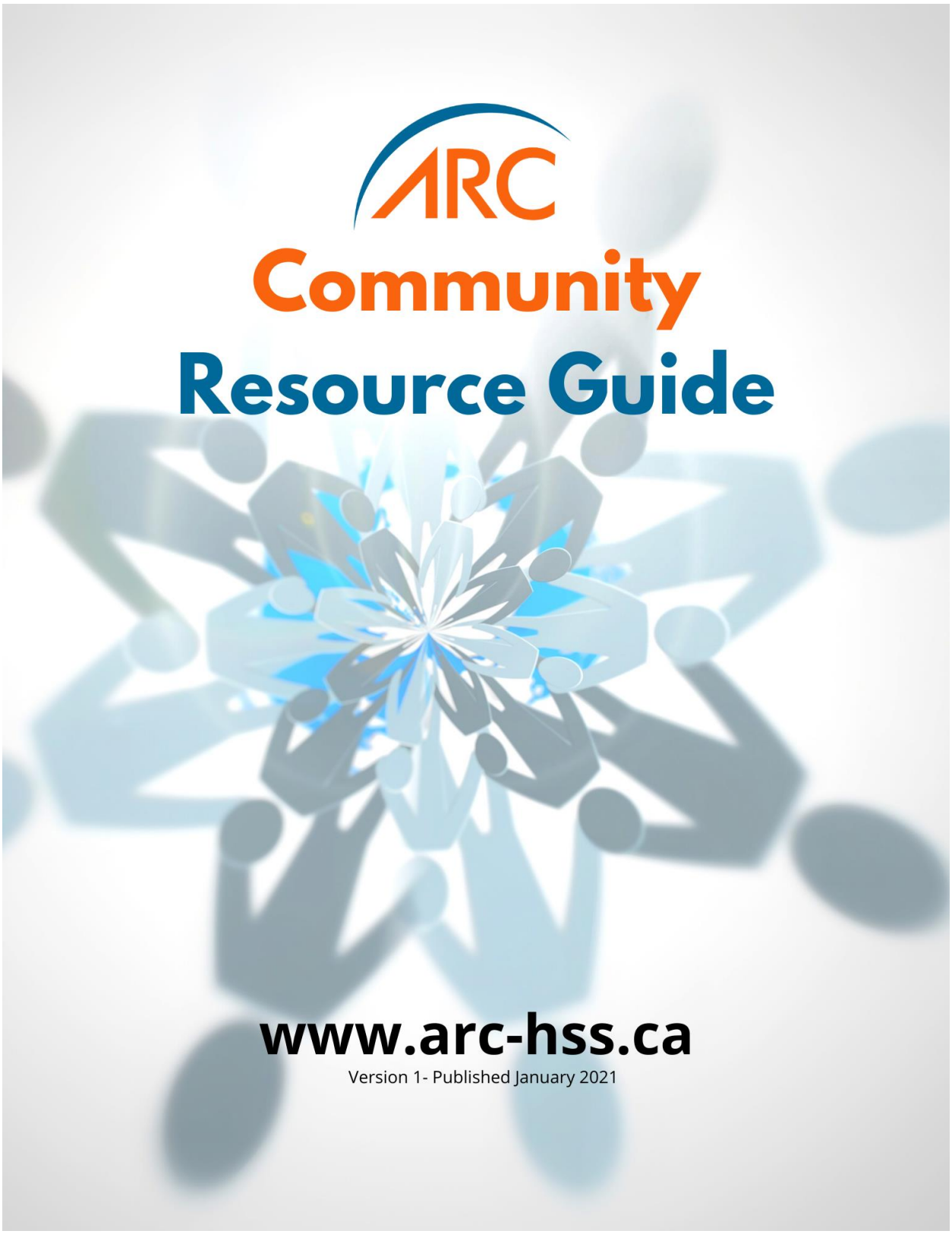


Community Resource Guide

www.arc-hss.ca

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Assistance and Referral Centre
www.arc-hss.ca

106 Churchill Blvd., 2nd Floor
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J4V 2L9

Tel: (514) 605-9500

Email: info@arc-hss.ca

927-B Seminaire Blvd.
St-Jean-sur-Richelieu, QC
J3A 1B6

Tel: (450) 357-0386

Email: arc.programcoord@gmail.com

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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 Quebec — 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.

