

Community Services Directory for the (6) CLSC territories during the pandemic period (COVID-19)



Courtesy of the CISSMO Community Organizing and Public Health Team, in collaboration with the Montérégie-West Community Network (MWCN)
reminding you that "It's going to be okay!"

URGENCE	TÉLÉPHONE
AMBULANCES – POLICES - POMPIERS	911
INFO SOCIAL & INFO-SANTÉ	811
INFO COVID-19	1-877-644-4545
ABUS AUX AÎNÉS	1-888-489-2287
AGRESSIONS SEXUELLES	1-888-933-9007
CENTRE ANTI-POISON DU QUÉBEC	1-800-463-5060
CENTRE DE PRÉVENTION DU SUICIDE	1-866-277-3553
DIRECTION DE LA PROTECTION DE LA JEUNESSE	1-800-361-5310
DROGUE : AIDE ET RÉFÉRENCE	1-800-265-2626
HYDRO-QUÉBEC - URGENCE	1-800-790-2424
JEUNESSE J'ÉCOUTE	1-800-668-6868
LE TOURNANT	1-833-371-4090
LA MAISON SOUS LES ARBRES	1-855-450-699-5935
SOS VIOLENCE CONJUGALE	1-800-363-9010
TEL-AIDE	450-377-0600 1-855-377-0600
TEL-JEUNES	1-800-263-2266



● CHÂTEAUGUAY

(450) 699-3333

PAGES 4 TO 14



● HAUT-ST-LAURENT

(450) 829-2321

PAGES 15 TO 24



● JARDIN-DU-QUÉBEC

(450) 454-4671

PAGES 25 TO 31



● KATÉRI

(450) 659-7661

PAGES 32 TO 38



● Suroît

(450) 371-0143

PAGES 39 TO 52



● VAUDREUIL-SOULANGES (450) 455-6171

PAGES 53 TO 63



● CHÂTEAUGUAY - HOME CARE



Organization	Address	Phone	Working Hours	Services and Specifications
Coup de pouce des Moissons ÉÉSAD <ul style="list-style-type: none">▪ People aged 65 and older▪ CLSC reference for under 65 years▪ All clients▪ Services available in English	193, ch. St-Louis Beauharnois	(450) 429-4229		<ul style="list-style-type: none">▪ Personal Care▪ Presence and monitoring▪ Meal preparation▪ Groceries, supplies and shopping▪ Transfers, moving, sleeping
Société Alzheimer du Suroît <ul style="list-style-type: none">▪ People suffering from Alzheimer's and related diseases, and their caregivers▪ Services available in English	340, boul. du Havre Suite 101 Salaberry-de-Valleyfield	(450) 373-0303 Toll Free: 1 877 773-0303		<ul style="list-style-type: none">▪ Respite care▪ Psychosocial support over the phone

● CHÂTEAUGUAY - FOOD ASSISTANCE



Organization	Address	Phone	Working Hours	Services and Specifications
Banque de nourriture de St-Isidore		(450) 454-2461	By appointment only	<ul style="list-style-type: none"> Emergency Food Assistance
Banque de nourriture de Châteauguay (Food Bank) <ul style="list-style-type: none"> Services available in English 		(450) 698-1780	By appointment only	<ul style="list-style-type: none"> Delivery of food baskets to the home
Bouffe Partage (Église Chrétienne Le Rocher) <ul style="list-style-type: none"> Services available in English 		(450) 844-4889	By appointment only (Distribution Thursday afternoons)	<ul style="list-style-type: none"> Food distribution Low-cost groceries
Comité d'entraide de la guignolée de St-Urbain-Premier		(450) 427-3319	By appointment only	<ul style="list-style-type: none"> Emergency Food Assistance
Coup de pouce des Moissons EÉSAD <ul style="list-style-type: none"> People aged 65 and older CLSC reference for under 65 years All clients Services available in English 	193, ch. St-Louis Beauharnois	(450) 429-4229		<ul style="list-style-type: none"> Meal preparation Assistance with groceries, supplies and shopping
La guignolée de St-Martine Organisme Actions Familles	122, rue St-Joseph Ste-Martine	(450) 427-1576		<ul style="list-style-type: none"> Emergency Food Assistance - home delivery of groceries by IGA on Mondays (exceptions during pandemic)
La Rencontre Châteauguoise <ul style="list-style-type: none"> All clients 	200, boul. Salaberry-Nord Châteauguay	(450) 699-6819		<ul style="list-style-type: none"> Food distribution



● CHÂTEAUGUAY - FOOD ASSISTANCE (CONTINUED)



Organization	Address	Phone	Working Hours	Services and Specifications
Marmitons de Mercier	Ville de Mercier	(450) 691 6090 Ext. 333		▪ Meal preparation and delivery for the citizens of Mercier
Popote roulante de Châteauguay ▪ Services available in English		(514) 231-0379		▪ Home meal distribution
Société St-Vincent-de-Paul de Mercier		(438) 345-9009		▪ Emergency Food Assistance
Société St-Vincent-de-Paul de Châteauguay		(450) 691-5246	By appointment only	▪ Emergency Food Assistance
Société St-Vincent-de-Paul de Léry		(450) 698-0487 (450) 691-5246	By appointment only	▪ Emergency Food Assistance



● CHÂTEAUGUAY - SUPPORT



Organization	Address	Phone	Working Hours	Services and Specifications
ACEF Rive-Sud / point de service de Valleyfield	340, boul. du Havre Bureau 203 Salaberry-de-Valleyfield	(450) 371-3470 Free of charge: 1-888-450-3470	Monday to Thursday	<ul style="list-style-type: none"> Financial consultation and budgetary support Services offered by phone and email
Actions Familles Sainte Martine/ Saint-Urbain-Premier <ul style="list-style-type: none"> Families Services available in English 	122, rue St-Joseph Sainte Martine	(450) 427-1576	Monday to Friday 9h00-16h30	<ul style="list-style-type: none"> Listening, guidance, advice by phone Emergency Food Assistance delivery
Association québécoise de défense de droits des retraités AQDR – CAAPA <ul style="list-style-type: none"> Services available in English 	110, rue Mathias Salaberry-de-Valleyfield	(450) 807-2232	5 days / week	<ul style="list-style-type: none"> Phone support Videoconferencing and e-mail
AVIF - Action sur la violence and intervention familiale <ul style="list-style-type: none"> Male clients 	330, boul. Pierre-Boursier Châteauguay	(450) 692-7313	9h00-17h00	<ul style="list-style-type: none"> Phone follow-ups only
CALACS (Centre d'aide et lutte contre les agressions) <ul style="list-style-type: none"> Victims of assault Services available in English 	C.P. 47030 Châteauguay	(450) 699-8258	Monday to Friday 9h00-17h00	<ul style="list-style-type: none"> Phone/online consultation
BENADO <ul style="list-style-type: none"> Youth and families 	197, ch. St-François-Xavier Delson	(450) 632-1640	9h00-17h00	<ul style="list-style-type: none"> Intervention with youth through "alternative justice" and alternatives to dropping out of school Phone support or other help depending on the activities



● CHÂTEAUGUAY - SUPPORT (CONTINUED)



Organization	Address	Phone	Working Hours	Services and Specifications
Carrefour jeunesse emploi de Châteauguay <ul style="list-style-type: none"> ▪ Youth and young adults (15-35 old) ▪ Services available in English 	105, rue Lauzon Châteauguay	(450) 699-8001	Monday to Friday 8h30-16h30	<ul style="list-style-type: none"> ▪ Services offered on a remote basis ▪ Services provided on a continuous and secure basis to meet clients' needs. The team can be reached by phone, email, Facebook, or Messenger, their website and by text messages. The staff conducts support meetings daily. People can sign up for the services at any time.
Centre communautaire Châteauguay <ul style="list-style-type: none"> ▪ All clients ▪ Services available in English 	3, rue Principale Châteauguay	(450) 699-3463	By appointment only	<ul style="list-style-type: none"> ▪ Emergency assistance for essential goods
Centre d'action bénévole du grand Châteauguay <ul style="list-style-type: none"> ▪ All clients ▪ Services available in English 	10, rue Gilmour Châteauguay	(450) 699 6289	Monday to Friday	<ul style="list-style-type: none"> ▪ Phone support for vulnerable people aged over 50 old and more ▪ Daily morning calls ▪ Psychological phone support for caregivers ▪ Transport service for medical appointments ▪ Tax services
Centre d'éducation populaire du Grand Châteauguay <ul style="list-style-type: none"> ▪ Services available in English 	18, boul. d'Anjou Châteauguay	(450) 699-9955	Monday to Friday 8h30-16h30	<ul style="list-style-type: none"> ▪ Literacy ▪ Francisation ▪ Educational services for adults ▪ Email and Skype services during the pandemic



• CHÂTEAUGUAY - SUPPORT (CONTINUED)

Organization	Address	Phone	Working Hours	Services and Specifications
Comité logement Rive-Sud <ul style="list-style-type: none"> ▪ Tenants ▪ Services available in English 	311, rue McLeod Châteauguay	(450) 691-3060	Monday to Friday 9h00-17h00	<ul style="list-style-type: none"> ▪ Consultation on tenants' rights over the phone
Comité chômage du Haut-Richelieu and du Suroît <ul style="list-style-type: none"> ▪ Unemployed clients 	130, Jacques Cartier Nord Saint-Jean-sur-Richelieu	(450) 357-1162	Monday to Thursday 8h00-16h00	<ul style="list-style-type: none"> ▪ Information and consultation by phone for Employment Insurance applications
Entraide Mercier <ul style="list-style-type: none"> ▪ All clients ▪ Services available in English 	959, rue St-Joseph Mercier	(450) 698-2137	By appointment only	<ul style="list-style-type: none"> ▪ Thrift store: clothing, dishes, toys, books, houseware, computer equipment and electronic appliances ▪ Furniture donations upon referral in partnership with the Centre Communautaire de Châteauguay ▪ Meeting with a community worker in partnership with <i>La Rencontre Châteauguoise</i> ▪ Meals-on-wheels ▪ School supplies
Espace Châteauguay <ul style="list-style-type: none"> ▪ Children and adults ▪ Services available in English 	71, rue principal Châteauguay	(450) 692-5757	Monday to Friday 8h00-16h00	<ul style="list-style-type: none"> ▪ Child abuse Prevention ▪ Messages are taken regularly
Fédération régionale des OSBL D'habitation de la Montérégie and de l'Estrie <ul style="list-style-type: none"> ▪ Social housing applicants 	311, rue McLeod Châteauguay	(450) 201-0786	Monday to Friday 12h00-17h00	<ul style="list-style-type: none"> ▪ Social housing application in person or online
L'Accolade Santé mentale	127, boul. Saint-Jean-Baptiste, suite 112 Châteauguay	(450) 699-7059	Monday to Friday 9h00-16h30	<ul style="list-style-type: none"> ▪ Telephone support ▪ Document delivery
L'Élan des jeunes <ul style="list-style-type: none"> ▪ Youth (16-22 old) ▪ Services available in English 	155, rue de Gaspé Est Châteauguay	(450) 844-3835	24 / 7	<ul style="list-style-type: none"> ▪ Housing for young adults choosing their social reintegration process (maintenance of education or employability projects, house hunting and more)



● CHÂTEAUGUAY - SUPPORT (CONTINUED)

Organization	Address	Phone	Working Hours	Services and Specifications
Liberté de choisir <ul style="list-style-type: none"> ▪ Youth ▪ Services available in English 	52, chemin Larocque, Salaberry-de-Valleyfield	(450) 370-3444	9h00-17h00	<ul style="list-style-type: none"> ▪ Drug prevention activities Variable services: <ul style="list-style-type: none"> ▪ Support for youth and their families. By appointment only by phone or online ▪ Remote training and support for the parents ▪ Discussion on request with the clients of the Youth Houses ▪ Development of the prevention tools ▪ Pursuing the cannabis project with municipalities
Ligue la Lèche <ul style="list-style-type: none"> ▪ Breastfeeding mothers ▪ Services available in English 		1-866-255-2483	9h00-21h00	<ul style="list-style-type: none"> ▪ Breastfeeding support ▪ Mobile support ▪ Virtual meetings with other groups
Maison d'aide and d'hébergement La Re-Source <ul style="list-style-type: none"> ▪ Women and children- victims of domestic violence ▪ Services available in English 	C.P. 66017 Châteauguay	(450) 699-0908	Social workers present 24 / 7	<ul style="list-style-type: none"> ▪ Shelter and Assistance for Women and Children, Victims of Domestic Violence - Maintained with Accommodation Covid-19 ▪ Individual external support via Zoom and by phone
Maison des Jeunes de Châteauguay <ul style="list-style-type: none"> ▪ Youth (12-17 years old) 	180, rue Mercier Châteauguay	(450) 698-3343	Mardi to Thursday 13h00-21h00 <i>(Street Outreach Workers)</i> Monday to Friday 10h00-15h00	<ul style="list-style-type: none"> ▪ Presence of street outreach workers ▪ Intervention, referrals, accompaniment, prevention by Messenger and phone



● CHÂTEAUGUAY - SUPPORT (CONTINUED)

