



COMMUNITY

Resource Guide - 2026



Assistance and Referral Centre

www.arc-hss.ca

Activity Centre GPK

91 Churchill Blvd.
Greenfield Park J4V 3L8
Tel: (514) 604-9455
info@arc-hss.ca

St-Jean-sur-Richelieu

900 du Seminaire Blvd. N., #201
St-Jean-sur-Richelieu J3A 1B5
Tel: (514) 605-9500
stjean@arc-hss.ca

Clarenceville

100 Principal St.
Clarenceville, QC J0J 1B0
Tel: (514) 980-8900
hrr@arc-hss.ca

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CHAPTER I—INFORMATION

IMPORTANT NUMBERS

- 1) Emergency: Police/Fire/Ambulance — 911
- 2) Poison Control Centre — 1 (800) 463-5060
- 3) Gaz Metro — (800) 361-8003
- 4) Hydro Québec — 1 (800) 790-2424
- 5) Elder Abuse Hotline — 1 (888) 489-ABUS (2287)
- 6) Suicide Crisis Line — 1 (866) APPELLE or 1 (866) 277-3553
- 7) SOS Domestic Violence — 1 (800) 363-9010
- 8) Provincial Helpline for Victims of Sexual Assault — 1 (888) 933-9007
- 9) Youth Protection Services (South Shore) — 1 (800) 361-5310 or (514) 721-1811

811 — INFO-SANTÉ: HOW CALLS ARE HANDLED

This service is available 24 hrs/365 days a year and gives you access to nurses and social workers.

- For service in English, press 9
- For Health questions, press 1
- For Social Services, press 2

Info-Social 811 service professionals give advice and can answer questions about psychosocial issues. If necessary, they can also refer you to an appropriate resource in the health and social services network or to a community resource.

Here are some examples of situations when you can call Info-Social 811:

- You are in a situation that is making you feel anxious.
- You are worried about a family member or friend.
- You are experiencing family or relationship problems.
- You are going through a bereavement.
- You have questions about other worrisome situations or behaviours.

A nurse will collect your personal information (name, date of birth, postal code, telephone number), assess and respond to your needs, and refer you to an appropriate resource, as necessary.

The Primary Care Access Point (GAP – Guichet d'accès à la première ligne) comprises two services to help all Québécois find the health service that best meets their needs:

- the digital Primary Care Access Point, an online service available to everyone.
- the Primary Care Access Point telephone line (811, option 3), a telephone line reserved for people who do not have a family doctor.

211 — DIRECTORY OF LOCAL ORGANIZATIONS AND PUBLIC SERVICES

211 is an easy number to remember (2-1-1). This service offers information and referral services available 7 days a week from 8:00 a.m. to 6:00 p.m., 365 days a year, and will eventually be open 24 hours a day. Call or visit their website for information and referrals on community, public and parapublic services in the Greater Montreal area, including parts of the South Shore.

Online Community Resource Directory available on their website: www.211qc.ca



HEALTH INSURANCE QUÉBEC

You become eligible for health insurance 90 days after becoming a Québec resident. Eligibility starts on the 1st of the month after the 90-day period. Your province of origin pays the cost of your healthcare until you become eligible for Québec health insurance.

Registration procedure:

- 1) Register for health insurance upon your arrival to avoid delaying your eligibility. Call, and they will mail you a personalized form. You may also obtain the registration form directly at their Montreal reception desk.
- 2) To complete your registration, go to the one of their service points (see link below) to have your identity confirmed. Have on hand your signed registration form, the required documents and 2 pieces of ID, including one with a photo. Depending on the service point, you will have to provide a photo or have one taken on the premises. A fee applies.

Find a service point: www.ramq.gouv.qc.ca/en/contact-us/find-service-point

Contact:

Telephone: (514) 864-3411

Website: www.ramq.gouv.qc.ca/en/citizens/health-insurance/register

Telephone and office hours:

Monday: 8:30 a.m. to 4:30 p.m.

Tuesday: 8:30 a.m. to 4:30 p.m.

Wednesday: 10:00 a.m. to 4:30 p.m.

Thursday: 8:30 a.m. to 4:30 p.m.

Friday: 8:30 a.m. to 4:30 p.m.

Closed on weekends and statutory holidays

OBTAINING A DISABLED PARKING PERMIT

The SAAQ issues parking permits to persons with a disability, regardless of the reason for the disability. Certain conditions apply.

- 1) Download the application form from the website: www.saaq.gouv.qc.ca/en
- 2) Complete the form and provide the required documents.
 - a) If you do not meet the conditions indicated on the form, you must ask a **recognized healthcare professional** to fill out the “Professional Assessment” section.
 - b) Recognized list of Health Professionals: Special Education Teacher, Occupational Therapist, Nurses, Physicians, Optometrists, Physiotherapists, Psychologists
 - c) You must cover the assessment fee (if required)
- 3) Mail the form to the following address:

Vignette de stationnement pour personnes handicapées (act.6330)
Société de l'assurance automobile du Québec
PO Box 19850, Succursale Terminus
Québec, QC G1K 8Z4

- 4) Cost of Disabled Parking Permit: The permit will be valid for 5 years for a one-time fee of \$17.60
- 5) The decision will be mailed directly to you within four to six weeks. If your application has been denied, you may contest it.
- 6) Contact Numbers: 1 (800) 361-7620 or (514) 873-7620



RTL PUBLIC TRANSPORT ADAPTED

The RTL paratransit service is offered in the following cities, to persons with a significant and persistent disability: Longueuil (Greenfield Park, Saint-Hubert and Vieux-Longueuil), Boucherville, Brossard, Saint-Bruno-de-Montarville and Saint-Lambert. The service enables you to travel throughout the Réseau de Transport Métropolitain (RTM) territory.

Reservation deadline for local trips. Metropolitan fares apply.

Must meet Eligibility Criteria. Certain conditions apply.

- 1) Download application from the website:
[Paratransit Service - RTL \(rtl-longueuil.qc.ca\)](http://Paratransit Service - RTL (rtl-longueuil.qc.ca))

- 2) Complete the form and provide required documents:

 Part 1 — General Information: to be completed by the applicant
 Part 2 — Attestation of Disability: to be completed by health professional depending on diagnosis

- 3) Mail the form to the following address:
***Réseau de transport de Longueuil
Paratransit Eligibility Committee
1150 Marie-Victorin Blvd.
Longueuil, QC J4G 2M4***

- 4) Consult website or call for pricing: (450) 670-2992



CHAPTER 2—SUPPORT AND SERVICES

1 – DAILY LIVING SUPPORT

A — FOOD SUPPORT AND ASSISTANCE

Food Banks Québec works to direct people in need to any food bank on the South Shore.

- Plan ahead. Most organizations are only open during weekdays and closed on the weekends.
- Be prepared to show documentation. Proof of income may be required (pay stub/income tax return).
- You should always call ahead as some of the organizations are by appointment only. No delivery or walk-in traffic.
- Some organizations may have a fee. Membership may be required.

Contact:

Telephone: (514) 344-0789

Website: www.banquesalimentaires.org/en/



H.O.P.E. (Helping Other People Effectively)

H.O.P.E. is a team of volunteers that were brought together back in 1981. Their mission is to help other people effectively by assisting individuals and families in need, with gifts of food and basic financial guidance. They are families, single-parent families and individuals, most of whom are in financial distress to the point of hunger.

Due to the generosity of many different groups and organizations, they can continue their work year-round, right here within our very own neighbourhoods of Greenfield Park, Ville LeMoyne, St-Hubert and Brossard.

Contact:

Telephone: (450) 693-0262

Website: wearehope.ca

Action Nouvelle Vie

Provides tangible assistance to families and individuals who are struggling with poverty while placing a specific emphasis on the children. Contact them directly for an emergency food basket. In order to get regular services, you must take an appointment for evaluation on the website: www.actionnv.com

Contact:

740 Saint-Charles St. East, Longueuil, QC J4H 1C2

Telephone: (450) 646-5815

Email: info@actionnv.com

Website: www.actionnv.com

La Croisée

At La Croisée de Longueuil, they offer three distinct food safety programs. La Petite Cuillère, which offers menus at affordable prices, Les Cuisines Collectives, for those who want to improve the quality of their food while saving money and, ultimately, a food assistance program.