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 QUEBEC

You become eligible for health insurance 90 days after becoming a Quebec 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 Quebec 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 Quebec
   PO Box 19850, Succursale Terminus
   Quebec, 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) 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:
   www.m.rtl-longueuil.qc.ca/en-CA/rtl-paratransit-service

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

There is a central number that can direct people in need to any food bank on the South Shore
(450) 641-2885.
The situation is ever evolving, and we will do our best to keep you informed. It's recommended to call ahead since many South Shore Community services and programs have reduce their hours or closed.
Helpful Hints:

- 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.

Below is a list of some of the organizations on the South Shore:

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: www.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. *You must call on Monday night to pick up food on Tuesday.*
Please contact to confirm they are accepting new members.

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.
Longueuil only. Call and give them your address. Leave a message if there is no answer they will call back.
They are low on supplies and will decide individually based on your location.

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 $15.00

Contact :
470 Sainte-Foy Blvd., Longueuil, QC J4J 1Y2

Telephone: (514) 233-6703

Les Greniers de Joseph — Provisions Communautaires

You must call ahead to register.

Contact:
2550 Jensens St., Saint-Hubert, QC J3Y 7R6

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.
Pick up Service: Tuesday from 3:00 to 7:00 p.m. and Thursday from 3:00 to 7:00 p.m.

Contact:
1423 Provencher Blvd., Brossard, QC J4W 1Z3

Telephone: (450) 455-3511

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, LeMoyne 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 Av., Longueuil, QC J4P 2C8

Telephone: (450) 465-1803

Email: info@lamosaique.qc.ca

Website: www.lamosaique.org

Ville de Brossard

The City has placed all information regarding the community support they are offering in one location.

Website: www.brossard.ca/services-offerts-de-la-ville-Covid-19

Centre d'action bénévole de la Rive-Sud

In collaboration with Metro Bellemare

Services: Orders taken by phone, prepared and delivered to socially isolated seniors aged 70 or over with no personal support network (friends, family, etc.).
Payment: by cheque only.

Contact:
Telephone: (450) 465-6130

Email: information@benevolatrivesud.qc.ca

Website: www.benevolatrivesud.qc.ca

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

Services: Sale of frozen meals, soup and desert. 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 Andre St., Brossard, QC J4Z 2Z8

Telephone: (450) 443-6670

Email: info@cuisinesdelamitie.org

Website: www.cuisinesdelamitie.org

Maison d'entraide Saint-Alphonse

Services: On-call food service offer on registration for the population of Brossard.
Registration on Wednesday and distribution on Thursday.

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.)*
Telephone: (450) 445-4452

Maison des Jeunes l'Escalier en Mon Temps — Projet Frig-O-Don

Distribution: on Tuesday, by appointment
Registration: before 3:00 p.m. on Tuesday

Contact:
964 Auteuil St., Brossard, QC J4Z 1N2

Telephone: (450) 656-9690

Email: mdjbrossard@hotmail.com

Website: www.mdjbrossard.org

Maison Internationale de la Rive-Sud — Café des Aînés

Services: Food assistance on registration.
Distribution: on Wednesday
You have to be registered with Café des aînés.

Contact:
2152 Lapinière Blvd., suite 200, Brossard, QC J4W 1L9

Telephone: (450) 445-8777

Website: www.mirs.qc.ca

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 Saint-Jean-sur-Richelieu

(Serves Saint-Jean, Saint Athanase, Saint-Blaise and Saint-Paul-d'Ile-aux-Noix).

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

Telephone: (450) 347-7527

Website: www.cabstjean.org

CAB d'Iberville

Contact :
290 Conseillers Ave., Saint-Jean-sur-Richelieu, QC J2X 1Z8

Telephone: (450) 347-1172

Website: www.cabiberville.org

Aux Sources du Bassin de Chambly

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

Contact :
2437 Bourgogne Ave., Chambly, QC J3L 2A5

Telephone: (450) 658-4469

Website: www.entraideplus.org

Centre Action de Bénévolat (CAB) Interaction

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 Recharge Program

ReCharge is a series of 7 workshops facilitated by a clinical nurse that responds to the needs of English-speaking caregivers throughout the South Shore by providing a variety of technical and practical healthcare topics to take care of their loved ones, as well as mindfulness activities that serve for the caregivers to recharge their own energy.

The healthcare technical part of the workshops covers basic first aid knowledge techniques; mechanics of the body; medical emergencies (strokes and falls); Alzheimer's disease support (resources); how to prevent infection and contamination

The mindfulness part of the training is addressed to improve:
Caregiver self-care, stress management, importance of personal care, and relaxation techniques through mindfulness activities like chair yoga, meditation, music therapy, art therapy, and more.