Organization	Address	Phone	Working Hours	Services and Specifications
Maison des jeunes de Mercier <ul style="list-style-type: none"> Youth (12-17 years old) 	4, rue Faubert Mercier	(450) 201-5151	4 evenings a week on social networks	<ul style="list-style-type: none"> Events on Messenger during regular hours Schedule can be found on Facebook Individual support
Maison des Jeunes L'Entracte <ul style="list-style-type: none"> Youth (12-17 years old) 	164-A, rue Saint-Joseph Sainte Martine	(450) 427-0969	Tuesday to Friday Opening hours available on Facebook	<ul style="list-style-type: none"> Individual support, listening and referral Activities planned on social media
Maison sous les arbres <ul style="list-style-type: none"> All clients Services available in English 	2, boul. d'Anjou, Châteauguay	(450) 691-8882	24 / 7 (For crisis accommodation) Monday to Friday 8h00-17h00 (For other services)	<ul style="list-style-type: none"> 24-Hour Mental Health and Suicide Crisis Intervention Centre Crisis accommodation Support Individual interventions Awareness training Small groups with distancing measures Phone communication
MWCN – Montérégie West Community Network (Head office) <ul style="list-style-type: none"> Services available in English 	255 boul. d'Anjou, suite 203 Chateauguay	(450) 691-1444	Monday – Thursday 9h00-16h30	<ul style="list-style-type: none"> Information and resource to promote improved access to Health and Social Services for the English-Speaking Community
Mouvement Actions-Découverte <ul style="list-style-type: none"> Services available in English 	25-B, boul. Saint-Francis Châteauguay			<ul style="list-style-type: none"> Virtual programs for people with intellectual disabilities
Regroupement des usagers du transport adapté de Chateauguay <ul style="list-style-type: none"> Services available in English 	C.P. 66001 Châteauguay	(450) 201-1739	Monday to Friday	<ul style="list-style-type: none"> All the services are maintained



• CHÂTEAUGUAY - SUPPORT (CONTINUED)

Organization	Address	Phone	Working Hours	Services and Specifications
RIAPAS Réseau d'aide and d'information aux personnes assistées sociales <ul style="list-style-type: none"> Services available in English 	71, rue Principale Châteauguay	(450) 691-6682	Monday to Thursday 9h00-16h30	<ul style="list-style-type: none"> Information and follow-ups over the phone
Quartier des femmes <ul style="list-style-type: none"> Services available in English 	71, rue Principale Châteauguay	(450) 692-09805	9h00-17h00 <i>(Or depending on activities)</i>	<ul style="list-style-type: none"> Activities, online workshops Individual support service over the phone
SEMO Le Jalon/intégration Roussillon <ul style="list-style-type: none"> Women Services available in English 	1, boul. Sainte-Marguerite, Châteauguay	(450) 691-9622	Monday to Thursday 8h00-16h00 Friday 8h00-12h00	<ul style="list-style-type: none"> Job Search and Assistance Service for Women All services are maintained via Zoom and over the phone
Société Alzheimer du Suroît <ul style="list-style-type: none"> People suffering from Alzheimer's and related diseases and their close caregivers Services available in English 	340, boul. du Havre Suite #101 Salaberry-de-Valleyfield	(450) 373-0303 Free of charge: 1 877 773-0303		<ul style="list-style-type: none"> Psychological support over the phone
Station de l'Aventure Maison de la famille <ul style="list-style-type: none"> Families 	540, ch. Du Lac St-Louis Léry	(450) 691-4897	Monday to Friday 8h00-16h00	<ul style="list-style-type: none"> Parent-Child development Videoconferences Parent-Child workshops offered online Parent support on Facebook or by phone
Vent d'espoir <ul style="list-style-type: none"> Adults with TCC and/or DP (18-55 old) Services available in English 	101-G, rue Lachapelle E St-Rémi	(450) 992-0512	Available on call during regular hours	<ul style="list-style-type: none"> Answers calls, presence in the office if needed Weekly check-in calls to clients



Organization	Address	Phone	Working Hours	Services and Specifications
Centre d'action bénévole du grand Châteauguay <ul style="list-style-type: none"> ▪ All clients ▪ Services available in English 	10, rue Gilmour, Châteauguay	(450) 699 6289	Monday to Friday	<ul style="list-style-type: none"> ▪ Accompanying support for medical appointments for people aged 50 and older, requiring safe Accompanying support (only priority appointments will be treated)
Organisme voué aux personnes atteintes de cancer (OVPAC) <ul style="list-style-type: none"> ▪ Services available in English 	320, chemin Larocque Salaberry-de-Valleyfield	(450) 371-5400 or 1 866 386-8722	Monday to Thursday 8 h 30 to 16 h 30 Friday 8 h 30 to 13 h 30	<ul style="list-style-type: none"> ▪ Medical Accompanying support service Transportation for patients with cancer or other serious illnesses (exception hemodialysis treatments) to hospitals and medical centers in the greater Montreal area, for the Chateauguay residents only from the boarding point: Anna-Laberge Hospital. ▪ Telephone service for psychosocial support, referrals and Accompanying support to programs.
Transport Accès <ul style="list-style-type: none"> ▪ People with reduced mobility ▪ Services available in English 	185, Boulevard Saint-Jean-Baptiste, suite 300-C Châteauguay	(450) 699-1077	Regular Hours <i>(Phone service is maintained during regular hours, but offices are inaccessible to the public)</i>	Transport is maintained for essential travel only <ul style="list-style-type: none"> ▪ Medical Travel ▪ Travel for Work ▪ Grocery shopping trips ▪ Travel for the Pharmacy



Organization	Address	Phone	Working Hours	Services and Specifications
L'Élan des jeunes <ul style="list-style-type: none"> ▪ Youth (16-22 old) ▪ Services available in English 	155, rue de Gaspé Est Châteauguay	(450) 844-3835	24 / 7	<ul style="list-style-type: none"> ▪ Housing still open with additional hygienic measures. No new admission. SPLI / vers un chez soi programs still available by phone. ▪ Housing for young adults choosing their social reintegration process (maintenance of education or employability projects, house hunting and more). ▪ Accommodations and food ▪ Maximum duration of 3 months ▪ Post-accommodation service for people who had access to accommodation services
Maison d'aide and d'hébergement La Re-Source <ul style="list-style-type: none"> ▪ Women and children - victims of domestic violence ▪ Services available in English 	C.P. 66017 Châteauguay	(450) 699-0908	24 / 7	<ul style="list-style-type: none"> ▪ Accommodation maintained with protective measures Covid-19 ▪ Individual external monitoring by videoconference and by phone
Maison sous les arbres <ul style="list-style-type: none"> ▪ All clients ▪ Services available in English 	2, boul. d'Anjou, Châteauguay	(450) 691-8882	24 / 7 <i>(For crisis accommodation)</i> Monday to Friday 8h00-17h00 <i>(For other services)</i>	<ul style="list-style-type: none"> ▪ Emergency shelter ▪ Support ▪ Individual interventions ▪ Training and awareness ▪ Small groups with distancing measures ▪ Communication by phone
Les toits d'Émile <ul style="list-style-type: none"> ▪ People with mental health troubles ▪ Services available in English 	255, boul. d'Anjou Châteauguay	(450) 699-9292	9h00-17h 00 <i>(If necessary)</i>	<ul style="list-style-type: none"> ▪ Accommodation ▪ Apartment living support (Covid-19 adapted service) ▪ Connection to the community ▪ Support with the health care network contacts



● Haut-St-Laurent - FOOD ASSISTANCE



Organization	Address	Telephone	Opening Hours	Services and Specifications
Centre communautaire multiservices - Un coin Chez-nous <ul style="list-style-type: none"> All clients (ITMAV 65+) 	628, rang Notre-Dame St-Chrysostome	(450) 826-4425	8:30 AM- 4:30 PM	<ul style="list-style-type: none"> Meals on wheels
Centre de ressources familiales du Haut-Saint-Laurent All clients <ul style="list-style-type: none"> Services available in English 	16, rue King Huntingdon	(450) 264-4598	Monday to Friday	<ul style="list-style-type: none"> Assistance providing infant formula (steps 1 and 2), baby food, baby cereal, toddler snacks (Puffs type), Assistance providing diapers (newborn to number 6) of, potty training pants (Pull-ups type), night pants (Goodnights type), hygiene products (baby wipes, soap, shampoo, etc.), feminine hygiene products (tampons, sanitary napkins). Families can pick up the necessary products by appointment, and offer delivery to families who are unable to travel.
Coup de pouce des Moissons ÉÉSAD <ul style="list-style-type: none"> People aged 65 and older CLSC reference for under 65 years All clients Services available in English 	193, ch. St-Louis Beauharnois	(450) 429-4229	8:30 AM- 4:30 PM	<ul style="list-style-type: none"> Meal preparation Groceries, supplies and shopping <p>Note: The current service offer is very limited, evaluated case by case.</p>



● Haut-St-Laurent - FOOD ASSISTANCE (CONTINUED)



Organization	Address	Telephone	Opening Hours	Services and Specifications
La Bouffe Additionnelle <ul style="list-style-type: none">All clientsServices available in English	16, rue Prince, # 105 Huntingdon	(450) 264-2241	Monday to Thursday 8:00 AM– 5:00 PM Friday 8:00 AM– 11:00 AM (By appointment only)	<ul style="list-style-type: none">Assistance with food basketsFrozen mealsHome deliveryBy telephone appointment onlyOpening new files by phonePossibility of providing assistance to the municipality of St-Chrysostome.
Pacte de rue <ul style="list-style-type: none">All clients	107, rue Jacques-Cartier, office 11 Salaberry-de-Valleyfield	(450) 373-1333 (Administration)	Monday to Friday 24 / 5 Days	<ul style="list-style-type: none">Field involvement with food banks for delivery and other services



• Haut-St-Laurent - SUPPORT



Organization	Address	Telephone	Opening Hours	Services and Specifications
Aidants Naturels du Haut-St-Laurent <ul style="list-style-type: none"> Caregivers 	23-A, rang Ste-Anne St-Chrysostome	(450) 826-1243	9:00 AM– 4:00 PM	<ul style="list-style-type: none"> Caregiver respite and palliative care Psychosocial counselling by telephone or videoconference Comfort calls and listening Videoconference training and support groups
Ancre et ailes du Haut Saint-Laurent <ul style="list-style-type: none"> Services available in English 	10, rue Bridge, Ormstown	(450) 829-3491	Monday to Friday	<ul style="list-style-type: none"> Telephone Services Can leave a message for a return call
Association pour la défense des droits sociaux Huntingdon <ul style="list-style-type: none"> Services available in English 	163, rue Châteauguay, Huntingdon	(450) 264-6888	Monday to Thursday 9:00 AM– 5:00 PM	<ul style="list-style-type: none"> Telephone Services Tax Clinic for Low-Income Families Telephone calls to its members
Association des devenus sourds et malentendants du Québec secteur Sud-ouest (ADSMQ)	35, rue Grande-Île, suite 1 Salaberry-de-Valleyfield	(450) 377-5941	Tuesday to Friday 8:00 AM– 4:00 PM	<ul style="list-style-type: none"> Support via Facebook, email or adaptive phone
Association québécoise de défense de droits des retraités AQDR – CAAPA (Centre d’aide et d’accompagnement en défense de droit aux personnes âgées et leurs proches)	110, rue Mathias Salaberry-de-Valleyfield	(450) 807-2232	5 days / week 8:30 AM- 4:30 PM	<ul style="list-style-type: none"> Support via telephone Appointment by videoconference and e-mail
Camp Soleil de Mélissa <ul style="list-style-type: none"> For people with intellectual or physical disabilities of all ages Services available in English 	24, rue York Huntingdon	(450) 264-6340	Monday to Friday	<ul style="list-style-type: none"> Individual contacts of participants and their families Mailing of party cards to members



● Haut-St-Laurent - SUPPORT (CONTINUED)



Organization	Address	Telephone	Opening Hours	Services and Specifications
Carrefour Jeunesse Emploi (CJE) <ul style="list-style-type: none"> Youth and adults (15-35 years old) Services available in English 	2-E., rue Henderson, Office 1 Huntingdon	(450) 264-5858	Monday to Friday 8:30 AM- 4:30 PM	<ul style="list-style-type: none"> Followed and met at a distance, on a daily basis. Accepting new registrations. Help with filling out unemployment forms and ECPs, reorientation services, job search, assistance with returning to school, etc. Available by phone, by email, on Facebook, the website, by Messenger and by text message.
Centre communautaire multiservices Un coin Chez-nous – ITMAV <ul style="list-style-type: none"> All clients (ITMAV 65+) Services available in English 	628, rang Notre-Dame St-Chrysostome	(514) 237-6118	8:30 AM- 4:30 PM	<ul style="list-style-type: none"> Follow-up calls to members and users Taking comfort calls Telephone outreach to vulnerable seniors Reference to resources
Centre d'aide aux victimes d'actes criminels de la Montérégie – secteur Valleyfield <ul style="list-style-type: none"> Support for crime victims Services available in English 	74, rue Académie Salaberry-de-Valleyfield	(450) 370-4029 Free of charge: 1 888 670-3401	Monday to Friday 8:30 AM- 4:30 PM	<ul style="list-style-type: none"> Post-traumatic and socio-judicial intervention Referral of the victim to specialized services Information on the rights and remedies of the victim of crime Technical assistance to enable the victim to fill in various forms and to be able to comply with the formalities inherent in his or her situation
Centre d'aide et de lutte contre les agressions à caractère sexuel (CALACS) La Vigie <ul style="list-style-type: none"> Support for victims of domestic violence and sexual assault 	Confidential	(450) 371-4222	Monday to Friday 8:00 AM– 4:00 PM (Leave a message)	<ul style="list-style-type: none"> Regular contact with women who are in follow-up and opening of new requests by phone Telephone listening and support



