

ENGLISH - LANGUAGE

SERVICES DIRECTORY

LAURENTIANS REGION

2016



Our Mission at 4 Korners Family Resource Center

A Vital Resource

4 Korners is dedicated to assisting people of all ages to access information, resources and services in English. A network to improve access to health and social services has been built throughout the Laurentians in collaboration with partners from the public health sector, community sector, education sector and dedicated volunteers. In addition, programs and activities are organized to meet the identified needs of the communities.

These programs include: information sessions about health issues; activities that promote the physical and mental health of seniors, children and their families; and referral and accompaniment services.

The purpose of this guide is to inform the English-speaking population of the Laurentians of community services available in English. The majority of the organizations contained in this guide are members of the Regroupement des

organismes communautaires des Laurentides and are recognized by the Centre intégré de santé et de services sociaux des Laurentides (CISSS - Formerly the Agence de santé et de service sociaux). In 2013, the Agence requested that 4 Korners Family Resource Center determine which community organizations are able to offer services in English and to what extent. This directory has since been revised to better reflect the current resources in the Laurentian region since the adoption of Bill 10 in Québec.

To facilitate your search, services have been separated by MRC and by population group (Youth and Family, Women, Seniors, and All Ages). In some cases, organizations were not classified because no one was available to provide the necessary information. If you are unsure of your MRC, please contact 4 Korners Family Resource Center for assistance.

4 Korners Family Resource Center

Head Office:

Tel. : 450-974-3940
Toll-free: 1-888-974-3940
Fax: 450-974-0147
Email: info@4kornerscenter.org

Satellite Offices:

50 rue Corbeil, Ste-Agathe-des-Monts
Tel. : 819-324-4000, ext. 4330

508, rue Principale, Lachute,
Tel. : 450-562-3553

DISCLAIMER:

The Centre intégré de santé et des service sociaux des Laurentides (CISSS des Laurentides), Laurentian Rehabilitation Centers for Dependencies (CRDL), Le Bouclier Rehabilitation Centers (CRDP) and Youth Centers (CJ) are institutions that did not receive a classification with regards to ability to provide services in English.

These institutions are mandated to provide certain services in English. For more information, please consult the access plan¹.

Please contact 4 Korners if difficulties are encountered while trying to access English services at these institutions.

NOTES:

Centre de réadaptation en déficience intellectuelle et troubles envahissants du développement or **CRDITED**

(previously Centre du Florès)

Provides specialized adaptation and rehabilitation services for those suffering from an intellectual deficiency, diagnosed with autism spectrum disorders (ASD) or suffering from severe mental disorders. Also assists family and close relatives coping with these issues.

☎ www.centreduflores.com

1. http://www.santelaurentides.gouv.qc.ca/fileadmin/documents/Soins_et_services/Programme_d_acces_langue_anglaise_2012-2015.pdf



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Laurentian Rehabilitation Center for Dependencies

To develop and provide free personalized services in the form of addiction treatment, rehabilitation and social integration services.

☎ Toll-free: 1-888-345-1395

🌐 www.dependancelaurentides.com

Le Bouclier Rehabilitation Center

For individuals with physical deficiencies such as auditory, language and motor deficiencies. To provide adaptation, rehabilitation and social integration services for people of all age groups suffering from such deficiencies across the Lanaudière and the Laurentian regions.

☎ Regional office: 450-560-9898

☎ Toll-free: 1-877-834-9898

🌐 www.bouclier.qc.ca

Maison des Jeunes

Seek to encourage youth to become active, responsible and critical thinkers.

MRC: Regional Municipal County

Refers to the specific territory of the Laurentian region.

P.A.I.R. Program

Automated daily telephone service that calls seniors to make sure they're in good health.

