construction works licenses.* Online property assessment.* SAM system: automatized message system in case of emergencies.* INFO-travaux: geolocalisation of infrastructure works.* Fire protection and civil security.* Tickets' payment.

Hours: Monday 8h15 to 16h15, Tuesday to Thursday 8h15 to 20h00, Friday 8h00 to 16h00

Legal status: municipal agency

LORRAINE - VILLE

33 De Gaulle Boulevard, Lorraine, Laurentides, QC, J6Z 3W9

450 621-8550 Fax: 450 621-4763

Website: www.ville.lorraine.qc.ca

Email: reception@ville.lorraine.qc.ca

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

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

Legal status: municipal agency

SAINT-EUSTACHE - VILLE

145 Saint-Louis Street, Saint-Eustache, Laurentides, QC, J7R 1X9

450 974-5000

Website: ville.saint-eustache.qc.ca

Email: sem@ville.saint-eustache.qc.ca

Services: Municipal service management. * Municipal tax payment.* Public security: police department, fire department.* Emergency notification system.* Garbage collection.* Urban-planning department: construction permits.* Public work department: infrastructure maintenance.

Hours: Monday to Thursday 8h30 to 16h30, Friday 8h00 to 12h00, phone service: Monday, Tuesday, Thursday and Friday 7h30 to 16h30, Wednesday 7h30 to 20h30

Legal status: municipal agency

SAINT-JOSEPH-DU-LAC - MUNICIPALITÉ

1110 Principal Road, Saint-Joseph-du-Lac, Laurentides, QC, J0N 1M0

450 623-1072 Fax: 450 623-2889

Website: www.sjdl.qc.ca

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

Legal status: municipal agency

SAINTE-MARTHE-SUR-LE-LAC - CITY

3000 d'Oka Road, Sainte-Marthe-sur-le-Lac, Laurentides, QC, J0N 1P0

450 472-7310 Fax: 450 472-0109

Website: www.ville.sainte-marthe-sur-le-lac.qc.ca

Email: info@ville.sainte-marthe-sur-le-lac.qc.ca

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

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

Legal status: municipal agency

Housing cooperatives and corporations

ASSOCIATION DE PROMOTION ET D'ÉDUCATION EN LOGEMENT

183 Saint-Eustache Street, Suite 3, 2nd floor, Saint-Eustache, Laurentides, QC, J7R 2L5

450 413-2949

Website: www.apel-logement.org

Email: coordonnateur@apel-logement.org

Services: Individual and collective advocacy for tenants. * Education on housing for tenants and landlords. * Promotion and development of community housing in order to fight poverty. * Study and analysis of housing-related issues.

Eligibility: landlords and tenants

Coverage area: MRC Deux-Montagnes, Mirabel South, Laval

Hours: Monday to Friday 8h30 to 16h30

Fees: subscription: \$25

Financing: SACAIS

Legal status: non-profit organization

CARREFOUR D'ACTIONS POPULAIRES DE ST-JÉRÔME

563 Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5L9

450 432-8696

Website: www.carrefouractionspopulaire.com

Email: myriam@carrefouractionspopulaire.com

Services: Gathering place for information, meetings and discussions. * Weekly information sessions and advocacy for tenants and welfare recipients. * Craft workshops.

Eligibility: people who are isolated or on a low-income, families in difficult situations, tenants, welfare recipients

Coverage area: MRC la Rivière-du-Nord

Hours: Monday to Thursday 9h30 to 16h00

Financing: Secrétariat à l'action communautaire autonome du Québec, donations, self-financing

Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE BLAINVILLE

1038 Alain Street, Blainville, Laurentides, QC, J7C 2T8

450 434-1341 Fax: 450 434-5824

Email: omhbl.admin@qc.aira.com

Services: Management and administration of housing and housing programs. * Low-rent housing (HLM). * Rent supplement program (PSL). * Québec affordable housing program. * Accès Logis program. * Referral.

Eligibility: individuals and families on a low or moderate income

Coverage area: Communauté Métropolitaine de Montréal

Hours: Monday, Wednesday and Friday 9h00 to 12h00

Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE BOIS-DES-FILION

437 Édouard-Lafortune Street, Suite 102, Bois-des-Filion, Laurentides, QC, J6Z 4C2

450 621-3722 Fax: 450 621-1487

Email: omhboisdesfilion@bellnet.ca

Services: Management and administration of housing programs. * Low-rent housing (HLM). * Rent supplement program (PSL). * Québec affordable housing program. * Accès Logis program. * Referral.

Eligibility: individuals and families on a low or moderate income

Coverage area: Bois-des-Filion

Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE SAINTE-ANNE-DES-PLAINES

144 Chaumont Street, Sainte-Anne-des-Plaines, Laurentides, QC, J0N 1H0

450 434-0502 poste 2

Email: omh-labossiere@videotron.ca

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

Eligibility: low income or moderate income single individual, seniors and families

Capacity: 28 units

Coverage area: Sainte-Anne-des-Plaines

Hours: Wednesday 9h00 to 12h00 and 13h00 to 15h00

Legal status: non-profit organization

OFFICE RÉGIONAL D'HABITATION DU LAC DES DEUX-MONTAGNES

46 Chenier Street, Saint-Eustache, Laurentides, QC, J7R 5W6

450 473-1280 Fax: 450 473-3829

Email: orhdeuxmontagnes@b2b2c.ca

Services: Manage housing programs: low-renting housing, rent supplement program, affordable housing Québec, reference service, Accès Logis Québec program.

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

Capacity: 510 apartments

Coverage area: MRC de Deux-Montagnes

Hours: Monday to Thursday 10h00 to 12h00 and 13h00 to 15h00, Friday 8h30 to 12h00

Financing: municipal

Legal status: municipal agency

PROGRAMME ÉCONOLOGIS

Confidential Address

1 844 303-7333

Website: www.econologis.ca

Services: Energy efficiency program for low-income households. * Individualized advice. * Electronic thermostats installation and caulking equipment.

Eligibility: tenant or owner who receive an energy bill for the heating of its residence, the total income of all occupants of the residence must be below the eligible income threshold

Coverage area: Montréal, Montérégie, Laval, Laurentides, Lanaudière, Mauricie, Outaouais and Nord du Québec

Hours: until March 2018

Fees: free

Financing: provincial

Legal status: commercial enterprise

Housing search assistance

SOCIÉTÉ D'HABITATION DE BOIS-DES-FILION

315 montée Gagnon, Bois-des-Filion, Laurentides, QC, J6Z 2X1

514 527-5720 ext. 32

Services: * Management of apartments covered by the Rent supplement program (PSL).

Capacity: 44 apartments

Coverage area: Province of Québec

Financing: grants, self-financing

Legal status: non-profit organization

Thrift stores

CARREFOUR PÉRI-NAISSANCE ET FAMILIAL

509 chemin de la Grande-Côte, Saint-Eustache, Laurentides, QC, J7P 1K5

450 472-2555 Fax: 450 472-2595

Website: www.carrefourperinaissance.org

Email: cpn.accueil@videotron.ca

Services: * Workshops: prenatal, family health, fitness, child development for children aged 2 to 6 and 6 to 12, cooking.* Day camp for children aged 4 to 7.* Assistance and support, individually or in group.* Coffee meetings.* Familial thrift shop.* Daycare.* Home support.* Information and referral.

Eligibility: future parents, parents, children aged 0 to 12 years old

Coverage area: MRC Deux-Montagnes, South of Mirabel

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

Fees: thrift shop: voluntary contribution, activities: variables

Financing: provincial, grants, self-financing

Legal status: non-profit organization

CENTRE DE DÉPANNAGE LE VISAGE - USED ITEMS RECOVERY

Centre communautaire Saint-Esprit, 374 Pie-XII Street, Saint-Eustache, Laurentides, QC, J7P 4S7

450 473-3200 ext. 5 Fax: 450 473-5055

Website: www.paroissest-eustache.com

Email: gpineault@st-eustache.qc.ca

Services: Used items recovery: food, clothes, furniture, appliances. * Home pick-up.

Coverage area: Saint-Eustache

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

Financing: self-financing

Legal status: non-profit organization

CENTRE MARIE ÈVE - SAINT-EUSTACHE

232 Féré Street, Saint-Eustache, Laurentides, QC, J7R 2T8

450 491-1494 Fax: 450 473-4271

Website: www.centremarieeve.ca

Email: steustache@centremarieeve.ca

Services: * Support to pregnant women in difficulty through and after the pregnancy. * Workshops, individual accompaniment and emergency material assistance. * Mobile family counter.

Eligibility: pregnant women in difficulty, mothers with children aged 0 to 2 years old

Coverage area: MRC Deux-Montagnes and Mirabel-South

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

Fees: none

Financing: grants, donations

Legal status: non-profit organization

CENTRE MARIE-ÈVE - SAINT-JÉRÔME

433, Du Palais Street, Saint-Eustache, Laurentides, QC, J7R 5M3

450 438-1484

Website: www.centremarieeve.ca

Email: stjrome@centremarieeve.ca

Services: * Mobile counter: items and clothing for the whole family at low cost.

Eligibility: pregnant women, new mothers of children 0 to 2 years old

Coverage area: MRC Rivière-du-Nord

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

Financing: grants, donations

Legal status: non-profit organization

COMPTOIR CABRINI

210 de l'Église Street, Rosemère, Laurentides, QC, J7A 2X2

450 621-5521

Website: www.paroisse-st-luc.org

Email: info@paroisse-st-luc.org

Services: Sale of used clothing and items at low prices.

Coverage area: Rosemère

Hours: Wednesday 9h00 to 16h00

Financing: self-financing

Legal status: non-profit organization

COMPTOIR D'AUBAINES NOTRE-DAME-DE-FATIMA

305 de la Grande-Côte Road, Boisbriand, Laurentides, QC, J7G 1B3

450 430-2637

Email: parndpsecetaire@videotron.ca

Services: Sale of used items at low prices: books, dishes, small appliances, clothes, etc. * Donation drop-off box outside the church.

Coverage area: Boisbriand

Hours: Wednesday, Thursday 12h00 to 16h00, Saturday 10h00 to 13h00

Financing: self-financing

Legal status: non-profit organization

COMPTOIR DÉPANNE-TOUT STE-THÉRÈSE

110 du Curé-Labelle Boulevard, Suite 7, Sainte-Thérèse, Laurentides, QC, J7E 2X5

450 979-4955 Fax: 450 979-9366

Website: www.comptoirdepanne-tout.com

Email: info@comptoirdepanne-tout.com

Services: * Sale at low prices: clothes, furniture, appliances, mattresses, books, toys and various used household articles.* Donations to organizations and referred families.* Pick-up service: furniture, clothes, office furniture, appliances, mattresses, books and bicycles.

Eligibility: people and families on a low-income

Coverage area: MRC Thérèse-De-Blainville

Hours: office: Monday to Wednesday 10h00 to 18h00, Thursday and Friday 10h00 to 20h00, Saturday and Sunday 10h00 to 17h00

Financing: municipal

Legal status: non-profit organization

COMPTOIR FAMILIAL COEUR-IMMACULÉ-DE-MARIE

7 Desjardins Boulevard West, Sainte-Thérèse, Laurentides, QC, J7E 1C9

450 435-5056

Email: parndpsecrtaire@videotron.ca

Services: Sale of used items at low prices: books, dishes, small appliances, clothes, etc. * Donation drop-off box outside the church.

Coverage area: Sainte-Thérèse

Hours: Wednesday to Friday 13h00 to 16h00, Saturday 9h00 to 12h00

Financing: self-financing

Legal status: non-profit organization

GRENIER POPULAIRE DES BASSES-LAURENTIDES

217 Saint-Laurent Street, Saint-Eustache, Laurentides, QC, J7P 4W4

450 623-5891 Fax: 450 623-3797

Website: www.grenierpopulaire.com

Email: info@grenierpopulaire.com

Services: * Sale of second-hand clothing, household items, books, sports equipment, toys, dishes, electronics and furniture at low prices.* Delivery.* Employment integration: handling, maintenance, sale, production, customer service and transportation.

Coverage area: MRC Deux-Montagnes, MRC Thérèse-de-Blainville, MRC de Mirabel, Laval-Ouest and Fabreville

Hours: Monday, Tuesday, Wednesday 9h30 to 17h00, Thursday and Friday 9h30 to 18h00, Saturday 9h00 to 17h00, Sunday 10h00 to 16h00

Fees: variable

Financing: donations, self-financing, provincial

Legal status: non-profit organization

GRENIER POPULAIRE DES BASSES-LAURENTIDES - USED ITEMS RECOVERY

217 Saint-Laurent Street, Saint-Eustache, Laurentides, QC, J7P 4W4

450 623-5891

Website: www.grenierpopulaire.com

Email: info@grenierpopulaire.com

Services: * Recovery of donations: clothing, household items, books, sporting equipment, toys, dishes, electronics, furniture.* Home pick-up.

