

DOMESTIC HELP

Chiffon Magique Cooperative Solidarity

819 425-7484 or 1 877 611-7484

www.coopchiffonmagique.org

Domestic help (housekeeping, meal preparation, shopping) and personal care services.

FOOD / ASSISTANCE

Bouffe Laurentienne

819 430-6083

Café Communautaire Coup de Cœur Sainte-Agathe

819 217-5728

Centre d'action bénévole Laurentides

819 326-0819 or 819 425-8433

www.cab-laurentides.org

Healthy frozen meals, meals on wheels and community lunches.

FOOD BANKS:

Bouffe-Dépannage Sainte-Agathe

819 326-1324

Comptoir alimentaire Sainte-Lucie

819 324-5674

Comptoir alimentaire Val-David

514 616-6457

Comptoir Coup de pouce alimentaire Val-des-Lacs (and Lantier)

819 326-5624 ext. 3622

Comptoir d'entraide de Labelle (and La Minerve)

819 686-1878

Halte Alimentaire de Val-Morin

819 774-8570

La Samaritaine de Mont-Tremblant (and Amherst, Arundel, Barkmere, Brébeuf, Huberdeau, La Conception, Lac-Supérieur, Montcalm, St-Faustin-Lac-Carré)

819-429-5938

www.lasamaritaine.ca

RIGHTS

LEGAL AID

1 800 842-2213

www.csj.qc.ca

Association québécoise des droits des retraités (AQDR)

1 877 935-1551

www.aqdr.org

Rights for retired people.

Commission des droits de la personne et des droits de la jeunesse

1 800 361-6477

www.cdpcj.qc.ca

Human rights and youth commission.

FADOQ – Région des Laurentides

819 429-5858 or 1 877 429-5858

www.fadoq.ca/laurentides

Defending collective rights.

LISTENING / INFORMATION / REFERENCES

4 KORNERS

1 888 974-3940

www.4kornerscenter.org

Information, resources and assistance in accessing services in English.

CENTRE D'ÉCOUTE DE LAVAL

450 664-2787 or 1 888 664-1558

www.centredecoute.com

Telephone listening

INFO-AIDANT (CAREGIVER SUPPORT)

1 855 852-7784

www.lappui.org/Trouver-des-ressources/Repertoire-des-ressources?region=131

Caregiver support

INFO DIABÈTE

1 800 361-3504

www.diabete.qc.ca

Diabetes info

LIGNE AIDE ABUS AINES

1 888 489-2287

www.aideabusaines.ca

Elder mistreatment helpline

MOURNING SUPPORT

1 888 LE-DEUIL (533-3845)

www.maisonmonbourquette.com

INFO-CANCER

1 800 363-0063

www.fqc.qc.ca

HOUSING / ACCOMMODATION

Office municipal d'habitation des Laurentides (OMH)

819 425-7255

Housing for low-income individuals.

SOCIAL AND COMMUNITY HOUSING:

A limited number of low-income tenants can benefit from government financial assistance that will cap the rent at 25% of the tenant's income.

Habitations la Capucine, Val-Morin

20 Units

1 877 840-1211

Habitations Stephen Jake Beaven, Montcalm

24 Units

819 421-2487

Havre de Val-David

26 Units

819 507-1910

Le Versant d'Or, Sainte-Agathe-des-Monts

24 Units

819 216-5052

La Maison des Lucioles, Sainte-Lucie-des-Laurentides

12 Units

818 326-7819

Le trait d'union de St-Rémi, Amherst

28 Units

819 421-0026 ou 819 421-2487

Manoir Labellois, Labelle

30 Units

873 563-8507

Résidence Vallée de la Rouge, Huberdeau

26 Units

819 687-2103

VOLUNTEER

Centre d'action bénévole Laurentides

819 326-0819 or 819 425-8433

www.jebenevole.ca

Volunteer offers and requests.

VIOLENCE / ABUSE / MISTREATMENT

CALACS – L'ÉLAN

1 866 915-8484

www.lélan.org

Assistance and support services for women and teenage girls who are victims of sexual assault.

CAVAC Laurentians

1 800 492-2822

www.cavac.qc.ca

Crime victims assistance center. Free and confidential.

L'Ombre-Elle

819 326-1321

www.lombrelle.qc.ca

Accommodation, support group, external follow-up for women, with or without children, who are victims of domestic violence. Free and confidential.

PAIX

819 326-1400 or 1 800 267-3919

www.organismepaix.ca

Helping individuals responsible for violent behaviour (domestic and family).

Prévoyance envers les aînés des Laurentides

1 844 551-6032

www.prevoyanceaineslaurentides.org

Listening, support, reassurance and assistance throughout situations of vulnerability.

HEALTH AND SOCIAL SERVICES

Laurentian Integrated Health and Social Services Centre (CISSS)

www.santelaurentides.gouv.qc.ca/soins-et-services/soutien-a-domicile

INFO-SANTÉ AND INFO-SOCIAL : 811

Access desk services – Support Program for the autonomy of seniors

1 833 217-5362

Home support services if eligible (nursing, occupational therapy, physiotherapy, home care, psychosocial support, palliative care, respite, etc.)

External services centre (adapted exercises, cognitive stimulation groups, etc.).

Routine health care services

1 866 225-0104

Individuals must make their way to the CLSC.

Commissioner for Complaints and Quality of Services
1 866 822-0549

Contact 1 855 766-6387 extension 0:
Laurentian Hospital
CHSLD
CLSC
Users Committee

HEALTH - related organizations

CAPTCHPL
1 888 431-3437
www.captchpl.org

Laurentians help centre for individuals having suffered cranial trauma or who are physically handicapped.