Youth Center

Dedicated to the protection and the development of children and teenagers experiencing great difficulty on a personal, a family and/or a social level. The center is also engaged in encouraging accountability and integrating teenagers back into the social fabric of the community. Plans actions in accordance with the various mandates defined by the Act respecting health and social services, the Youth Protection Act, the Youth Criminal Justice Act and the Civil Code.

☎ 450-436-1170

☎ 1-877-361-8665

🌐 www.cjlaurentides.qc.ca

Regional Resources

CISSS des Laurentides

290, rue De Montigny, Saint-Jérôme

☎ 450-432-2777

☎ Toll-free: 1-866-963-2777

Plan, coordinate, organize and offer all health and social services to the population of the Laurentians.

Centre d'assistance et d'accompagnement aux plaintes des Laurentides

100, boul. des Hauteurs, Saint-Jérôme

☎ 450-565-9111

☎ Toll-free: 1-800-563-6261

🌐 www.caaplaurentides.org

To guide and accompany through the complaint procedure related to health and social services establishments.

Commissariat aux plaintes et à la qualité des services des Laurentides

1000, rue Labelle, Saint-Jérôme

☎ 450-432-8708

☎ Toll-free: 1-866 822-0549

Is responsible for ensuring that users' rights are respected and for investigating complaints in all health and social services establishments.

L'Écluse des Laurentides B

22-A, rue Goyer, Saint-Sauveur

☎ 450-744-1393

🌐 www.ecluse.org

To offer a variety of services to socially excluded individuals through a network of street workers.



Map of Eight Regional MRCs

MRC Antoine-Labelle

MRC Argenteuil

MRC Deux-Montagnes

MRC des Laurentides

MRC Mirabel

MRC des Pays-d'en-Haut

MRC Rivière-du-Nord

MRC Thérèse-De Blainville



MRC Antoine-Labelle

The territory from Rivière-Rouge
to Sainte-Anne-du-Lac

CISSS des Laurentides: Installations d'Antoine-Labelle

☎ 819-623-1234
🌐 www.csssal.org

CLSC de Mont-Laurier du CISSS des Laurentides

757, rue de la Madone, Mont-Laurier
☎ 819-623-1228

CLSC de Notre-Dame-du-Laus du CISSS des Laurentides

8, rue Saint-Denis, Notre-Dame-du-Laus
☎ 819-767-2488

Hôpital de Mont-Laurier du CISSS des Laurentides

2561, chemin de la Lièvre Sud, Mont-Laurier
☎ 819-623-1234
Hôpital Rivière-Rouge du CISSS des Laurentides
1525, rue L'Annonciation Nord, Rivière-Rouge
☎ 819-275-2118

CLSC Rivière-Rouge du CISSS des Laurentides

1525, rue L'Annonciation Nord, Rivière-Rouge
☎ 819-275-2411

Youth/Family Services

Association Parents d'Enfants Handicapés H.-L. C

764, rue Labelle Nord, Rivière-Rouge
☎ 819-275-3828

To support for families who live with an individual who has limitations due to a deficiency. To encourage the integration on all levels and protect and assert the rights of the handicapped individuals.

Maison des jeunes de Rivière-Rouge Carrefour Jeunesse Desjardins **C**

291, rue l'Annonciation Sud, Rivière-Rouge
☎ 819-275-3930

Centre de la Famille des Hautes-Laurentides **C**

362, rue Salaberry, Mont-Laurier
☎ 819-623-7215

To contribute to the well-being and development of parents and their children.

Maison des Jeunes de la Vallée de la Rouge **C**

2113, chemin Tour du Lac, Lac Nominingue
☎ 819-278-0560

Maison des Jeunes de Mont-Laurier

513, boul. Albiny-Paquette, Mont-Laurier
☎ 819-623-2835
🌐 www.mdjml.org

Naissance-Renaissance Hautes-Laurentides/Mèreveille **C**

2797, chemin Adolphe-Chapleau, Mont-Laurier
☎ 819-623-3009
☎ Toll-free: 1-866-623-3009
🌐 www.telebecinternet.com/mereveille
To provide pre-natal and post-natal care to parents and their children aged 0-5.