● **Haut-St-Laurent - SUPPORT (CONTINUED)**



Organization	Address	Telephone	Opening Hours	Services and Specifications
Centre de ressources familiales <ul style="list-style-type: none"> ▪ All clients ▪ Services available in English 	16, rue King Huntingdon	(450) 264-4598	Monday to Friday daytime	<ul style="list-style-type: none"> ▪ Private group on Facebook to give suggestions for activities to do with children ▪ Weekly telephone contacts to its members
Entraide pour Monoparentales et familles recomposées du Suroît	489 chemin Larocque Salaberry-de-Valleyfield	(450) 373-4047		<ul style="list-style-type: none"> ▪ Accepts new e-mail referrals regarding break-ups, separations, blended families and people living with anxiety. ▪ Referrals to other agencies and services as needed ▪ Appeals and support for existing families ▪ info@entraidedusuroit.ca
Espace Suroît <ul style="list-style-type: none"> ▪ Adolescents and children 	394 rue Dufferin Local 202 Salaberry-de-Valleyfield	(450) 371-8096	Monday to Friday daytime	<ul style="list-style-type: none"> ▪ Provision of information for parents on social networks and to the community. ▪ Individuals can reach the organization by email, by phone on voicemail.
Justice Alternative du Suroît (pas de catégorie) <ul style="list-style-type: none"> ▪ Youth (12-17 Years old) ▪ Services available in English 	52, chemin Larocque Salaberry-de-Valleyfield	(450) 377-1333	Monday to Friday daytime 8:30 AM-12:00 PM and 1 :00 PM– 4 :30 PM	<ul style="list-style-type: none"> ▪ Regular telephone follow-up with youth and their families to maintain contact with them. ▪ Facilitation of virtual workshops possible according to the needs of the partners and in connection with the expertise of the organization. ▪ Meditation and conflict management service maintained by videoconference or telephone



● Haut-St-Laurent - SUPPORT (CONTINUED)



Organization	Address	Telephone	Opening Hours	Services and Specifications
L'Antichambre 12-17 <ul style="list-style-type: none"> Services available in English 	323, chemin Larocque Valleyfield	(450) 373-9887	Monday to Thursday	<ul style="list-style-type: none"> Parent-Child Mediation Respite from dinner time Intervention by telephone
Liberté de choisir <ul style="list-style-type: none"> Youth 	52, chemin Larocque Salaberry-de-Valleyfield	(450) 370-3444	Monday to Friday 8:30 AM– 4 :00 PM	<ul style="list-style-type: none"> Workshops for parents, conferences, experiential management training for teachers, etc. Prevention and promotion activities related to addictions for the general population
Maison des Jeunes Huntingdon <ul style="list-style-type: none"> Youth (12-17 Years old) Services available in English 	1, rue Arthur-Pigeon Huntingdon	(450) 322-6140 Ext. 103	Monday to Friday daytime	<ul style="list-style-type: none"> Active contacts on social networks via Facebook, Instagram and Snapchat (suggestions for activities for young people and hygiene measures). Speakers available and reachable via Messenger Virtual Youth House with the Zoom medium
MWCN – Montérégie West Community Network (Wellness centre) <ul style="list-style-type: none"> English speaking Community Services available in English 	72 Dalhousie, suite 201 Huntingdon	(450) 264-3596	Monday to Thursday 8:30 AM– 4:30 PM	<ul style="list-style-type: none"> Information and Resources to promote improved access to Health and Social Services for the English-Speaking Community
Organisme voué aux personnes atteintes de cancer (OVPAC) <ul style="list-style-type: none"> Services available in English 		(450) 371-5400 Free of charge: 1 866 386-8722	Monday to Thursday 8:30 AM- 4:30 PM Friday 8:30 AM– 1:30 PM	<ul style="list-style-type: none"> Telephone service for psychosocial support, referrals, and accompaniment to programs.



● Haut-St-Laurent - SUPPORT (CONTINUED)



Organization	Address	Telephone	Opening Hours	Services and Specifications
Pacte de rue <ul style="list-style-type: none"> All clients 	107, rue Jacques-Cartier Office 11 Salaberry-de-Valleyfield	On-call intervention line: 450-370-2420 #2, Monday to Friday 24/5 days a week. To report a runaway of minors on weekends: 450-370-2420 #	24-hour emergency 5 days and weekday evenings on the street	<ul style="list-style-type: none"> Delivery to users of PAMSI prevention materials (syringes, crack pipes, condoms, tubs, naloxone, etc.) Taking calls and calling users to assess their distress On weekends, accommodation only available for minor runaways for the moment. General information: info@pactederue.com https://www.facebook.com/Pactedereue/ Website: http://www.pactederue.com
Place aux jeunes (MRC) <ul style="list-style-type: none"> Adults (18-35 Years old) Services available in English 	10, rue King, Huntingdon	(450) 264-5411, Poste 255	Monday to Friday daytime	<ul style="list-style-type: none"> Telephone contacts to find a job and/or accommodation Publication of employers' job offers Publications on Facebook
Projet Communic-Action <ul style="list-style-type: none"> People aged 65 and over Services available in English 	1493, route 138 Local 3 Huntingdon	(450) 264-5197	9 :00 AM- 12 :00 PM 1 :00 AM- 5 :00 PM	<ul style="list-style-type: none"> Grocery store and bank support service Elder education Appeals to vulnerable seniors
Répit Le Zéphyr <ul style="list-style-type: none"> Families with children DI-TSA 	663, boul. de l'Eau Salaberry-de-Valleyfield	(450) 371-6825 Poste 203	24 / 7 Apply at : coordo@repitlezephyr.com	<ul style="list-style-type: none"> Grocery delivery
Résidence-Elle du Haut-Saint-Laurent <ul style="list-style-type: none"> Women and children victims of violence Services available in English. 		(450) 264-2999	24 / 7	<ul style="list-style-type: none"> 24/7 phone line Telephone contacts with clients followed externally (calls every 2 weeks).



• Haut-St-Laurent - SUPPORT (CONTINUED)

Organization	Address	Telephone	Opening Hours	Services and Specifications
SDEM SEMO <ul style="list-style-type: none"> People with reduced mobility Services available in English. 	19, rue du Marché Salaberry-de-Valleyfield	1-800-646-6096	Monday to Thursday 8:30 AM- 4:30 PM Friday 8:30 AM-12:30 PM info@sdem-semo.org	<ul style="list-style-type: none"> All services are maintained remotely (employment assistance, CV, coaching, etc.)
Société Alzheimer du Suroît <ul style="list-style-type: none"> People with Alzheimer's disease and related dementias and their caregivers Services available in English 	340, boul. du Havre Suite 101 Salaberry-de-Valleyfield	(450) 373-0303 Free of Charge : 1 877 773-0303	9 :00 AM – 4 :30 PM (Evening consultation by appointment)	<ul style="list-style-type: none"> Psychosocial telephone support
Une Affaire de Famille <ul style="list-style-type: none"> Services available in English 	19, rue Bridge, C.P. 397, Ormstown	(450) 829-3782	No specific schedule, because online only.	<ul style="list-style-type: none"> Creation of kits of materials that can be delivered to families with children as needed Calls for support: references, advice, listening. Matching with a counsellor is possible according to needs. Contacts and follow-ups via Facebook (in private, Face time or on the group) A Zoom platform will be created Grocery store order for members who do not have access to the different grocery store platforms
Vent d'espoir <ul style="list-style-type: none"> Adult with CPT and/or PD (18-55 years old) Services available in English, 	101-G, rue Lachapelle E St-Rémi	(450) 992-0512	Available on call during regular hours	<ul style="list-style-type: none"> Answers calls, presence in the office if needed Weekly calls to users
Via l'anse (Violence conjugale) <ul style="list-style-type: none"> All clients 	340, boul. du Havre Bureau 103 Salaberry-de-Valleyfield	(450) 370-4350	Monday to Friday 9:00 AM- 12:00 PM and 1:30 PM- 4:00 PM	<ul style="list-style-type: none"> Follow-ups and interventions are maintained by telephone, and for those who were in groups, brief 30-minute telephone meetings are held regularly



● Haut-St-Laurent - TRANSPORT



Organization	Address	Telephone	Opening Hours	Services and Specifications
Centre communautaire multiservices Un coin Chez-nous <ul style="list-style-type: none"> All clients (ITMAV 65+) 	628, rang Notre-Dame St-Chrysostome	(450) 826-4425	8:30 AM- 4:30 PM	<ul style="list-style-type: none"> Accompaniment at the races Medical transport accompaniment Sectors Served: St-Chrysostome, Très-Saint-Sacrement, Howick, Franklin and Havelock
Regroupement des personnes handicapées du Haut-Richelieu <ul style="list-style-type: none"> Services available in English 	Terminus St-Jean-sur- Richelieu 700, rue Boucher	1-844-359-6024 Poste 3123	Monday to Friday 7:00 AM- 12:00 PM and 1:00 PM- 5:00 PM	<ul style="list-style-type: none"> Paratransit Medical travel only (St-Chrysostome sector) Calls must be made before 3:00 PM for the next day.
SABEC (transport médical) <ul style="list-style-type: none"> All clients Services available in English 	1493, route 138 Office #2 Huntingdon	(450) 264-1131	Monday to Friday 9:00 AM– 5:00 PM	<ul style="list-style-type: none"> Medical transport
Sur les routes du St-Laurent <ul style="list-style-type: none"> People with reduced mobility 	10, rue King Office #126 Huntingdon	(450) 264-2267	8:30 AM- 4:30 PM (Subject to change)	<ul style="list-style-type: none"> Paratransit Territory served: RCM of Haut-Saint-Laurent except St-Chrysostome 7:00 AM to 9:00 PM, 7 days, 52 weeks
Taxibus <ul style="list-style-type: none"> All clients 	10, rue King Office #126 Huntingdon	(450) 264-2267	8:30 AM- 4:30 PM (Subject to change)	<ul style="list-style-type: none"> Paratransit Territory served: RCM of Haut-Saint-Laurent except St-Chrysostome 7:00 AM to 9:00 PM, 7 days, 52 weeks



● Haut-St-Laurent - LODGING



Organization	Address	Telephone	Opening Hours	Services and Specifications
Résidence-Elle du Haut-Saint-Laurent <ul style="list-style-type: none">Women and children victims of violenceServices available in English	Confidential	(450) 264-2999	Telephone line 24 / 7	<ul style="list-style-type: none">Accommodation 24/7: women and children.24/7 phone lineSocial Housing for Low-Income Families and Seniors
OMH <ul style="list-style-type: none">Services available in English	35, rue Hector Ormstown	(450) 829-2522 Poste 221	Weekdays	<ul style="list-style-type: none">Social housing for families (45) (waiting list)Automated calls to tenants who have to comply with hygiene instructions



• Jardin-du-Québec - HOME CARE



Organization	Address	Telephone	Opening Hours	Services and Specifications
LIFELINE CISSMO <ul style="list-style-type: none">▪ People aged 65 and over▪ Services available in English	Confidential	(450) 829-2321 Poste 236	24 / 7	<ul style="list-style-type: none">▪ Emergency Medical Alert Service for Seniors and People in Loss of Autonomy (Regular and Fall Detector Help Button)
Services d'aide domestique du Jardins-Roussillon <ul style="list-style-type: none">▪ People aged 65 and over▪ CLSC reference for under 65 years▪ All clients▪ Services available in English	23, Montée des bouleaux Local #100 St-Constant	(450) 993-0706	Monday to Friday 8:30 AM- 4:30 PM	<ul style="list-style-type: none">▪ Shopping assistance▪ Preparation of meals at home▪ Respite/care▪ Housekeeping if the user's health is compromised