La Croisée serves people living in the following neighborhoods: Sainte-Georges, Notre Dame de la Garde, Saint Jude, Sainte Louise de Marillac, Saint Antoine de Padoue.

Contact:

1230 Green St., Longueuil, QC J4K 4Z5

Telephone: (450) 677-8918

Email: lacroisee@lacroiseedelongueuil.qc.ca

Website: www.lacroiseedelongueuil.qc.ca

Maison du Père l'Espoir

Food Baskets for \$33.00

Contact:

470 Coteau-Rouge Blvd., Longueuil, QC J4J 1Y2

Telephone: (450) 396-9833



Ecumenical Community Services (ECS)

EECS is a not-for-profit volunteer organization operating a Foodbank year-round since 1982 to help people in need in Saint-Lambert and Ville Lemoyne, Quebec. In addition to the annual Christmas Basket Campaign, ECS is also helping people stay housed through financial support to the Table itinérance Rive-Sud (TIRS)

Contact:

496 Birch Ave., Saint-Lambert, QC J4P 2M8

Telephone: (450) 766-2227

Website: www.scosaintlambertecs.ca

Provisions Communautaires

Go on their website or call to make an appointment for evaluation of your need.

Schedule of basket distribution:

Tuesday 12:30-4:00 p.m.

Wednesday 12:30-4:00 p.m.

Thursday 12:30-5:00 p.m.

Friday 12:30-4:00 p.m.

Contact:

2550 Jensens St., Saint-Hubert QC J3Y 3W3

Telephone: (450) 445-3511

Email: info@provisions.org

Website: www.provisions.org

Mission Nouvelle Génération

There is a small membership and very reasonable fee per basket. The baskets include fruits and vegetables, dairy products, bread, pastries and various other products. The content varies weekly. The food bank is open for the distribution on Thursdays & Tuesday from 1 pm to 6 pm. For all new registrations, please arrive no later than 1 hour before closing.

Contact:

1423 Provencher Blvd., Brossard, QC J4W 1Z3

Telephone: (450) 486-7667

Email: info@missionnouvellegeneration.org

Website: www.missionnouvellegeneration.org

La Mosaïque, Community and Volunteer Action Centre

Services: Emergency food assistance (food baskets) offered to residents of Brossard, Greenfield Park, LeMoyné and Saint Lambert. The organization also offers telephone referrals to other resources in the territory.

Hours: Monday to Thursday 9:00 a.m. to 12:00 p.m. and 1:00 p.m. to 3:30 p.m.
Friday 9:00 a.m. to 12:00 p.m. Please call for appointment prior to going to Centre.

Contact:

1650 de l'Église Ave., Longueuil, QC J4P 2C8

Telephone: (450) 465-1803

Email: info@lamosaique.qc.ca

Website: www.lamosaique.org

Centre d'action bénévole de la Rive-Sud

Services: Orders taken by phone, prepared and delivered to seniors aged 65 or over or persons who are ill, living with a physical or intellectual disability.

Contact:

Telephone: (450) 465-6130

Email: information@benevolatrivesud.qc.ca

Website: www.benevolatrivesud.qc.ca/aide-a-domicile/popote-roulante

Cuisines de l'amitié — Centre communautaire Nathalie-Croteau (backdoor)

Services: Sale of frozen meals, soup and dessert. Please call to place your order prior to going to the Centre.

Opening hours: Monday, Tuesday, Wednesday and Friday from 9:00 a.m. to 3:00 p.m. and Thursday from 1:00 p.m. to 4:00 p.m.

Delivery service is available for seniors, those at risk and members only.

Contact:

2210 André St., Brossard, QC J4Z 2Z8

Telephone: (450) 443-6670

Email: info@cuisinesdelamitie.org

Website: www.cuisinesdelamitie.org

Maison d'entraide Saint-Alphonse

Services: Food baskets are distributed to residents of Brossard on Thursday from 1:00- 7:00 p.m. To make a request for assistance, call on 450-676-3712 ext. 2 on Wednesday between 9:00 a.m. and 3:00 p.m.

Contact:

2190 André St., Brossard, QC J4Z 2Z8

Telephone: (450) 676-3712

La Popote Roulante de Brossard

Please send your service request for La Popote Roulante de Brossard to the home support service of the CLSC Samuel-de-Champlain.

Services: Meal delivery at home. (*Beneficiaries of this organization must be referred by the C.L.S.C.*)

Contact:

Telephone: (438) 288-0422

Centre D'action Populaire Lemoyne

Food distribution service every Monday for residents of Greenfield Park, St. Lambert and Lemoyne for a fee of \$3. A low-cost fruit and vegetable basket is also available weekly on Wednesdays.

Distribution: Mondays from 2:00 to 6:00 p.m.

Registration: (450) 486-1400.

Contact:

1058 Rue Bernard-Darche, LeMoyne, QC J4R 1T5

Telephone: (450) 486-1400

Email: capl.infos@gmail.com

Website: www.caplemoyne.org

St. Paul's Frozen Meals

Services: Meals as well as apple pies, tourtieres are available if anyone needs them. A healthy alternative to the supermarket. There is a small fee for each meal which is used to fund other programs.

Contact:

St. Paul's Church—321 Empire St., Greenfield Park, QC J4V 1V4

Telephone: (450) 671-6000 (leave a message and your call will be returned)

Email: stpaulsgpk@gmail.com

CAB de St-Jean-sur-Richelieu

Services: Emergency food assistance, hot meals and frozen meals at low cost available. Residents of Saint-Jean, Saint Athanase, Saint-Blaise and Saint-Paul-d’Ile-aux-Noix can come to the CAB St-Jean

Contact:

640 Dorchester St., Local 301, St-Jean-sur-Richelieu, QC J3B 5A4

Telephone: (450) 347-7527

Website: www.cabstjean.org

CAB d’Iberville

Services: A social grocery store is available on Tuesday, Wednesday, and Thursday from 1:00- 4:00 p.m. as well as Friday from 8:30- 11:30 a.m.

Contact:

290 Conseillers Ave., St-Jean-sur-Richelieu, QC J2X 1Z8

Telephone: (450) 347-1172

Website: www.cabiberville.org

Aux Sources du Bassin de Chambly

Services: Offers a regular food basket distribution each Thursday. To register, contact the psychosocial worker to get qualified. In addition, there is a social grocery store available to members from Tuesday till Friday.

Contact:

1369 Bourgogne Ave., Chambly, QC J3L 1Y4

Telephone: (450) 658-1568

Website: www.as-bc.org

Centre de Bénévolat de la Rive-Sud (Chambly)

Contact:

1410 de Salaberry Ave., Chambly, QC J3L 1R7

Telephone: (450) 658-4325

Website: www.benevolatrivesud.qc.ca

Centre Communautaire L'Entraide Plus

Services: Serves the communities of Marieville, Sainte-Angèle-de-Monnoir, Saint-Mathias-sur-Richelieu, Richelieu, Chambly, Carignan, Saint-Césaire et Rougemont with a breakfast and lunch restaurant as well as frozen meals available on site and for delivery.

Contact:

2437 Bourgogne Ave., Chambly, QC J3L 2A5

Telephone: (450) 658-4469

Website: www.entraideplus.org

Centre Action de Bénévolat (CAB) Interaction

Services: Offers a service of emergency food assistance, Christmas baskets and regular food distribution.

Contact:

100 Principale St., Saint-Georges-de-Clarenceville, QC J0J 1B0

Telephone: (450) 294-2646

Website: www.cabinteraction.ca



B—CAREGIVERS/HOME SUPPORT

ARC — Assistance and Referral Centre Caregivers Program

We hold a weekly caregiver café that allows caregivers to connect with each other, have learning opportunities and receive support.

Contact:

91 Churchill Blvd., Greenfield Park, QC J4V 2L9

Telephone: (514) 608-9600

Email: caregivers@arc-hss.ca

Website: www.arc-hss.ca



Amélys

Amélys is a non-profit social economy organization employing more than 200 dedicated people. The skills and kindness of our team have served to maintain the quality of life for seniors and caregivers, while always respecting their integrity and dignity.