Coverage area: MRC Deux-Montagnes, MRC Thérèse-de-Blainville

Hours: Monday, Tuesday, Wednesday 9h30 to 17h00, Thursday and Friday 9h30 to 18h00, Saturday 9h00 to 17h00, Sunday 10h00 to 16h00

Financing: donations, self-financing, provincial

Legal status: non-profit organization

MAISON D'HÉBERGEMENT LE PETIT PATRO

48 Desjardins Boulevard East, Sainte-Thérèse, Laurentides, QC, J7E 1C1

450 430-5482 Fax: 450 430-8126

Email: petitpatro@videotron.ca

Services: * Shelter for a maximum of 60 days.* Emergency shelter: 2 nights.

Eligibility: boys and girls 12 to 17 years

Capacity: 9 beds

Coverage area: MRC Thérèse-de-Blainville, including the territory of the Commission scolaire Seigneurie-des-Mille-Iles

Hours: 24 hours, 7 days

Fees: free

Financing: provincial

Legal status: non-profit organization

MAISON DU PARTAGE (LA)

151-A Notre-Dame Street, Oka, Laurentides, QC, J0N 1E0

450 479-6221

Website: www.maisondupartage.com

Email: info@maisondupartage.com

Services: Recycling and redistribution of clothing and small house items. * Second-hand shop.

Coverage area: Oka

Hours: Thursday 17h00 to 20h30, Saturday 9h00 to 15h00

Financing: self-financing

Legal status: non-profit organization

RECYPRO

70 Simon Street, Lachute, Laurentides, QC, J8H 3R8

450 562-7740 Fax: 450 562-7918

Website: www.recypro.com

Email: info@recypro.com

Services: Employment business specialized in maintenance and recycling of computers and electronic material. * 26-week training with post-employment follow-up and job search assistance.* Dropping point for the Recycler mes électroniques program.* Sale, installation and reparation of new and used equipment.

Eligibility: employment: adults with difficulties obtaining or maintaining a job

Coverage area: Laurentides

Hours: Monday to Thursday 7h00 to 16h30, Friday 7h00 to 12h00

Financing: grants, self-financing

Legal status: non-profit organization

SOCIÉTÉ D'ENTRAIDE FAMILIALE DE SAINTE-THÉRÈSE

62 Saint-Jean Street, Sainte-Thérèse, Laurentides, QC, J7E 3N4

450 430-5840

Services: Thrift store selling clothing and household items. * Donation to people that are the most in need.*

Reception of donations: clothing, furniture, appliances, mattresses, books and variable items.* Home pick-up of furniture.

Eligibility: people in need

Coverage area: Sainte-Thérèse, Blainville, Rosemère, Lorraine, Sainte-Rose, donations: Sainte-Thérèse seulement

Hours: Thursday to Saturday 12h00 to 16h00

Financing: donations, self-financing

Legal status: non-profit organization

TROUVAILLES D'EUSTACHE (LES)

123 Saint-Louis Street, Saint-Eustache, Laurentides, QC, J7R 1X9

450 473-6124 Fax: 450 472-5416

Website: www.paroissest-eustache.com

Email: gpineault@st-eustache.qc.ca

Services: Recovery and sale of used clothing and housewares.

Coverage area: Saint-Eustache

Hours: Monday to Friday 13h00 to 16h00

Financing: self-financing

Legal status: non-profit organization

Used articles donation

CENTRE MARIE-ÈVE - SAINTE-THÉRÈSE

7 Desjardins Boulevard West, Sainte-Thérèse, Laurentides, QC, J7E 1C9

450 818-2882

Website: www.centremarieeve.ca

Email: stetherese@centremarieeve.ca

Services: * Support to pregnant women in difficulty through and after the pregnancy.* Workshops, individual accompaniment and emergency material assistance.* Mobile family counter.

Eligibility: pregnant women in difficulty, mothers with children aged 0 to 2 years old

Coverage area: MRC Thérèse-de-Blainville

Fees: none

Financing: grants, donations

Legal status: non-profit organization

Mental Health and addictions

ADDICTION PREVENTION

ADDICTION TREATMENT

COMMUNITY SUPPORT IN MENTAL HEALTH

CRISIS CENTRES AND SUICIDE PREVENTION

PSYCHIATRIC SERVICES

SELF-HELP GROUPS FOR ADDICTION ISSUES

SELF-HELP GROUPS FOR MENTAL HEALTH ISSUES

Addiction prevention

REGROUPEMENT EN TOXICOMANIE PRISME

147 Saint-Laurent Street, Saint-Eustache, Laurentides, QC, J7P 5H6

450 491-3670

Website: www.sosprisme.org

Email: organisme.prisme@hotmail.com

Services: Health promotion and prevention of drug abuse among youth. * Prevention programs.* Health promotion in primary school.* Summer day camp.* Training for adults and parents.* Workshops for volunteers.* Information and referral.

Eligibility: youth 5 to 17 years old, counsellors, parents

Coverage area: MRC Deux-Montagnes, MRC Mirabel, MRC Thérèse-de-Blainville

Hours: Monday to Friday 8h00 to 16h00

Fees: variable

Financing: donations

Legal status: non-profit organization

Addiction treatment

CENTRE DE RÉADAPTATION EN DÉPENDANCE DES LAURENTIDES - DEUX-MONTAGNES

333 Antonin-Campeau Street, Deux-Montagnes, Laurentides, QC, J7R 0A2

1 888 345-1395 Fax: 450 623-3112

Website: www.dependancelaurentides.com

Services: * Detoxification with medical assistance (light withdrawal only) and psychosocial.* Rehabilitation.* Social and professional reintegration, post-treatment follow-up.* Substitution treatment.* Support for relatives: individual consultations for partners and group meetings for parents.* Evaluation of driver convicted of impaired driving.

Eligibility: people 12 years and over with an alcohol, drug or gambling addiction, their relatives

Coverage area: Deux-Montagnes, Oka and Saint-Eustache

Fees: free

Financing: provincial

Legal status: parapublic organization

CENTRE DE RÉADAPTATION EN DÉPENDANCE DES LAURENTIDES - DRIVERS EVALUATION

293 de Villemure Street, Suite 301, Saint-Jérôme, Laurentides, QC, J7Z 5J5

1 888 345-1395

Website: www.dependancelaurentides.com

Services: Assessment of drivers found guilty of impaired driving.

Eligibility: drivers found guilty of impaired driving and subject to the SAAQ program

Coverage area: Laurentides

Financing: provincial

Legal status: parapublic organization

CENTRE DE RÉADAPTATION EN DÉPENDANCE DES LAURENTIDES - EXTERNAL AND YOUTH SERVICES

906 Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5M5

1 888 345-1395

Website: www.dependancelaurentides.com

Services: * Detoxification.* Rehabilitation.* Social and professional reintegration.* Substitution treatment.* Support for relatives.

Eligibility: people 12 years and over with an alcohol, drug or gambling addiction, their relatives

Coverage area: Laurentides
Fees: free
Financing: provincial
Legal status: parapublic organization

CENTRE DE RÉADAPTATION EN DÉPENDANCE DES LAURENTIDES - HEAD OFFICE

295 de Villemure Street, Saint-Jérôme, Laurentides, QC, J7Z 5J5

1 888 345-1395

Website: www.dependancelaurentides.com

Services: * Detoxification with medical assistance (light withdrawal only) and psychosocial.* Rehabilitation.* Social and professional reintegration, post-treatment follow-up.* Substitution treatment.* Support for relatives: individual consultations for partners and group meetings for parents.* Evaluation of drivers convicted of impaired driving.

Eligibility: people 12 years and over with an alcohol, drug or gambling addiction, their relatives, pregnant women, deaf or blind people are accepted, as well as people on substitution program or with mental health problems

Coverage area: Laurentides
Fees: free
Financing: provincial
Legal status: parapublic organization

CENTRE DE RÉADAPTATION EN DÉPENDANCE DES LAURENTIDES - INTERNAL SERVICES

910 Labelle Street, Saint-Jérôme, Laurentides, QC, J7Z 5M5

1 888 345-1395

Website: www.dependancelaurentides.com

Services: * Detoxification.* Rehabilitation.* Social and professional reintegration.* Substitution treatment.* Support for relatives.

Eligibility: people 12 years and over with an alcohol, drug or gambling addiction, their relatives

Coverage area: Laurentides
Fees: free
Financing: provincial
Legal status: parapublic organization

CENTRE DE RÉADAPTATION EN DÉPENDANCE DES LAURENTIDES - SAINTE-THÉRÈSE

6 de l'Église Street, Sainte-Thérèse, Laurentides, QC, J7E 3L1

1 888 345-1395 Fax: 450 433-9254

Website: www.dependancelaurentides.com

Services: * Detoxification with medical assistance (light withdrawal only) and psychosocial.* Rehabilitation.* Social and professional reintegration, post-treatment follow-up.* Substitution treatment.* Support for relatives: individual consultations for partners and group meetings for parents.* Evaluation of drivers convicted of impaired driving.

Eligibility: people 12 years and over with an alcohol, drug or gambling addiction, their relatives, pregnant women, deaf or blind people are accepted, as well as people on substitution program or with mental health problems

Coverage area: CLSC Thérèse-de-Blainville
Fees: free
Financing: provincial
Legal status: parapublic organization

PORTAGE - PROGRAMME POUR ADOLESCENTS - OUEST DU QUÉBEC

1790 du Lac Écho Road, Prévost, Laurentides, QC, J0R 1T0

450 224-2944

Website: www.portage.ca

Email: web@portage.ca

Services: Rehabilitation centre for people with a drug addiction. * Approximate duration of 6 months.* French and English programs.* Group therapy.* Social reintegration.* Portage Academy: mandatory school program.* Guidance and vocational planning.* Cultural and recreational programs.* Follow-up.

Eligibility: youth 14 to 18 years old

Capacity: 32

Coverage area: Province of Québec

Hours: administration: Monday to Friday 9h00 to 17h00, residential service: 24 hours

Fees: \$400 per month

Financing: provincial

Legal status: non-profit organization

Community support in mental health

CENTRE D'AIDE AUX VICTIMES D'ACTES CRIMINELS DES LAURENTIDES

510 Saint-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 5B3

450 569-0332 Fax: 450 569-0966

Website: www.cavac.qc.ca

Email: administration.cavac.lau@bellnet.ca

Services: * Crisis intervention phoneline.* Psychological and post-trauma support.* Information on rights and recourses.* Assistance with compensation procedures.* Guidance with specialized resources.

Eligibility: crime victims, relatives and witnesses

Coverage area: Laurentides

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

Fees: free

Financing: provincial

Legal status: non-profit organization

CENTRE DU FLORÈS - MENTAL HEALTH

55 104th Avenue, Saint-Jérôme, Laurentides, QC, J7Y 1H5

450 436-5437 Fax: 450 565-1236

Website:

www.centreduflores.com/cisssl_centre_du_flores/ou_nous_trouver/adresses_du_centre_du_flores.html

Services: * Specialized adaptation and rehabilitation services promoting social integration of people with mental health problems.* Rehabilitation services for residential and vocational integration for adults.* Specialized second line services.

Eligibility: people with mental health problems, their relatives

Coverage area: Laurentides

Financing: provincial

Legal status: non-profit organization

Crisis centres and suicide prevention

CENTRE PRÉVENTION SUICIDE LE FAUBOURG

Confidential Address

1 866 277-3553 Fax: 450 565-9726

Website: www.cps-le-faubourg.org

Email: administration@cps-le-faubourg.org

Services: * Crisis hotline to prevent suicide.* Grief support following a suicide.* Training, awareness and conferences.* Implementation of programs within the workplace.* Postvention and early intervention following a suicide in a workplace.

Eligibility: people who are suicidal, their relatives, or bereaved by suicide and counsellors

Coverage area: Laurentides

Hours: crisis hotline: 24 hours, 7 days, administration: Monday to Friday 8h30 to 16h30

Fees: free for crisis line and grief counselling, variable for training, awareness and conferences

Financing: provincial, self-financing

Legal status: non-profit organization

RÉINSERTION SOCIALE DU SOLEIL LEVANT

Confidential Address

450 430-0284

Website: www.rssoleillevant.org

Email: info@rssoleillevant.org

Services: * Supervised apartments: rehabilitation program for a period of 2 years, psychosocial support and support for everyday life.* Crisis shelter: up to 14 days, daily individual follow-up.* Community Psychotherapy Clinic (CCP): individual, marital or family meetings.