• Jardin-du-Québec - FOOD ASSISTANCE



Organization	Address	Telephone	Opening Hours	Services and Specifications
Meal on wheels - Popote roulante <ul style="list-style-type: none"> People aged 65 and over Services available in English 		(450) 247-3330		<ul style="list-style-type: none"> Meal delivery by appointment
Service d'action bénévole Au cœur du Jardin <ul style="list-style-type: none"> All clients Services available in English 	1030, rue Notre-Dame Saint-Rémi	(450) 454-6567	Monday to Friday 8:30 AM- 4:30 PM	<ul style="list-style-type: none"> Frozen meals
Services d'aide domestique du Jardins-Roussillon <ul style="list-style-type: none"> People aged 65 and over CLSC reference for under 65 years All clients Services available in English 	23, Montée des bouleaux Local #100 St-Constant	(450) 993-0706	Monday to Friday 8:30 AM- 4:30 PM	<ul style="list-style-type: none"> Emergency Housekeeping Groceries, supplies and shopping Preparation of meals at home
Sourire Sans Fin <ul style="list-style-type: none"> All clients 	2-A, rue Ste-Famille Saint-Rémi	(450) 454-5747	Monday to Friday 8:30 AM- 4:30 PM <ul style="list-style-type: none"> Support food delivery Thursday and Friday Meals on Wheels Tuesday delivery 	<ul style="list-style-type: none"> Food support (Delivery Jardins-de-Napierville ONLY) Meals on Wheels (St-Rémi delivery ONLY) Free and by appointment Needs assessment
St-Vincent-de-Paul <ul style="list-style-type: none"> All clients Services available in English 	459, rue Saint-Jacques Napierville	(450) 245-3335	Mon. 10:00 - 4:00 Tue. 10:00 - 5:00 Wen. 10:00 - 5:00 Thur. 12:00 - 8:00 Fri. 10:00 - 8:00 Sat. 10:00 - 4:00 Sun. 10:00 - 4:00	<ul style="list-style-type: none"> Food support Free and by appointment Needs assessment



• Jardin-du-Québec - SUPPORT



Organization	Address	Telephone	Opening Hours	Services and Specifications
Apprendre en cœur <ul style="list-style-type: none"> ▪ Early childhood 	60, rue St-Viateur St-Rémi	(450) 454-4927	9:00 AM– 4 :00 PM (By telephone)	<ul style="list-style-type: none"> ▪ Telephone information ▪ Follow-up of projects for registered families
Association québécoise de défense de droits des retraités AQDR – CAA	110, rue Mathias Salaberry-de-Valleyfield	(450) 807-2232	5 Days / Week	<ul style="list-style-type: none"> ▪ Support via telephone ▪ Videoconferencing and e-mail
AVIF - Action sur la violence et intervention familiale <ul style="list-style-type: none"> ▪ Male clients 	330, boul. Pierre-Boursier Châteauguay	(450) 692-7313	9:00 AM- 5 :00 PM	<ul style="list-style-type: none"> ▪ Phone follow-ups only
CALACS (Centre d'aide et lutte contre les agressions)	C.P. 47030 Châteauguay	(450) 699-8258	Monday to Friday 9:00 AM to 5:00 PM	<ul style="list-style-type: none"> ▪ Telephone or video conferencing support
Carrefour jeunesse emploi Huntingdon Point de service St-Rémi <ul style="list-style-type: none"> ▪ Youth and adults (15-35 years old) ▪ Services available in English 	18, rue de l'église St-Rémi	(450) 454-5814 or (450) 992-1106	Monday to Friday 8:30 AM- 4:30 PM	<ul style="list-style-type: none"> ▪ Service maintained by videoconference or by telephone
Comité chômage du Haut-Richelieu et du Suroît	130, Jacques Cartier Nord Saint-Jean-sur-Richelieu	(450) 357-1162	Monday to Thursday 8:00 AM - 4:00 PM	<ul style="list-style-type: none"> ▪ Calls taken on Friday during Covid-19 ▪ Information and assistance by telephone for employment insurance applications
Espace Châteauguay <ul style="list-style-type: none"> ▪ Children and adolescents ▪ Services available in English 		(450) 692-5757	Monday to Friday 8:00 AM - 4:00 PM	<ul style="list-style-type: none"> ▪ Messages are taken regularly, call back
L'Élan des jeunes <ul style="list-style-type: none"> ▪ Young people (16-22 years old) ▪ Services available in English 	155, rue de Gaspé Est Châteauguay	(450) 844-3835	24 / 7	<ul style="list-style-type: none"> ▪ Housing services are maintained with the exception of the urgent support services, may make referrals ▪ Evaluations done by phone



• Jardin-du-Québec - SUPPORT (CONTINUED)



Organization	Address	Telephone	Opening Hours	Services and Specifications
Maison sous les arbres <ul style="list-style-type: none"> ▪ All clients ▪ Services available in English 	2, boul. d'Anjou Châteauguay	(450) 691-8882	24 / 7 (For crisis accommodation) Monday to Friday 8:00 AM to 5:00 PM (For other services)	<ul style="list-style-type: none"> ▪ Crisis accommodation ▪ Follow-ups ▪ Individual interventions ▪ Training and Awareness ▪ In small groups with distancing measures ▪ Telephone communication
RIAPAS Réseau d'aide et inf. aux personnes assistées sociales <ul style="list-style-type: none"> ▪ Services available in English 	71, rue Principale Châteauguay	(450) 691-6682	Monday to Thursday 9:00 AM- 4:30 PM	<ul style="list-style-type: none"> ▪ Information and support by phone
SEMO Jalon/intégration Roussillon <ul style="list-style-type: none"> ▪ Women 	1, boul. Sainte-Marguerite Châteauguay	(450) 691-9622	Monday to Thursday 8:00 AM - 4:00PM Friday 8:00AM-12:00PM	<ul style="list-style-type: none"> ▪ All services are maintained by Zoom and telephone.
Service d'action bénévole Au cœur du Jardin <ul style="list-style-type: none"> ▪ All clients ▪ Services available in English 	1030, rue Notre-Dame St-Rémi	(450) 454-6567	Monday to Friday 8:30 AM- 4:30 PM	<ul style="list-style-type: none"> ▪ Call for friendship ▪ PAIR Program
Vent d'espoir <ul style="list-style-type: none"> ▪ Adult with traumatic brain injury (TBI) and/or physical impairment (PD) ▪ (18-55 years old) 	101-G, rue Lachapelle E St-Rémi	(450) 992-0512	Available on call during regular hours	<ul style="list-style-type: none"> ▪ Answers calls, presence in the office if needed ▪ Weekly calls to users



• Jardin-du-Québec - SUPPORT (CONTINUED)



Organization	Address	Telephone	Opening Hours	Services and Specifications
La Marg'elle inc <ul style="list-style-type: none"> Women 	87, rue Perras St-Rémi	(450) 454-1199	Monday to Friday 8:00 AM - 4:00 PM	<ul style="list-style-type: none"> Phone Appointment Telephone messages taken twice a day with return calls
Lait Source <ul style="list-style-type: none"> Nursing mothers 			Messenger 8:00 AM-8:00 PM (Anytime on Facebook page)	<ul style="list-style-type: none"> Webinar virtual stops (CLSC) Facebook page publication
Le Campagnol <ul style="list-style-type: none"> Adult living with mental health troubles 	94, rue St-André St-Rémi	(450) 454-5121	Monday to Friday 8:00 AM - 4:00 PM	<ul style="list-style-type: none"> Telephone meeting Videoconference Food supply in case of need Facebook communication
Maison des jeunes Adomissile St-Rémi <ul style="list-style-type: none"> Youth (12-17 years old) 	100, rue de la Gare St-Rémi	(450) 454-6657	On weekdays (Anytime on Facebook page)	<ul style="list-style-type: none"> Friendship calls and referrals Activities offered on Facebook page Middle worker on demand
Maison des jeunes de la Frontière <ul style="list-style-type: none"> Youth (12-17 years old) Services available in English 	505, rue Frontière Hemmingford	(579) 536-8148	Available on regular schedule, message must be left on Facebook	<ul style="list-style-type: none"> Activities offered on social networks Friendship calls and referrals
Maison du Goéland <ul style="list-style-type: none"> Adults living with mental health troubles 	66, rue St-Pierre St-Constant	(450) 845-1700	Monday to Friday until 8:00 PM	<ul style="list-style-type: none"> Accommodation possible, a few places Social support maintained with 2 meters Food education in social housing



• Jardin-du-Québec - TRANSPORT

Organization	Address	Telephone	Opening Hours	Services and Specifications
Service d'action bénévole Au cœur du Jardin <ul style="list-style-type: none">All clientsServices available in English	1030, rue Notre-Dame St-Rémi	(450) 454-6567	Monday to Friday 8:30 AM- 4:30 PM	<ul style="list-style-type: none">Urgent medical appointmentsPricing by destination



• Jardin-du-Québec - HOUSING



Organization	Address	Telephone	Opening Hours	Services and Specifications
L'Élan des jeunes <ul style="list-style-type: none">Youth (16-22 years old)Services available in English	155, rue de Gaspé Est Châteauguay	(450) 844-3835	24 / 7	<ul style="list-style-type: none">Housing services are maintained with the exception of the urgent support services, may make referralsEvaluations done by phone
Maison d'aide et d'hébergement La Re-Source <ul style="list-style-type: none">Women and children victims of domestic violenceServices are available in English	C.P. 66017 Châteauguay	(450) 699-0908	24 / 7	<ul style="list-style-type: none">Accommodations maintained with Covid-19 accommodationsGradual openingIndividual external tracking via Zoom and telephone



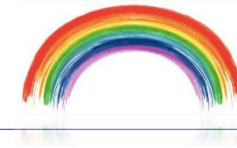
• Katéri - HOME CARE



Organization	Address	Phone	Working Hours	Services and Specifications
LIFELINE CISSMO <ul style="list-style-type: none">▪ People aged 65 and over▪ Services available in English	Confidential	(450) 829-2321 Ext. 236	24 / 7	<ul style="list-style-type: none">▪ Emergency Medical Alert Service for Seniors and People with Loss of Autonomy (Regular and Fall Detector Help Button)
Services d'aide domestique du Jardins-Roussillon <ul style="list-style-type: none">▪ People aged 65 and older▪ Reference from CLSC for – 65 and older▪ All clients▪ Services available in English	23, Montée des bouleaux Local #100 St-Constant	(450) 993-0706	Monday to Friday 8h30–16h30	<ul style="list-style-type: none">▪ Shopping assistance▪ Preparation of meals at home▪ Individual help▪ Respite/care▪ Housekeeping: dusting, floor washing.



● Katéri - FOOD ASSISTANCE



Organization	Address	Phone	Working Hours	Services and Specifications
Centre de bénévolat Rive-Sud Point de services « Candiac » <ul style="list-style-type: none"> ▪ All clients ▪ Services available in English 	8, ch. Saint-François-Xavier Candiac	(450) 659-9651	Monday to Friday 8h30-16H00	<ul style="list-style-type: none"> • Meals on Wheels-Delivery on Wednesdays and Thursdays 5.50 for frozen meals (meals only) 6.50 for the hot meal (with starter and dessert) • Invoice at the end of the month • People have to call on Monday to reserve a hot meal on Wednesday. • Serve 7 municipalities: Candiac, La Prairie, Saint-Constant, Saint-Philippe, Sainte-Catherine, Delson and Saint-Mathieu
Complexe Le Partage <ul style="list-style-type: none"> ▪ All clients 	547, rue St-Henri La Prairie	(450) 444-0803 Ext. 223	La Prairie Thursday 9h30 to 11h30 13h30-15h30 17h00-18h30 Sainte-Catherine Thursday 9h30-11h30 Saint-Constant Thursday 13h30-15h30 17h00-18h30	<ul style="list-style-type: none"> ▪ Emergency Food Assistance : La Prairie, Saint-Constant, Sainte-Catherine ▪ Delivery of home-cooked meals ▪ Shopping assistance and delivery ▪ Require proof of residence and financial situation
Entraide St-Mathieu <ul style="list-style-type: none"> ▪ All clients 	299, ch. Saint-Édouard St-Mathieu	(450) 632-9528 Ext. 230	Monday to Friday 8h30 – 16h	<ul style="list-style-type: none"> ▪ Emergency Food Assistance - Upon registration (requires proof of residence and financial situation)
Entraide St-Philippe <ul style="list-style-type: none"> ▪ All clients 	3015, boul. Édouard VII St-Philippe	(450) 907-0839	Distribution Wednesday between 9h40 and 11h30	<ul style="list-style-type: none"> ▪ Emergency Food Assistance - Upon registration (requires proof of residence and financial situation)



• Katéri - FOOD ASSISTANCE (CONTINUED)



Organization	Address	Phone	Working Hours	Services and Specifications
La Corne d'Abondance <ul style="list-style-type: none">All clientsServices available in English	255, boul. Montcalm-Nord Candiac	(450) 444-6999	Distribution Wednesday between 9h00 and 11h00	<ul style="list-style-type: none">Emergency Food AssistanceHome delivery to registered persons
Le Club des copains de Delson <ul style="list-style-type: none">All clientsServices available in English	1, 1 ^{ère} Avenue Delson	(514) 677-7759	Distribution from Monday to Friday 9h00-16h00	<ul style="list-style-type: none">Emergency Food AssistanceHome delivery to registered persons
Services d'aide domestique du Jardins-Roussillon <ul style="list-style-type: none">People aged 65 and olderReference from CLSC for 65 and olderAll clientsServices available in English	23, Montée des bouleaux Local #100 St-Constant	(450) 993-0706	Monday to Friday 8h30-16h30	<ul style="list-style-type: none">Shopping assistancePreparation of meals at home