Services: Personal care, respite for caregivers, housekeeping, food management services in senior residences.

Contact:

3323 Grande-Allée, Saint-Hubert, QC J4T 2S9

Telephone: (450) 446-8444

Email: info@amelys.ca

Website: www.amelys.ca



Seniors Respite Montérégie

In home: Led by a qualified and experienced specialist, this service provides assigned clients with personalized one-on-one activities designed just for them. This service is available seven days a week, sustaining caregivers with just-in-time respite for their loved one as needed.

In activity centre: The day center provides respite for caregivers Monday to Friday from 10:00 am - 4:00 pm. Clients that attend the day center participate in a number of specialized activities designed to essentially stimulate and encourage their physical, cognitive, and social skills.

In hospital / in residence: Provided by experienced and dedicated professionals, this service provides clients with personalized group activities at designated seniors' residences.

Services are available seven days a week, ensuring that stimulating games, cognitive activities and socialization are always available for loved ones.

Contact:

83 Churchill Blvd., Greenfield Park, QC J4V 3L8

Telephone: (450) 486-4722

Email: info@senioreseespitemonteregie.ca

Website: www.seniorsrespitemonteregie.ca

Centre de Soutien entr'Aidants

To assist and support caregivers who care for an elderly loved one.

Services: Support and self-help groups, individual counselling, guidance, advice, support, information and referral, conferences, respite.

Contact:

1688 Gustave-Désourdy St., Saint-Hubert, QC J4T 1Y6

Telephone: (450) 465-2520

Email: info@lappuimonteregie.org

Website: www.centredessoutienentrAidants.com

Baluchon Repit

Support, accompaniment and respite for caregivers of bed-bound individuals suffering from Parkinsons, ALS, Multiple Sclerosis and other degenerative diseases.

Contact:

10138 Lajeunesse St., Office 200, Montréal (Québec) H3L 2E2

Toll-free: 1 (855) 762-2930 / (514) 762-2667

Website: www.baluchonalzheimer.com

Proche Aidance

To help natural caregivers avoid burnout, unite caregivers enabling them to develop a support network.

Services: Home support, home respite (respite program for caregivers and non-subsidized respite), newsletters, training, conferences, resource directory.

Contact:

17 Sainte-Catherine St., Longueuil QC J4H 2A8

Telephone: (450) 928-0776

Email: info@espaceprocheaidance.org

Website: www.asapal.org

CLSC Samuel de Champlain

Various services are provided to support the people who take care of a loved one with a loss of autonomy. The goal of these services is to give them a break from their responsibilities. Following an assessment, the home-care worker may recommend various support options for the caregiver.

Services: Respite and Sitting Services to reduce the risk of burnout in loved ones, in collaboration with local community organizations, they provide periods of respite/support at home or at one of several local organizations. Some partners also run support groups.

Contact:

5811 Taschereau Blvd., #100, Brossard, QC J4Z 1A5

Telephone: (450) 445-4452 ext. 612430

Website: www.santemonteregie.qc.ca/installations/clsc-samuel-de-champlain

L'APPUI

Caregiver support is a free and confidential phone consultation, information and referral service for the caregivers of older adults as well as friends and family, practitioners and healthcare professionals. Their mission is to improve the quality of life of those providing care to older adults in Québec, and to ensure they are recognized for what they do. Established in 2009, L'Appui Pour les Proches Aidants D'Aînés is a non-profit organization funded by the Québec government and the Fondation Lucie et André Chagnon.

Contact:

Telephone: 1 (855) 852-7784

Email: info-aidant@appui.org

Website: www.lappui.org

In Home Care Group

To improve the quality of life for people with temporary or permanent need of assistance, allowing them to remain at home as long as possible. In Home Care Group will take care of all the tasks so you can focus on what's essential. Spending quality time with your loved ones.

Services: Home Helper, Accompanied Visits, Companionship services, Physical assistance, Personal care, Maintaining Physical shape, Nursing, Respite Care, 24 Hour care.

Contact (South Shore):

South Shore: (450) 482-1600

Toll-free: 1 (855) 482-1600

Website: www.inhomecaregroup.com

Amika

Personalized Homecare Services.

Services: Meal preparation and eating, light housekeeping, personal care and hygiene, assistance with mobility, continuous monitoring and respite (24/7).

Contact:

Toll-free: (450) 626-4450

Website: www.soinsamika.com

Bien Chez Soi

Bien Chez Soi is recommended by the public healthcare system for the quality of our home and healthcare services, our customer service and the professionalism and dedication of our caregivers. The health community's social workers, occupational therapists, CLSC's and hospitals refer Bien Chez Soi with confidence knowing that the process of recruitment and selection of employees is rigorous and results in exemplary caregivers. Bien Chez Soi is recommended as a complement to the services offered by the CLSC, hospitals and elderly homes.

Services: Household cleaning, meal preparation, help with groceries and light household chores, specialized care, palliative care, post-operative care, mobility assistance, companionship.

Contact:

100 Richelieu St., Suite 220, St-Jean-sur-Richelieu, QC J3B 6X3

Telephone: (514) 666-2439

Website: www.bienchezsoi.ca

Homecare Solutions Montreal

Certified caregivers provide client-focused home care. They work to enhance the quality of life to your loved ones in every way. They are carefully selected for friendliness, compassion and dedication to providing the best possible care in the Greater Montreal areas. Our caregivers provide complete personal care, looking after personal needs right in your own home, whatever that may be.

Services: Personal support, companion services, caregiver relief, live-in care, nursing, accompanied visits, Alzheimer's/dementia care, managing chronic illness, palliative care, travel companion.

Contact:

4146A Sainte-Catherine St. W., Office 401, Westmount, QC H3Z 1P4

Telephone: (514) 933-4141

Website: www.homecaresolutionsmtl.com

Helpers Care

Helpers Care offers non-medical home care assistance to seniors and anyone who needs care. care in homes, hospitals, nursing homes, rehabilitation centres and assisted living facilities.

Services: Companion care, personal care, respite care, people with disabilities

Contact:

1200 McGill College Ave. #1100 Montreal, QC H3B 4G7

Telephone: (514) 600-5050

Email: support@helperscare.com

Website: www.helperscare.com

Home Care Assistance

The mission at Home Care Assistance is to provide older adults with quality care that enables them to live happier, healthier lives at home. Services are tailored to the needs of homebound older adults, as well as services that help older adults who are not homebound to enhance their quality of life.

Services: Live-in home care, hourly home care, Alzheimer's/dementia, companion, palliative, stroke, hospital/post-hospital, family online access to real-time updates on their loved one's care.

Contact:

4464 Saint Catherine St. W., Montreal, QC H3Z 1R7

Telephone: (514) 700-3337

Email: infomtl@homecareassistance.com

Website: www.homecareassistancemontreal.ca

Coop-Aide Rive-Sud

To offer its users quality home support services and provide its workers with long-term jobs, in collaboration with its partners in the community.

Services: Housekeeping, spring cleaning, preparation of meals without diet restrictions, errands and purchases, washing and ironing of clothes, support for daily activities and personal care needs, financial support from the Régie de l'Assurance Maladie du Québec.

Contact:

79 Leblanc St. W., Longueuil, QC J4J 1K1

Telephone: (450) 679-2433 ext. 223

Email: info@cooprivesud.com

Website: www.cooprivesud.com



CLSC de la Vallée-des-Forts (Haut-Richelieu — Rouville Area)

If you are a caregiver of your loved one and need a break, you can access a day centre which is a safe place for your loved one to go for the day. You need to contact the above number and ask for the service.

Contact:

978 Séminaire Blvd. N., St-Jean-sur-Richelieu, QC J3A 1E5

Telephone: (450) 358-2578, ext. 4450 or (450) 358-2578, ext. 4510

Website: www.santemonteregie.qc.ca/installations/clsc-de-la-vallee-des-forts

Mobil'Aide

Provides help for in-home light and heavy cleaning tasks for low-income senior in the Haut-Richelieu/Rouville area.