Eligibility: apartments: adults with mental health difficulties, referred by a social worker, crisis shelter: adult who are in psychological distress or in crisis, referred by a social worker, CCP: any person, child, teenager, adult, wishing to undertake psychotherapy

Capacity: 10 crisis beds, 13 supervised apartments and 2000 psychotherapy session per year

Coverage area: Laurentians

Hours: crisis centre: 24 hours, 7 days, CCP: by appointment, Monday to Friday 8h00 to 21h00

Fees: crisis centre: free, CCP: depending on the gross annual family income

Financing: grants, donations

Legal status: non-profit organization

Psychiatric services

CENTRE DE SERVICES AMBULATOIRES DE SOINS PSYCHIATRIQUES

115 Saint-Laurent Street, Saint-Eustache, Laurentides, QC, J7P 3Z5

450 473-1533

Website: www.santelaurentides.gouv.qc.ca

Services: Pedopsychiatry and adult psychiatry evaluation and treatment by a multidisciplinary team.

Coverage area: MRC Deux-Montagnes, Mirabel-Sud

Hours: Monday to Friday 8h00 to 16h00

Financing: provincial

Legal status: provincial government agency

Self-help groups for addiction issues

MOTHERS AGAINST DRUNK DRIVING - QUÉBEC REGION

Confidential Address

1 877 392-6233

Website: www.madd.ca

Email: mcmorin@madd.ca

Services: * Helpline.* Support for victims of impaired driving.* Information and prevention campaigns: Campaign 911, Project Red Ribbon.* Referral and documentation.* Informal support in court.* Awareness campaigns.

Eligibility: impaired driving victims and relatives, general public, students

Coverage area: Province of Québec

Hours: Monday to Friday 9h00 to 17h00

Fees: free

Financing: self-financing, donations

Legal status: non-profit organization

Self-help groups for mental health issues

GROUPE LA LICORNE MRC THÉRÈSE-DE-BLAINVILLE

198 Blainville Street West, Sainte-Thérèse, Laurentides, QC, J7E 1Y5

450 433-9084 Fax: 450 433-7944

Website: groupelalicornes.org

Email: info@groupelalicornes.org

Services: Day centre. * Support group.* Exchange: support, listening and follow-up.* Activities: courses, outings, art workshops.

Eligibility: adults 18 years and over with mental health problems past or present

Coverage area: MRC Thérèse-de-Blainville

Hours: Monday to Friday 9h00 to 15h30

Fees: none

Financing: grants

Legal status: non-profit organization

HALTE DES PROCHES (LA)

373 Parent Street, Saint-Jérôme, Laurentides, QC, J7Z 2A1

1 800 663-0659 Fax: 450 438-8960

Website: www.lahalte.ca

Email: info@lahalte.ca

Services: * Counselling for individuals, couples and families.* Support groups.* Psychoeducational programs.* Thematic workshops.* Respite activities.* Conferences and testimonials.* Accompaniment in order to make a request for psychiatric assessment.

Eligibility: relatives and friends 14 years old and over of adult people with mental health issues

Coverage area: MRC Deux-Montagnes, MRC Mirabel, MRC Thérèse-de-Blainville, MRC Laurentides, MRC Rivière-du-Nord, MRC Pays-d'en-Haut and MRC Argenteuil

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

Fees: free

Financing: provincial

Legal status: non-profit organization

Physical Disability

ADVOCACY FOR PEOPLE WITH A PHYSICAL DISABILITY

DEAF AND HEARING IMPAIRED

MOBILITY AIDS

RECREATION AND CAMPS

RESPITE SERVICES AND HOUSING

SUPPORT ASSOCIATIONS

THE BLIND

THERAPY AND REHABILITATION CENTRES

Advocacy for people with a physical disability

ASSOCIATION DES PERSONNES HANDICAPÉES DE LA RIVIÈRE DU CHÊNE

184 Saint-Eustache Street, Saint-Eustache, Laurentides, QC, J7R 2L7

Website: www.aphrc.ca

Email: f.leroux@aphrc.ca

Services: Advocacy and promotion of interests of people living with an handicap. * Information.* Social and cultural activities: weekly bowling, cards workshops, outings.* Annual activities: Christmas lunch, Valentine's day, sugar shack.* Adapted sports activities, yoga.

Eligibility: people living with physical disabilities

Coverage area: MRC Deux-Montagnes

Hours: see planning with the association

Fees: membership card: \$7 each year, minimum contribution for special activities

Financing: grants, contributions

Legal status: non-profit organization

Deaf and hearing impaired

SERVICE RÉGIONAL D'INTERPRÉTARIAT DE LANAUDIÈRE - POINT DE SERVICE LAURENTIDES

423 Curé-Labelle Boulevard, Blainville, Laurentides, QC, J7C 2H4

1 866 787-9788 Fax: 450 759-3824 **TTY:** 450 759-7966

Website: www.sril.ca

Email: interpretariat@sril.ca

Services: * Interpretation: gestual and verbal communication.* Telephone or written communication assistance: making appointments, reading a document, communication with insurers, etc.

Eligibility: people who are deaf or hard of hearing

Coverage area: Laurentides

Hours: interpretation: 7 days, 24 hours, administration: Monday to Friday 8h30 to 16h30, communication assistance: by appointment

Fees: \$50 per hour plus \$0.43 per kilometer (minimum 2 hours)

Financing: provincial, self-financing

Legal status: non-profit organization

Mobility aids

CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE LE BOUCLIER - BLAINVILLE

1300 du Curé-Labelle Boulevard, Blainville, Laurentides, QC, J7C 2N8

1 877 545-6001

Website: www.santelaurentides.gouv.qc.ca

Services: Adaptation, rehabilitation and social integration. * Driving assessment and vehicle adaptation.* Residential resources.* Communication assistance and aids.

Eligibility: people of all ages with a visual, language, motor or hearing disability

Coverage area: Laurentides

Financing: provincial

Legal status: parapublic organization

CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE LE BOUCLIER - BUREAU RÉGIONAL

250 du Palais Street, Saint-Jérôme, Laurentides, QC, J7Z 1X7

1 877 834-9898

Website: www.santelaurentides.gouv.qc.ca

Services: Adaptation, rehabilitation and social integration. * Technical aids: attribution and repair of hearing devices, wheelchairs, prosthesis, etc.* Evaluation and orientation program for Laurentides.

Eligibility: people of all ages with a visual, language, motor or hearing disability

Coverage area: Laurentides

Financing: provincial

Legal status: parapublic organization

Recreation and camps

MAISON DES PARENTS D'ENFANTS HANDICAPÉS DES LAURENTIDES

909 Guy Street, Saint-Jérôme, Laurentides, QC, J5L 1P3

450 431-7428 Fax: 450 431-7916

Website: www.lamaisondesparents.org

Email: info@lmdp.org

Services: Respite house. * Support.* Telephone listening.* Day camps.* Workshops for people 21 years old and over.* Creative dancing classes.* Sales of used items to participants.

Eligibility: children with a disability or multiple disabilities (physical or intellectual) and their parents, people with disabilities, day camps: people 6 to 35 years old

Coverage area: Laurentides

Hours: Monday to Friday 9h00 to 15h30

Financing: provincial, donations, fundraising campaigns

Legal status: non-profit organization

P'TIT BONHEUR (LE)

1721 du Lac Quenouille Road, Saint-Faustin-Lac-Carré, Laurentides, QC, J0T 1J0

1 800 567-6788 Fax: 819 326-3230

Website: www.ptitbonheur.com

Email: info@ptitbonheur.com

Services: Summer camps with introduction to outdoor activities. * SNAP camp: specialized stay for obese children.* Training program for aspiring counsellors.* Packages for school or organized groups.

Eligibility: summer camps: youth 6 to 17 years old, SNAP camp: obese children, packages: open to all

Capacity: regular camps: 400 places

Coverage area: Province of Québec

Fees: variable

Financing: foundations, provincial, fundraising campaigns

Legal status: non-profit organization

Respite services and housing

ACCO-LOISIRS

42D Turgeon Street, Suite 4, Sainte-Thérèse, Laurentides, QC, J7E 3H4

450 433-5559 Fax: 450 433-0453

Website: www.accoloisirs.com

Email: accoloisirs@videotron.ca

Services: * Accompaniment.* Adapted recreational and tourism activities.* Respite for teenagers and adults.

Eligibility: people with an intellectual disability, another type of disability or mental health issues

Coverage area: Laurentides

Hours: Monday to Friday 8h30 to 16h00

Fees: variable

Financing: municipal

Legal status: non-profit organization

ACCUEIL ET PARTAGE POUR HANDICAPÉS DE STE-MARTHE-SUR-LE-LAC

117 25th Avenue, Sainte-Marthe-Sur-Le-Lac, Laurentides, QC, J0N 1P0

450 473-7538

Email: lyndachevalier@live.ca

Services: Home environment for people with an intellectual disability or a mental health issue. * Accommodation. * Care.

Eligibility: people with intellectual disabilities or a mental health issue

Coverage area: Sainte-Marthe-sur-le-Lac

Fees: variable

Financing: self-financing

Legal status: non-profit organization

Support Associations

ASSOCIATION DE LA FIBROMYALGIE DES LAURENTIDES

366 Lavolette Street, Saint-Jérôme, Laurentides, QC, J7Y 2S9

1 877 705-7766 Fax: 1 450 569-7769

Website: www.fibromyalgie-des-laurentides.ca

Email: afl@videotron.ca

Services: Advocacy and interest promotion of people with fibromyalgia. * Information on the available resources and support. * Awareness activities. * Adapted sports and recreational activities. * Helpline. * Support and self-help groups. * Social meetings.

Eligibility: people with fibromyalgia and their relatives

Coverage area: Laurentides

Hours: office: Monday to Thursday 9h00 to 11h30 and 13h30 to 17h00

Fees: membership: \$20 per year

Financing: provincial, membership

Legal status: non-profit organization

ASSOCIATION DES PERSONNES AVEC PROBLÈMES AUDITIFS DES LAURENTIDES

421-B Curé-Labelle Boulevard, Blainville, Laurentides, QC, J7C 2H4

1 866 434-2135 Fax: 450 434-4120 TTY: 450 434-2135

Website: www.appal.ca

Email: info@appal.ca

Services: * Reception, information and referral. * Support and self-help groups. * Recreational activities and workshops. * Conferences. * Meetings. * Video library with documents in Québec sign language (QSL). * Services in QSL.

Eligibility: deaf, deafened, hard of hearing, deaf blind people and their families

Coverage area: Laurentides

Hours: reception: Monday to Friday 9h00 to 16h30, support and activities: Monday to Thursday 9h00 to 16h00, by appointment

Fees: annual membership: \$10

Financing: contributions, provincial, donations

Legal status: non-profit organization

CENTRE D'AIDE PERSONNES TRAUMATISÉES CRÂNIENNES ET HANDICAPÉES PHYSIQUES LAURENTIDES

643 de Martigny Street West, Saint-Jérôme, Laurentides, QC, J7Z 5T7

1 888 431-3437 Fax: 450 431-7955

Website: www.captchpl.org

Email: captchpl@videotron.ca

Services: Interest promotion and assistance for advocacy and respect of the rights of their members. * Reception, referral and information.* Support for families and relatives.* Counselling and active listening, one on one support and psychosocial follow-up.* Orientation towards available resources.* Self-help or sharing group meetings.* Prevention and awareness activities.* Recreational activities.* Documentation centre.

Eligibility: adults with brain injuries or physical disabilities, their families and relatives

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

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

Financing: donations, provincial

Legal status: non-profit organization

CENTRE SIDA AMITIÉ

527 Saint-Georges Street, Saint-Jérôme, Laurentides, QC, J7Z 5B6

450 431-7432

Website: www.centresidaamitie.com

Email: info@csalaurentides.com

Services: Support to people living with HIV/AIDS or viral hepatitis and their families. * Welcoming, listening and support.* Medical accompaniment and accompaniment in the procedures.* Medical clinic: screening, vaccination, treatment and medical follow-up.* Medical follow-ups for trans people.* Prevention: distribution of sterile equipment, exchange of syringes, distribution of condoms, informational documents.* Preventive treatment for HIV.* Awareness campaign and informational workshops.* Training, workshops and conferences for health, social and community workers.* Advocacy.* Food assistance for people with HIV. * Services for people affected by HIV-related loss.* Monthly recreational and social activities.

Eligibility: people living with HIV or hepatitis C and their relatives, people at risk of contracting or transmitting HIV, hepatitis C or another STD

Coverage area: Laurentians

Hours: centre: Monday to Friday 9h00 to 17h00, Wednesday evenings, clinic: Tuesday and Thursday 9h00 to 17h00, Wednesday 13h00 to 20h00, Friday 9h00 to 12h00

Fees: free, except for some workshops

Financing: donations, provincial, federal

Legal status: non-profit organization

FIBROMYALGIE SAINT-EUSTACHE ET BASSES-LAURENTIDES

Confidential Address

514 914-1307

Email: fibro.fsebl@videotron.ca

Services: * Information on fibromyalgia.* Support for people and their relatives.* Listening over the telephone or via Internet.* Breakfast get-togethers.* Workshops.* Outings.