Contact:
106 Churchill Blvd., 2nd Floor, Greenfield Park, QC J4V 2L9

Telephone: (514) 608-9600

Email: arc.projectcoord@gmail.com

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

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

Le Réseau Aidant

Access Community Knowledge. Connect with health professionals and people who have been through the same ordeal as you, and share your experiences with them.

Contact:
Toll Free: 1 (866) 396-2433

Website: www.lereseauaidant.ca

Baluchon Alzheimer

Support, accompaniment and respite for caregivers of seniors with Alzheimer's disease.

Contact:
Toll Free : 1 (855) 762-2930

Website: www.baluchonalzheimer.com

Actions-services aux proches aidants Longueuil

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:
581 King George St., Longueuil, QC J4J 2V8

Telephone: (450) 928-0776

Email: info@asapal.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 extension 2430

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 Quebec, 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 Quebec government and the Fondation Lucie et André Chagnon.

Contact:
1 (855) 852-7784

Email: info-aidant@appui.org

Contact (South Shore):
170 Taschereau Blvd., bureau 203, La Prairie, QC J5R 5H6

Telephone: (450) 984-1222

Email : info@lappuimonteregie.org

Website: www.lappui.org

Fédération des coopératives de services à domicile et de santé du Quebec (FCSDSQ)

Information to find an organization that provides home care services.

Contact:
Telephone: (418) 622-1001

Website: www.fcsdsq.coop

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: 1 (833) 332-6452

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:
32 Saint-Charles St. W., office 345, Longueuil, QC J4H 1C6

Telephone: (514) 666-2439

Email: info@missionnouvellegeneration.org

Website: www.bienchezsoi.ca

Soins Direct

Home healthcare and support for persons experiencing temporary or permanent loss of autonomy.
Services: Post-operative care, palliative care, adapted care for the elderly, adapted care for persons with Alzheimer's disease or other cognitive disorders, occasional care and respite.

Contact:
Telephone: (514) 739-1919

Email: info@missionnouvellegeneration.org

Website: www.soinsdirect.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, respite/caregiver relief, live-in care, nursing, accompanied visits, Alzheimer's/dementia care, managing chronic illness, palliative care, travel companion.

Contact:
222 René-Lévesque Blvd. W., Suite 140, Montreal, QC H3H 1R6

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. Therefore, keeping their independence, comfort and safety. Provides care in homes, hospitals, nursing homes, rehabilitation centres and assisted living facilities
Services: Companion care, personal care, respite care, people with disabilities.

Contact:
4150 Saint Catherine St. West, Suite 490, Montreal, QC H3Z 2Y5

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 Quebec.

Contact:
90 Saint-Foy Blvd., Suite 102, Longueuil, QC J4J 1W4

Telephone: (450) 679-2433

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., Saint-Jean-sur-Richelieu, QC J3A 1E5

Telephone: (450) 358-2578, Ext 4450

Telephone: (450) 358-2578, Ext 4510

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

Mobil'Aide

If you would like to arrange your own home care support, you can do this through Mobil'Aide. They will provide trained caregivers to come to your home for a fee. If you are 70 or over, some funds could be reimbursed through Revenu Quebec.

Contact:
55 5e Avenue, Saint-Jean-sur-Richelieu, QC J2X 1G1

Telephone: (450) 346-1011

Email: info@mobilaide.com

Website: www.mobilaide.com

Revenu Quebec

Information on tax credit for home support services for seniors.

Website: www.revenuquebec.ca/en/citizens/tax-credits

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

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

Contact:
640 Dorchester St., local 301, Saint-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 2e Rue, Saint-Jean-sur-Richelieu, QC J2X 3H5

Telephone: (450) 347-5500

Website: www.sahr.ca

PAIR

Seniors living alone can sometimes find themselves caught in distressing situations, without help. PAIR offers a free daily call-in service to make sure they are okay. This program is organized by the Centre de Benevolat de la Rive Sud. Subscribers receive a call once or more each day, if there is no answer, then an alert is launched to the family or to 911.

Contact:
Telephone: (450) 679-5916 ext.239

Website: www.benevolatrivesud.qc.ca

C — ADAPTED TRANSPORTATION

Service d'accompagnement médical intensif (SAMI)

(Private adapted transport services) – To employ a global approach in tailoring transportation to the needs of users. Low cost (according to income), personalized accompaniment to medical appointments. **Services:** Accompaniment services for patients of the Charles LeMoyne and Pierre-Boucher Hospitals and all other medical appointments in all the hospitals and clinics of the South Shore, for hemodialysis, oncology, physiotherapy, occupational therapy, etc.