Contact:

55 5^e Avenue, St-Jean-sur-Richelieu, QC J2X 1G1

Telephone: (450) 346-1011

Email: info@mobilaide.com

Website: www.mobilaide.com



Revenu Québec

Information on tax credit for home support services for seniors.

Website: revenuquebec.ca/en/citizens/tax-credits/tax-credit-for-home-support-services-for-seniors

CAB— Centre de Bénévolat de St-Jean-sur-Richelieu

Offers in-home respite services for caregivers. Please contact for more information.

Contact:

640 Dorchester St., local 301, St-Jean-sur-Richelieu, QC J3B 5A4

Telephone: (450) 347-7527

Website: www.cabstjean.org

Centre Communautaire L'Entraide Plus

Offers in home respite services for caregivers. Contact them for more information.

Contact:

2437 Bourgogne Ave., Chambly, QC J3L 2A5

Telephone: (450) 658-4469

Website: www.entraideplus.org

Société Alzheimer Haut-Richelieu

Offers in home respite services for caregivers. Contact them for more information.

Contact:

740 2nd St., St-Jean-sur-Richelieu, QC J2X 3H5

Telephone: (450) 347-5500

Website: www.sahr.ca

Friendly visits and calls

Seniors living alone can sometimes find themselves caught in distressing situations, without help. PAIR offers a free automated calling service to ensure they are in good health. This program is organized by the Centre de Bénévolat de la Rive Sud. Subscribers receive these calls at predetermined times, one or more times a day, and if there is no answer an alert is launched to the family or 911.

Contact:

Telephone: (450) 465-6130

Website: revenuquebec.ca/en/citizens/tax-credits/tax-credit-for-home-support-services-for-seniors

C — ADAPTED TRANSPORTATION

Centre de Bénévolat de la Rive-Sud

Offer a wide range of volunteer services such as accompaniment, transportation, help with income tax return, Meals on Wheels, friendly visiting, relief for natural caregivers.

Contact:

Saint-Lambert (including Brossard, LeMoynes, Greenfield Park)

Telephone: (450) 465-6130

Réseau de transport de Longueuil (RTL)

Comité d'admissibilité au transport adapté — In the South Shore, public paratransit is offered by the Réseau de transport de Longueuil (RTL). Its territory includes Longueuil (Greenfield Park, Saint-Hubert and Vieux-Longueuil boroughs), Boucherville, Brossard, Saint-Bruno-de-Montarville and Saint-Lambert. To be eligible for paratransit, applicants must complete the application form available on demand either by calling (450) 670-2992, option 3, or by visiting the RTL website. The completed application form must then be sent to *Réseau de transport de Longueuil*.

Contact:

1150 Marie-Victorin Blvd., Longueuil, QC J4G 2M4

Telephone: (450) 670-2992

Website: www.m.rtl-longueuil.qc.ca/fr-CA/transport-adapte

CAB de Saint-Hubert

Most organizations called Centre Action Bénévole (CAB) offer medical transportation to medical appointments. The person needing the transportation must give enough notice, complete a registration and be willing to pay the volunteer's mileage which is a set rate.

Contact:

Telephone: (450) 656-9110

Website: www.devenezbenevole.org

Centre Bénévole Rive Sud CBRS de Saint-Lambert

Accompaniment to medical appointments.

Contact:

Telephone: (450) 465-6130

Website: www.benevolatrivesud.qc.ca/home

CAB de St-Jean-sur-Richelieu

Accompaniment to medical appointments.

Contact:

640 Dorchester St., Suite 301, St-Jean-sur-Richelieu, QC J3B 5A4

Telephone: (450) 347-7527

Website: www.cabstjean.org

Centre de Bénévolat de la Rive-Sud (Chambly)

Accompaniment to medical appointments.

Contact:

1410 Salaberry Ave., Chambly, QC J3L 1R7

Telephone: (450) 658-4325

Website: www.benevolatrivesud.qc.ca

Ville de St-Jean-sur-Richelieu

By filling out an application (available in English online), a person with disabilities in Saint-Jean and surrounding municipalities can have access to adapted transport which is an accessible small bus which will pick them up. Also, on the regular bus line, all buses in Saint-Jean are wheelchair accessible for those who can travel independently with their wheelchair or walker.

Contact:

188 Jacques-Cartier N., PO Box 1025, St-Jean-sur-Richelieu, QC J3B 7B2

Telephone: (450) 357-2100

Toll-free: 1 (800) 268-7072

Website: www.sjsr.ca/transport-collectif/transport-adapte

EXO bus services para-transit Chambly-Richelieu-Carignan — Handi-Bus

People with disabilities in the municipality of Chambly, Richelieu and surrounding areas may be eligible for paratransit services. Applications can be found on the website below.

Contact:

375 Roland-Therrien Blvd., Suite 520, Longueuil, QC J4H 4A6

Telephone: (450) 460-2000

Email: infota@gestrans.ca

Website: www.exo.Québec/en/trip-planner/bus/CITCRC#TransportAdapte

D — DAY CENTRE/RESPIRE

Adult day care centres enable seniors to socialize and enjoy planned activities in a group setting, while still receiving needed health services. At the same time, they offer family caregivers respite from caregiving duties while knowing that their loved one is in a safe place.

Seniors Respite Montérégie

Offers in-home and day centre services designed to promote well-being for seniors with dementia/Alzheimer who can no longer manage independently or who are isolated or lonely. They also provide caregivers with a much-needed break and respite in order to help them attend to their own personal needs or to simply help them to relax while their loved one is in their care.

Services: This service provides respite for caregivers Monday to Friday from 9:30 a.m. to 4:30 p.m. Clients that attend the Day Centre participate in a number of specialized activities designed to essentially stimulate and encourage their physical, cognitive, and social skills.

Activities available: Arts and crafts, musical entertainment and sing-alongs, seated stretching and gentle exercise, recreational therapy, cooking class, holiday and birthday celebrations, special events, games for fun, leisure, mental stimulation and all of the classics.

Contact:

83 Churchill Blvd., Greenfield Park, QC J4V 3L8

Telephone: (450) 486-4722

Email: info@seniorsrespitemonteregie.ca

Website: www.seniorsrespitemonteregie.ca

CAB de St-Jean-sur-Richelieu

Offers 4-8 hours of in-home respite care as well as a respite centre at the CAB location 2 mornings, one afternoon and one evening a week.

Contact:

640 Dorchester St., Local 301, St-Jean-sur-Richelieu, QC J3B 5A4

Telephone: (450) 347-7527

Website: www.cabstjean.org

CISSS de la Montérégie-Centre

The Day Centre offers seniors and adults with decreasing independence a variety of group activities, both preventative and therapeutic to help them maintain or improve their physical, psychological and social health.

Services: Run by the Centre Intégré de Santé et de Services Sociaux (CISSS) de la Montérégie-Centre. Your eligibility to participate in the day centre program is determined based on your needs and is subject to availability of space. The schedule is generally from 10:00 a.m. to 2:45 p.m. (including lunch). The activities offered include fitness, physical games, information, prevention and creative workshops, as well as cognitive stimulation activities. Specialized exercise groups are also offered for people who are physically impaired (e.g., those with Parkinson's disease, arthritis).

Contact:

3141 Taschereau Blvd., Office 220, Greenfield Park, QC J4V 2H2

Telephone: (450) 466-5000 ext. 2430

Website: www.santemonteregie.qc.ca/services/centre-de-jour

Centre Communautaire L'Entraide Plus

Available Monday to Friday at their Chambly location, their respite program allows caregivers to recharge or attend to other activities, free of charge. Their large respite room provides people living with neuro-cognitive or motor disorders to socialize and engage in activities under the supervision of professionals.

In-home respite: One of their caregivers comes to your home to provide weekly recurring respite on a schedule that is convenient for you. This service is offered free of charge in collaboration with the CISSS.

Requests must be submitted through the CLSC.

Atypical respite: Through support from L'Appui, they can provide respite during evenings and weekends, allowing caregivers the chance to take some time off. Each visit must last between 3 and 8 hours and be reserved at least a week in advance.