Youth Center

419, rue de la Madone, Mont-Laurier
☎ 819-623-3884
🌐 www.cjlaurentides.qc.ca

Services for Seniors

Centre d'Action Bénévole L. Bélanger **C**

610, rue de la Madone, Mont-Laurier
☎ 819-623-4412
☎ Toll-free: 1-855-623-4412
🌐 www.cableonie-belanger.org
To encourage volunteerism and contribute to the well-being of seniors.

Agence P.A.I.R. Mont-Laurier **A**

610, rue de la Madone, Mont-Laurier
☎ 819-623-4412, ext. 229



MRC Antoine-Labelle

The territory from Rivière-Rouge to Sainte-Anne-du-Lac

Services for Women

Centre de Femmes Signée Femmes **B**

383, rue Labelle Nord, Rivière-Rouge

☎ 819-275-5455

🌐 www.signeefemmes.com

To offer resources for women and encourage personal growth.

ÉLAN-CALACS **A**

C.P. 301, Mont-Laurier

☎ 819-623-2624

☎ Toll-free: 1-866-431-2624

🌐 www.lelan.org

Help for women and teenage girls who have been victims of sexual assault.

Passe-R-Elle Hautes-Laurentides **C**

C.P. 354, Mont-Laurier

☎ 819-623-1523

☎ Toll-free 1-800-363-9010

🌐 www.maisonpasserelle.com

To help mothers and their children who are victims of conjugal violence. Temporary housing available.

Services for All Ages

Le Bouclier Rehabilitation Center

515, rue Hébert, Suite 101, Mont-Laurier

☎ 819-623-2161

☎ Toll-free: 1-866-623-2162

🌐 www.bouclier.qc.ca

Centre Communautaire de Ferme-Neuve **C**

130, 13e rue, Ferme-Neuve

☎ 819-587-4189

To help low-income families and individuals.

Corporation Développement Communautaire Hautes-Laurentides

385, rue du Pont, Mont-Laurier

☎ 819-623-4494

🌐 www.cdchl.org

To promote the community organizations who encourage the social development of the community.

CRDITED de Mont-Laurier

600, rue de la Madone, Mont-Laurier

☎ 819-623-1187

🌐 www.centreduflores.com

CRDITED de Rivière-Rouge

624, rue l'Annonciation Nord, Rivière-Rouge

☎ 819-275-7455

🌐 www.centreduflores.com

Groupe Relève Pour Personnes Aphasiques - Laurentides **A**

Mont-Laurier

☎ 819-616-2760

🌐 www.grpa.ca

To support individuals who have suffered a stroke and suffer from aphasia, as well as their caregivers.

Maison Clothilde **C**

341, rue de la Madone, Mont-Laurier

☎ 819-623-3843

☎ Toll-free: 1-866-986-3843

🌐 www.maisonclothilde.org

To provide support for the family and loved ones of those touched by a mental illness.

Maison Lyse-Beauchamp **B**

1-770, rue Olivier-Guimond, Mont-Laurier

☎ 819-623-3719

🌐 www.maisonlysebeauchamp.org

To offer support and resources for individuals suffering from drug, alcohol and/or gambling addictions. Temporary housing available.

Papillons de Nomingue Inc. **B**

2252, rue Sacré-Cœur, Nomingue

☎ 819-278-4748

To provide services and activities for people living with an intellectual deficiency and to encourage social integration.



MRC Antoine-Labelle

The territory from Rivière-Rouge to Sainte-Anne-du-Lac

Regroupement des Personnes Handicapées Mont-Laurier (Le Prisme) **C**

294, rue du Pont, Mont-Laurier

☎ 819-623-5258

🌐 www.le-prisme.com

To improve the quality of life of those living with a physical or intellectual handicap.