Contact:
300 Churchill Blvd., Greenfield Park, QC J4V 2N2

Telephone: (450) 465-8582

Email: gdsonix@hotmail.com

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:
District of Vieux-Longueuil Telephone: (450) 677-5281

Saint-Lambert (including Brossard, LeMoyne, 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 me 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 Saint-Jean-sur-Richelieu

Accompaniment to medical appointments.

Contact:
640 Dorchester St., Suite 301, Saint-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 Saint-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, Saint-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

In the municipality of Chambly, Richelieu and surrounding areas, you may be eligible for paratransit services for people with disabilities. You must fill out the application which you can find online at the link indicated above.

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

Telephone: (450) 460-2000

Email: infota@gestrans.ca

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

D — DAY CENTRE/RESPITE

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@adultdaycare.ca

Website: www.adultdaycare.ca

CAB de Saint-Jean-sur-Richelieu

These non-profit organizations may offer a drop-in respite care service to give individuals a break from the day-to-day care of their loved one.

Contact:
640 Dorchester St., local 301, Saint-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

Website: www.santemonteregie.qc.ca/centre

Centre Communautaire L'Entraide Plus

These non-profit organizations may offer a drop-in respite care service to give individuals a break from the day-to-day care of their loved one. Contact the centres listed above to find out if the service is available.

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., Saint-Jean-sur-Richelieu, QC J3A 1E5

Telephone: (450) 358-2578, Ext 4450

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 extension 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 Quebec

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-quebec.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., Saint-Jean-sur-Richelieu, QC J3A 1E5

Telephone: (450) 358-2572, extension 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 extension 2430

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

The South Shore Alzheimer's Society

A non-profit private residence for seniors who have been diagnosed with Alzheimer's and can no longer remain at home.

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

Contact:
116 Norbert Blvd., Longueuil, QC J4K 2P1

Telephone: (450) 442-3333

Website: www.societealzheimerrivesud.ca

Quebec Seniors' Housing Group (RQRA)

Services: It brings together 800 members, managers and owners or residences who manage nearly 100,000 units throughout Quebec. 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: 1 (844) 918-1020

Website: www.bonjourresidences.com

Residence Mont Royal

Residence Mont Royal is a certified private seniors' residence, since 1997, for autonomous and semi-autonomous seniors. 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: (450) 656-5582

Email: info@residencemontroyal.com

Website: www.residencemontroyal.com

F — WALK-IN CLINICS

Quebec 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.

Centre Médicale Champlain

Contact:

3716 Taschereau Blvd., Greenfield Park, QC J4V 2H8

Telephone: (450) 672-9710

Website: www.cmchamplain.wixsite.com/english

Clinique Médicale Urgence Camu (Longueuil)

Walk-in Tuesdays only.

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.wpengine.com/en/walk-in-clinic-dix30/

Centre Médi-Soleil

Contact :

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

Telephone: (438) 320-1300

Website: www.medisoleil.com

Clinique Médicale du Coteaux

Contact :

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

Telephone: (450) 359-3247

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 Quebec (SHQ) (Longueuil)

Meet the housing needs of the Citizens of Quebec 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

Rent Supplement (HLM)

Program to allow low-income households to occupy subsidized housing.

Contact:
Telephone: 1 (800) 436-4315

Rental Board

Assistance to tenants who wish to cancel lease

Contact:
Telephone: 1 (800) 683-2245

Website: www.rdl.gouv.qc.ca

Revenu Quebec — Housing allowance

Financial help for low-income households

Contact:
Telephone: 1 (800) 267-6299

Website: www.revenuquebec.ca

Revenu Quebec—Housing allowance for the Hearing Impaired

Financial help for low-income households

Contact:

Telephone: 1 (800) 361-3795

Website: www.revenuquebec.ca

Pavilion 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@pavilionmarguerite.com

Website: www.pavilionmarguerite.com

Welcome Hall Mission

The largest doorway to help for Montrealer's 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) 671-9060

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 (due to Covid-19 currently closed), 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

Salvation Army Booth Centre

The Booth Centre is a community organization that opens its doors to men 18 and older who face homelessness (The Gouvernail), addictions (The Anchorage) or mental health issues (The Rivage). The minimum stay is one month, but the length is determined by the needs expressed and the objectives established by the resident and can be ended at any time he wishes. His objectives are re-evaluated every 6 months.