● Katéri - SUPPORT



Organization	Address	Phone	Working Hours	Services and Specifications
Association québécoise de défense de droits des retraités AQDR – CAAPA	110, rue Mathias Salaberry-de-Valleyfield	(450) 807-2232	5 days / week	<ul style="list-style-type: none"> Phone advice Online Support by Video conferences and emails
AVIF - Action sur la violence and intervention familiale <ul style="list-style-type: none"> Male customers Services available in English 	330, boul. Pierre-Boursier Châteauguay	(450) 692-7313	9h00-17h00	<ul style="list-style-type: none"> Phone follow-ups only
Carrefour Jeunesse Emploi de La Prairie <ul style="list-style-type: none"> Youth and adults (15-35 old) 	247-D, rue Ste-Catherine St-Constant	(450) 845-3848	Monday to Thursday 8h00-16h30 Friday 8h00-12h00	<ul style="list-style-type: none"> Online or phone follow-up
Centre de bénévolat Rive-Sud Point de services « Candiak » <ul style="list-style-type: none"> All clients Services available in English 	8, ch. Saint-François-Xavier Candiak	(450) 659-9651	Monday to Friday 8h30-16h00	<ul style="list-style-type: none"> Check-in calls Serves 7 districts : Candiak, La Prairie, Saint-Constant, Saint-Philippe, Sainte-Catherine, Delson and Saint-Mathieu
Égide (maison d'hébergement et de transition) <ul style="list-style-type: none"> Women and children Services available in English 	CP 34, Succursale La Prairie, La Prairie	(450) 619-9000		<ul style="list-style-type: none"> Regular services maintained
L'Éclaircie <ul style="list-style-type: none"> Women 	1025, rue Centrale Sainte-Catherine	(450) 659-9188 (438) 520-7318 (For support)		<ul style="list-style-type: none"> Active and available via Facebook Social worker available for listening and advise
L'Élan des Jeunes <ul style="list-style-type: none"> Youth (16-22 old) Services available in English 	155, rue de Gaspé Est Châteauguay	(450) 844-3835	24 / 7	<ul style="list-style-type: none"> Housing still open with additional hygienic measures. Evaluations are done by telephone



• Katéri - SUPPORT (CONTINUED)

Organization	Address	Phone	Working Hours	Services and Specifications
Maison de la famille Kateri <ul style="list-style-type: none"> Families 	200, Av Balmoral La Prairie	(450) 659-9188	Monday to Friday 9h00-16h00	<ul style="list-style-type: none"> Telephone follow-up for families supported by the Maison de la famille Communication via Messenger, Facebook, ZOOM, and over the phone Receive calls from families referred via the Priorité parents' site and the parent line of the Fédération québécoise des Organisations communautaires Famille (FQOCF) (www.ligneparents.com/LigneParents) Provide support, listening over the phone and make referrals
Maison des aînés La Prairie <ul style="list-style-type: none"> People aged 65 and over 	604, boul. Taschereau La Prairie	(450) 444-6736	N/A	<ul style="list-style-type: none"> Daily follow-up emails and calls to seniors
Maison des Jeunes Delson <ul style="list-style-type: none"> Youth (12-17 years old) Services available in English 	65, rue Boardman Delson	(514) 779-1253	Tuesday to Saturday 13h00-21h00	<ul style="list-style-type: none"> Services and communications via social networks Entertainment online
Maison des Jeunes Équinox Travail de milieu <ul style="list-style-type: none"> Youth (12-17 years old) 	5185, Boul. Saint-Laurent Sainte-Catherine	(450) 632-5122	Tuesday to Saturday 24 / 24	<ul style="list-style-type: none"> Contact by phone Face-to-face contact may be possible soon Facebook Information
Maison des Jeunes La Prairie <ul style="list-style-type: none"> Youth (12-17 years old) 	565, rue Notre-Dame La Prairie	(514) 830-0852	Tuesday to Saturday 12h00-21h00 (Facebook Online Schedule)	<ul style="list-style-type: none"> Service and communication via social networks, Zoom Online listening meetings Longer Operating hours



• Katéri - SUPPORT (CONTINUED)



Organization	Address	Phone	Working Hours	Services and Specifications
Maison des Jeunes l'Antidote <ul style="list-style-type: none"> Youth (12-17 old) Services available in English 	125, ch. Haendel Candiac	(450) 638-1761	Tuesday to Saturday 13h00-21h00	<ul style="list-style-type: none"> Services via social networks, Zoom, phone Prevention workshops, Youth committee, listening, referrals Contact with Youth who have reached 18
Maison des Jeunes St-Constant <ul style="list-style-type: none"> Youth (12-17 old) Services available in English 	58, rue Prince St-Constant	(450) 993-1616	No need for stable schedule; Hence, as required by the Youth	<ul style="list-style-type: none"> Service via virtual platforms Instagram, Zoom, Messenger, Facebook Accompanying support in groups if necessary
Maison du Goéland <ul style="list-style-type: none"> Adults living with mental health troubles Services available in English 	66, rue St-Pierre St-Constant	(450) 845-1700	Monday to Friday till 20h00 Saturday and Sunday pm to Volunteers	<ul style="list-style-type: none"> Accommodation possible, some places Social services maintained with 2 meters safe zone Nutritional education in social housing
RIAPAS Réseau d'aide et information aux personnes assistées sociales <ul style="list-style-type: none"> Services available in English 	71, rue Principale Châteauguay	(450) 691-6682	Monday to Thursday 9h00-16h30	<ul style="list-style-type: none"> Information and support over the phone
SEMO Jalon/intégration Roussillon <ul style="list-style-type: none"> Women Services available in English 	1, boul. Sainte-Marguerite Châteauguay	(450) 691-9622	Monday to Thursday 8h00-16h00 Friday 8h00-12h00	<ul style="list-style-type: none"> All the services are maintained via Zoom and phone
Société Alzheimer Rive-Sud <ul style="list-style-type: none"> People with Alzheimer's disease or related illnesses; their caregivers Services available in English 	1160, boulevard Nibert Longueuil	(450) 442-3333	Monday to Friday 8h30-16h30 (Closed between 12h00 and 13h00)	<ul style="list-style-type: none"> Phone support Respite at home
Vent d'espoir <ul style="list-style-type: none"> Adults with CPT and/or PD (18-55 old) Services available in English 	101-G, rue Lachapelle E St-Rémi	(450) 992-0512	Available on call during regular hours	<ul style="list-style-type: none"> Answers calls, presence in the office if needed Weekly check-in calls to participants



• Katéri - HOUSING



Organization	Address	Phone	Working Hours	Services and Specifications
Égide (maison d'hébergement et de transition) <ul style="list-style-type: none"> Services available in English 	CP 34, Succursale La Prairie La Prairie	(450) 619-9000	24 / 7	<ul style="list-style-type: none"> Accommodation services maintained
L'Élan des Jeunes <ul style="list-style-type: none"> Youth (16-22 old) Services available in English 	155, rue de Gaspé Est Châteauguay	(450) 844-3835	24 / 7	<ul style="list-style-type: none"> Housing still open with additional hygienic measures. No new admission. SPLI / vers un chez soi programs still available by phone. Housing for young adults choosing their social reintegration process (maintenance of education or employability projects, house hunting and more). Accommodations and food. Maximum duration of 3 months. Post-accommodation service for people who had access to accommodation services
Maison d'aide et d'hébergement La Re-Source <ul style="list-style-type: none"> Women and children- victims of domestic violence Services available in English 	C.P. 66017 Châteauguay	(450) 699-0908	Social workers present 24 / 7	<ul style="list-style-type: none"> Social services are maintained with Covid-19 accommodations Gradual reopening Individual external follow-up by Zoom and by Phone
Maison du Goéland <ul style="list-style-type: none"> Adults living with mental health troubles Services available in English 	66, rue St-Pierre St-Constant	(450) 845-1700	Monday to Friday till 20h00 Saturday and Sunday pm volunteers	<ul style="list-style-type: none"> Accommodation possible, a few places Social services are maintained with 2 meters safe zone Nutritional education in social housing



● Suroît - HOME CARE



Organization	Address	Telephone	Opening Hours	Services and Specifications
Coup de pouce des Moissons ÉÉSAD <ul style="list-style-type: none">▪ People 65 and older▪ Reference from a CLSC for under 65▪ All clients▪ Services available in English	193, ch. St-Louis Beauharnois	(450) 429-4229	8:30 AM-4:30 PM	<ul style="list-style-type: none">▪ Personal care and assistance▪ Presence and surveillance▪ Meal preparation▪ Light and heavy domestic housekeeping▪ Groceries, shopping and errands▪ Transfer, travel, overnight stay
LIFELINE CISSMO <ul style="list-style-type: none">▪ People aged 65 and older▪ Services available in English	Confidential	(450) 829-2321 Extension 236	24 / 7	<ul style="list-style-type: none">▪ Medical Alert Emergency System for elderly and people with loss of autonomy (regular help button and fall detection button)



Organization	Address	Telephone	Opening Hours	Services and Specifications
Café des deux pains <ul style="list-style-type: none"> ▪ All clients 	171, rue Jacques-Cartier Salaberry-de-Valleyfield	(450) 371-8909	Monday-Wednesday & Friday 15:00-17:30	<ul style="list-style-type: none"> ▪ Meal service for underprivileged persons/Soup Kitchen ▪ Lunchbox for families ▪ “Take Out” Only ▪ For people aged 70 and older who are followed by a counsellor. The counsellor has to make an appointment and deliver the meals. ▪ Free service
Coin du Partage <ul style="list-style-type: none"> ▪ All clients 	600, rue Ellice, Beauharnois	(450) 225-1818	Monday to Friday 7:30-15:30	<ul style="list-style-type: none"> ▪ Emergency food assistance ▪ On appointment ▪ Free service
Coup de pouce des Moissons EÉSAD <ul style="list-style-type: none"> ▪ People 65 and older ▪ CLSC for under 65 ▪ All clients 	193, ch. St-Louis Beauharnois	(450) 429-4229	8:30-16:30	<ul style="list-style-type: none"> ▪ Meal preparation ▪ Groceries, supplies, and errands
Centre d'action bénévole de Beauharnois (CAB) <ul style="list-style-type: none"> ▪ All clients ▪ Services available in English 	600, rue Ellice, local 106 Beauharnois	(450) 429-6453	Monday to Thursday 7:30-12:00 & 12:30-15:30 Friday 7:30 to 11:30	<ul style="list-style-type: none"> ▪ Hot meals delivery: Monday, Wednesday and Friday and frozen meals delivery the first Thursday of the month for people 65 and up ▪ Grocery shopping and deliveries according to terms and conditions established by the organisation ▪ Hot meal: 10\$ / Frozen meal: 6.50\$

• Suroît - FOOD ASSISTANCE (CONTINUED)



Organization	Address	Telephone	Opening Hours	Services and Specifications
La Bouffe Additionnelle (Pour les municipalités de St-Louis-de-Gonzague et Saint-Stanislas-de-Kostka) <ul style="list-style-type: none"> ▪ All clients ▪ Services available in English 	16, rue Prince, # 105 Huntingdon	(450) 264-2241	Monday to Thursday 8:00-15:00 Friday : 8:00-11:00 (With appointment)	<ul style="list-style-type: none"> ▪ Emergency assistance food baskets ▪ Frozen meals ▪ In the process of organising delivery with volunteers for people in quarantine, affected and in isolation ▪ Through phone appointment only ▪ New cases by telephone ▪ Services available for the municipalities of St-Louis-de-Gonzague and Saint-Stanislas-de-Kostka
Service Alimentaire communautaire (SAC) <ul style="list-style-type: none"> ▪ All clients 	50, rue Webb Salaberry-de-Valleyfield	(450) 377-5551	Monday to Friday 8:30-16:30	<ul style="list-style-type: none"> ▪ Appointments for evaluations by telephone only ▪ Emergency food assistance 5 days a week ▪ By appointment for the emergency food assistance component ▪ Free service ▪ For people 70 and older who are followed by a counsellor The counsellor must make an appointment and deliver the emergency food assistance
Popote roulante de Salaberry-de-Valleyfield <ul style="list-style-type: none"> ▪ People 70 and older ▪ Services available in English 	282, rue Jacques Quartier Salaberry-de-Valleyfield	(450) 747-3168	Monday, Tuesday and Thursday 8:00-15:30 Wednesday and Friday 8:00-13:30	<ul style="list-style-type: none"> ▪ Hot and frozen meal delivery for people aged 70 and older ▪ Hot meals: 7\$ / Frozen meals: 6\$ ▪ Adapted meals for people with special dietary needs (frozen meals: pureed, chopped, salt free, sugar free), contact 450 371 9920, ext. 2030 ▪ Specially-adapted meals: 6\$