Contact:

2437 Bourgogne Ave., Chambly, QC J3L 2A5

Telephone: (450) 658-4469

Website: www.entraideplus.org

CLSC de la Vallée-des-Forts (Haut-Richelieu-Rouville Area)

If you are a caregiver of your loved one and need a break, you can access a day centre which is a safe place for your loved one to go for the day. You need to contact the above number and ask for the service.

Contact:

978 Séminaire Blvd. N., St-Jean-sur-Richelieu, QC J3A 1E5

Telephone: (450) 358-2578, ext. 4510

Website: www.santemonteregie.qc.ca/installations/clsc-de-la-vallee-des-forts/

CLSC Samuel de Champlain

Please contact your local CLSC to be assessed by a healthcare professional.

The day centre provides group prevention and therapy activities for seniors and adults with a loss of autonomy. The activities are designed to help users maintain their physical, cognitive and social skills, stay healthy, and remain autonomous enough to stay at home. The day centre also helps combat loneliness and isolation and provides respite to caregivers.

People interested in attending a day centre must live at home, show signs of a loss of autonomy, and be willing to participate in group activities. The activities are chosen based on participants' needs and the services available.

The groups are made up of 10-30 people and take part in various activities: Exercise classes, physical games, information, prevention, craft workshops and brain games. Special group exercise classes are available for people with a physical disability (Parkinson's, arthritis, etc.). Respite groups are also offered for caregivers.

Contact:

5811 Taschereau Blvd., # 100, Brossard, QC J4Z 1A5

Telephone: (450)-445-4452 ext. 2430

Website: www.santemonteregie.qc.ca/installations/clsc-samuel-de-champlain

E — NURSING/ASSISTED LIVING/PRIVATE/PUBLIC

These can be private facilities that provide some assistance so the older person residing there can live safely with as much independence as possible. To find a residence, this resource can be helpful:

Residential Homes (including RI, RTF and CHSLD)

RI = Intermediate Resources / RTF= Family Type Resources / CHSLD= Long-Term Care

Residences Québec

Professional consultants to assist in selecting the right home for you or your loved one. A free service provided by the network of private residences.

Services: Personal evaluation meeting at the hospital or at home to assess the needs of the elderly; research and recommendation of certified residences; support for visits of selected residences (semi-autonomous, non-autonomous, Alzheimer's, etc.)

Contact:

Telephone: (514) 996-2887

Toll-free: 1 (844) 422-2555

Website: www.residences-Québec.ca

CLSC de la Vallée-des-Forts (Haut-Richelieu-Rouville Area)

Provides assessment and placement in an appropriate residence, depending on the needs of the person. An intermediate residence (RI, RTF) may be what is needed by someone who still has some abilities to care for themselves. A CHSLD is a residence that provides a higher level of care including nursing care.

Contact:

978 Séminaire Blvd. N., St-Jean-sur-Richelieu, QC J3A 1E5

Telephone: (450) 358-2572, ext. 4510

CLSC Samuel de Champlain

For people with a loss of autonomy, a chronic disease, or a serious cognitive problem, it sometimes becomes impossible to live at home. When this happens, they can apply for a public housing spot adapted to their needs and living situation. Public housing is available at the long-term care centres (CHSLDs) of the CISSS, and at partner facilities with which the CISSS has signed an agreement (PPP, purchase of spots, IR-FTR).

To apply for public housing:

- The user, a parent or a loved one must contact a social worker at one of our CLSCs.
- The social worker will assess the person's needs, take the necessary steps, and support the person and their family throughout the housing application process. The social worker will help you find the right resource.

Contact:

5811 Taschereau Blvd., # 100, Brossard, QC J4Z 1A5

Telephone: (450) 445-4452 ext. 2430

Website: www.santemonteregie.qc.ca/installations/CLSC-samuel-de-champlain

Québec Seniors' Housing Group (RQRA)

Services: It brings together 800 members, managers and owners or residences who manage nearly 100,000 units throughout Québec. Its members provide a quality living environment for independent seniors as well as assistance and care services for those who are losing their autonomy.

Contact:

10794 Lajeunesse St., Suite 100, Montreal, QC H3L 2E8

Telephone: (514) 526-3777

Toll-free: 1 (888) 440-3777

Email: info@rqra.qc.ca

Website: www.rqra.qc.ca

La Résidence des Rosiers

(Private Seniors' Residence (PSR), Maison des aînés) — is a private residence for seniors that welcomes the semi-autonomous and has 24 units. Located in Longueuil, La Résidence des Rosiers benefits from a prime location as all services are nearby such as CLSC, hospitals and easy access to public transit. At La Résidence des Rosiers, the staff offers several treatments and services adapted to the needs of each residence.

Services: Housekeeping, 3 meals a day, clothing care, Services point of a CLSC (direct access to the residence), a la carte services, leisure activities, 24/7 Security, daily housekeeping, pet therapy.

Contact:

161 Regent St., Greenfield Park, QC J4V 2V3

Telephone: (514) 821-9791

Website: www.residencedesrosiers.com

Residence Mont Royal

Residence Mont Royal is a certified private seniors' residence, since 1997, for autonomous and semi-autonomous seniors, which is owned and operated by a Registered Nurse. Dedicated to providing a warm family atmosphere for our residents who are not able to live on their own.

Services available:

- Bright and sunny private rooms with a homelike atmosphere
- 24-hour supervision
- Regular medical attention
- Coordination with CLSC nurses and social workers
- Assistance with medications
- Room service is provided during illness
- Fine, healthy, Canadian and European cuisine (three meals, snacks and afternoon tea)
- Daily housekeeping, personal laundry
- Special attention to individual needs: manicure, pedicure, etc.
- Supervised baths and showers
- Washrooms equipped with bars and call bells
- Possibility of personal furnishings, residents may decorate and furnish their rooms to their own taste
- New fire and smoke alarm system (sound and light) connected to a central security station

Contact:

3741 Mont-Royal St., Saint-Hubert, QC J4T 2G9

Telephone: (514) 576-0533 or (438) 868-2420

Email: ResidenceMontRoyal@gmail.com

Website: www.residencemontroyal.com

F — MEDICAL CLINICS

Québec Medical Appointment Scheduler

By putting in your health card number, this tool will help you make a medical appointment as long as your doctor is registered with this service.

Website: www.rvsq.gouv.qc.ca/en/public/Pages/home.aspx

The medical centres below offer walk-in appointments even if you are not registered with a family doctor. Consult the website of each resource to determine how to let them know you are coming or call early in the morning to try to get an appointment.

Clinique Médicale Urgence Camu (Longueuil)

Call for appointment.

Contact:

1144 Saint Laurent St. W., Office 100, Longueuil, QC J4K 1E2

Telephone: (450) 679-4333

Website: www.bonjour-sante.ca/uno/clinic/camulongueuil

Clinique Dix30

Call for appointment.

Contact:

9090 Leduc Blvd., Brossard, QC J4Y 0E9

Telephone: (450) 766-0881

Website: www.santedix30.wpengines.com/en/walk-in-clinic-dix30



Centre Médi-Soleil

Call for appointment.

Contact:

383 Séminaire Blvd. N., office 120, St-Jean-Sur-Richelieu, QC J3B 8C5

Telephone: (450) 349-5555

Website: www.medisoleil.com

Clinique Médicale du Coteaux

Contact:

440 Saint-Luc Blvd., Suite 100, St-Jean-sur-Richelieu, QC J2W 0E2

Telephone: 450-359-6819

Website: www.cliniquemedicaleducoteau.ca/rendez-vous/mini-urgence

Clinique du Fort Chambly

Contact:

1101 Brassard Blvd., Chambly, QC J3L 5R4

Telephone: (450) 658-6000

Website: www.lacliniquefortchambly.com/#registration



2 — SHELTER/HOUSING

Société d'habitation du Québec (SHQ) (Longueuil)

Meet the housing needs of the Citizens of Québec through an integrated and sustainable approach. Services: Supply of low-rent and affordable housing. A range of programs supporting residential construction, renovation/adaptation, and home ownership. House information and support services.