Eligibility: people with fibromyalgia, their relatives

Coverage area: Basses-Laurentides

Hours: variable

Financing: donations, contributions

Legal status: non-profit organization

The Blind

CENTRE DE RÉADAPTATION EN DÉFICIENCE PHYSIQUE LE BOUCLIER - SAINT-EUSTACHE

29 d'Oka Road, Suite 220, Saint-Eustache, Laurentides, QC, J7R 1K6

450 473-2085

Website: www.santelaurentides.gouv.qc.ca

Services: Adaptation, readaptation and social integration.

Eligibility: people of all ages with a visual, language, motor or hearing disability

Coverage area: Laurentides

Financing: foundation, provincial

Legal status: parapublic organization

Therapy and rehabilitation centres

CENTRE DU FLORÈS - ENFANCE DI N-6 ANS

140 Grande Côte Road, Rosemère, Laurentides, QC, J7A 1H3

450 433-1957 Fax: 450 433-2616

Website:

www.centreduflores.com/cisssl_centre_du_flores/ou_nous_trouver/adresses_du_centre_du_flores.html

Services: * Specialized adaptation and rehabilitation services promoting social integration of children of less than 6 years old with an intellectual disability.* Support to parents and relatives.

Eligibility: children with an intellectual disability, their families

Coverage area: Laurentides

Financing: provincial

Legal status: parapublic organization

Psychosocial support

CAREGIVERS

DOMESTIC VIOLENCE

SEXUAL ASSAULT AND INCEST

SUPPORT FOR VICTIMS

THERAPY AND COUNSELLING

Caregivers

GROUPE RELÈVE POUR PERSONNES APHASIQUES - AVC LAURENTIDES

268 de la Grande-Côte Road, Saint-Eustache, Laurentides, QC, J7P 1B9

1 866 974-1888 Fax: 450 974-3757

Website: www.grpa.ca

Email: info@grpa.ca

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

Eligibility: people with aphasia who experienced a stroke, caregivers

Coverage area: Laurentides

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

Fees: membership: \$20 per year

Financing: provincial

Legal status: non-profit organization

GROUPE RELÈVE POUR PERSONNES APHASIQUES - AVC LAURENTIDES - POINT DE SERVICE MONT-LAURIER

CHSLD Sainte-Anne, 411 de la Madone Street, Mont-Laurier, Laurentides, QC, J9L 1S1

1 866 974-1888 Fax: 450 974-3757

Website: www.grpa.ca

Email: info@grpa.ca

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

Eligibility: people with aphasia who experienced a stroke, caregivers

Coverage area: Laurentides

Hours: Thursday 10h00 to 15h00

Fees: membership: \$20 per year

Financing: provincial

Legal status: non-profit organization

GROUPE RELÈVE POUR PERSONNES APHASIQUES - AVC LAURENTIDES - SAINTE-ADÈLE

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

1 866 974-1888 Fax: 450 974-3757

Website: www.grpa.ca

Email: grouperelève@gmail.com

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

Eligibility: people with aphasia who experienced a stroke, caregivers

Coverage area: Laurentides

Hours: Friday 10h00 to 15h00

Fees: membership: \$20 per year

Financing: provincial

Legal status: non-profit organization

LIBELLULE (LA), POUR LES PERSONNES VIVANT AVEC UNE DÉFICIENCE INTELLECTUELLE ET LEURS PROCHES

865 43th Street, Pointe-Calumet, Laurentides, QC, J0N 1G2

450 472-4532 Fax: 450 472-0977

Website: www.lalibellule.org

Email: la.libellule@videotron.ca

Services: Day centre for adults. * Weekend respite for adults and young adults.* Family and caregiver support: information, referral, technical or psychosocial support.* Workshop centre for autonomous adults.*

Information sessions, conferences.

Eligibility: people 21 years and over living with an intellectual disability (ID) or an autism spectrum disorder (ASD), their relatives

Capacity: day centre: 20, respite: 7

Coverage area: MRC Deux-Montagnes, MRC Thérèse-de-Blainville, South of Mirabel

Hours: day centre: Monday to Friday 9h00 to 16h00, weekend respite: Friday 16h00 to Sunday 16h00

Fees: day centre: \$11, workshop centre: \$7 per day, respite: \$150 per weekend

Financing: self-financing, grants

Legal status: non-profit organization

MULTIPLE SCLEROSIS SOCIETY OF CANADA - QUÉBEC DIVISION - LAURENTIDES SECTION

500 des Laurentides Boulevard, Suite 28, Saint-Jérôme, Laurentides, QC, J7Z 4M2

1 866 590-4469 Fax: 450 436-3273

Website: scleroseenplaques.ca/section/laurentides

Email: info.laurentides@scleroseenplaques.ca

Services: * Information program 'Hope and cope' for people who received a diagnosis of multiple sclerosis.*

Telephone support and advice.* Activities to break isolation: meetings, coffee, meals, outings and events.*

Advocacy.* Adapted services.* Support for caregivers.* Lectures, seminars, conventions.

Eligibility: people diagnosed with multiple sclerosis, caregivers, spouses

Coverage area: Laurentides

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

Financing: fundraising campaigns

Legal status: non-profit organization

PALLIA-VIE - SERVICES D'ACCOMPAGNEMENT POUR PERSONNES ATTEINTES ET PROCHES AIDANTS

385 Lebeau Street, Saint-Jérôme, Laurentides, QC, J7Y 2M8

450 431-3331 Fax: 450 431-5929

Website: www.pallia-vie.ca

Email: manon.chicoine@pallia-vie.ca

Services: * Support for people with a cancer or generative disease and their relatives.* Support for people going through bereavement, including youth.

Coverage area: Laurentides

Hours: Monday to Friday 8h00 to 16h30

Fees: membership: \$10

Financing: donations

Legal status: non-profit organization

SERVICE DE RELATION D'AIDE LAVAL-LAURENTIDES

5 du Marquis Street, Blainville, Laurentides, QC, J7C 4K7

514 990-2619

Website: www.srall.ca

Services: Counseling services. * Consultation for personal, work related or relational difficulties. * Individual, group or couple consultation.* Self-help groups and consultation for caregivers.

Coverage area: Laval, Laurentides

Hours: on appointment

Fees: subscription: \$15, consultation: \$25 for the first 4 weeks, according to the income after

Financing: L'APPUI, grants, self-financing

Legal status: non-profit organization

SOCIÉTÉ ALZHEIMER LAURENTIDES

31 Principale Street East, Suite 100, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1J5

1 800 978-7881 Fax: 1 819 326-9664

Website: www.alzheimerlaurentides.com

Email: admin@salaurentides.ca

Services: Information on different aspects of Alzheimer's disease. * Helpline.* Individual and family meetings.* Documentation centre.* Home respite, accompaniment and stimulation.* Friday respite for people at early stages.* Monthly support groups for caregivers.* Conferences for caregivers.* Professional training program.

Eligibility: people 16 years and over with Alzheimer's or a similar disease, their relatives, caregivers, professionals, general public

Capacity: support groups: 10 and 20 people

Coverage area: Laurentides

Hours: Monday to Friday 8h30 to 16h30, support groups: day and evening

Fees: home respite: \$20 per visit, other services: none

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization

Domestic violence

ACCUEIL COLLECTIF DES CONJOINTS EN RELATION OPPRIMANTE ET COLÉRIQUE

60 des Hauteurs Boulevard, Saint-Jérôme, Laurentides, QC, J7Y 1R4

1 877 460-9966 Fax: 1 450 569-8208

Website: www.accroc.qc.ca

Email: info@accroc.qc.ca

Services: * Therapy groups for men with violent behaviors in a relationship or family setting and for men with relationship problems.* Therapy groups for teenagers with violent behaviors.* Therapy for men with violent behaviors.* Training and awareness.

Eligibility: boys and girls 12 to 18 years old and adult men with violent behaviors

Coverage area: MRC Deux-Montagnes, MRC Mirabel, MRC Thérèse-de Blainville, MRC Rivière-du-Nord, MRC Argenteuil, MRC Antoine-Labelle

Hours: 7 days, 8h00 to 0h00

Fees: depending on the income

Financing: grants

Legal status: non-profit organization

MITAN (LE)

92 Blainville Street East, Sainte-Thérèse, Laurentides, QC, J7E 1L8

450 435-3651 Fax: 450 435-3653

Website: www.lemitan.com

Services: * Housing and psychosocial support.* Hotline.* Individual counselling and occasional helping relationship.* Domestic violence prevention and awareness.* External awareness group.

Eligibility: women victims of domestic violence and their children

Capacity: 16 people

Coverage area: Province of Québec

Hours: 24 hours, 7 days

Financing: provincial, self-financing

Legal status: non-profit organization

Sexual assault and incest

INFOVAS

Confidential Address

450 473-8765

Website: infovas.jimdo.com

Services: Awareness concerning sexual violence. * Workshops and trainings about sexual violence. * Conferences-testimony. * Awareness and prevention in schools. * Online information for parents, teenagers, victims and interveners about sexual violence.

Eligibility: children, teenagers men and women victims of sexual violence and organizations, associations or people concerned or interested by this issue

Coverage area: Basses-Laurentides, Laval and Montréal

Fees: free

Legal status: non-profit organization

SEXUAL ASSAULT CRISIS HELP CENTRE - LAURENTIDES

Confidential Address

450 565-6231 Fax: 450 565-8561

Email: info@calacs-laurentides.com

Services: * Psychosocial support, accompaniment, medical and legal referrals. * Information on victims' rights and recourses, awareness, self-defense group. * Telephone listening. * Closed progress groups for women and teenagers who have fallen victims of incest or sexual abuse. * Individual follow-up for victims. * Prevention workshops for parents. * Support to relatives. * Training of social counsellors. * Prevention program in schools.

Eligibility: women 12 years old and over who were sexually assaulted and their relatives

Capacity: progress group: about 7 to 10 people

Coverage area: Laurentians: 6 MRC located South of Sainte-Agathe

Hours: Monday to Friday 8h30 to 17h30

Fees: free of charge for victims, minimum fees for workshops

Financing: self-financing, provincial

Legal status: non-profit organization

TOIT POUR SE RECONSTRUIRE (UN)

Confidential Address

514 688-5644

Website: www.untoitpoursereconstruire.jimdo.com

Email: untoitpoursereconstruire@gmail.com

Services: Resources for victims of sexual violence. * Training, workshops, conferences. * Self-defense classes. * Development of a project including a living environment and short and long-term housing.

Eligibility: victims of sexual violence who have developed traumatic memory, general public, organizations, associations

Coverage area: Basses-Laurentides

Hours: by appointment

Fees: variable

Financing: self-financing, fundraising campaigns, donations

Legal status: non-profit organization

Support for victims

MESURES ALTERNATIVES DES BASSES-LAURENTIDES

209 de la Grande-Côte Road, Boisbriand, Laurentides, QC, J7G 1B6

450 437-9903 Fax: 450 437-8293

Website: www.mabl.ca

Email: mabl@b2b2c.ca

Services: Prevention, awareness and information program in relation with the Youth Criminal justice Act. * Offers alternative sentencing for the traditional justice system and solutions for conflict management.* Citizen mediation service.

Eligibility: teenagers aged 12 to 17 years old who have been prosecuted under the criminal or criminal procedure Code, general population

Coverage area: Basses-Laurentides

Hours: Monday to Friday 8h30 to 16h30

Legal status: non-profit organization

Therapy and counselling

STRESS FREE PLANET

161 de la Gondole Street, Saint-Eustache, Laurentides, QC, J7P 1N6

450 338-6838

Website: www.stressfreeplanet.org

Email: info@planetesansstress.org

Services: Stress prevention and information. * Promotion of alternative stress management methods.* StressFest.

Coverage area: Greater Montréal

Legal status: non-profit organization

Seniors

CAREGIVERS

COMMUNITY AND RECREATION CENTRES

DAY CENTRES AND RESPITE

HOME SUPPORT

HOUSING FOR SENIORS

INTERGENERATIONAL ACTIVITIES

SENIORS' ADVOCACY AND ASSISTANCE ASSOCIATIONS

VOLUNTEER TRANSPORTATION

Caregivers

GROUPE RELÈVE POUR PERSONNES APHASIQUES - AVC LAURENTIDES

268 de la Grande-Côte Road, Saint-Eustache, Laurentides, QC, J7P 1B9

1 866 974-1888 Fax: 450 974-3757

Website: www.grpa.ca

Email: info@grpa.ca

Services: * Information, documentation.* Physical and social activities: adapted physical exercise, outings.*

Artistic activities: creative workshops, music therapy, art therapy (drawing and painting), theatrical improvisation.* Communication: coffee-meetings, language stimulation.* Support group for caregivers.