• Suroît - SUPPORT



Organization	Address	Telephone	Opening Hours	Services and Specifications
ABC de la Famille <ul style="list-style-type: none"> Families 	20 rue St-Pierre, Salaberry-de-Valleyfield	(450) 377-4380	Monday to Friday 8:00-16 :00	<ul style="list-style-type: none"> Emergency Assistance (diapers, formula, baby purées)
Accueil pour Elle <ul style="list-style-type: none"> Women and children Services available in English 	Confidential	(450) 371-4618	24 / 7	<ul style="list-style-type: none"> Reception Accommodation Phone support 24/7
Association des devenus sourds et malentendants du Québec secteur Sud-ouest (ADSMQ)	35, rue Grande-Île, suite 1 Salaberry-de-Valleyfield	(450) 377-5941	Tuesday to Friday 8:00-16:00	<ul style="list-style-type: none"> Support through Facebook, email or adapted telephone
Association québécoise de défense de droits des retraités AQDR – ITMAV <ul style="list-style-type: none"> Services available in English 	110, rue Mathias Salaberry-de-Valleyfield	(450) 631-4466	3 days/week	<ul style="list-style-type: none"> On reference by CISSSMO Can deliver emergency food assistance Currently, telephone support only
Association québécoise de défense de droits des retraités AQDR – CAAPA <ul style="list-style-type: none"> Services available in English 	110, rue Mathias Salaberry-de-Valleyfield	(450) 807-2232	5 days/week	<ul style="list-style-type: none"> Phone support service Videoconference and email
Association québécoise de défense de droits des retraités AQDR <ul style="list-style-type: none"> Services available in English 	110, rue Mathias Salaberry-de-Valleyfield	(450) 370-0204	5 days/week	<ul style="list-style-type: none"> House calls Emergency only by telephone



Organization	Address	Telephone	Opening Hours	Services and Specifications
Carrefour jeunesse-emploi Beauharnois-Salaberry (emploi et insertion socio-professionnelle) <ul style="list-style-type: none"> ▪ Youth and adults (15-35-year-olds) 	71, rue Dufferin Salaberry-de-Valleyfield	(450) 373-6767 or (450) 374-2897	Monday to Friday 8:30-12:00 et 13:00-16:30	<ul style="list-style-type: none"> ▪ Reception, evaluation of needs and references to appropriate service at CJE ▪ Job search assistance service (by telephone or internet) ▪ Return to studies; career choices and educational and vocational information; information on the job market and programs ▪ Strategies for job search ▪ Resume writing – trendy CV ▪ Support project for youths with significant barriers to employment ▪ Development of social and personal autonomy ▪ Development of volunteer and entrepreneurial projects (maintained for projects respecting social distancing)
Centre d'action bénévole de Beauharnois (CAB) <ul style="list-style-type: none"> ▪ All clients ▪ Services available in English 	600, rue Ellice Local 106 Beauharnois	(450) 429-6453	Monday to Thursday 7:30-12:00 et 12:30-15:30 Friday 7:30-11:30	<ul style="list-style-type: none"> ▪ Relaunch of daily 'Hello' telephone service



• Suroît - **SUPPORT (CONTINUED)**



Organization	Address	Telephone	Opening Hours	Services and Specifications
Centre d'action bénévole de Valleyfield (CAB) <ul style="list-style-type: none"> All clients 	95, rue Salaberry Salaberry-de-Valleyfield	(450) 373-2111	Monday to Friday 8:30-12:00 et 13:00-16:30	<ul style="list-style-type: none"> Relaunch of daily "Hello" telephone service Friendly phone calls and follow-up calls Telephone support service for caregivers Tax clinic "My Guardian Angle" service Information hub for seniors
Centre d'aide aux victimes d'actes criminels de la Montérégie – secteur Valleyfield <ul style="list-style-type: none"> Support for victims of criminal acts Services available in English 	74, rue Académie Salaberry-de-Valleyfield	(450) 370-4029 Toll-free : 1 888 670-3401	Monday to Friday 8:30-16:30	<ul style="list-style-type: none"> Post-traumatic and socio-judicial information Orienting of victim towards specialized services Information on the rights and recourses of the victim of a criminal act Technical assistance to enable the victim to fill in various forms and to be able to comply with the formalities inherent to their situation
Centre d'aide et de lutte contre les agressions à caractère sexuel (CALACS) La Vigie <ul style="list-style-type: none"> Services available in English 	Confidential	(450) 371-4222	Monday to Friday 8:00-16:00 <i>(Leave a message)</i>	<ul style="list-style-type: none"> Regular contact with women who have a follow-up and new requests by telephone Phone listening service and support
Centre sur l'Autre-Rive Adulte <ul style="list-style-type: none"> Men with drug or alcohol problems 	6800, boul. Hébert Salaberry-de-Valleyfield	(450) 371-5177	24 / 7	<ul style="list-style-type: none"> Therapy Detoxification <p>By telephone or Skype whenever possible</p>



• Suroît - SUPPORT (CONTINUED)



Organization	Address	Telephone	Opening Hours	Services and Specifications
Collectif des droits en santé mentale Valleyfield	71, rue Jacques-Cartier Salaberry-de-Valleyfield	(450) 370-1807	Monday to Friday 8:30-16:30	<ul style="list-style-type: none"> Assisting in advocacy for people with mental health troubles. A message can be left on voicemail and the call will be returned.
Comité logement Beauharnois <ul style="list-style-type: none"> Tenants Services available in English 	600, rue Ellice Beauharnois	(450) 429-3000	Tuesday/Wednesday/Thursday 9:00-16:00	<ul style="list-style-type: none"> Tenant assistance and advocacy by telephone only
Comité logement Valleyfield <ul style="list-style-type: none"> Tenants Services available in English 	107, Jacques-Cartier Salaberry-de-Valleyfield	(450) 377-3060	Monday to Friday 8:30-16:30 (Leave a message)	<ul style="list-style-type: none"> Assisting tenants Advocacy
CRESO <ul style="list-style-type: none"> All clients Services available in English 	139, Victoria Salaberry-de-Valleyfield	(450) 377-4889	Monday-Thursday 8:00-16:30 Friday 8:00-12:15	<ul style="list-style-type: none"> Video capsules available on the website Advice and support for specialized job search (ex. people receiving CNESST) Support for the integration of immigrants <p>By telephone or via Skype</p>
Dahlia <ul style="list-style-type: none"> Adults living with mental health troubles 	183, rue Ellice Beauharnois	(450) 225-0696	Monday to Friday 8:30-16:30	<ul style="list-style-type: none"> Adult clientele Telephone intervention and support Reference to partners
D'Main de Femmes (soutien psycho-social au femmes) <ul style="list-style-type: none"> Women 	77, rue St-Charles Salaberry-de-Valleyfield	(450) 371-1500	Monday to Thursday 8:00-12:00 and 13:00-16:30	<ul style="list-style-type: none"> The Centre is closed to the public, but all staff remain available by telephone or via social networks to maintain contact with women who contact the centre Thursdays: reception, information and reference Listening service and individual support (via telephone or on-site)



● Suroît - **SUPPORT (CONTINUED)**



Organization	Address	Telephone	Opening Hours	Services and Specifications
Entraide pour Monoparentales et familles recomposées du Suroît	489, chemin Larocque, Salaberry-de-Valleyfield	(450) 373-4047	New applicants are processed at variable hours according to family availability.	<ul style="list-style-type: none"> Accepting new referrals by email concerning break-ups, separation, blended families and people living with anxiety
Espace Suroît <ul style="list-style-type: none"> Adolescents and kids 	394, rue Dufferin Local 202 Salaberry-de-Valleyfield	(450) 371-8096	Requests are treated at variable hours according to employee availability during the week. Closed on weekends.	<ul style="list-style-type: none"> The organisation is active virtually on social networks transmitting various information destined to parents and the community. Individuals can reach the organization by email or by telephone and voicemail.
Jeunesse Beauharnois	21, rue St-Joseph, Beauharnois	(450) 225-6878	Available to answer youth's questions through 'Messenger' Tuesday from 15:00-17:00 <i>Thursday 18 :00, hosting online collective games</i> <i>Wednesday 15:00, online training session</i> <i>Friday 17:00, publication of prevention workshop</i>	<ul style="list-style-type: none"> Weekly creation of video capsules. "Live" sessions on Facebook hosted by the team. This allows youths to interact and keep in touch with each other. A special COVID-19 calendar was created and distributed to youth.



● Suroît - **SUPPORT (CONTINUED)**



Organization	Address	Telephone	Opening Hours	Services and Specifications
Justice Alternative du Suroît (pas de catégorie) <ul style="list-style-type: none"> Youth 	52, chemin Larocque Salaberry-de-Valleyfield	(450) 377-1333	Monday to Friday 8:30-12:00 and 13:00- 16:30	<ul style="list-style-type: none"> Regular follow-up with youth and their families to maintain contact with them Hosting virtual workshops according to the needs of partners and in relation with the expertise of the organization Mediation and conflict management service maintained by videoconference or telephone
L'Antichambre 12-17 <ul style="list-style-type: none"> Services available in English 	323, chemin Larocque Salaberry-de-Valleyfield	(450) 373-9887	Monday to Thursday	<ul style="list-style-type: none"> Parent-child mediation Respite at dinner time Intervention by telephone
La Halte Familiale	600, rue Ellice Bureau 303 Beauharnois	(450) 225-2725	Parents can communicate at any time on Facebook. The follow-up is done at variable hours according to the availability of parents.	<ul style="list-style-type: none"> Support to parents by telephone (moral support, help with home tasks, stimulation of children) Parent workshops (working on improving parenting skills)
Liberté de choisir <ul style="list-style-type: none"> Youth 	52, chemin Larocque Salaberry-de-Valleyfield	(450) 370-3444	Monday to Friday 8:30-16:00	<ul style="list-style-type: none"> Workshops for parents, conferences, experiential management training for teachers, etc. Addiction prevention and promotion activities for the general population



● Suroît - **SUPPORT (CONTINUED)**



Organization	Address	Telephone	Opening Hours	Services and Specifications
Maison de la jeunesse 12-17 inc. de Valleyfield (soutien Ado) <ul style="list-style-type: none"> Services available in English 	42, rue Anderson C.P. 327 Salaberry-de-Valleyfield	(450) 373-6788	Monday to Thursday 13:00-16:00 <i>(Helpline)</i> Monday to Saturday 13:00-16:00 <i>(Monitoring on Facebook and Messenger)</i> Monday and Wednesday 18:00-21:00 <i>(Exchange with youth over Zoom)</i> Friday and Saturday 18:00-21:00 <i>(Monitoring on Facebook and Messenger)</i>	<ul style="list-style-type: none"> Helpline, Facebook and Messenger monitoring for young people, and virtual games hosted on Zoom Live question/answer period with partners on specific themes
Nourri-Source (Seigneurie de Beauharnois) <ul style="list-style-type: none"> Breastfeeding mothers Services available in English 	287 chemin St-Louis Beauharnois	(514) 425-0805	The individual telephones their breastfeeding support volunteer as needed and according to individual availability <i>(No fixed hours)</i>	<ul style="list-style-type: none"> Telephone service (breastfeeding support volunteers)
Organisation populaire des droits sociaux (OPDS) <ul style="list-style-type: none"> All clients Services available in English 	11, rue de la Fabrique Salaberry-de-Valleyfield	(450) 371-3559	Monday to Thursday 8:00-16:00	<ul style="list-style-type: none"> Support and advocacy of welfare recipients
Pacte de rue <ul style="list-style-type: none"> All clients Services available in English 	171, rue Jacques-Cartier Salaberry-de-Valleyfield	(450) 373-1333	Monday to Friday on call from 8:00 to midnight	<ul style="list-style-type: none"> Homelessness intervention for a clientele 0-100 years old



● Suroît - SUPPORT (CONTINUED)



Organization	Address	Telephone	Opening Hours	Services and Specifications
Pont du Suroît <ul style="list-style-type: none"> For family and friends of adults with mental health troubles Services available in English 	Rue Alexandre Salaberry-de-Valleyfield	(450) 377-3126 Toll free: 1 888-377-4571	Monday to Thursday 8:00-16:00	<ul style="list-style-type: none"> Counselling for friends and family of people with mental health troubles Training on the subject of mental health Support through a P-38 approach
Pour un Réseau Actif dans nos Quartiers <ul style="list-style-type: none"> All clients 	222, rue Alphonse-Desjardins Suite 201 Salaberry-de-Valleyfield	(450) 370-4387 Extension 105	The hours are determined according to the family situation of each employee. Individuals can communicate at any time and a follow-up will be done in a timely manner.	<ul style="list-style-type: none"> Establishing an online community via Facebook. The organization is currently focusing its efforts on neighborhood life and development and environment. Very helpful “return to the land” approach to maintain a good mental health. Improve the feeling of solidarity between neighbors.
Psycohésion <ul style="list-style-type: none"> Adults 	100, rue Du marché Salaberry-de-Valleyfield	(450) 377-9321	Monday to Friday 8:30-16:30	<ul style="list-style-type: none"> Adult clientele Intervention by telephone and support Reference to partners
P.S. Jeunesse <ul style="list-style-type: none"> Youth Services offered in English 	99, rue Salaberry, Salaberry-de-Valleyfield	(450) 377-9155 (450) 377-4949	Monday to Friday 8:30-16:30	<ul style="list-style-type: none"> Orientation (job search, groups for youths distanced from the job market) by phone or internet
Répit Le Zéphyr <ul style="list-style-type: none"> Families Services available in English 	663, boul. de l’Eau, Salaberry-de-Valleyfield	(450) 371-6825 Extension 203	24 / 7 Requests must be made at: coordo@repitlezephyr.com	<ul style="list-style-type: none"> Grocery Delivery