Groupe Relève pour personnes aphasiques / AVC
1 866 974-1888
www.grpa.ca

Aphasia or stroke support

Palliaccio
819 717-9646 or 1 855 717-9646
www.palliaccio.org

Support, accompaniment and respite services at home for individuals with cancer, end-of-life patients and individuals in mourning.

Parkinson Québec Cœur des Laurentides
450 630-4122
www.parkinsonquebec.ca/regions/coeur-des-laurentides

Société Alzheimer Laurentides
819 326-7136 or 1 800 978-7881
www.alzheimerlaurentides.com

Support and assistance for individuals with neurodegenerative diseases and their families.

MENTAL HEALTH - related organizations

Centre prévention suicide Faubourg
1 866 APPELLE (277-3553)
www.cps-le-faubourg.org

Services for suicidal people, their loved ones and individuals in mourning following a suicide.

L'Envolée

819 326-5778

www.lenvoleerasm.com

Alternative mental health resource.

La Halte des Proches

1 800 663-0659

www.lahalte.ca

Help and support service for the loved ones of individuals suffering from mental illness.

SUPPORT FOR CAREGIVERS

Baluchon Alzheimer

1 855 762-2930

www.baluchonalzheimer.com

Respite for caregivers of an individual with Alzheimer's disease.

Centre d'action bénévole Laurentides

819 326-0819 or 819 425-8433

www.cab-laurentides.org

Psychosocial support, art therapy workshops, tax information clinic, and training.

CISSS des Laurentides

1 833 217-5362

www.santelaurentides.gouv.qc.ca/soins-et-services/soutien-a-domicile/

Caregivers groups, psychosocial support, respite services at home and training.

Palliaccio

819 717-9646 or 1 855 717-9646

www.palliaccio.org

Psychosocial support, respite services at home and training.

FADOQ – Région des Laurentides

819 429-5858 or 1 877 429-5858

www.fadoq.ca/laurentides

A variety of healing and informative activities.

Société Alzheimer Laurentides

819 326-7136 or 1 800 978-7881

www.alzheimerlaurentides.com

Telephone listening, support group, individual and family meetings, in-home respite-support-stimulation, training workshops

GOVERNMENT ORGANIZATIONS

Curateur public

1 800 363-9020

www.curateur.gouv.qc.ca

Protection of incapable person.

Régie de l'assurance maladie du Québec (RAMQ)

1 800 561-9749

www.ramp.gouv.qc.ca

Québec Health Insurance

Régie du logement

1 800-683-2245

www.rdl.gouv.qc.ca

Lease assistance

Quebec Pension Plan

1 800 463-5185

www.retraitequebec.gouv.qc.ca

Old Age Security Pension

1 800 277-9915

www.canada.ca/en/services/prestations/pensionspubliques/rpc/securite-vieillesse/montant-prestation

TRANSPORT

Centre d'action bénévole Laurentides

819 326-0819 or 819 425-8433

www.cab-laurentides.org

Assisted transportation: medical visits, groceries, shopping.

Mont-Tremblant public transit

819 425-8614 ext. 2609

www.villedemont-tremblant.qc.ca/en/citoyens/transport/transport-en-commun-de-mont-tremblant-tcmt

Free public transit services for all, at all times.

L'Inter des Laurentides

1 877 604-3377

www.transportlaurentides.ca

Public transit (bus, taxibus) between Rivière-Rouge and St-Jérôme (30 municipalities).

Transport adapté des Laurentides

1 800 717-9737

www.transportlaurentides.ca/transport-adapte/admissibilite

Door-to-door public transit service for individuals with permanent disabilities.

OTHER SERVICES

Association Alpha-Laurentides

1 866 887-7335

Knowing how to read and write is freedom and it can be learned.

Association des personnes handicapées Clair Soleil

819 425-7447

www.association-clairsoleil.com

Association for people with disabilities

Association des personnes handicapées intellectuelles des Laurentides (APHIL)

819 326-5202

www.aphil.ca

Association for the intellectual disabled.

Centre d'action bénévole Laurentides

819 326-0819 or 819 425-8433

www.cab-laurentides.org

Tax clinics, assistance with forms

Centre d'assistance et d'accompagnement aux plaintes des Laurentides (CAAP)

450 565-9111

www.caaplaurentides.org

Health and social services complaints help centre.

FADOQ – Région des Laurentides

819 429-5858 or 1 877 429-5858

www.fadoq.ca/laurentides

Programs, services, activities and events for individuals aged 50 and older.

La Colombe

819 326-4779

www.centrelacolombe.ca

Day centre for women aimed at breaking isolation. Group workshops, individual follow-ups, public education.

Prévoyance envers les aînés des Laurentides - PAIR Program

1 844 551-6032

www.prevoyanceaineslaurentides.org

Daily automated call service to ensure security. Free of charge.

Service de police de la Ville de Mont-Tremblant

819 425-2723

www.villedemont-tremblant.qc.ca/fr/citoyens/securite/police

Sûreté du Québec

310-4141

Poste MRC des Laurentides

819 326-3131

www.sq.gouv.qc.ca

Université du Troisième âge

CASA - Services to seniors
(MRC des Laurentides)

450 224-4266 and 819 425-5427

www.usherbrooke.ca/uta/prog/laurentides/mtb/

Laurentian Region (non-credited) university level program for seniors.