Eligibility: people with aphasia who experienced a stroke, caregivers

Coverage area: Laurentides

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

Fees: membership: \$20 per year

Financing: provincial

Legal status: non-profit organization

GROUPE RELÈVE POUR PERSONNES APHASIQUES - AVC LAURENTIDES - POINT DE SERVICE MONT-LAURIER

CHSLD Sainte-Anne, 411 de la Madone Street, Mont-Laurier, Laurentides, QC, J9L 1S1

1 866 974-1888 Fax: 450 974-3757

Website: www.grpa.ca

Email: info@grpa.ca

Services: * Information, documentation.* Physical and social activities: adapted physical exercise, outings.*

Artistic activities: creative workshops, music therapy, art therapy (drawing and painting), theatrical improvisation.* Communication: coffee-meetings, language stimulation.* Support group for caregivers.

Eligibility: people with aphasia who experienced a stroke, caregivers

Coverage area: Laurentides

Hours: Thursday 10h00 to 15h00

Fees: membership: \$20 per year

Financing: provincial

Legal status: non-profit organization

GROUPE RELÈVE POUR PERSONNES APHASIQUES - AVC LAURENTIDES - SAINTE-ADÈLE

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

1 866 974-1888 Fax: 450 974-3757

Website: www.grpa.ca

Email: grouperelève@gmail.com

Services: * Information, documentation.* Physical and social activities: adapted physical exercise, outings.*

Artistic activities: creative workshops, music therapy, art therapy (drawing and painting), theatrical improvisation.* Communication: coffee-meetings, language stimulation.* Support group for caregivers.

Eligibility: people with aphasia who experienced a stroke, caregivers

Coverage area: Laurentides

Hours: Friday 10h00 to 15h00

Fees: membership: \$20 per year

Financing: provincial

Legal status: non-profit organization

LIBELLULE (LA), POUR LES PERSONNES VIVANT AVEC UNE DÉFICIENCE INTELLECTUELLE ET LEURS PROCHES

865 43th Street, Pointe-Calumet, Laurentides, QC, J0N 1G2

450 472-4532 Fax: 450 472-0977

Website: www.lalibellule.org

Email: la.libellule@videotron.ca

Services: Day centre for adults. * Weekend respite for adults and young adults.* Family and caregiver support: information, referral, technical or psychosocial support.* Workshop centre for autonomous adults.* Information sessions, conferences.

Eligibility: people 21 years and over living with an intellectual disability (ID) or an autism spectrum disorder (ASD), their relatives

Capacity: day centre: 20, respite: 7

Coverage area: MRC Deux-Montagnes, MRC Thérèse-de-Blainville, South of Mirabel

Hours: day centre: Monday to Friday 9h00 to 16h00, weekend respite: Friday 16h00 to Sunday 16h00

Fees: day centre: \$11, workshop centre: \$7 per day, respite: \$150 per weekend

Financing: self-financing, grants

Legal status: non-profit organization

MULTIPLE SCLEROSIS SOCIETY OF CANADA - QUÉBEC DIVISION - LAURENTIDES SECTION

500 des Laurentides Boulevard, Suite 28, Saint-Jérôme, Laurentides, QC, J7Z 4M2

1 866 590-4469 Fax: 450 436-3273

Website: scleroseenplaques.ca/section/laurentides

Email: info.laurentides@scleroseenplaques.ca

Services: * Information program 'Hope and cope' for people who received a diagnosis of multiple sclerosis.* Telephone support and advice.* Activities to break isolation: meetings, coffee, meals, outings and events.* Advocacy.* Adapted services.* Support for caregivers.* Lectures, seminars, conventions.

Eligibility: people diagnosed with multiple sclerosis, caregivers, spouses

Coverage area: Laurentides

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

Financing: fundraising campaigns

Legal status: non-profit organization

PALLIA-VIE - SERVICES D'ACCOMPAGNEMENT POUR PERSONNES ATTEINTES ET PROCHES AIDANTS

385 Lebeau Street, Saint-Jérôme, Laurentides, QC, J7Y 2M8

450 431-3331 Fax: 450 431-5929

Website: www.pallia-vie.ca

Email: manon.chicoine@pallia-vie.ca

Services: * Support for people with a cancer or generative disease and their relatives.* Support for people going through bereavement, including youth.

Coverage area: Laurentides

Hours: Monday to Friday 8h00 to 16h30

Fees: membership: \$10

Financing: donations

Legal status: non-profit organization

SERVICE DE RELATION D'AIDE LAVAL-LAURENTIDES

5 du Marquis Street, Blainville, Laurentides, QC, J7C 4K7

514 990-2619

Website: www.srall.ca

Services: Counseling services. * Consultation for personal, work related or relational difficulties. * Individual, group or couple consultation.* Self-help groups and consultation for caregivers.

Coverage area: Laval, Laurentides

Hours: on appointment

Fees: subscription: \$15, consultation: \$25 for the first 4 weeks, according to the income after

Financing: L'APPUI, grants, self-financing

Legal status: non-profit organization

SOCIÉTÉ ALZHEIMER LAURENTIDES

31 Principale Street East, Suite 100, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 1J5

1 800 978-7881 Fax: 1 819 326-9664

Website: www.alzheimerlaurentides.com

Email: admin@salaurentides.ca

Services: Information on different aspects of Alzheimer's disease. * Helpline.* Individual and family meetings.* Documentation centre.* Home respite, accompaniment and stimulation.* Friday respite for people at early stages.* Monthly support groups for caregivers.* Conferences for caregivers.* Professional training program.

Eligibility: people 16 years and over with Alzheimer's or a similar disease, their relatives, caregivers, professionals, general public

Capacity: support groups: 10 and 20 people

Coverage area: Laurentides

Hours: Monday to Friday 8h30 to 16h30, support groups: day and evening

Fees: home respite: \$20 per visit, other services: none

Financing: provincial, fundraising campaigns, donations

Legal status: non-profit organization

Community and Recreation Centres

4 KORNERS FAMILY RESOURCE CENTRE

200 Henri-Dunant Street, Deux-Montagnes, Laurentides, QC, J7R 4W6

1 888 974-3940 Fax: 450 974-0147

Website: www.4kornerscenter.org

Email: info@4kornerscenter.org

Services: Assistance to English-speaking people and families. * Information and referral.* Information sessions and workshops for caregivers.* Senior men's drop-in.* Physical, social and cultural activities.* Other points of services: 50 Corbeil Street, Sainte-Agathe-des-Monts and 508 Principale Street, Lachute.

Eligibility: families, seniors and caregivers

Coverage area: Laurentides

Hours: Deux-Montagnes: Monday to Friday 8h30 to 15h30, Lachute and Sainte-Agathe-des-Monts: Monday to Friday 9h00 to 16h00

Fees: membership: \$25 annually, most programs and services are free for members

Financing: l'APPUI des Laurentides, Centraide Laurentides, provincial, federal, fundraising campaigns, grants, donations

Legal status: non-profit organization

ASSOCIATION DE L'ÂGE D'OR DE BOIS-DES-FILION

Confidential Address

450 420-3448

Website: www.agedorbdf.com

Email: g.flanagan@videotron.ca

Services: Recreational and social activities for seniors. * Bingo, cards and bowling.* Dance classes.* Outings: casino, sugar shack, theater, apple picking.* Community meals.

Eligibility: people aged 50 years and over

Coverage area: Bois-des-Filion and surroundings

Hours: Tuesday 9h00 to 16h00, one Wednesday a month 18h00 to 21h30, Thursday 12h00 to 16h00

Financing: self-financing

Legal status: non-profit organization

ASSOCIATION HORIZON ROSEMÈRE (L')

202 de la Grande-Côte Road, Rosemère, Laurentides, QC, J7A 1H4

450 434-5770

Email: info@associationhorizonrosemere.com

Services: Leisure for seniors. * Community dinners.* Dancing, zumba, yoga, Tai-Chi.* Knitting club.* Scrabble, card games: Bridge, Crib.* Bingo, pool table.

Eligibility: people 50 years and over

Capacity: 200

Coverage area: Rosemère

Legal status: non-profit organization

BONHEUR DE VIVRE DE SAINT-CANUT (LE)

9950 Saint-Canut Boulevard, Mirabel, Laurentides, QC, J7N 1K1

450 560-9163

Services: Senior's club. * Card games, pocket ball, races of dogs, bowling.* Organized trips.* Theme dinners.

Eligibility: people 50 years and over

Coverage area: Mirabel

Hours: variable

Fees: membership card: \$25

Financing: self-financing

Legal status: non-profit organization

CENTRE 50+ BLAINVILLE

1015-A Curé-Labelle Boulevard, Blainville, Laurentides, QC, J7C 2M2

450 435-1708 Fax: 450 435-3003

Website: centre50plusblainville.qc.ca

Email: info@centre50plusblainville.qc.ca

Services: Seniors centre. * Language classes: English and Spanish.* Fitness: stretching, crossfit, Swiss ball, tap dance.* Computer classes.* Arts: painting, stained glass, dancing and theatre.* 3rd Age University.

Eligibility: seniors 50 years and over

Coverage area: Basses-Laurentides

Hours: Monday to Friday 9h00 to 12h00 and 13h15 to 16h00

Fees: variable

Financing: self-financing, contributions

Legal status: non-profit organization

CENTRE D'AIDE ET DE RÉFÉRENCE DE SAINTE-ANNE-DES-PLAINES

181 3rd Avenue, Sainte-Anne-des-Plaines, Laurentides, QC, J0N 1H0

450 838-8288 Fax: 450 838-7025

Email: lecar3@hotmail.com

Services: Day centre for seniors. * Information and referral.* Social activities.* Occasional respite.* Medical and legal transportation and accompaniment. * Food bank for low-income people.* Community meals.* Collective kitchen.* Lunch box delivered at school for children.* Training on the caregiver role and on preventing burnout.* Self-help group facilitated by a social worker or a guest speaker.

Eligibility: seniors, people with a loss of autonomy, caregivers

Coverage area: Sainte-Anne-des-Plaines, services for caregivers: MRC de Thérèse-De Blainville

Hours: Monday to Thursday 8h30 to 16h30, community meals: every Thursday

Fees: annual membership: \$10, meetings and trainings: free of charge for members

Financing: Centraide Laurentides, L'Appui, provincial

Legal status: non-profit organization

CERCLE D'AMITIÉ DE STE-THÉRÈSE (LE)

Maison du Citoyen, 37 Turgeon Street, Sainte-Thérèse, Laurentides, QC, J7E 3H2
450 435-6925

Services: * Social meetings.* Recreational activities: card games and bingo.

Eligibility: seniors 50 years and over

Coverage area: Sainte-Thérèse

Hours: Monday 11h30 to 16h00

Fees: membership card: \$12 per year, activities: \$1 for members and \$2 for non-members, snacks included

Financing: self-financing

Legal status: non-profit organization

CLUB COEURS JOYEUX DE ST-EUSTACHE

184 Saint-Eustache Street, Suite 216, Saint-Eustache, Laurentides, QC, J7R 2L7
450 491-6860 Fax: 450 491-6860

Email: coeursjoyeux1@hotmail.com

Services: Community centre for people aged 50 and older. * Courses and sporting activities to break seniors out of their isolation.

Eligibility: seniors aged 50 years old and over

Coverage area: MRC Deux-Montagnes

Hours: Monday to Thursday 10h00 to 12h00 and 13h00 to 15h30

Fees: annual subscription

Financing: contributions, self-financing

Legal status: non-profit organization

CLUB DE L'ÂGE D'OR DE DEUX-MONTAGNES

Veterans Room, 141 Grand-Moulin Street, Deux-Montagnes, Laurentides, QC, J7R 3C8
450 974-9263

Email: jacquelineamjohnson@gmail.com

Services: Social and recreational activities for seniors. * Weekly activities: card games, cribble and indoor pétanque.* Occasional Military Whist.* Thematic dinners four times a year.

Eligibility: seniors

Coverage area: Deux-Montagnes

Hours: Thursday 19h00 to 22h00

Fees: membership card: \$10 per year

Financing: self-financing

Legal status: non-profit organization

CLUB DE L'ÂGE D'OR DE MIRABEL

13816 de l'Église Street, Mirabel, Laurentides, QC, J7J 1L3
450 435-3455

Services: * Pocket baseball, petanque, card games, community meals, dancing, travel, outings.

Eligibility: people 40 years and over

Coverage area: Mirabel

Hours: variable

Fees: membership card: \$10

Financing: self-financing

Legal status: non-profit organization

CLUB DE L'ÂGE D'OR LE BLAINVILLOIS

1000 du Plan-Bouchard Road, Blainville, Laurentides, QC, J7C 3S9
450 435-1543

Email: nicole.perreault@hotmail.fr

Services: * Recreational and social activities: dance, zumba, board games and cards.* Bingo.* Cultural outings and trips.

