

SERVICES to *Seniors*



- **DIRECTORY** -
MRC DES LAURENTIDES

An initiative of the :
**CONCERT ACTION SOUTIEN
AUTONOMIE DES LAURENTIDES**

câsa
LAURENTIDES

EMERGENCIES 911

**QUEBEC POISON CONTROL
CENTRE 1 800 463-5060**

**INFO-SANTÉ 811, option 1 :
for health advice
(a nurse assesses your condition)**

**INFO-SOCIAL 811, option 2 :
for psychosocial advice**

**811, option 3 : Primary Care
Access Point
Reserved for people who do not
have a family doctor.**

**CANADIAN ANTI-FRAUD CENTRE
1-888-495-8501**



CITIZEN PARTICIPATION

**CENTRE D'ACTION BÉNÉVOLE LAURENTIDES
819 326-0819 ou 819 425-8433**

www.jebenevole.ca

Find volunteer opportunities that match your interests
and skills.



DOMESTIC HELP

COOPÉRATIVE DE SOLIDARITÉ CHIFFON MAGIQUE

819 425-7484 or 1 877 611-7484

Domestic help (housekeeping, meal preparation, shopping and respite.)



FOOD

CAFÉ COMMUNAUTAIRE COUP DE CŒUR 819 217-5728

CENTRE D'ACTION BÉNÉVOLE LAURENTIDES

819 326-0819 or 819 425-8433

Frozen meals, meals on wheels and community lunches.

PARTAGES ET SOLIDARITÉS LAURENTIDES

www.facebook.com/PSLaurentides (via Messenger)
pslaurentides@gmail.com

Solidarity grocery store, antiwaste workshops, collective kitchen

FOOD BANKS / ASSISTANCE

BANQUE ALIMENTAIRE DE SAINTE-AGATHE

819 326-1324

BOUFFE LAURENTIENNE

514 591-7722

Mobile Food Bank : Amherst, Arundel, Huberdeau,
Lac-Supérieur et Montcalm.

COMPTOIR ALIMENTAIRE SAINTE-LUCIE 819 324-5674

COMPTOIR ALIMENTAIRE VAL-DAVID 514 616-6457

COUP DE POUCE ALIMENTAIRE

VAL-DES-LACS ET LANTIER **819 326-5624 #3622**

COMPTOIR D'ENTRAIDE DE LABELLE

(and La Minerve)

819 686-1878

HALTE ALIMENTAIRE DE VAL-MORIN

819 216-0180

LA SAMARITAINE DE MONT-TREMBLANT

(and Brébeuf, La Conception, Mont-Blanc). **819 429-5938**





GOVERNMENT ORGANIZATIONS

CURATEUR PUBLIC

Protection of incapable person **1 800 363-9020**

RÉGIE DE L'ASSURANCE MALADIE DU QUÉBEC (RAMQ)

Quebec Health Insurance **1 800 561-9749**

SOCIÉTÉ DE L'ASSURANCE AUTOMOBILE DU QUÉBEC (SAAQ)

1 800 361-7620

TRIBUNAL ADMINISTRATIF DU LOGEMENT

Lease assistance **1 800 683-2245**

QUÉBEC PENSION PLAN

1 800 463-5185

RETIREMENT PENSION

1 800 277-9915



HEALTH AND SOCIAL SERVICES

Centre intégré de santé et de services sociaux des Laurentides (CISSS)

INFO-SANTÉ

811, option 1

INFO-SOCIAL

811, option 2

PRIMARY CARE ACCESS POINT

811, option 3

Do not have a family doctor

ACCESS HOME CARE

1 833 217-5362

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

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

ROUTINE HEALTH CARE SERVICES

1 866 225-0104

Individuals must make their way to the CLSC.

COMMISSIONER FOR COMPLAINTS AND QUALITY OF SERVICES

1 866 822-0549

HOSPITAL

CHSLD

CLSC

USERS COMMITTEE

1 855 766-6387

extension 0



HEALTH RELATED ORGANIZATIONS

AVC APHASIE LAURENTIDES

1 866 974-1888

Aphasia or stroke support

CAPTCHPL

1 888 431-3437

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

PALLIACCO

819 717-9646 or 1 855 717-9646

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

PARKINSON QUÉBEC

1 800 720-1307

SOCIÉTÉ ALZHEIMER DES LAURENTIDES

819 326-7136 or 1 800 978-7881

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



HOUSING / ACCOMODATION

ALLOCATION - LOGEMENT

1 855 291-6467

ASSOCIATION DE PROMOTION ET D'ÉDUCATION EN

LOGEMENT (APEL)

354 999-3244

Defending rights, informations, workshops

OFFICE MUNICIPAL D'HABITATION DES LAURENTIDES

Housing for low-income individuals

819 425-7255

Social and community housing :

<https://crdsl.org/wp-content/uploads/2024/02/CISLAU-OSBL-Laurentides.pdf>



MENTAL HEALTH

CENTRE DE PRÉVENTION SUICIDE FAUBOURG

1 866 APPELLE (277-3553)

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

L'ENVOLÉE

819 326-5778

Alternative mental health resource.

LA HALTE DES PROCHES

1 800 663-0659

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



REFERENCES / LISTENING / INFORMATION

AIDE MALTRAITANCE ADULTES ÂINÉS 1 888 489-2287
Mistreatment helpline

CENTRE D'ÉCOUTE DE LAVAL 450 664-2787
Telephone listening or 1 888 664-1558

INFO-AIDANT 1 855 852-7784
Caregiver support

INFO DIABÈTE 1 800 361-3504

MOURNING SUPPORT 1 888 LE-DEUIL (533-3845)

INFO-CANCER 1 800 363-0063



RIGHTS

LEGAL AID 1 800 842-2213

**ASSOCIATION QUÉBÉCOISE DES DROITS
DES RETRAITÉS (AQDR)**
Rights for retired people
1 877 935-1551

**COMMISSION DES DROITS DE LA PERSONNE
ET DES DROITS DE LA JEUNESSE**
Human rights and youth commission
1 800 361-6477

FADOQ - RÉGION DES LAURENTIDES
1 877 429-5858 or 819 429-5858
Defending collective rights.