Contact:

500 René-Lévesque Blvd. W., 5th Floor, Montreal, QC H2Z 1W7

Telephone: 1 (800) 463-4315

Email: SHQ-reseau@shq.gouv.qc.ca

Website: www.habitation.gouv.qc.ca

Rental Board

Assistance to tenants who wish to cancel lease.

Contact:

Telephone: 1 (800) 683-2245

Website: www.tal.gouv.qc.ca/en/contact-us

Revenu Québec — Housing allowance

Financial help for low-income households.

Contact:

Telephone: 1 (800) 267-6299

Website: www.revenuQuebec.ca

Revenu Québec—Housing allowance for the Hearing Impaired

Financial help for low-income households.

Contact:

Telephone: 1 (800) 361-3795

Website: www.revenuQuebec.ca

Pavillon Marguerite de Champlain

Shelter for women victims of conjugal violence and their children—confidential, free, bilingual.

Services: 24-hour telephone service, 7 days a week (consultation, active listening, reference), shelter, crisis intervention, intake and evaluation, information.

Contact:

Telephone: (450) 656-1946

Email: info@pavillonmarguerite.com

Website: www.pavillonmarguerite.com

Maison Simone Monet Chartrand

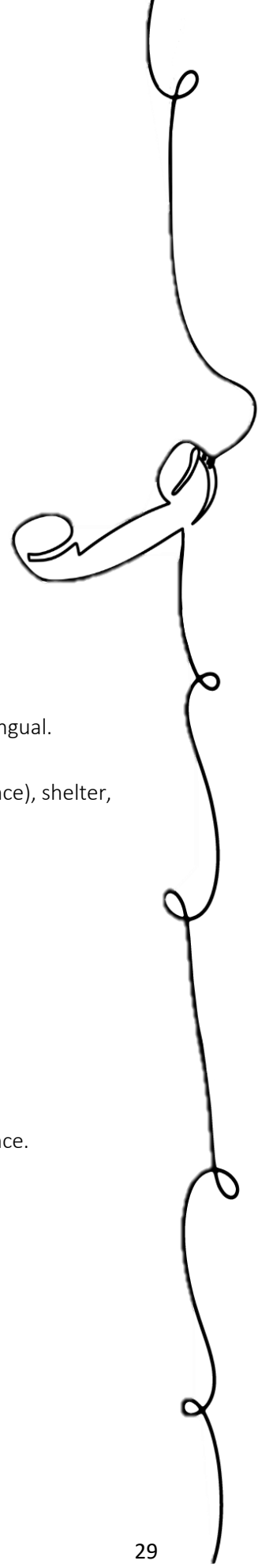
Services: support and emergency shelter for women experiencing intimate partner violence.

The home is located in Chambly.

Contact:

Telephone: (450) 658-9780

Website: www.maisonsmc.org



La Maison Hina

Emergency shelter in St-Jean-sur-Richelieu that offers free support 24/7 for women who experience intimate partner violence. Maison Hina offers a telephone line, community support and emergency shelter.

Contact:

Telephone: (450) 346-1645

Website: www.maisonhina.com

SOS Domestic Violence

Contact:

Helpline: 1 (800) 363-9010 (24/7)

Text Helpline: 1 (438) 601-1211 (24/7), chat available

Email: sos@sosviolenceconjugale.ca

Website: www.sosviolenceconjugale.ca

Inform'elle

A non-profit organization working in the Monteregie in order to make family law information accessible and understandable.

Contact:

3757 Mackay St., Saint-Hubert, QC J4T 2V7

Telephone: (450) 443-3442

Legal information hotline: (450) 443-8221 or 1 (877) 443-8221 (toll-free)

Fax number: (450) 443-2992

Email: droitpouelle@informelle.osbl.ca

Welcome Hall Mission

The largest doorway to help for Montrealers in need. Many programs are available to support those experiencing homelessness, families, and at-risk mothers and youth.

Services: Support and care, food, family.

Contact:

606 Courcelle St., Montreal, QC H4C 3L5

Telephone: (514) 523-5288

Email: info@missionba.com

Website: www.welcomehallmission.com

Our Harbour

Provides long term, caring, supported housing for people with mental illness.

Contact:

440 Notre-Dame Ave., Saint-Lambert, QC J4P 2K4

Telephone: (450) 671-9160

Email: info@ourharbour.org

Website: www.ourharbour.org

Abri de la Rive Sud

A mixed accommodation organization for people in difficulty. House, support and refer homeless men and women to get them off the streets.

Services: Accommodation, day service, postal shelter, help and support.

Contact:

459 Sainte-Foy Blvd., Longueuil, QC J4J 1X9

Telephone: (450) 646-7809

Email: admin@abri-rive-sud.org

Website: www.abri-rive-sud.org

Chambre Chez Lise

Homeless shelter in Longueuil

Contact:

470 Chambly Road, Longueuil, QC J4H 3L7

Telephone: (450) 677-5201

Hébergement la Casa Bernard-Hubert

A non-profit organization dedicated to the social reintegration of men during difficulty and homelessness. La Casa can accommodate 20 men aged 18 and over during difficulty and without shelter. The length of stay is determined according to the intervention plan and cannot exceed 6 months. Certain criteria must be met prior to acceptance.

Contact:

7160 Chambly Rd., Saint-Hubert, QC J3Y 3R5

Telephone: (450) 443-6695

Email: hebergement@lacasabernardhubert.org

Website: www.lacasabernardhubert.org

Office Municipale d’Habitation du Haut-Richelieu

Offers 814 subsidized apartments for singles, families and seniors in Napierville, Hemmingford, Lacolle, St-Jean-sur-Richelieu, Mont-Saint-Grégoire and Saint-Alexandre.

Contact:

145 Latour St., Office 100, St-Jean-Sur-Richelieu, QC J3B 7T8

Telephone: (450) 348-3831

Email: info@omhhr.com

Maison le Point Commun

For those with severe mental health issues, offering support, activities and supervised living.

Contact:

177 Longueuil St., St-Jean-sur-Richelieu, QC J3B 6P2

Telephone: (450) 346-5706

Website: www.maisonlepointcommun.org

Office Municipale d’Habitation du Bassin de Chambly

Subsidized apartments for singles, seniors and families in Chambly, St-Mathias and Richelieu.

Contact:

30 Lafontaine St., Office 211, Chambly, QC J3L 3K1

Telephone: (450) 658-0248

Email: info@omhbdc.ca

Website: www.omhbdc.ca

Maison d’Hébergement Simone Monet-Chartrand

Listening, support, shelter for women experiencing abuse and violence.

Contact:

C.P. 34 Chambly, QC J3L 4B1

Telephone: (450) 658-9780

Email: info@maisonsmc.org

Website: www.maisonsmc.org

3 — MENTAL HEALTH SUPPORT/SPECIAL NEEDS

CISSS de la Montérégie-Centre

Hospital Charles LeMoyne.

Contact:

3120 Taschereau Blvd., Greenfield Park, QC J4V 2H1

Website: www.santemonteregie.qc.ca/en/center

Pro-gam

An organization based in the CIUSSS Centre-Sud de Montreal with services in French, English and Spanish that helps men who are victims of domestic violence or who are committing domestic violence in their relationships. They offer group and individual psychotherapy.

Contact:

Telephone: (514) 270-8462

Website: www.pro-gam.ca/en/history-mission.html

Service d'Intervention en Santé Mentale Espoir

To offer support and assistance for rehabilitation, social reintegration, transitional accommodation and community support to adults in the Greater Longueuil region suffering from mental health problems or psychiatric disorders.

Services: Activities linked to the person's recovery plan. Supervised transitory apartments, stages 1, 2 and 3. Psychosocial Rehabilitation/social reintegration. Community support and community follow-ups.

Contact:

1013 Taschereau Blvd., Longueuil, QC J4k 2X5

Telephone: (450) 672-4597

Website: www.serviceespoir.com

The South Shore Alzheimer's Society

The South Shore Alzheimer's Society offers, through the Maison au Campanile retirement home, located in Longueuil, specialized care services for people suffering from Alzheimer's disease. The Maison au Campanile has 23 rooms that are divided into three living spaces: The Yellow House (9 rooms), the Green House (5 rooms) and the Blue House (9 rooms). Each house is a full family unit with individual rooms, a dining room and a living room.