Eligibility: people 45 years and over

Coverage area: Blainville

Hours: Monday 9h15 to 16h00, dance: Wednesday evening, bingo: 3rd Friday of the month 13h00, zumba: Friday 10h00

Fees: residents: \$10, non-residents: \$55

Financing: self-financing

Legal status: non-profit organization

CLUB DE L'ÂGE D'OR LORR'AÎNÉS

4 de Montbéliard Boulevard, Lorraine, Laurentides, QC, J6Z 4L1

450 965-2247

Website: www.clublorraines.com

Email: clublorraine@outlook.com

Services: Social and recreational activities for elders. * Card games, scrabble, military whist, pool, bowling and bocce.* Sports activities: physical conditioning and stretching.* Thematic meals.* Artistic workshops.* Book club.* Conferences.* Outings, shows and trips.

Eligibility: people 50 years and over

Coverage area: Lorraine

Hours: Monday to Thursday 8h00 to 17h00

Financing: self-financing

Legal status: non-profit organization

CLUB DES LOISIRS ENTRE-GENS SAINT-EUSTACHE

109 Saint-Nicolas Street, Saint-Eustache, Laurentides, QC, J7R 2N9

450 623-3486

Website: entre-gens.ca

Email: deber2009@live.ca

Services: * Social and recreational activities: dances, dinners, card games, etc.* Outings and trips.

Eligibility: people 40 years and over

Coverage area: Saint-Eustache and surroundings

Hours: Tuesday and Thursday 10h00 to 15h00, by phone: Monday to Thursday 10h00 to 15h00, closed June to August

Fees: membership: \$7

Financing: municipal, self-financing

Legal status: non-profit organization

JOYEUX AÎNÉS THÉRÉSIENS (LES)

37 Turgeon Street, Sainte-Thérèse, Laurentides, QC, J7E 3H4

514 794-7082

Website: www.fadoqsth.com

Services: Social and recreational activities. * Computer workshops.* Fitness, petanque and Tai Chi.* Bingo, military whist, shuffleboard, etc.* Thematic meals.* Outings and trips.

Eligibility: people 50 years and over

Coverage area: Sainte-Thérèse

Fees: membership: \$25 per year

Financing: self-financing

Legal status: non-profit organization

PETITS FRÈRES (LES) - MAISON JULIETTE-HUOT

440 Saint-Michel Street, Kanesatake, Laurentides, QC, J0N 1E0

450 479-6136 Fax: 450 479-1989

Website: www.petitsfreres.ca/oka

Email: maisonjuliettehuot@petitsfreres.ca

Services: Petit Frères's Holiday residence for lonely elders.

Eligibility: lonely elders (75 years and over) and without any significant social contact

Capacity: 25 beds in 16 rooms and a small dormitory

Coverage area: Greater Montreal

Hours: according to the stays

Fees: free

Financing: fundraising campaigns, self-financing, donations

Legal status: non-profit organization

PETITS FRÈRES (LES) - SAINT-EUSTACHE

131 Saint-Laurent Street, Saint-Eustache, Laurentides, QC, J7P 5H6

450 598-1888

Website: www.petitsfreres.ca/sainteustache

Email: saint-eustache@petitsfreres.ca

Services: Welcome and provide support to lonely elders. * Twinning with volunteers.* Home visit and accompaniment during special outings and celebrations of traditional holidays and birthdays.* Holidays at The Juliette Huot Home in Oka.

Eligibility: lonely elders (75 years and over) and without any significant social contact

Coverage area: Saint-Eustache and the surroundings

Fees: free

Financing: fundraising campaigns, self-financing

Legal status: non-profit organization

POPOTE À ROLAND (LA)

421 du Curé-Labelle Boulevard, Blainville, Laurentides, QC, J7C 2H4

450 435-9707

Email: lapopotea Roland@live.ca

Services: Meals and activities adapted to break the isolation of the elderly.

Capacity: 40 people

Coverage area: Blainville

Hours: mid-september to mid-may, Wednesday 10h00 to 15h00

Fees: 6\$ per day, including meals

Financing: municipal, provincial, donations, self-financing

Legal status: non-profit organization

SÉNIORS DE BLAINVILLE (LES)

1000 du Plan-Bouchard Road, Blainville, Laurentides, QC, J7C 3S9

450 625-4892

Email: seniorsdeblainvillefadoq@live.ca

Services: Recreational, social and sports activities for seniors. * Bingo and card games.* Line dancing, Tai Chi, Qi gong, etc.* Thematic meals.* Shows.

Eligibility: seniors 50 years and over

Coverage area: Blainville

Fees: membership card: \$25 per year

Financing: self-financing

Legal status: non-profit organization

UNIVERSITÉ DU TROISIÈME ÂGE - LAURENTIDES

Confidential Address

819 322-1262 Fax: 819 821-8044

Website: www.usherbrooke.ca/uta/prog/laurentides/ltd/

Email: info.uta.laurentides@gmail.com

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

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

Coverage area: Laurentides

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

Financing: donations, grants

Legal status: non-profit organization

Day centres and respite

MAISON ALOÏS ALZHEIMER

651 5th Street, Saint-Jérôme, Laurentides, QC, J7Z 2W8

450 660-6225

Website: www.maisonaloisalzheimer.org

Email: info@maisonaloisalzheimer.org

Services: * Day centre with stimulation activities.* Respite.* Psychosocial support and information for caregivers.

Eligibility: people with Alzheimer's or related diseases, caregivers

Coverage area: Laurentides

Hours: Monday to Friday 8h00 to 17h30

Financing: donations

Legal status: non-profit organization

Home support

BLAINVILLE - CITY

1000 Plan-Bouchard Road, Blainville, Laurentides, QC, J7C 3S9

450 434-5200 Fax: 450 434-8295

Website: blainville.ca

Email: accueil@blainville.ca

Services: Municipal services management. * Collection: heavy items, dead leaves and branches, cardboard surplus and pines, domestic and recyclable wastes.* Construction works, pets, pools, etc. licenses.* Online property assessment: www.e-services.acceo.com/immosoft/controller/ImmoNetPub/U4051/trouverParAdresse?fourn_seq=49* INFO-travaux:

geolocalisation of infrastructure works.* Fire protection and civil security.* PAIR Program.* Payment of tickets.

Hours: Monday to Friday 8h00 to 17h00

Legal status: municipal agency

CAP-EMMAUS

14961 Saint-Augustin Street, Mirabel, Laurentides, QC, J7N 1W8

450 475-7822

Email: paudage@videotron.ca

Services: Presence, listening and pastoral or spiritual care provided to sick or convalescing at home people and their relatives.

Eligibility: sick people, people who are recovering from their sickness or seniors

Capacity: volunteer training: group of 5 people or more

Coverage area: MRC Deux-Montagnes, MRC Thérèse-de-Blainville, MRC Mirabel

Hours: on call

Fees: free

Financing: donations

Legal status: non-profit organization

CENTRE POUR L'ENFANCE EN SANTÉ MENTALE DEUX-MONTAGNES

328 Chemin de la Grande Côte, Saint-Eustache, Laurentides, QC, J7P 1E7

450 623-5677 Fax: 450 623-6488

Website: www.cesamedeuxmontagnes.com

Email: cesame.cesame@videotron.ca

Services: * Workshops: early stimulation for children aged 3 to 5 years old, Vive la discipline for parents, along with daycare.* Conferences.* For members: community activities, home visits.

Eligibility: children aged 0 to 5 years old with behaviour, communication or socialization issues, their parents

Coverage area: MRC Deux-Montagnes and surroundings

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

Fees: membership: \$10 per year

Financing: federal, provincial, municipal, donations, grants

Legal status: non-profit organization

CIBLE-EMPLOI

100 Ducharme Boulevard, Suite 230, Sainte-Thérèse, Laurentides, QC, J7E 4R6

450 435-5462 Fax: 450 435-2406

Website: www.cible-emploi.qc.ca

Email: info@cible-emploi.qc.ca

Services: * Job seeking club.* CV and cover letters writing.* Career guidance.* Programs for people aged 50 to 64 years old.* Preparation for Secondary School Equivalency Tests (TENS).* Initiation computer workshops for job searching.* Program for people in physical rehabilitation.* Reclassification assistance committee.* Pre-selection of workers for the Service Employment Paycheque program.

Coverage area: MRC Thérèse-De-Blainville, MRC Deux-Montagnes and MRC Mirabel

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: non-profit organization

CIBLE-EMPLOI - SAINT-EUSTACHE

477 25th Avenue, Suite 210, Saint-Eustache, Laurentides, QC, J7P 4Y1

450 473-1842 Fax: 450 491-2586

Website: www.cible-emploi.qc.ca

Email: st-eustache@cible-emploi.qc.ca

Services: * Job seeking club.* CV and cover letters writing.* Career guidance.* Programs for people aged 50 to 64 years old.* Preparation for Secondary School Equivalency Tests (TENS).* Initiation computer workshops for job searching.* Pre-selection of workers for the Service Employment Paycheque program.

Coverage area: MRC Thérèse-De-Blainville, MRC Deux-Montagnes and MRC Mirabel

Hours: Monday to Friday 8h30 to 16h30

Financing: provincial

Legal status: non-profit organization

COOPÉRATIVE DE SOLIDARITÉ BON MÉNAGE DES BASSES-LAURENTIDES

755 Curé-Boivin Boulevard, Suite 101, Boisbriand, Laurentides, QC, J7G 2J2

450 979-2372 Fax: 450 979-2373

Email: info@coopdesbasseslaurentides.org

Services: * Home support: household chores, seasonal cleaning, light and heavy work.* Shopping assistance.* Meal preparation.* Respite for caregivers.
Eligibility: seniors with a loss of autonomy, caregivers, people 65 years and under referred by a CIUSSS, people with disabilities or having had surgery, new mothers
Coverage area: MRC Thérèse-de-Blainville, MRC Deux-Montagnes, South of Mirabel
Hours: office: Monday to Friday 8h30 to 16h00, services: Monday to Friday 8h00 to 18h00
Fees: household chores: hour rate adapted to the income, credited by the RAMQ for the financial exoneration program, respite: \$14 for 4 hours, \$24.50 for 7 hours
Financing: self-financing, grants, provincial
Legal status: non-profit organization

KANESATAKE HEALTH CENTER

12 Joseph Swan Road, Kanesatake, Laurentides, QC, J0N 1E0

450 479-6000 Fax: 450 479-8313

Website: www.kanesatakehealthcenter.ca

Email: info@kanesatakehealthcenter.ca

Services: Community health programs. * Health of mothers, infants and families.* Mental health and addictions prevention. * Diabetes and injuries prevention.* Primary care: community health nurse, vaccination, home care.* Medical transportation.* Drinking water monitoring.

Coverage area: Kanesatake

Hours: Monday to Friday 8h00 to 16h00

Financing: federal

Legal status: non-profit organization

PRÉVENTION TÉLÉPHONIQUE ÉCOUTE AUX AÎNÉS

28 Marineau Street, Saint-Joseph-Du-Lac, Laurentides, QC, J0N 1M0

450 472-7161

Email: dauphine48@hotmail.com

Services: * Prevention, safety, and medication reminder calls.

Eligibility: elderly, ill or disabled people

Coverage area: Montréal, Laval, Lower Laurentides, everywhere with Vidéotron

Hours: Monday to Friday 9h00 and 17h00

Fees: annual membership: \$35

Financing: grants, membership fees

Legal status: non-profit organization

REGROUPEMENT DES HANDICAPÉS VISUELS DES LAURENTIDES

500 des Laurentides Boulevard, Suite 115, Saint-Jérôme, Laurentides, QC, J7Z 4M2

450 432-9689 Fax: 450 304-1094

Website: www.rhvl.ca

Email: rhvl@videotron.ca

Services: Promotion of the interests of people with a visual disability. * Information, support and referral.* Phone listening and support.* Self-help.* Social meetings and recreational activities.* Home visits.* Advocacy of rights and awareness.* Adapted fitness.* Choir.