OFFICE DE LA PROTECTION DU CONSOMMATEUR
Protection for consumers 450 569-7585





SUPPORT FOR CAREGIVERS

BALUCHON RÉPIT LONG TERME À DOMICILE

Long-term respite at home.

1 855 762-2930

CISSS DES LAURENTIDES

Psychosocial support, respite and temporary accomodation.

1 833 217-5362

L'ANTR'AIDANT

579 888-0211 - poste 0

ligne.daccueil@lantraidant.com

Reception and needs assessment line 7 day a week, psychosocial support, caregiver coaching, support groups, training, conferences and art therapy.

LA MAISON DES PARENTS D'ENFANTS HANDICAPÉS DES LAURENTIDES

450 431-7428

Services offered to the members of the entourage of a person with an intellectual disability and/or autism spectrum disorder.

PALLIACCO

819 717-9646 or 1 855 717-9646

Psychosocial support, respite services at home and training.

SOCIÉTÉ ALZHEIMER DES LAURENTIDES

819 326-7136 or 1 800 978-7881

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



TRANSPORT

CENTRE D'ACTION BÉNÉVOLE LAURENTIDES

819 326-0819 or 819 425-8433

Assisted transportation: medical visits, small shopping.

MONT-TREMBLANT PUBLIC TRANSIT

819 425-8614, extension 2609

Free public transit services for all, at all times.

L'INTER DES LAURENTIDES 1 877 604-3377

Public transit (bus, taxibus) between La Minerve and St-Jérôme.

TRANSPORT ADAPTÉ DES LAURENTIDES

Door-to-door public transit service

1 800 717-9737

for individuals with permanent disabilities.



VIOLENCE / ABUSE / MISTREATMENT

CALACS - L'ÉLAN

1 866 915-8484

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

CAVAC DES LAURENTIDES

1 800 492-2822

Crime victims assistance centres offer front-line services to any crime victim or witness. Free and confidential.

L'OMBRE-ELLE

819 326-1321

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

PAIX

819 326-1400 or 1 800 267-3919

Helping individuals responsible for violent behaviour domestic and family.

PRÉVOYANCE ENVERS LES ÂÎNÉS DES LAURENTIDES

1 844 551-6032

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



OTHER SERVICES

4KORNERS

1 450 974-3940

Offer general services to the English-Speaking Seniors in the Laurentians

ASSOCIATION ALPHA-LAURENTIDES

1 866 887-7335

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

ASSOCIATION DE LA FIBROMYALGIE DES LAURENTIDES

1 877 705-7766





OTHER SERVICES

ASSOCIATION DES PERSONNES HANDICAPÉES

CLAIR SOLEIL

819 425-7447

Association for people with disabilities

ASSOCIATION DES PERSONNES HANDICAPÉES VISUELLES ET AVEUGLES DES LAURENTIDES (APHVAL)

514 237-6389

ASSOCIATION DES PERSONNES HANDICAPÉES

INTELLECTUELLES DES LAURENTIDES (APHIL)

Association for the intellectual disabled

819 326-5202

CENTRE D'ACTION BÉNÉVOLE LAURENTIDES

819 326-0819 ou 819 425-8433

Light work, calls and friendly visits, securicab, tax clinics and assistance with forms.

CENTRE D'ASSISTANCE ET D'ACCOMPAGNEMENT AUX

PLAINTES DES LAURENTIDES (CAAP)

450 565-9111

FADOQ - RÉGION DES LAURENTIDES

819 429-5858 ou 1 877 429-5858

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

LA COLOMBE

819 326-4779

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

LE COFFRET

450 565-2998

Helps immigrants settle in the Laurentians by offering them all the necessary support.

PAIR PROGRAM

1 844 551-6032

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

Visit the MRC des Laurentides website for more information on these organizations:

PLANTING ROOTS HERE THRIVING HERE / Seniors section

en.mrclaurentides.qc.ca/thriving-here

MUNICIPALITÉS ET VILLES / MUNICIPALITIES AND CITIES

URGENCES 911

EMERGENCIES

SÛRETÉ DU QUÉBEC

310-4141

Poste MRC des Laurentides

819 326-3131

MRC DES LAURENTIDES

819 425-5555

ou **819 326-0666**

AMHERST

819 681-3372

ARUNDEL

819 681-3390

BARKMERE

819 681-3374

BRÉBEUF

819 425-9833

HUBERDEAU

819 681-3377

IVRY-SUR-LE-LAC

819 321-2332

LABELLE

819 681-3371

LA CONCEPTION

819 681-3016

LAC-SUPÉRIEUR

819 681-3370

LAC-TREMBLANT-NORD

819 425-8154

LA MINERVE

819 681-3380

LANTIER

819 326-2674

MONT-BLANC

819 688-2161

MONTCALM

819 681-3383

MONT-TREMBLANT

819 425-8614

SAINTE-AGATHE-DES-MONTS

819 326-4595

SAINTE-LUCIE-DES-LAURENTIDES

819 326-3198

VAL-DAVID

819 324-5678

VAL-DES-LACS

819 326-5624

VAL-MORIN

819 324-5670



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**REGROUPEMENT DES PARTENAIRES
POUR LE DEVELOPPEMENT SOCIAL**
MRC DES LAURENTIDES

Merçi !