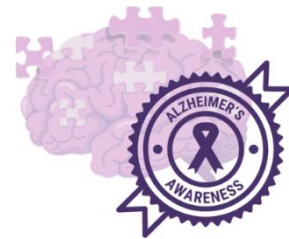
Services: Provides information, resources, training, support and advice.

Contact:

116 Norbert Blvd., Longueuil, QC J4K 2P1

Telephone: (450) 442-3333

Website: www.societealzheimerriivesud.ca



Centregens

Helps Integrate Members living with mental health and mood disorders into society by breaking isolation and creating a safe space for them to join.

Services: Alternative Centregens offers many different activities and programs for those who live with or have experienced mental health issues. Centregens welcomes francophone, anglophone and all communities. Our activities are to help people get out of their homes, to encourage them in participating and having fun. We want to make the lives of those who come to Centregens better and make them feel welcome. Our main purpose is to have services, conferences and various activities to give our members a variety of ways to deal with everyday situations.

Contact:

582 Chemin du Coteau-Rouge

Telephone: (450) 651-0651

Email: acentregens@gmail.com

Website: www.centregens.ca

AMI-Québec

Helps' families manage the effects of mental illness through support, education, guidance and advocacy.

Services: AMI-Québec's support groups provide a warm welcome to everyone. There are support groups for family caregivers, for those suffering from mental illness, and some mixed groups for both. Support

groups help participants feel less alone and better understand and cope with the effects of mental illness on their everyday life.

Facilitated by people who have experience, either as a caregiver, or having lived with mental illness. Support groups help you develop a healthy perspective on mental illness, explore coping strategies, and learn about support services and resources in the community.

Contact:

5800 Decarie Blvd., Montreal, QC H3X 2J5

Telephone: (514) 486-1448

Email: info@amiQuebec.org

Website: www.amiQuebec.org

Santé Mentale Québec Haut-Richelieu

Offers activities to people with mental health issues, help with getting a job, transportation to mental health appointments, in the past they have also had a choir.

Contact:

211 Mayrand St., Office 1, St-Jean-sur-Richelieu, QC J3B 3L1

Telephone: (450) 346-5736

Website: www.smqhr.ca

Entourage Santé Mentale

Provides support for individuals and families suffering from mental health issues including providing counselling, helping in crisis, information and support groups and assisting with legal issues related to a person needing hospital care. Member of provincial advocate for mental health, "Avant de craquer"

Contact:

144 Jacques-Cartier N., St-Jean-sur-Richelieu, QC J3B 6S6

Telephone: (450) 346-5252

Toll-free: 1-855-CRAQUER (1-855-272-7837)

Email: info@entouragesantementale.ca

Website: www.entouragesantementale.ca/

Parrainage civique du Haut-Richelieu

Matching people with intellectual and mental health issues with people in the community for outings and other activities (friendship, socialization).

Contact:

25 Jacques-Cartier N., Office 8, St-Jean-sur-Richelieu, QC J3B 8C9

Telephone: (450) 347-8091

Email: info@entreamis.ca

Website: www.entreamis.ca

4 — FAMILY SUPPORT/ASSISTANCE

Maison Internationale de la Rive Sud (MIRS)

To facilitate the integration of immigrants in their host community, while encouraging mutual understanding and cultural diversity on the South Shore.

Services: Welcome Assistance and Settlement, Language Courses, Employability, Translation—Services offered in French, English, Spanish, Romanian, Croatian, Serbian, Arabic, Dari and Mandarin.

Contact:

2500 Lapinière Blvd. Brossard, Québec J4Z 3V1

Telephone: (450) 445-8777

Website: www.mirs.qc.ca

Sino-Québec Centre of the South Shore

To promote the well-being of the members of the Chinese and other Asian communities by offering services, programs and resources that facilitate their integration and realization in Québec society.

Services: Companionship visits to people who are alone or isolated in their homes. Raising awareness about elder abuse. Educating seniors about the importance of good nutrition.

Contact:

7209 Taschereau Blvd., Suite 108, Brossard, QC J4Y 1A1

Telephone: (450) 445-6666

Email: info@sinoQuebec.com

Website: www.centresinoquebec.com/fr

Carrefour Familiale du Richelieu

Offers online activities for parents and their children who live in the MRC of Rouville—maybe in person in the future so check the website. Also has a drop-in day care—call ahead to make sure it is functioning.

Contact:

856 Grand Boulevard, Chambly, QC J3L 1V9

Telephone: (450) 447-9969

Toll-free: 1 (800) 508-9969

Email: accueil@carrefourfamilial.org

Website: www.carrefourfamilial.org

Famille à Cœur

Offers parent-child courses such as Zumba and massage, support for pregnant mothers, resources for fathers and respite for parents on alternate Saturdays. For families who live in the region of Haut-Richelieu.

Contact:

130 Saint-Georges St., St-Jean-sur-Richelieu, QC J3B 2S8

Telephone: (450) 346-1734

Email: familleacoeur@familleacoeur.qc.ca

Website: www.familleacoeur.qc.ca

POSA Source des Monts

CIUSSS resource for youth has a street worker, youth clinic to help with medical and social problems and other services for youth.

Contact:

620 Sénécal St., Chambly, QC J3L 1N9

Telephone: (450) 658-9898

Email: direction@posasdm.org

Website: www.posasdm.com

Premier Pas Champlain/ Home Start Champlain

Provides help to families with children 0-12 years old to handle the stresses and difficulties of parenting and to increase parental capacities and confidence. Head start Champlain offers English language stimulation classes as well as family accompaniment and many other services for families. Call to book an appointment.

Contact:

Telephone: (450) 923-4138

Email: jumelage@premierspaschamplain.org

Website: www.premierspaschamplain.org

5 – MEDICAL EQUIPMENT

*You can rent medical equipment from many local pharmacies such as Proxim and Familiprix. Check with your local pharmacy on policy, price and availability.

Maison André Viger

Purchase or rental of orthopedic equipment (wheelchairs, hospital beds, home adaptation)

Contact:

Telephone: (450) 465-7560

Website: www.andreviger.com/en

Boutique 3 Âge vêtements adaptés

Offers adapted clothing.

Contact:

Telephone: (450) 672-8976

Website: www.vetementsadaptes.ca

CAB de Saint-Hubert

Lending of Orthopedic Equipment.

Contact:

Telephone: (450) 656-9110

Website: www.devenezbenevole.org

CISSS de la Montérégie-Centre

Reception Centre for home care or seniors' services.

Contact:

Telephone: (450) 445-4452 ext. 2430

Website: www.santemonteregie.qc.ca/en

L'Association de Paralysie Cérébrale du Québec

Offers loan and possibly financial assistance for equipment for those suffering from cerebral palsy and other health issues that affect movement. For residents of Haut-Richelieu-Rouville.

Contact:

320, N. du Séminaire blvd, Suite 112, St-Jean-sur-Richelieu QC, J3B 5K9

Telephone: 450-357-2740

Email : info@paralysiecerebrale.com

Website: www.paralysiecerebrale.com

CLSC de la Vallée-des-Forts (Haut-Richelieu-Rouville Area)

Clients of the CLSC, depending on the home-care worker's assessment, maybe loaned certain pieces of equipment to help the attendants provide hygiene services safely (certain criteria may apply).

Contact:

Telephone: (450) 358-2578, ext. 4450 or (450)358-2578, ext. 4510

La Mosaïque

Emergency help, food aid, adapted equipment when referred by CLSC—Priority for the residents of Brossard, Greenfield Park, Saint-Lambert and LeMoyne.

Contact:

Telephone: (450) 465-1803

Website: www.lamosaïque.org/anglais

Health Support Products

Healthcare products and medical equipment (purchase only no rentals).

Contact:

Telephone: (514) 792-6873

Email: info@healthsupportproducts.com

Website: www.healthsupportproducts.com

Ressource en soins palliatifs (CISSS de la Montérégie-Centre)

This service will lend medical equipment to those needing it suffering from cancer or who are at the end of life.