Eligibility: people with a visual disability, their relatives

Coverage area: Laurentides

Hours: Monday to Thursday 7h30 to 16h00

Legal status: non-profit organization

Housing for seniors

CENTRE D'HÉBERGEMENT DE SAINT-BENOÎT

9100 Dumouchel Street, Mirabel, Laurentides, QC, J7N 5A1

450 258-2481 Fax: 450 258-4980

Website: www.santelaurentides.gouv.qc.ca

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

Eligibility: seniors and people with a loss of autonomy

Coverage area: Mirabel

Financing: provincial

Legal status: parapublic organization

CENTRE D'HÉBERGEMENT DE SAINT-EUSTACHE

55 Chénier Street, Saint-Eustache, Laurentides, QC, J7R 4Y8

450 472-0013 Fax: 450 472-3104

Website: www.santelaurentides.gouv.qc.ca

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

Eligibility: seniors or people with a loss of autonomy

Coverage area: Laurentides

Financing: provincial

Legal status: parapublic organization

CENTRE D'HÉBERGEMENT DRAPEAU-DESCHAMBAULT

100 du Chanoine-Lionel-Groulx Street, Sainte-Thérèse, Laurentides, QC, J7E 5E1

450 437-4267 Fax: 450 437-0788

Website: www.santelaurentides.gouv.qc.ca

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

Eligibility: senior or people with a loss of autonomy

Coverage area: MRC Thérèse-De Blainville

Financing: provincial

Legal status: parapublic organization

CENTRE D'HÉBERGEMENT HUBERT-MAISONNEUVE

365 de la Grande-Côte Road, Rosemère, Laurentides, QC, J7A 1K4

450 430-4267

Website: www.santelaurentides.gouv.qc.ca

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

Eligibility: seniors or people with a loss of autonomy

Coverage area: MRC Thérèse-De Blainville

Financing: provincial

Legal status: non-profit organization

CENTRE D'HÉBERGEMENT LUCIEN-G.-ROLLAND

175 Durand Street, Saint-Jérôme, Laurentides, QC, J7Z 2V4

450 432-2777 ext. 23221

Website: www.santelaurentides.gouv.qc.ca

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

Eligibility: seniors or people with a loss of autonomy

Coverage area: Laurentides

Financing: provincial

Legal status: parapublic organization

CENTRE D'HÉBERGEMENT YOVILLE

531 Lavolette Street, Saint-Jérôme, Laurentides, QC, J7Y 2T8

450 432-2777 ext. 26761

Website: www.santelaurentides.gouv.qc.ca

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

Eligibility: seniors or people with a loss of autonomy

Coverage area: Laurentides

Financing: provincial

Legal status: parapublic organization

CENTRE D'HÉBERGEMENT YOVILLE

66 Danis Street, Saint-Jérôme, Laurentides, QC, J7Y 2R3

450 432-2777 ext. 23621

Website: www.santelaurentides.gouv.qc.ca

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

Eligibility: seniors or people with a loss of autonomy

Coverage area: Laurentides

Financing: provincial

Legal status: parapublic organization

DOMAINE CHÉNIER

401 de l'Accueil Street, Saint-Eustache, Laurentides, QC, J7R 5X7

450 472-0926 Fax: 450 472-5480

Email: domainechenier@videotron.ca

Services: Affordable housing for seniors. * Apartments 3½ and 4½.* Leisure activities.* Community room.* Hairdressing for residents.* Convenience store.

Eligibility: people aged 55 years and over autonomous, on a low or modest income and being resident of Saint-Eustache for at least 5 years

Capacity: 129 apartments

Coverage area: Saint-Eustache

Legal status: non-profit organization

DOMAINE CHÉNIER PHASE IV

401 de l'Accueil Street, Saint-Eustache, Laurentides, QC, J7R 5X7

450 472-0926 Fax: 450 472-5480

Email: domainechenier@videotron.ca

Services: Subsidized housing for seniors. * Apartments 3½ and 4½.* Adapted housing for disabled people.* Leisure activities.* Community room.* Hairdressing for residents.* Convenience store.

Eligibility: people aged 50 years and over, autonomous or with a slight loss of autonomy, on a low income

Capacity: 24 apartments

Coverage area: MRC Deux-Montagnes: Deux-Montagnes, Oka, Pointe-Calumet, Saint-Eustache, Saint-Joseph-du-Lac, Saint-Placide, Sainte-Marthe-sur-le-Lac

Fees: 25% of income

Financing: provincial

Legal status: non-profit organization

FONDATION ROSEMÈRE

325 de la Grande-Côte Road, Rosemère, Laurentides, QC, J7A 1K2

450 621-9841

Email: cguerin@ville.rosemere.qc.ca

Services: * Financial assistance up to \$1000 per person: drugs, mobility aids, housing adaptation, etc.

Eligibility: children and teenagers with disabilities and seniors for housing adaptation

Coverage area: Rosemère
Fees: none
Financing: self-financing
Legal status: non-profit organization

MANOIR BLAINVILLE

14 70th Avenue West, Blainville, Laurentides, QC, J7C 0K7
450 951-6194 Fax: 450 951-6195
Email: manoir.blainville@videotron.ca
Services: Seniors' housing.
Eligibility: seniors 75 years and over, autonomous or with a slight loss of autonomy
Capacity: 70 units
Coverage area: Blainville
Hours: Monday to Friday 9h00 to 15h00
Financing: self-financing
Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE BOISBRIAND

280 de la Grande-Côte Road, Boisbriand, Laurentides, QC, J7G 2P6
450 437-4146 Fax: 450 437-5418
Email: omhboisbriand@videotron.ca
Services: Management and administration of housing and housing programs. * Low-rent housing (HLM). * Rent supplement program (PSL). * Québec affordable housing program. * Accès Logis program. * Referral.
Eligibility: seniors on a low or moderate income
Capacity: 48 units
Coverage area: Boisbriand
Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE MIRABEL

15449 de Saint-Augustin Street, Mirabel, Laurentides, QC, J7N 2B1
450 475-6286 Fax: 450 475-6616
Email: omhmirabel@videotron.ca
Services: Manage and administer housing and housing programs: Low-rent housing (HLM), Rent supplement program (PSL), Québec affordable housing program, Referral service, Accès Logis program.
Eligibility: low and moderate income seniors and families
Capacity: 100 units
Coverage area: Mirabel
Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE ROSEMÈRE

66 Bouthillier Boulevard, Rosemère, Laurentides, QC, J7A 3V1
450 434-0502 Fax: 450 437-4133
Email: terrasserosemere@bellnet.ca
Services: Manage and administer housing and housing programs: Low-rent housing (HLM), Rent supplement program (PSL), Québec affordable housing program, Referral service, Accès Logis program.
Eligibility: seniors on a low and moderate income
Capacity: 80 housing whose 2 are adapted
Coverage area: Rosemère
Legal status: non-profit organization

OFFICE MUNICIPAL D'HABITATION DE SAINTE-THÉRÈSE

6 de l'Église Street, Suite 330, Sainte-Thérèse, Laurentides, QC, J7E 3L1

450 434-0502 ext. 110 Fax: 450 434-4570

Email: info@omhsaintetherese.ca

Services: Management and administration of housing and housing programs. * Low-rent housing (HLM). * Rent supplement program (PSL). * Accès Logis program. * Referral.

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

Capacity: 221 units

Coverage area: MRC Thérèse-de-Blainville

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

Financing: provincial, municipal

Legal status: municipal agency

Intergenerational activities

MAISON DE LA FAMILLE DE SAINTE-ANNE-DES-PLAINES

238 Beaupré Street, Sainte-Anne-des-Plaines, Laurentides, QC, J0N 1H0

450 478-6537

Website: www.maisondelafamillesadp.com

Email: mdf.sadp@videotron.ca

Services: Child and family services. * Reception, listening and referral. * Daycare. * Clothing depot. * Workshops for child, parents and parent-child. * YAPP: development of parental abilities. * Friendship coffee, collective kitchens, shared meals, etc. * Activities, outings, conferences. * Intergenerational activities. * Yoga. * Line dancing. * Knitting.

Eligibility: single people, families, couples

Coverage area: Sainte-Anne-des-Plaines

Hours: Monday to Thursday 8h30 to 16h00

Fees: various, daycare: free during activities, respite: \$5 for half a day or \$10 entire day

Financing: self-financing, grants

Legal status: non-profit organization

MAISON DES JEUNES D'OKA (LA)

39 Saint-Jacques Street, Oka, Laurentides, QC, J0N 1E0

450 479-1354 Fax: 450 415-1354

Website: www.mdjoka.com

Email: mdjoka@videotron.ca

Services: Supervised meeting place. * Listening, support and referral. * Homework assistance. * Educational, cultural, sports and social activities. * Outings. * Intergenerational projects. * Food bank. * Bridge club. * Christmas baskets.

Eligibility: youth 12 to 17 years old, food bank: residents on a low income, bridge club: seniors

Coverage area: Oka

Hours: Wednesday and Thursday 17h00 to 21h00, Friday 17h00 to 22h00, Saturday 13h00 to 22h00, food bank: Thursday 10h00 to 12h00

Financing: Centraide Laurentides, fundraising campaigns, provincial

Legal status: non-profit organization

Seniors' Advocacy and Assistance Associations

CENTRE D'ACTION BÉNÉVOLE SOLANGE-BEAUCHAMP

388 de la Grande-Côte Road, Suite 200, Rosemère, Laurentides, QC, J7A 1K7

450 430-5056 Fax: 450 430-0203

Website: www.cab-solange-beauchamp.com

Email: info@cabsb.org

Services: * Friendly visits and calls.* Medical transportation-accompaniment.* Community transportation.* Assistance with forms.* Meals-on-wheels.* RAPPID-OR: information and safety home visits with distribution of safety kits.* Caregivers: counselling, support groups, training and workshops.* Community worker for vulnerable or at-risk persons.

Eligibility: seniors 65 years and over, people with a loss of autonomy or recovering

Coverage area: MRC Thérèse-de-Blainville, RAPPID-OR program: Laval and Laurentides

Hours: Monday to Friday 8h30 to 16h00

Fees: variable

Financing: grants, donations

Legal status: non-profit organization

CENTRE D'ASSISTANCE ET D'ACCOMPAGNEMENT AUX PLAINTES - LAURENTIDES

100 des Hauteurs Boulevard, Saint-Jérôme, Laurentides, QC, J7Y 1R5

1 800 563-6261 Fax: 450 565-1114

Website: www.caaplaurentides.org

Email: info@caaplaurentides.org

Services: Centre assisting health and social services' users in their complaint process. * Information and referral about health and social services' users rights.* Support and counselling services.* Assistance in reporting harms.

Eligibility: users of public health and social services

Coverage area: Laurentides

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

Financing: provincial

Legal status: non-profit organization

FADOQ - LAURENTIANS REGION

499 Charbonneau Street, Suite 201, Mont-Tremblant, Laurentides, QC, J8E 3H4

1 800 828-3344 Fax: 819 429-6850

Website: www.fadoqlaurentides.org

Email: info@fadoqlaurentides.org

Services: Grouping people 50 years and over and representing them in instances requiring the defense of their rights and needs. * Organizing recreational and sporting activities.* Privilege Program giving access to discounts on various products and services.

Eligibility: seniors 50 years and over

Coverage area: Laurentians

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

Fees: membership: \$30 per year or \$50 for 2 years

Financing: membership fees, grants, self-financing

Legal status: non-profit organization

Volunteer Transportation

SERVICES POUR PERSONNES ATTEINTES DE CANCER

50 Chénier Street, Saint-Eustache, Laurentides, QC, J7R 1X1

450 491-1912 Fax: 450 491-5770

Website: www.maisonsercan.ca

Email: reception@maisonsercan.ca

Services: * Self-help group for people with cancer and the bereaved.* Pairing.* Individual and group accompaniment* Medical transportation.* Community luncheons.* Conferences.

Eligibility: people with cancer, their caregivers and bereaved adults, adolescents and children

Coverage area: MRC Deux-Montagnes

Hours: office: Monday to Friday 8h30 to 16h30, self-help groups: day and evening

Fees: annual contribution: \$10

Financing: grants, funding campaigns, self-financing, donations

Legal status: non-profit organization

Sex and gender

WOMEN'S ASSOCIATIONS

Women's associations

ASSOCIATION FÉMININE DE LORRAINE (L')

Centre culturel Laurent G. Belley, 4 de Montbéliard Boulevard, Lorraine, Laurentides, QC, J6Z 4L1
450 621-5948

Website: www.associationfemininedelorraine.com

Services: Social activities for women. * Outings, shows.* Conferences.* Cooking workshops.* Thematic meals.* Arts Day: artistic activities and various shows.* Women's Day: conference by a woman with a particular professional or personal background.

Eligibility: women

Coverage area: MRC Thérèse-de-Blainville, Ville de Lorraine in priority

Hours: variable

Fees: membership: \$85 per year

Financing: contributions

Legal status: non-profit organization

MATINÉES MÈRE-ENFANT DEUX MONTAGNES

200 Henri-Dunant Street, Deux-Montagnes, Laurentides, QC, J7R 4W6

Email: matineesme@gmail.com

Services: Varied social activities for mothers with their children. * Coffee-chat, conferences, outdoor activities, games, etc.* Entertainment for children 9 months and over.

Eligibility: mothers

Coverage area: Deux-Montagnes

Hours: Friday 9h00 to 11h30

Fees: \$12 per session

Financing: contributions

Legal status: non-profit organization

Sports and Recreation

LIBRARIES

Libraries

BLAINVILLE PUBLIC LIBRARY

1003 de la Mairie Street, Blainville, Laurentides, QC, J7C 3C7

450 434-5275 Fax: 450 434-5378

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

Email: bibliotheque@blainville.ca

Services: * Loan and renewal: access to books and audio-visual documents for children and adults.* On-site consultation, home service. * Computers, Internet access and printing devices.* Computer workstations, viewing and video game stations, office rooms.* Databases.* Animations and reading activities for any ages.* Fontainebleau branch: 75 des Châteaux Boulevard, Suite 103, Blainville.* La Renaissance branch: 370 D'Annecy Boulevard, Blainville.