• Suroît - SUPPORT (CONTINUED)

Organization	Address	Telephone	Opening Hours	Services and Specifications
SDEM SEMO <ul style="list-style-type: none">People with reduced mobilityServices available in English		1-800-646-6096	Monday to Thursday 8:30 to 16:30 Friday 8:30 to 12:30 info@sdem-semo.org	<ul style="list-style-type: none">All services are maintained remotely (employment assistance, CV, accompanying, etc.)
Société Alzheimer du Suroît <ul style="list-style-type: none">People suffering from Alzheimer disease and related conditions and their caregiversServices available in English	340, boul. du Havre Suite 101 Salaberry-de-Valleyfield	(450) 373-0303 Toll free : 1 877 773-0303	Monday to Friday 9:00-16:30	<ul style="list-style-type: none">Psychosocial support by telephone
Vent d'espoir <ul style="list-style-type: none">Adults with traumatic brain injuries and/or physical impairments (18-55-year-olds)	101-G, rue Lachapelle E St-Rémi	(450) 992-0512	Available by telephone during regular hours.	<ul style="list-style-type: none">Answering calls, presence in the office if neededWeekly calls to users
Via l'anse (Violence conjugale) <ul style="list-style-type: none">All clientsServices available in English	340, boul. du Havre Bureau 103 Salaberry-de-Valleyfield	(450)-370-4350	Monday to Friday 9:00-12:00 and 13:30-16:00	<ul style="list-style-type: none">Follow-ups and interventions are maintained by telephone, and for people who were in groups, brief 30-minute telephone meetings are held regularly
Vision-Travail <ul style="list-style-type: none">AdultsServices available in English	19, rue du Marché, Salaberry-de-Valleyfield	(450) 371-9533	Monday to Friday 8:30-16:00	<ul style="list-style-type: none">Job search process (group and individual approach, workshops, meetings, self-worth with job loss, interview practice). Computer classes are adapted according to the needs of individuals in the current context.



• Suroît - **TRANSPORT**



Organization	Address	Telephone	Opening Hours	Services and Specifications
Centre d'action bénévole de Beauharnois (CAB) <ul style="list-style-type: none"> ▪ All clients ▪ Services available in English 	600, rue Ellice Local 106 Beauharnois	(450) 429-6453	Monday to Thursday 7:30-12:00 and 12:30-15:30 Friday 7:30-11:30	<ul style="list-style-type: none"> ▪ Medical transport accompanying service (to Valleyfield, Chateauguay, the South Shore and Montreal) for seniors with asymptomatic loss of autonomy
Centre d'action bénévole de Valleyfield (CAB) <ul style="list-style-type: none"> ▪ All clients ▪ Services available in English 	95, rue Salaberry Salaberry-de-Valleyfield	(450) 373-2111	Monday to Friday: 8:30- 12:00 and 13:00-16:30	<ul style="list-style-type: none"> ▪ Transportation assistance service
Organisme voué aux personnes atteintes de cancer (OVPAC) <ul style="list-style-type: none"> ▪ Services available in English 	320, Chemin Larocque Salaberry-de-Valleyfield	(450) 371-5400 or 1 866 386-8722	Monday to Thursday 8:30-16:30 Friday 8:30-13:30	<ul style="list-style-type: none"> ▪ Medical support service ▪ Transportation for people with cancer and serious illnesses (excluding individuals undergoing hemodialysis treatments) to hospitals and medical centres in the greater Montreal area ▪ Telephone service for psychosocial support, referrals and assistance programs



Organization	Address	Telephone	Opening Hours	Services and Specifications
Accueil pour Elle <ul style="list-style-type: none"> ▪ Women and children ▪ Services available in English 	Confidential	(450) 371-4618	24 / 7	<ul style="list-style-type: none"> ▪ Reception ▪ Housing ▪ Hotline 24/7
L'Antichambre 12-17 <ul style="list-style-type: none"> ▪ Services available in English 	323, chemin Larocque Salaberry-de-Valleyfield	(450) 373-9887	Monday to Thursday	<ul style="list-style-type: none"> ▪ Parent-child mediation ▪ Respite at dinner time ▪ Interventions by telephone
Maison d'hébergement de Valleyfield MHDV <ul style="list-style-type: none"> ▪ Adults in a crisis situation ▪ Services available in English 	69, rue du Zouave Salaberry-de-Valleyfield	(450) 371-9617	7 days / week	<ul style="list-style-type: none"> ▪ Housing accommodation



• Vaudreuil-Soulanges - HOME CARE



Organization	Address	Telephone	Opening Hours	Services and Specifications
LIFELINE CISSMO <ul style="list-style-type: none"> ▪ People 65 years and over ▪ Services available in English 	Confidential	(450) 829-2321 Poste 236	24 / 7	<ul style="list-style-type: none"> ▪ Emergency medical alert service for seniors and people with loss of autonomy (regular help button and fall detector help)
Services d'aide à domicile Vaudreuil-Soulanges EÉSAD <ul style="list-style-type: none"> ▪ People aged 65 and over ▪ CLSC reference for under 65 years ▪ All customers ▪ Services available in English 	17, boul. Cité-des-Jeunes Suite 220 Vaudreuil-Dorion	(450) 424-3919	Administration Monday- Thursday 8:00-15:30 Friday 8:00-12:00 Services 7 days a week Variable Schedule	<ul style="list-style-type: none"> ▪ Personal care: complete or partial hygiene care (baths and showers) ▪ Presence and monitoring ▪ Meal preparation ▪ Light housekeeping ▪ Heavy housekeeping ▪ Groceries, supplies and shopping



• Vaudreuil-Soulanges - HOME CARE



Organization	Address	Telephone	Opening Hours	Services and Specifications
Centre d'action bénévole l'Actuel (CAB) <ul style="list-style-type: none"> 0 – 100 years old Services available in English 	88, rue Adèle Vaudreuil-Dorion	(450) 455-3331	Monday- Friday 8:30-16:30	<ul style="list-style-type: none"> Emergency food assistance for adults and infants <ul style="list-style-type: none"> By appointment Free (screening assessment) <ul style="list-style-type: none"> Possibility of home delivery
Centre d'action bénévole Soulanges CAB <ul style="list-style-type: none"> 0 – 100 years old Services available in English 	371, rue Ste-Catherine St-Polycarpe	(450) 265-3134	Tuesday-Friday 8:30-16:30	<ul style="list-style-type: none"> Emergency food assistance for adults and infants <ul style="list-style-type: none"> By appointment Free (screening assessment) <ul style="list-style-type: none"> Possibility of home delivery
Centre communautaires des aînés de Soulanges <ul style="list-style-type: none"> Seniors Services available in English 	12, rue Curé-Cholet St-Polycarpe	(450) 265-3548 1-855-510-3548	Monday-Friday 9:00-16:00	<ul style="list-style-type: none"> Meals on Wheels (Delivery of hot and frozen meals) <ul style="list-style-type: none"> Registration by phone <ul style="list-style-type: none"> Cost: contact the organization
La Source d'Entraide <ul style="list-style-type: none"> People in vulnerable situations Services available in English 	2252, rue St-Angélique St-Lazare	(450) 455-8000 Poste 5	Monday-Thursday 9:00-15:00 (by telephone)	<ul style="list-style-type: none"> Emergency food assistance <ul style="list-style-type: none"> By appointment <ul style="list-style-type: none"> Evaluation required - free service
Le Café de la débrouille <ul style="list-style-type: none"> Low income residence Services available in English 	23, rue St-Jean-Baptiste-est, Rigaud	(450) 206-1008	Monday-Thursday 9:00-15:00	<ul style="list-style-type: none"> Emergency food assistance <ul style="list-style-type: none"> By appointment only <ul style="list-style-type: none"> Assessment required
Paroisse Notre-Dame-de-Lorette <ul style="list-style-type: none"> Low income residence 	33, rue Lussier Pincourt	(514) 453-5662	Monday-Thursday 8:30-12:00 13:00-16:00	<ul style="list-style-type: none"> Emergency Food assistance <ul style="list-style-type: none"> By appointment <ul style="list-style-type: none"> Evaluation required - free service
Paroisse Ste-Jeanne-de-Chantal <ul style="list-style-type: none"> Low income residence 	300, boul. Perrot Ville Île-Perrot	(514) 453-5662	Monday-Thursday 8:30-12:00 13:00-16:00	<ul style="list-style-type: none"> Emergency food assistance <ul style="list-style-type: none"> By appointment <ul style="list-style-type: none"> Evaluation required - free service



• Vaudreuil-Soulanges - **SUPPORT**



Organization	Address	Telephone	Opening Hours	Services and Specifications
AMUR <ul style="list-style-type: none"> ▪ Momentary help for emergencies ▪ Residents of Rigaud, Pointe-Fortune and Très-St-Rédempteur 		(514) 771-4746	Leave a message	<ul style="list-style-type: none"> ▪ Emergency monetary assistance for housing, moving, medication, day camp, etc.
Arc-en-ciel <ul style="list-style-type: none"> ▪ Adults, Mental Health and Emotional Distress ▪ Services available in English 	60, rue de l'Église Vaudreuil-Dorion	(450) 424-7006	Monday- Friday De 8:00-16:00	<ul style="list-style-type: none"> ▪ Intervention telephone line ▪ Support and mutual aid
Association de fibromyalgie et du syndrome de fatigue chronique de Vaudreuil-Soulanges (AFSFC-VS) <ul style="list-style-type: none"> ▪ Services available in English 	168, avenue St-Charles Vaudreuil-Dorion	(450)218-7722	Hours may vary	<ul style="list-style-type: none"> ▪ Self-help group by email, Facebook and phone
Association PANDA de Vaudreuil-Soulanges <ul style="list-style-type: none"> ▪ Mutual aid and assistance to people with ADHD and their families. 		(514) 834-2121	Monday to Friday Day	<ul style="list-style-type: none"> ▪ Call or email return within 48 hours pandavstdah@gmail.com
Association québécoise de défense de droits des retraités AQDR – CAAPA <ul style="list-style-type: none"> ▪ Services available in English 	110, rue Mathias Salaberry-de-Valleyfield	(450) 807-2232	5 Days / Week	<ul style="list-style-type: none"> ▪ Telephone listening ▪ Video conferencing and email
Carrefour Jeunesse Emploi Vaudreuil-Soulanges <ul style="list-style-type: none"> ▪ Youth and Adults (15-35 years) ▪ Services available in English 	400, boulevard Harwood Vaudreuil-Dorion	(450) 455-3185	Monday-Friday 8:30-16:30	<ul style="list-style-type: none"> ▪ All services that can be offered by Facebook, ZOOM or telephone are maintained



• **Vaudreuil-Soulanges - SUPPORT (CONTINUED)**



Organization	Address	Telephone	Opening Hours	Services and Specifications
Centre d'aide aux victimes d'actes criminels de la Montérégie – secteur Valleyfield <ul style="list-style-type: none"> Services available in English 	74, rue Académie Salaberry-de-Valleyfield	(450) 370-4029 Toll free : 1 888 670-3401	Monday- Friday 8:30-4:30	<ul style="list-style-type: none"> Post-traumatic and socio-judicial intervention Victim referral to specialized services Information on the rights and remedies of a crime victim Technical assistance so that a victim can fill out various forms and to be able to comply with the formalities inherent to his or her situation
Centre d'aide et de lutte contre les agressions à caractère sexuel (CALACS) La Vigie <ul style="list-style-type: none"> Services available in English 	Confidential	(450) 371-4222	Monday-Friday 8:30-16:30 <i>(Leave a message)</i>	<ul style="list-style-type: none"> Regular contact with women who have follow-up's and new requests by phone Telephone listening and support
Centre de femmes La Moisson Femme	321, Grand Boulevard Ile-Perrot	(514) 453-8720	Monday to Thursday from 8:30-16:30	<ul style="list-style-type: none"> Telephone and videoconference monitoring
Centre prénatal et jeunes familles	640 A, rue Chicoine Vaudreuil-Dorion	(450) 424-7867	Monday to Friday during the day	<ul style="list-style-type: none"> Workshops online and on Facebook: Les Dynamites, Travelling through Words Prenatal Courses
Comité jeunesse La Presqu'île <ul style="list-style-type: none"> Adolescents Services available in English 	375, boul. Cardinal-Léger Pincourt	(514) 654-5411 (514) 425-1060	Monday to Thursday from 8:30-16:30	<ul style="list-style-type: none"> Park Angels (Park Awareness Bike Patrollers) Project X (evening entertainment for teens)



• Vaudreuil-Soulanges - SUPPORT (CONTINUED)



