

SERVICES to *Seniors*



- **DIRECTORY** -
MRC DES LAURENTIDES

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

câsa
LAURENTIDES

EMERGENCES 911

INFO-SANTÉ & INFO-SOCIAL 811

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

**PROGRAMME PAIR
1 844 551-6032**

PRÉVOYANCE ENVERS LES AÎNÉS DES LAURENTIDES
Daily automated call service to ensure security. Free of charge.



DOMESTIC HELP

COOPÉRATIVE DE SOLIDARITÉ CHIFFON MAGIQUE

819 425-7484 or 1 877 611-7484

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



FOOD / ASSISTANCE

BOUFFE LAURENTIENNE

819 430-6083

CAFÉ COMMUNAUTAIRE COUP DE CŒUR SAINTE-AGATHE

819 217-5728

CENTRE D'ACTION BÉNÉVOLE LAURENTIDES

819 326-0819 or 819 425-8433

Healthy frozen meals, meals on wheels and community lunches.

FOOD BANKS:

BOUFFE-DÉPANNAGE SAINTE-AGATHE

819 326-1324

COMPTOIR ALIMENTAIRE SAINTE-LUCIE

819 324-5674

COMPTOIR ALIMENTAIRE VAL-DAVID

514 616-6457

COMPTOIR COUP DE POUCE ALIMENTAIRE

VAL-DES-LACS (and Lantier)

819 326-5624 extension 3622

COMPTOIR D'ENTRAIDE DE LABELLE

 (and La Minerve)

819 686-1878

HALTE ALIMENTAIRE DE VAL-MORIN

819 774-8570

LA SAMARITAINE DE MONT-TREMBLANT

(and Amherst, Arundel, Barkmere, Brébeuf, Huberdeau, La Conception, Lac-Supérieur, Montcalm, St-Faustin-Lac-Carré).

819 429-5938





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

RÉGIE DU LOGEMENT

(Lease assistance)

1 800 683-2245

QUÉBEC PENSION PLAN

1 800 463-5185

OLD AGE SECURITY AND PENSION

1 800 277-9915



HEALTH AND SOCIAL SERVICES

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

INFO-SANTÉ AND INFO-SOCIAL 811

ACCESS DESK SERVICES - SUPPORT PROGRAM FOR THE AUTONOMY OF SENIORS

1 833 217-5362

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

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

ROUTINE HEALTH CARE SERVICES

1 866 225-0104

Individuals must make their way to the CLSC.

COMMISSIONER FOR COMPLAINTS AND QUALITY OF SERVICES

1 866 822-0549

**LAURENTIAN HOSPITAL
CHSLD
CLSC
USERS COMMITTEE**

**1 855 766-6387
extension 0**



HEALTH RELATED ORGANIZATIONS

CAPTCHPL 1 888 431-3437

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

GROUPE RELÈVE POUR PERSONNES APHASIQUES /

AVC LAURENTIDES 1 866 974-1888

(Aphasia or stroke support)

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 CŒUR DES LAURENTIDES

450 630-4122

SOCIÉTÉ ALZHEIMER DES LAURENTIDES

819 326-7136 or 1 800 978-7881

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



HOUSING

OFFICE MUNICIPAL D'HABITATION

DES LAURENTIDES (OMH)

819 425-7255

Housing for low-income individuals.

Social and community housing :

See list of organizations on our website :

en.mrclaurentides.qc.ca/thriving-here/



MENTAL HEALTH

CENTRE PRÉVENTION SUICIDE FAUBOURG

1 866 277-3553

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

4 KORNERS

1 888 974-3940

Information, resources and assistance in accessing services in English.

CENTRE D'ÉCOUTE DE LAVAL

450 664-2787 or

(Telephone listening)

1 888 664-1558

INFO-AIDANT (L'APPUI)

1 855 852-7784

(Caregiver support)

INFO DIABÈTE

1 800 361-3504

(Diabetes info)

LIGNE AIDE ABUS AÎNÉS

1 888 489-2287

(Elder mistreatment helpline)

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.





SUPPORT FOR CAREGIVERS

BALUCHON ALZHEIMER

1 855 762-2930

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

CENTRE D'ACTION BÉNÉVOLE LAURENTIDES

819 326-0819 or 819 425-8433

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

CISSS DES LAURENTIDES

1 833 217-5362

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

FADOQ - RÉGION DES LAURENTIDES

819 429-5858 or 1 877 429-5858

A variety of healing and informative activities.

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, groceries, 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 Rivière-Rouge and St-Jérôme (30 municipalities).

TRANSPORT ADAPTÉ DES LAURENTIDES

1 800 717-9737

Door-to-door public transit service 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 center)

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.

**LIGNE AIDE ABUS ÂÎNÉS
1 888 489-ABUS (2287)**



VOLUNTEER

CENTRE D'ACTION BÉNÉVOLE LAURENTIDES

819 326-0819 or 819 425-8433

www.jebenevole.ca

Volunteer offers and requests.

**Je
BENEVOLE
.ca**



OTHER SERVICES

ASSOCIATION ALPHA-LAURENTIDES

1 866 887-7335

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

ASSOCIATION DES PERSONNES HANDICAPÉES

CLAIR SOLEIL

(Association for people with disabilities)

819 425-7447

ASSOCIATION DES PERSONNES HANDICAPÉES

INTELLECTUELLES DES LAURENTIDES (APHIL)

(Association for the intellectual disabled)

819 326-5202

CENTRE D'ACTION BÉNÉVOLE LAURENTIDES

819 326-0819 or 819 425-8433

Tax clinics - assistance with forms.

CENTRE D'ASSISTANCE ET D'ACCOMPAGNEMENT AUX

PLAINTES DES LAURENTIDES (CAAP)

(Health and Social Services complaints help centre)

450 565-9111

FADOQ - RÉGION DES LAURENTIDES

819 429-5858 or 1 877 429-5858

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

LA COLOMBE

819 326-4779

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

UNIVERSITÉ DU TROISIÈME ÂGE

450 224-4266 and 819 425-5427

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

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**

URGENCES
EMERGENCIAS

911

SÛRETÉ DU QUÉBEC

310-4141

Poste MRC des Laurentides

819 326-3131

SERVICE DE POLICE DE LA VILLE

DE MONT-TREMBLANT

819 425-2723

MRC DES LAURENTIDES

819 425-5555

ou 819 326-0666

MUNICIPALITÉS ET VILLES / MUNICIPALITIES AND CITIES

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

MONTCALM

819 681-3383

MONT-TREMBLANT

819 425-8614

SAINTE-AGATHE-DES-MONTS

819 326-4595

SAINTE-LUCIE-DES-LAURENTIDES

819 326-3198

SAINT-FAUSTIN-LAC-CARRÉ

819 688-2161

VAL-DAVID

819 324-5678

VAL-DES-LACS

819 326-5624

VAL-MORIN

819 324-5670

MERCI AUX PARTENAIRES FINANCIERS

NOTRE TERRITOIRE
NOTRE AVENIR
MRC DES
LAURENTIDES



Québec 

WE WOULD LIKE TO THANK OUR FINANCIAL PARTNERS