Goals of the Centre: Gain the trust of residents by giving them the support they need, end social isolation, encourage group activities, offer long-term housing, offer good living conditions in a safe, healthy environment.

Contact:
880 Guy Street, Montreal, QC H3J 1T4

Telephone: (514) 932-2214

Email: centreboothmtl@bellnet.ca

Website: www.centreboothmtl.ca

Office Municipale d'Habitation du Haut-Richelieu

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

Contact:
145 Latour St., Office 100, Saint-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

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:
1704 Saint-George St., LeMoyne, QC J4P 3J2
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: http://societealzheimerrivesud.ca

Alternative 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:

462 Sainte-Foy Blvd., Longueuil, QC J4J 1Y2

Telephone: (450) 651-0651

Email: direction@centregens.ca

Website: www.centregens.ca

AMI-Quebec

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

Services: AMI-Quebec's support groups provide a warm welcome to everyone. We are here for you! 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

APAMM Rive Sud

Since 1981, *l'Association des Parents et Amis de la personne atteinte de Maladie Mentale Rive-Sud* APAMM-RS (English translation: The South Shore Association of Parents and Friends of People Suffering From Mental Illness) has had the mission to bring together the members of a mentally ill person's (person who presents clinical symptoms related to a major mental health problem) social circle so as to provide them with a wide range of support services that may prove beneficial and help to facilitate personal development:

- Psychosocial intervention: Individual, couple and family interventions providing psychosocial support via facilitating communication, listening, problem solving and the referral to appropriate resources.
- Youth Services: Activities geared towards responding to the needs of youth (aged 5-18 years old) who are living with a person (father, mother, sibling, etc.) who is suffering from a mental health problem(s).
- Accompaniment: Per court ordered request for a psychiatric evaluation/To health, social and other resources

Contact:

10 Churchill Blvd., Suite 206, Greenfield Park, QC J4V 2L7

Telephone: (450) 766-0524

Website: www.apammrs.org

Santé Mentale Quebec 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, Saint-Jean-sur-Richelieu, QC J3B 3L1

Telephone: (450) 346-5736

Website: www.smqhr.ca

Éclusier du Haut-Richelieu

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., Saint-Jean-sur-Richelieu, QC J3B 6S6

Telephone: (450) 346-5252

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

Email: info@eclusierhr.ca

Website: www.eclusierhr.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, Saint-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:
1704 Saint-George St., LeMoyne, QC J4P 3J2

Telephone: (450) 672-4597

Website: www.serviceespoir.com

Sino-Quebec 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 improve and facilitate their integration and realization in Quebec 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.sinoquebec.ca

Carrefour Familiale du Richelieu

Offers online activities for parents and their children who live in the MRC of Rouville—may be 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: famille acoeur@famille acoeur.qc.ca

Website: www.famille acoeur.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

Offering services for baby car seat rentals and thrift shop clothing for those in need. These services are on an ongoing basis and considered essential during the confinement period. Call to book an appointment.

Contact:

Telephone: (450) 923-4138

Email: jumelage@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 Extension: 2430

Website: www.santenonteregie.qc.ca/en

L'Association de Paralysie Cérébrale du Quebec

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

Contact:
870 Curé Saint-Georges, Saint-Jean-sur-Richelieu, QC J2X 2Z8

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, may be 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.lamosaique.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., Saint-Jean-sur-Richelieu, QC J2W 0B7

Telephone: (450) 348-1061

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

6 – LITERACY/VOLUNTEER

South Shore Reading 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: ssrc@videotron.ca

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., Saint-Jean-sur-Richelieu, QC J3B 2Y4

Telephone: (450) 346-3283

Email: info@laporteouverte@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 Saint-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 Saint-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, Saint-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 Av., 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 Quebecers 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 Quebecers 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

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/centres/Montérégie

The Chamber of Notaries of Quebec

The regulatory body for the practice of notaries in the province of Quebec. 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 Quebec 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.cdpdj.qc.ca

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

Telephone: (450) 928-3223

Contact Saint-Jean-sur-Richelieu :

125 Saint-Charles St., Saint-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

Centre de Femmes du Haut Richelieu

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.centrefemmeshautrichelieu.ca

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

Tel. (450) 346-5706

Website: www.maisonlepointcommun.org

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., bureau 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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Assistance and Referral Centre

www.arc-hss.ca