Contact

275-2, Saint-Luc Blvd., St-Jean-sur-Richelieu, QC J2W 0B7

Telephone: (450) 348-1061

Toll-free: 1 (866) 967-4825, ext. 6450

6 – LITERACY/VOLUNTEER

South Shore Literacy Council

A non-profit volunteer literacy organization located in Longueuil-Greenfield Park. They strive to serve the surrounding South Shore communities with various reading literacy programs and activities for individuals as well as families.

Services: One-on-one tutoring, Mother Goose family literacy program, senior program and youth and peer tutoring.

Contact:

279 Hubert St., Suite 4, Longueuil-Greenfield Park, QC J4V 1R9

Email: info@southshoreliteracy.org

Website: www.southshorereadingcouncil.org

Centre de Bénévolat de la Rive-Sud

These volunteer centres are always looking for volunteers to help with their many programs. Contact them to find out more.

Contact:

18 Montcalm St., Longueuil, QC J4J 2K6

Telephone: (450) 679-5916

Email: reception@benevolatrivesud.qc.ca

Website: www.benevolatrivesud.qc.ca



La Porte Ouverte

Offers French as a second language course, advanced French and help with a secondary diploma at their centre. Courses are free—there is a \$20.00 administration fee. They also have a used book store with French and English titles.

Contact:

81 Frontenac St., St-Jean-sur-Richelieu, QC J3B 2Y4

Telephone: (450) 741-3592

Email: coordolpo@gmail.com

Au Cœur des mots

Offers French courses, initiation to technology, help with making a CV and sells or lends used books. For those in the area of Haut-Richelieu outside of St-Jean-sur-Richelieu.

Contact:

16-10 Sainte-Marie St., Lacolle, QC J0J 1J0

Telephone: (450) 246-4131

Email: aucoeurdesmotsalpha@hotmail.com

Website: www.facebook.com/aucoeurdesmotsalpha

CAB de St-Jean-sur-Richelieu

These volunteer centres are always looking for volunteers to help with their many programs. Contact them to find out more.

Contact:

640 Dorchester St., local 301, St-Jean-sur-Richelieu, QC J3B 5A4

Telephone: (450) 347-7527

Website: www.cabstjean.org

Centre de Bénévolat de la Rive-Sud (Chambly)

Contact:

1410 De Salaberry Ave., Chambly, QC J3L 1R7

Telephone: (450) 658-4325

Website: www.benevolatrivesud.qc.ca

7 – LEGAL AND FINANCIAL

Legal Aid

Legal Aid is a government legal service offered to people who meet certain financial eligibility criteria in order to obtain legal services free of charge or with a minimal cost. Every year Legal Aid provides thousands of Québécois with access to justice and the means to defend their rights.

Contact:

Centre de communication avec la clientèle

Telephone: (418) 643-5140

Toll-free: 1 (866) 536-5140

Email: information@justice.gouv.qc.ca

Website: www.justice.gouv.qc.ca



ÉDUCALOI

Éducaloi is a charitable organization that has played a leading role in improving access to justice since it was founded in 2000. Its core mission is to explain to Québécois the law, their rights, and their responsibilities. Access to information about your legal rights by topic such as:

Wills and Estates—Common Questions

Health and Social Services in English

Contact:

Website: www.educaloi.qc.ca

Centre de Justice de Proximité

Access to legal information, support and referral services in the South Shore.

Contact:

Telephone: (579) 723-3700

Toll-free: 1 (844) 723-3700

Website: www.justicedeproximite.qc.ca/en/centers/monteregie

The Chamber of Notaries of Québec

The regulatory body for the practice of notaries in the province of Québec. Access their website for a wide range of legal topics. Discover how a notary may help you with your legal questions and more.

Contact:

Telephone: (514) 879-1793

Toll-free: 1 (800) 263-1793

Website: www.cnq.org/en/home

INFO-BARREAU

The gateway to the Barreau du Québec and will answer your legal questions or provide any additional information you require.

Contact:

Telephone: (514) 954-3411

Toll-free: 1 (844) 954-3411

Email: infobarreau@barreau.qc.ca

Website: www.barreau.qc.ca

AQDR—ASS. (Association Québécoise de Défense des droits des Retraités)

Advocating for the rights of seniors – support and accompaniment for seniors in all manners

Contact:

Toll-free: 1 (877) 935-1551

Website: www.aqdr.org

CPM (Conseil pour la Protection des Maladies)

Council for the protection of the sick – defending the rights of the elderly, the sick and the handicapped.

Contact:

Toll-free: 1 (877) 276-2433

Website: www.cpm.qc.ca

CDPDJ (Commission des Droits de la Personne et de la Jeunesse)

Human Rights Commission – for those who believe their human rights were infringed upon and who wish to lodge a complaint.

Services: Inform the public about rights recognized by the Charter, the Youth Protection Act and Youth Criminal Justice Act.

Contact:

Toll-free: 1 (800) 361-6477

Website: www.cdpedj.gc.ca

Québec Public Curator—mandate in case of incapacity

Document that allows one person to designate another person to look after her/him in case of loss of autonomy.

Contact:

Toll-free: 1 (800) 363-9020

Website: www.curateur.gouv.qc.ca

CAAP (Centre d'Assistance et d'Accompagnement aux Plaintes Montérégie)

To provide assistance and advice to citizens relative to their right to quality services particularly in the field of health and social services.

Services—Accompaniment of individuals during the complaint process, in meetings with Complaints Commissioner or the Ombudsman; File Preparation and writing the letter of complaints; Presentation on the rights of the users (free service); Inform consumers of their rights and the complaint process. Offers support in other levels of the complaint process.

Contact Longueuil:

150 Grant St., Suite 121, Longueuil, QC J4H 3H6

Telephone: (450) 928-3223

Contact St-Jean-sur-Richelieu :

125 Saint-Charles St., St-Jean-sur-Richelieu, QC J3B 2C4

Telephone: (450) 347-0670

Toll-free: 1 (800) 263-0670

Email: caap@caapmonteregie.ca

Website: www.caapmonteregie.ca/en/home

Association Coopérative d'Économie Familiale

ACEF Rive Sud — They will help you make a budget, learn how to get out of debt, related legal problems and may give small loans.

Contact:

2010 Chambly Rd., Longueuil, QC J4J 3Y2

Telephone: (450) 677-6394

Toll-free: 1 (877) 677-6394

Website: www.acefrsm.com

Inform'Elle

Community organization that provides free information on family law topics and a free law information telephone hotline.

Contact:

2068 Édouard Blvd., Saint-Hubert J4T 2A1

Telephone: (450) 443-3442

Legal information line: (450) 443-8221 or 1 877 443-8221 (toll free)

Email: droitpouelle@informelle.org

Le Palier Juridique

A law firm that offers services in different fields of law with fees that are flexible based on the income of the person requesting representation.

Contact:

1079 Chambly Rd., local 207, Longueuil J4H 3M7

Telephone: (450) 396-7737

Fax: (450) 396-7837

Email: avocats.longueuil@lepalierjuridique.com

Ainsi soit-elle

A community organization that offers free meetings with lawyers on topics such as family law, wills, power of attorney, housing law and labour laws. The organization also offers informational clinics, computer access and accompaniment in your judicial needs.

Contact:

1224 Notre-Dame St., Chambly J3L 1K3

Telephone: (450) 447-3576

Email: info@ainsisoitellectdf.ca

Collectivement Elles

Provides free consultation for members with a lawyer on civil matters such as employment, rent, separation and so on.

Contact:

390 Georges-Phaneuf St., Saint-Jean-Sur-Richelieu, QC J3B 1K2

Telephone: (450) 346-0662

Website: www.collectivementelles.ca/accueil

CAVAC — (Centre d’Aide aux Victimes d’Actes Criminels)

Crime Victims Assistance Centres — Helps victims of crime by going with them to court, helping them with counselling and knowing their rights.

Contact:

370 Chambly Rd., Office 200, Longueuil, QC J4H 3Z6

Telephone: (450) 670-3400

Toll-free: 1 (888) 670-3401

Email: infocavac@cavacmonteregie.com

Website: www.cavac.qc.ca/en/services

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