Rehabilitation Center for Dependencies

757, rue de la Madone, Mont-Laurier

☎ 819-623-6127

Adults ext. 6354

Youth ext. 6353

🌐 www.depencancelaurentides.com

Service Collectif aux Familles Notre-Dame-du-Laus **C**

170, rue Principale, Notre-Dame-du-Laus

☎ 819-767-3355

Offer activities and services for different age groups.



MRC Argenteuil

The territory from Saint-André-d'Argenteuil to Mille-Isles

CISSS des Laurentides: Installations d'Argenteuil

☎ 450-562-3761

☎ Toll-free: 1-800-363-5619

🌐 www.csssargenteuil.qc.ca

CLSC et Centre de jour de Grenville du CISSS des Laurentides

93, rue des Érables, Grenville

☎ 819-242-0778

☎ Toll-free: 1-866-879-6484

Youth/Family Services

Maison des Jeunes de Grenville **B**

201, rue Principale, Grenville

☎ 819-242-2126

Maison des Jeunes de Brownsburg-Chatham

385, rue Principale, Brownsburg-Chatham

☎ 450-533-6948

Youth Center

143, ave. de la Providence, Lachute

☎ 450-562-8538

🌐 www.cjlaurentides.qc.ca

Services for Women

Citad'Elle de Lachute **B**

C.P. 602, Lachute

☎ 450-562-7797

Resources for women and children who were or are victims of violence.

Carrefour des Femmes du Grand-Lachute **B**

310, rue de l'Église, Lachute

☎ 450-562-7122

To support and empower women who are victims of violence, single parents, divorced, separated or widowed.

Services for All Ages

Fonds d'Emprunt des Laurentides **A**

508, rue Principale, Lachute

☎ Toll-free: 1-888-782-3553

🌐 www.felaurentides.org

To develop entrepreneurship and promote financial independence.

Café Partage d'Argenteuil **B**

232, rue Béthany, Lachute

☎ 450-562-0987

To offer food security and promote social inclusion.

Centre Aux Sources d'Argenteuil **A**

546, rue Sydney, Lachute

☎ 450-562-0673

To offer mutual aid for individuals suffering from mental illness.



MRC Argenteuil

The territory from Saint-André-d'Argenteuil to Mille-Isles

Centre d'Action Bénévole Association Solidarité d'Argenteuil **B**

212, rue Wilson, Lachute

☎ 450-562-7447

🌐 www.solidaritearg.qc.ca

To promote and develop quality volunteer services with an outlook on community and mutual aid in its territory.

Centre d'Entraide d'Argenteuil **B**

171, rue Mary, Lachute

☎ 450-562-5151

To offer services and activities that encourage social inclusion.

CRDITED de Lachute

390, ave. Béthany, Lachute

☎ 450-562-8563

🌐 www.centreduflores.com

Laurentian Literacy Council **A**

505, rue Béthany, Lachute

☎ 450-562-3719

To improve reading, writing, math and basic computer skills.

Maison Populaire d'Argenteuil **C**

335, rue Principale, Lachute

☎ 450-562-1996

To encourage French literacy.

Mouvement Personne d'Abord Lachute **B**

177, rue Béthany, Lachute

☎ 450-562-5846

To defend the rights of individuals living with intellectual deficiencies.

Rehabilitation Center for Dependencies

145, ave. de la Providence, Lachute

☎ 450-562-3761

Adults ext. 72356

Youth ext. 72357

🌐 www.dependancelaurentides.com



MRC Deux-Montagnes

The territory from Saint-Eustache to Saint-Placide

CISSS des Laurentides:

Installations du Lac-des-Deux-Montagnes

☎ 450-473-6811

☎ Toll-free: 1-888-234-3837

🌐 www.moncsss.com

CLSC Jean-Oliver-Chénier du CISSS des Laurentides

29, chemin d'Oka, Saint-Eustache

☎ 450-491-1233

Hôpital de Saint-Eustache du CISSS des Laurentides

520, boul. Arthur-Sauvé, Saint-Eustache

☎ 450-473-6811

🌐 Toll-free: 1-888-234-3837

Youth/Family Services

Appartements Supervisés « Le Transit » **B**

303 and 309, rue Féré, Saint-Eustache

☎ 450-472-3135

🌐 www.acjbl.org

Supervised apartments for youth aged 17 - 25.