Organization	Address	Telephone	Opening Hours	Services and Specifications
Entraide pour Monoparentales et familles recomposées du Suroît	489, ch. Larocque Salaberry-de-Valleyfield	(450) 373-4047		<ul style="list-style-type: none"> Accepts new e-mail referrals regarding break-ups, separation, blended families and people living with anxiety. Referrals to other agencies and services as needed Appeals and support for existing families info@entraidedusuroit.ca
Espace Suroît <ul style="list-style-type: none"> Adolescents and children 	394 rue Dufferin Local 202 Salaberry-de-Valleyfield	(450) 371-8096	Requests are processed at random times according to the availability of employees on weekdays	<ul style="list-style-type: none"> The organization is active virtually on social networks to share a variety of information to parents and the community. Individuals can reach the organization by email, by phone on voicemail.
Grand rassemblement des aînés de Vaudreuil et Soulanges GRAVES <ul style="list-style-type: none"> People 65 years old and older Services available in English 	418, av. St-Charles #303 Vaudreuil-Dorion	(438) 521-1726 (438) 521-0497 (Leave a message)	Monday- Friday 9:00-18:00	<ul style="list-style-type: none"> ITMAV (mid-level intervention 35 hours/week: telephone support Community Support by phone Information hub by telephone
Hébergement La Passerelle <ul style="list-style-type: none"> Women and children victims of domestic violence Services available in English 	Confidential	(450) 424-6010	24/7	<ul style="list-style-type: none"> Telephone support Temporary accommodation for women and children victims of domestic violence



• Vaudreuil-Soulanges - SUPPORT (CONTINUED)



Organization	Address	Telephone	Opening Hours	Services and Specifications
Justice Alternative du Suroît <ul style="list-style-type: none"> Youth (12-17 years old) Services available in English 	52, ch. Larocque Salaberry-de-Valleyfield	(450) 377-1333	Monday-Friday 8:30-12:00 and 13:00 to 16:30	<ul style="list-style-type: none"> Regular telephone follow-up with youth and their families to maintain contact Facilitation of virtual workshops possible according to the needs of the partners and in connection with the expertise of the organization Mediation and conflict management service maintained by videoconference or telephone
La Sortie <ul style="list-style-type: none"> Victims of sexual exploitation in Quebec Services available in English 	Confidential	(514) 923-7255	Line available 24-7	<ul style="list-style-type: none"> Telephone support and referrals
L'Aiguillage <ul style="list-style-type: none"> Youth Services available in English 	536, rue Chicoine, Vaudreuil-Dorion	(450) 218-6418	24 / 7	<ul style="list-style-type: none"> Street work: telephone support
L'Antichambre 12-17 <ul style="list-style-type: none"> Youth (12-17 years old) Services available in English 	323, ch. Larocque Salaberry-de-Valleyfield	(450) 373-9887	Monday-Thursday	<ul style="list-style-type: none"> Parent-Child mediation Respite during dinner time Intervention by telephone
Le Versant <ul style="list-style-type: none"> People suffering from anxiety disorders Services available in English 	63, rue de l'église Vaudreuil-Dorion	(450) 269-2093	Monday to Friday	<ul style="list-style-type: none"> Telephone support for people living with an anxiety disorder
Les Jonathan de Soulanges inc. <ul style="list-style-type: none"> People with reduced mobility Services available in English 	1, rue Curé-Cholet Saint-Polycarpe	(450) 265-3672	Monday to Thursday 9:00-15:30	<ul style="list-style-type: none"> Referral, customer phone call
Liberté de choisir <ul style="list-style-type: none"> Youth 	52, ch. Larocque Salaberry-de-Valleyfield	(450) 370-3444	Monday to Friday 8:30-16:00	<ul style="list-style-type: none"> Workshops for parents, conferences, experiential management training for teachers, etc. Prevention and promotion activities related to addictions for the general population



• Vaudreuil-Soulanges - **SUPPORT (CONTINUED)**



Organization	Address	Telephone	Opening Hours	Services and Specifications
Maison de la famille Vaudreuil-Soulanges <ul style="list-style-type: none"> Families 	1210, rue Principale, Saint-Zotique 15, rue Louise-Josephte Vaudreuil-Dorion	(450) 218-0561	Daytime Monday to Friday	<ul style="list-style-type: none"> Psychosocial support : 450-217-2177 #1 (Soulanges) or 450-218-0561 #1 (Vaudreuil) Online Tutoring Online groups: Explo-discovery, The Adventurers, Language Stimulation Supervision of access rights by supervised conference call
Maison des jeunes de l'Île-Perrot <ul style="list-style-type: none"> Youth (12-17 years old) Services available in English 	210C, 6 ^e avenue Ile-Perrot	(514) 425-6146	Online: 7 Day a week Variable Schedule	<ul style="list-style-type: none"> Public outreach and popular education through social networks
Maison des jeunes de Rigaud <ul style="list-style-type: none"> Youth (12-17 years old) 	96, rue St-Jean-Baptiste Est, Rigaud	(450) 451-9937	Online: 7 Day a week Variable Schedule	<ul style="list-style-type: none"> Virtual youth centre with weekly programming. The centre's regular activities are online to help break the isolation. Public outreach and popular education through social networks. <i>Ludothèque</i> (borrowed games delivered to your home) Library (borrowed books delivered to your home)
Maison des jeunes Les Cèdres <ul style="list-style-type: none"> Youth (12-17 years old) 	145, rue Valade Les Cèdres	(514) 208-3979	Online: 7 Day a week Variable Schedule	<ul style="list-style-type: none"> Public outreach and popular education through social networks
Maison des jeunes de Vaudreuil-Dorion <ul style="list-style-type: none"> Youth (12-17 years old) 	145, boul. Harwood Vaudreuil-Dorion	(450) 455-6937	Variable Schedule	<ul style="list-style-type: none"> Public outreach and popular education through social networks (e.g. open group discussions)



• **Vaudreuil-Soulanges - SUPPORT (CONTINUED)**



Organization	Address	Telephone	Opening Hours	Services and Specifications
MWCN Montérégie West Community Network <ul style="list-style-type: none"> English-speaking community Services available in English 	91, 5e avenue, suite 204 Pincourt	(514) 425-0399	Monday – Thursday 9:00 – 16:30	<ul style="list-style-type: none"> Information and resources to promote improved access to Health and Social Services for the English-Speaking Community of Vaudreuil-Soulanges
Nourri-Source Montérégie <ul style="list-style-type: none"> Breastfeeding mothers Services available in English 		1-877-425-0805	Line available 7 days a week between 9:00 and 19:00	<ul style="list-style-type: none"> Telephone Support Facebook Page: Nourri-source Montérégie
Parrainage civique Vaudreuil-Soulanges <ul style="list-style-type: none"> Adults ID - PD - ASD Seniors 65 years and older Close caregivers 	36A, avenue St-Charles Vaudreuil-Dorion	(450) 455-8986	Monday - Friday	<ul style="list-style-type: none"> Zoom meeting with seniors, 2-3 times a week, individual or group Friendly calls 2 activities per day for DI/TSA members in zoom for the AM and PM day service activities
Pont du Suroît <ul style="list-style-type: none"> For relatives of people with adult mental health troubles Services available in English 	88, rue Alexandre Salaberry-de-Valleyfield	(450) 377-3126 Toll free: 1 888-377-4571	Monday -Thursday 8:00 - 16:00	<ul style="list-style-type: none"> Advice to families and relatives of people with mental health troubles Training about mental health Support as part of a P-38 process
Répit Le Zéphyr <ul style="list-style-type: none"> Families with DI-TSA children Services available in English 	663, boul. de l'Eau Salaberry-de-Valleyfield	(450) 371-6825, 203	7 days a week Requests should be made to: coordo@repitlezephyr.com	<ul style="list-style-type: none"> Grocery delivery



• Vaudreuil-Soulanges - **SUPPORT (CONTINUED)**



Organization	Address	Telephone	Opening Hours	Services and Specifications
RÉSEAUX <ul style="list-style-type: none"> Job seekers, businesses, entrepreneurs and immigrants Services available in English 	430, boulevard Harwood Bureau 130 Vaudreuil-Dorion	(450) 424-5727	Monday to Friday 8:30-16:30	<ul style="list-style-type: none"> All services are maintained and deployed online <ul style="list-style-type: none"> Bank of interpreters for immigrants Telephone support for newcomers CV evaluation and design, free of charge <ul style="list-style-type: none"> Support from a career management advisor for employment search
Réseaux pour IMMIGRANTS REE <ul style="list-style-type: none"> Services available in English 	430, boulevard Harwood Bureau 130 Vaudreuil-Dorion	(450) 424-5727	Monday to Friday 8:30-16:30	<ul style="list-style-type: none"> All services are maintained online <ul style="list-style-type: none"> Immigration Interpreter Bank <ul style="list-style-type: none"> Telephone support for newcomers
SDEM SEMO <ul style="list-style-type: none"> Employment Assistance and Job Placement Service for People with Disabilities Services available in English 	418, avenue St-Charles Bureau 210 Vaudreuil-Dorion	1-800-646-6096	Monday-Thursday 8:30 to 16:30 Friday 8:30 to 12:30 info@sdem-semo.org	<ul style="list-style-type: none"> All services are maintained remotely (employment assistance, CV, coaching, etc.).
Société Alzheimer du Suroît <ul style="list-style-type: none"> People with Alzheimer's disease and related dementias and their caregivers Services available in English 	340, boul. du Havre Suite 101 Salaberry-de-Valleyfield	(450) 373-0303 Toll free : 1 877 773-0303	Monday - Friday 9:00-16:30	<ul style="list-style-type: none"> Telephone psychosocial support
Vent d'espoir <ul style="list-style-type: none"> 18 to 55 years of age with head injury with physical injuries and/or impairments Services available in English 	101-G, rue Lachapelle E St-Rémi	(450) 992-0512	Available on call during regular hours	<ul style="list-style-type: none"> Answer calls, presence in the office if needed Weekly calls to users
Via l'Anse <ul style="list-style-type: none"> Spousal and Family Violence Prevention Services available in English 	340, boul. du Havre Bureau 103 Salaberry-de-Valleyfield	(450) 370-4350	Monday - Friday 9:00-12:00 and 13:30-16:00	<ul style="list-style-type: none"> Follow-ups and interventions are maintained by telephone. For those previously in support groups, brief 30-minute telephone meetings are held on a regular basis.



• Vaudreuil-Soulanges - **TRANSPORT**



Organization	Address	Telephone	Opening Hours	Services and Specifications
AMUR Aide momentanée pour les urgences rigaudiennes <ul style="list-style-type: none"> Residents of Rigaud, Pointe-Fortune and Très-St-Rédempteur 		(514) 771-4746	Leave a message	<ul style="list-style-type: none"> Medical transport <ul style="list-style-type: none"> Costs determined by destination
Centre d'action bénévole Soulanges (CAB) <ul style="list-style-type: none"> 0 – 100 years old Services available in English 	371, rue Ste-Catherine St-Polycarpe	(450) 265-3134	Tuesday-Friday 9:00-17:00	<ul style="list-style-type: none"> Emergency medical transport <ul style="list-style-type: none"> Clients aged 65 and over or recovering from surgery Costs determined by destination
Centre d'action bénévole l'Actuel (CAB) <ul style="list-style-type: none"> 0 - 100 years old Services available in English 	88, rue Adèle Vaudreuil-Dorion	(450) 455-3331	Monday- Friday 8:30-16:30	<ul style="list-style-type: none"> Emergency medical transport <ul style="list-style-type: none"> Clients aged 65 and over or recovering from surgery Costs determined by destination
Organisme voué aux personnes atteintes de cancer (OVPAC) <ul style="list-style-type: none"> Services available in English 	320, Chemin Larocque Salaberry-de-Valleyfield	(450) 371-5400 or 1 866 386-8722	Monday-Thursday 8:30-16:30 Friday 8:30-13:30	<ul style="list-style-type: none"> Medical support service <ul style="list-style-type: none"> Transportation for people with cancer and serious illnesses (except hemodialysis treatments) to hospitals and medical centers in greater Montreal. Telephone service for psychosocial support, referral and support to programs.



• Vaudreuil-Soulanges - HOUSING



Organization	Address	Telephone	Opening Hours	Services and Specifications
Arc-en-ciel <ul style="list-style-type: none"> ▪ Adult Mental Health and Emotional Distress ▪ Services available in English 	60, rue de l'Église Vaudreuil-Dorion	(450) 424-7006	24 / 7	<ul style="list-style-type: none"> ▪ Mid-way accommodation ▪ Supervised house
L'Aiguillage <ul style="list-style-type: none"> ▪ Homeless ▪ Services available in English 	536 rue Chicoine, Vaudreuil-Dorion	(450) 218-6418	24 / 7	<ul style="list-style-type: none"> ▪ Emergency shelter for the homeless
Hébergement La Passerelle <ul style="list-style-type: none"> ▪ Women and children who are victims of domestic violence ▪ Services available in English 	Confidential	(450) 424-6010	Line available 24 / 7	<ul style="list-style-type: none"> ▪ Temporary shelter for women and children who are victims of domestic violence
La Sortie <ul style="list-style-type: none"> ▪ Victims of sexual exploitation in Quebec ▪ Services available in English 	Confidential	(514) 923-7255	Line available 24/7	<ul style="list-style-type: none"> ▪ Shelter for victims of sexual exploitation