Eligibility: children, youth and adults

Coverage area: Blainville

Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00, La Renaissance branch: Monday and Tuesday 13h00 to 21h00, Wednesday to Thursday 17h00 à 21h00, Friday and Saturday 10h00 to 12h00 and 13h00 to 17h00, Fontainebleau branch: Tuesday to Friday 12h00 to 21h00, Saturday 10h00 à 12h00 and 13h00 to 17h00

Fees: free subscription for the residents of Blainville showing their citizen card, annual fee for non-residents: \$75

Financing: municipal

Legal status: municipal agency

BOIS-DES-FILION - LIBRARY

60 36th Avenue, Bois-des-Filion, Laurentides, QC, J6Z 2G6

450 621-1460 ext. 160 Fax: 450 621-8483

Website: ville.bois-des-filion.qc.ca

Email: secloisirs@ville.bois-des-filion.qc.ca

Services: * Loan and renewal: access to books and audio-visual documents for children and adults.* On-site consultation.* Computers, Internet access.* Databases.* Animations and reading activities for any ages.

Eligibility: children, youth and adults

Coverage area: Bois-des-Filion

Hours: Monday and Friday 13h00 to 17h00, Tuesday, Wednesday and Thursday 13h00 to 17h00 and 18h30 to 21h00, Saturday 10h00 to 12h30, summer: Saturday closed

Fees: membership: free for citizens of Bois-des-Filion, for non-residents: \$100 per family or \$60 per person

Financing: municipal

Legal status: municipal agency

BOISBRIAND PUBLIC LIBRARY

901 de la Grande-Allée Boulevard, Boisbriand, Laurentides, QC, J7G 1W6

450 435-7466 Fax: 450 435-0627

Website: www.ville.boisbriand.qc.ca

Email: biblio@ville.boisbriand.qc.ca

Services: * Loan and renewal: access to books and audio-visual documents for children and adults.* Computers, Internet access and printing devices.* Study rooms.* Databases.* Animations and reading activities for any ages.* Battery, cellular and glasses recycling.* Story time.

Eligibility: children, youth and adults

Coverage area: Boisbriand

Hours: Monday to Friday 10h00 to 21h00, Saturday and Sunday 10h00 to 17h00

Fees: variable

Financing: municipal

Legal status: municipal agency

MIRABEL PUBLIC LIBRARY - DOMAINE-VERT NORD BRANCH

17530 Jacques-Cartier Street, Mirabel, Laurentides, QC, J7J 2R1

450 475-2059

Website: www.ville.mirabel.qc.ca/biblio

Email: biblio@ville.mirabel.qc.ca

Services: * Loan and consultation of books and audiovisual documents.* Computers, Internet access and printing devices.

Coverage area: Mirabel

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

Fees: subscription: free

Financing: municipal

Legal status: municipal agency

RÉSEAU BIBLIO DES LAURENTIDES

29 Brissette Street, Sainte-Agathe-des-Monts, Laurentides, QC, J8C 3L1

1 819 326-6440 Fax: 1 819 326-0885

Website: www.mabiblioamoi.ca

Email: info@crsbpl.qc.ca

Services: Regional public libraries network. * Loan of electronic books and resources.* Technical and professional support for member libraries.

Eligibility: member libraries

Coverage area: Laurentides and West of Lanaudière

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

Financing: municipal, provincial

Legal status: municipal agency

RÉSEAU BIBLIO DES LAURENTIDES - BIBLIOTHÈQUE D'OKA

183 des Anges Street, Oka, Laurentides, QC, J0N 1E0

450 479-8333 ext. 228 Fax: 450 479-1886

Website: www.mabibliotheque.ca

Email: pparenteau@municipalite.oka.qc.ca

Services: Public Library: loan and access to books and audio-visual documents. Internet access. Databases. Animations and reading activities for any ages.

Coverage area: Oka and South of Laurentides

Hours: Monday 13h00 to 16h00 and 18h00 to 20h30, Wednesday 13h00 to 16h00, Thursday 18h00 to 20h30, Friday 13h00 to 16h00, Saturday 9h00 to 12h00 and 13h00 to 16h00

Financing: municipal

Legal status: municipal agency

RÉSEAU BIBLIO DES LAURENTIDES - BIBLIOTHÈQUE DE SAINT-JOSEPH-DU-LAC

70 Montée du Village, Saint-Joseph-du-Lac, Laurentides, QC, J0N 1M0

450 623-7833 Fax: 450 623-2889

Website: www.mabibliotheque.ca

Email: biblio@sjdl.qc.ca

Services: Loan and consultation of books. * Computers and Internet access.* Book club for children.* Book club for teenagers.* Activities and events.

Coverage area: Saint-Joseph-du-Lac

Hours: Tuesday and Thursday 9h00 to 20h00, Wednesday and Friday 9h00 to 16h00, Saturday 9h00 to 15h00, summer: Tuesday and Thursday 13h00 to 20h00, Wednesday and Friday 13h00 to 16h00, Saturday 9h00 to 15h00

Fees: free for residents

Financing: municipal

Legal status: municipal agency

RÉSEAU BIBLIO DES LAURENTIDES - BIBLIOTHÈQUE LA SABLÈRE

190 41st Avenue, Pointe-Calumet, Laurentides, QC, J0N 1G2

450 473-5918 ext. 224

Website: www.mabibliotheque.ca

Email: bibliotheque@pointe-calumet.ca

Services: Loan and consultation of books and audiovisual documents. * Book club for children.* Story time.*
Conferences and events.

Coverage area: Pointe-Calumet, South of Laurentides

Hours: Tuesday 9h00 to 17h00, Thursday and Friday 13h00 to 20h00, Saturday 9h00 to 13h00

Fees: variable

Legal status: municipal agency

SAINT-EUSTACHE PUBLIC LIBRARY - SUCCURSALE RIVIÈRE-NORD

706 Primeau Street, Saint-Eustache, Laurentides, QC, J7R 7C6

450 974-5001 ext. 5042

Website: www.saint-eustache.ca/citoyens-bibliotheque/succursale-riviere-nord

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

Coverage area: Saint-Eustache

Hours: Monday, Tuesday and Friday 12h00 to 16h00, Thursday 12h00 to 20h00

Fees: subscription: free

Legal status: municipal agency

Youth

YOUTH CENTRES AND SUPPORT

Youth Centres and Support

MAISON DES JEUNES DE BLAINVILLE (LA)

1177 Curé-Labelle Boulevard, Blainville, Laurentides, QC, J7C 2N3

450 435-8866

Website: www.mdjblainville.com

Email: info@mdjblainville.com

Services: Meeting, belonging and gathering place. * Anonymous and confidential service for reception, listening, personalized referral, accompaniment, frontline intervention, animation and prevention. * Ease family tensions and relationship difficulties.

Eligibility: youth 12 to 17 years old

Coverage area: Blainville

Hours: Monday, Tuesday and Thursday 18h00 to 21h00, Friday 18h00 to 22h30

Financing: self-financing, provincial

Legal status: non-profit organization

MAISON DES JEUNES DE DEUX-MONTAGNES

108 13th Avenue, Deux-Montagnes, Laurentides, QC, J7R 3T8

450 491-3958 Fax: 450 491-3445

Website: www.mdjdm.ca

Email: mdjdm@videotron.ca

Services: * Social and cultural activities. * Thematic meetings. * Conferences and seminars on topics related to youth. * Promotion of volunteering.

Eligibility: youth 12 to 17 years old

Coverage area: MRC Deux-Montagnes

Hours: Monday to Thursday 15h00 to 22h00, Friday 16h00 to 23h00, Saturday and Sunday according to activities

Fees: \$2 per year

Financing: municipal, provincial

Legal status: non-profit organization

MAISON DES JEUNES DE ST-AUGUSTIN

8503 Saint-Jacques Street, Mirabel, Laurentides, QC, J7N 2A3

450 475-7277

Website: www.mdjmirabel.ca/mdj-st-augustin/pages/home.html

Email: mdjstaugustin@videotron.ca

Services: * Animation and youth intervention.

Eligibility: youth 12 to 17 years old

Coverage area: Mirabel: Saint-Augustin

Hours: Monday to Friday 16h00 to 21h00

Legal status: non-profit organization

MAISON DES JEUNES DE ST-BENOIT

4010 Saint-Jean-Baptiste Street, Mirabel, Laurentides, QC, J7N 2P8

450 412-0811

Website: www.mdjmirabel.ca/mdj-st-benoit/pages/home.html

Email: mdjstbenoit@videotron.ca

Services: * Animation and youth intervention.

Eligibility: youth 12 to 17 years old

Coverage area: Mirabel: Saint-Benoît

Hours: Monday to Friday 16h00 to 21h00

Legal status: non-profit organization

MAISON DES JEUNES DE ST-CANUT

9625 Saint-Canut Boulevard, Mirabel, Laurentides, QC, J7N 1N2

450 565-2585

Website: www.mdjmirabel.ca/mdj-st-canut

Email: mdjstcanut@videotron.ca

Services: * Animation and youth intervention.

Eligibility: youth 12 to 17 years old

Coverage area: Mirabel: Saint-Canut

Hours: Monday to Friday 16h00 to 21h00

Legal status: non-profit organization

MAISON DES JEUNES DE ST-HERMAS

4261 Lalande Street, Mirabel, Laurentides, QC, J7N 2Z4

450 258-4887

Website: www.mdjmirabel.ca/mdj-st-hermas/accueil.html

Email: mdjsthermas@hotmail.com

Services: * Animation and youth intervention.

Eligibility: youth 12 to 17 years old

Coverage area: Mirabel: Saint-Hermas

Hours: Wednesday, Thursday and Friday 16h00 to 21h00

Legal status: non-profit organization

MAISON DES JEUNES DE ST-JANVIER

13908 Curé-Labelle Boulevard, Mirabel, Laurentides, QC, J7J 1L3

450 435-8137

Website: www.mdjmirabel.ca/mdj-st-janvier

Email: mdjstjanvier@gmail.com

Services: * Animation and youth intervention.

Eligibility: youth 12 to 17 years old

Coverage area: Mirabel: Saint-Janvier

Hours: Monday to Friday 16h00 to 21h00

Financing: provincial, municipal

Legal status: non-profit organization

MAISON DES JEUNES DE STE-SCHOLASTIQUE

9945 de Belle-Rivière Street, Mirabel, Laurentides, QC, J7N 2X7

450 258-1675

Website: www.mdjmirabel.ca/mdj-ste-scholastique

Email: mdjstescho@hotmail.com

Services: * Animation and youth intervention.

Eligibility: youth 12 to 17 years old

Coverage area: Mirabel: Sainte-Scholastique

Hours: Tuesday to Friday 16h00 to 21h00

Legal status: non-profit organization

MAISON DES JEUNES SODARRID DE BOISBRIAND

989 de la Grande-Allée Boulevard, Boisbriand, Laurentides, QC, J7G 1W6

450 434-3104

Website: www.adobase.qc.ca

Services: Living environment for youth. * Socialization and support for youth.* Intervention in prevention and helping relationship.* Information and training on all topics concerning teenagers.

Eligibility: teenagers 12 to 17 years old, their parents

Coverage area: Boisbriand

Hours: Tuesday to Thursday 17h00 to 21h00, Friday 17h00 to 22h00, Saturday 16h00 to 22h00

Financing: provincial, federal, municipal, fundraising campaigns

Legal status: non-profit organization

SPOT (LE) - MAISON DES JEUNES DE SAINT-EUSTACHE

193 Arthur-Sauvé Boulevard, Saint-Eustache, Laurentides, QC, J7P 2A7

450 491-3336 Fax: 450 491-2339

Website: www.mdjsteustache.wix.com/mdj-lespot

Email: mdjsteustache@videotron.ca

Services: Educational, cultural and recreational services provided outside of normal school hours. * Outreach and preventive work.* Safe and healthy place for meeting.

Eligibility: youth from 12 to 17 years old

Coverage area: Saint-Eustache

Hours: Tuesday to Thursday 16h00 to 21h00, Friday 16h00 to 22h00

Fees: free

Financing: provincial, municipal grant, self-financing

Legal status: non-profit organization

SPOT (LE) - MAISON DES JEUNES DE SAINT-EUSTACHE - RIVIÈRE NORD

706 Primeau Street, Saint-Eustache, Laurentides, QC, J7R 7C6

450 598-6333

Website: www.mdjsteustache.wix.com/mdj-lespot

Email: mdjsteustache@videotron.ca

Services: Educational, cultural and recreational services offered outside school time. * Prevention and awareness work.* Healthy and safe meeting place for youth between 12 and 17 years old.* 6th grade project: youth of 11 years old are welcome.

Eligibility: youth between 11 and 17 years old

Coverage area: Saint-Eustache

Hours: Wednesday, Thursday and Friday 16h00 to 20h00

Fees: free

Financing: provincial, municipal, self-financing

Legal status: non-profit organization

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