Carrefour Péri-Naissance **B**

509, chemin de la Grande-Côte, Saint-Eustache

☎ 450-472-2555

🌐 www.carrefourperinaissance.org

To offer services, activities and information to parents.

C.É.S.A.M.E. Deux-Montagnes **A**

328, chemin de la Grande-Côte, Saint-Eustache

☎ 450-623-5677

🌐 www.cesamedeuxmontagnes.com

To maintain and improve mental health and prevent developmental difficulties in children aged 0-5.



MRC Deux-Montagnes

The territory from Saint-Eustache
to Saint-Placide

Maison d'hébergement Accueil Communautaire Jeunesse **B**

306, rue Féré, Saint-Eustache

☎ 450-473-1600

🌐 www.acjbl.org

Oversees 4 youth shelters and an alternative resource and day help center.

Maison d'Hébergement «Le Préfixe» **B**

196, rue Rochon, Saint-Eustache

☎ 450-974-2887

🌐 www.acjbl.org

Shelter for youth aged 12-17 needing temporary housing.

Maison des Jeunes Deux-Montagnes **A**

108, 13e Avenue, Deux-Montagnes

☎ 450-491-4664

🌐 www.mdjdm.ca

Maison des Jeunes d'Oka

39, rue Saint-Jacques, Oka

☎ 450-479-1354

🌐 www.mdjoka.com

Maison des Jeunes de Pointe-Calumet

871, rue de la Chapelle, Pointe-Calumet

☎ 450-491-6509

Maison des Jeunes de Saint-Eustache «Le Spot»

193, boul. Arthur-Sauvé, Saint-Eustache

☎ 450-491-3336

🌐 www.mdj-lespot.com

PANDA Basses-Laurentides Sud-Ouest **A**

29, chemin Oka, Saint-Eustache

☎ 514-713-5353 (ENG)

☎ 514-258-2912 (FR)

🌐 www.pandablso.ca

To respond to the needs of people living with symptoms of Attention Deficit Disorder and Hyperactivity Disorder.

Youth Center Deux-Montagnes / Mirabel

333, rue Antonin-Campeau, Suite 101
Deux-Montagnes

☎ 450-491-5656

🌐 www.cjlaurentides.qc.ca

Youth Center

118, rue Notre-Dame, Oka

☎ 450-479-8309

🌐 www.cjlaurentides.qc.ca

Services for Seniors

Les Petits Frères **A**

131, rue Saint-Laurent, Saint-Eustache

☎ 450-598-1888

and

440, rue Saint-Michel, Oka

☎ 450-479-6136

🌐 www.petitsfreres.ca

To welcome and provide support for lonely elders.

Services for Women

Centre de Femmes La Mouvance **B**

103, rue de Bellefeuille, Saint-Eustache

☎ 450-472-7245

🌐 www.lamouvance.ca

To break the isolation of women and to inform, sensitize, to raise awareness and support them in their personal approach.

Centre Marie-Eve

232, rue Féré, Saint-Eustache

☎ 450-491-1494

🌐 www.centremarieeve.ca

Services for single and married women of all ages who are pregnant and experiencing difficulties.



MRC Deux-Montagnes

The territory from Saint-Eustache to Saint-Placide

CALACS - Laurentides A

Saint-Eustache

☎ 450-491-2975

Help for women and teenage girls who have been victims of sexual assault.

Services for All Ages

Services for All Ages

Atelier « Ensemble On Se Tient » C

185, rue du Moulin, Saint-Eustache

☎ 450-623-1561

Mutual help group for individuals who have suffered or are suffering from severe and persistent mental health problems and emotional difficulties.

Le Bouclier Rehabilitation Center

29, chemin d'Oka, suite 220, Saint-Eustache

☎ 450-473-2085

🌐 www.bouclier.qc.ca

Centre d'Action Bénévole Artisans de l'Aide B

184, rue Saint-Eustache, office #108

☎ 450-472-9540

🌐 www.cabartisans.org

To promote volunteer work and actively improve the collective and individual quality of life.

Centre d'Entraide Racine-Lavoie C

154, rue Dorion, Saint-Eustache

☎ 450-623-6030

🌐 www.entraideracinelavoie.org

To promote independence and individual development, as well as sharing and solidarity amongst citizens in the MRC Deux-Montagnes and the South of Mirabel.

Comité d'Aide Alimentaire des Patriotes B

95, rue Principale, Saint-Joseph-du-Lac

☎ 450-472-9469

To supply food security to individuals living in social exclusion by collecting, transforming and distributing food, while also offering concrete ways to facilitate their reintegration into society.

CRDITED de Deux-Montagnes

333, rue Antonin-Campeau, Suite 102, Deux-Montagnes

☎ 450-472-3180

🌐 www.centreduflores.com

Groupe Relève Pour Personnes Aphasiques - Laurentides A

268, chemin de la Grande-Côte, Saint-Eustache

☎ 450-974-1888

☎ Toll-free 1-866-974-1888

🌐 www.grpa.ca

To support individuals who have suffered a stroke and suffer from aphasia, as well as their caregivers.

Libellule B

865, 43e rue, Pointe-Calumet

☎ 450-472-4532

To support the development of individuals with an intellectual deficiency and promote their integration into society.

Mouvement Personne d'Abord Saint-Eustache B

367, rue Godard, Saint-Eustache

☎ 450-623-7792

To defend the rights of individuals living with intellectual deficiencies.

Petite Maison de Pointe-Calumet B

861 boul. de la Chapelle, Pointe-Calumet

☎ 450-974-7556

To improve the quality of life of the families of Pointe-Calumet and surrounding areas by promoting mutual aid and support a focus on prevention.

Rehabilitation Center for Dependencies B

333, Antonin-Campeau, Deux-Montagnes

☎ 450-623-3223 ext. 76550

🌐 www.dependancelaurentides.com



MRC des Laurentides

The territory from Val Morin to Labelle

CISSS des Laurentides:

Installations des Sommets

☎ 819-324-4000

☎ Toll-free 1-855-766-6387

🌐 www.csss-sommets.com

CLSC de Labelle du CISSS des Laurentides

17, rue du Couvent, case postale 666, Labelle

☎ 819-686-2117

CLSC de Sainte-Agathe-Des-Monts du CISSS des Laurentides

2, rue Préfontaine Ouest,
Sainte-Agathe-des-Monts

☎ 819-326-3111

CLSC de Sainte-Agathe-Des-Monts du CISSS des Laurentides

144, rue Principale Est, Sainte-Agathe-des-Monts

☎ 819-324-4000

☎ Toll-free 1-855-766-6387

CLSC de Mont-Tremblant du CISSS des Laurentides

635, rue Léonard, Mont-Tremblant

☎ 819-425-3771

Hôpital Laurentien du CISSS des Laurentides

234, rue Saint-Vincent, Sainte-Agathe-des-Monts

☎ 819-324-4000

☎ Toll-free 1-855-766-6387

Youth/Family Services

Groupe JAD

(Jeunes Enfants en Développement) **B**

38, rue Saint-Vincent, Sainte-Agathe-des-Monts

☎ 819-774-1687

☎ Toll-free 1-888-681-7717

🌐 www.groupejad.com

To offer services to youth and their parents who live with problems of dependence, violence and family communication.

Maison de la Famille du Nord **B**

919, rue Saint-Jovite, Mont-Tremblant

☎ 819-425-5407

To offer services to families with young children.

Maison des Jeunes Jeu'Nord de Labelle

44, rue de l'Église, Labelle

☎ 819-686-3434

Maison des Jeunes de La Minerve **B**

123, chemin des Fondateurs, La Minerve

☎ 819-274-1485

Maison des Jeunes de Sainte-Agathe-des-Monts **B**

19, rue Saint-André, Sainte-Agathe-des-Monts

☎ 819-326-0804

🌐 www.mdjsa.ca

Maison des Jeunes Refuge Jeunesse

20, de la Gare, Saint-Faustin

☎ 819-688-2448

Maison des Jeunes Tornade Jeunesse

70, rue du Ruisseau-Clair, Mont-Tremblant

☎ 819-425-8983

🌐 www.tornadejeunesse.qc.ca

Palliaccio **A**

2280, rue Labelle, Mont-Tremblant

☎ 819-717-9646

☎ Toll-free: 1-855-717-9646

🌐 www.palliaccio.org

To improve the quality of life of those affected by cancer, end-of-life individuals, caregivers and those in bereavement, by offering them services focused on accompaniment, respite and support.

Parents Uniques des Laurentides **B**

126, rue Demontigny, Sainte-Agathe-des-Monts

☎ 819-324-1004

🌐 www.parentsuniques.org

To offer support and mutual aid to single parent and blended families.



MRC des Laurentides

The territory from Val Morin to Labelle

La Samaritaine de Mont-Tremblant **B**

120, rue de Brébeuf, C.P. 4428, Mont-Tremblant

☎ 819-429-5938

🌐 www.lasamaritaine.ca

To reduce social exclusion by helping low-income families and socially excluded individuals on a regular basis.

Tangage des Laurentides **A**

118-B, rue Principale Est, local 6,
Sainte-Agathe-des-Monts

☎ 819-324-2261

🌐 www.tangage.ca

To assembles the organizations that use the drug-prevention program PRISME.

Youth Center

125A, Tour du Lac, Sainte-Agathe-des-Monts

☎ 819-326-6221

🌐 www.cjlaurentides.qc.ca

Services for Women

Centre de Femmes La Colombe **C**

9, rue Liboiron, Sainte-Agathe-des-Monts

☎ 819-326-4779

🌐 www.centrelacolombe.ca

To break the isolation of women through educational activities and offer a variety of services.

ÉLAN-CALACS **A**

C.P. 64, Sainte-Agathe-des-Monts

☎ 819-326-8484

☎ Toll-free 1-866-915-8484

🌐 www.lelan.org

To help women and teenage girls who have been victims of sexual assault.

Ombre-Elle, Maison d'Hébergement Pour Femmes **A**

C.P. 374, Sainte-Agathe-des-Monts

☎ 819-326-1321

🌐 www.lombrelle.qc.ca

To offer shelter and aid to women (with or without children) who are victims of conjugal violence.

Services for Seniors

Agence P.A.I.R. MRC des Laurentides **A**

C.P. 4359, Mont-Tremblant

☎ 819-216-7100

Société Alzheimer des Laurentides **B**

31, rue Principale Est, suite 100,
Sainte-Agathe-des-Monts

☎ 819-326-7136

☎ Toll-free 1-800-978-7881

🌐 www.alzheimerlaurentides.com

To offer services for individuals suffering from Alzheimer's and their families.

Services for All Ages

Alpha Laurentides **C**

C.P. 351, Sainte-Agathe-des-Monts

☎ 450-438-7335

☎ Toll-free 1-866-887-7335

To promote French literacy.

Association des Personnes Handicapées Clair-Soleil

585, rue Léonard, Mont-Tremblant

☎ 819-425-7447

🌐 www.clair-soleil.webnode.fr

To promote and defend the rights and interests of individuals living with an intellectual or physical handicap.

Laurentians Caregivers Association **A**

4057, avenue des Lys, Val-Morin

☎ 819-322-7608

☎ Toll-free : 1-855-522-7372

🌐 <http://www.laurentiancare.org>

To provides assistance and support to family caregivers, home care assistants and to the general senior population of the Laurentians.



MRC des Laurentides

The territory from Val Morin to Labelle

Le Bouclier Rehabilitation Center

144, rue Principale, Sainte-Agathe-des-Monts

☎ 819-326-0454

☎ Toll-free: 1-866-326-0454

🌐 www.bouclier.qc.ca

and

234, rue Saint-Vincent, Sainte-Agathe-des-Monts

☎ 819-324-4011

☎ Toll-free: 1-855-766-6387 ext. 4260

🌐 www.bouclier.qc.ca

Café Communautaire Coup de Cœur **C**

21, Saint-Henri Est, Sainte-Agathe-des-Monts

☎ 819-217-5728 or 819-321-9206

To facilitate social inclusion through food security, workshops and activities.

Comptoir d'Entraide Labelle **C**

127, rue du Collège, Labelle

☎ 819-686-1878

To offer help to those living in social exclusion.

Envolée Ste-Agathe-des-Monts **A**

5, rue Larocque Ouest, Sainte-Agathe-des-Monts

☎ 819-326-5778

🌐 www.lenvoleerasm.com

To help individuals living with mental illness.

CRDITED de Sainte-Agathe-des-Monts

201, rue Saint-Vincent, Sainte-Agathe-des-Monts

☎ 819-326-2182

🌐 www.centreduflores.com

Rehabilitation Center for Dependencies

233, rue Saint-Vincent, Sainte-Agathe-des-Monts

☎ 819-321-3999 ext. 76650

🌐 www.dependancelaurentides.com

Unité Toxi des Trois-Vallées **B**

1412, rue Deguire, Mont-Tremblant

☎ 819-425-5666

🌐 www.ledcl.qc.ca

To provide support for those struggling with alcohol, drug or medication consumption.



MRC Mirabel

The City of Mirabel

CISSS des Laurentides : Installations de Saint-Jérôme

(Services in the South of Mirabel)

☎ 450-432-2777

☎ Toll-free: 1-866-963-2777

🌐 www.cdsj.org

Hôpital de Saint-Eustache du CISSS des Laurentides

(Services in the South of Mirabel)

520, boul. Arthur-Sauvé, Saint-Eustache

☎ 450-473-6811

☎ Toll-free: 1-888-234-3837

Hôpital régionale de Saint-Jérôme du CISSS des Laurentides

(Services in the North of Mirabel)

290, rue De Montigny, Saint-Jérôme

☎ 450-432-2777

CLSC Mirabel du CISSS des Laurentides

8467, rue Saint-Jacques, Mirabel

☎ 450-475-7938

Youth/Family Services

CRDITED de Mirabel

18110, rue Lapointe, Mirabel

☎ 450-437-8850

☎ Toll-free: 1-877-437-8850

🌐 www.centreduflores.com

Services for Women

Centre de Femmes Liber'Elles **B**

9381, Côte des Saints, Mirabel

☎ 450-594-0556

🌐 www.liberelles.org

Offers services for women to break the cycle of social exclusion, isolation and violence of all forms.



MRC des Pays-d'en-Haut

The territory from Saint-Anne-des-Lacs to Saint-Adolphe-d'Howard

CISSS des Laurentides:

Installations des Pays-d'en-Haut

☎ 450-229-6601

☎ Toll-free: 1-800-363-2520

🌐 www.cssspdh.com

CLSC de Piedmont du CISSS des Laurentides

694, chemin Avila, Piedmont

☎ 450-227-1571

☎ Toll-free: 1-800 363-2482

CLSC de Saint-Sauveur du CISSS des Laurentides

150, rue Principale, Saint-Sauveur

☎ 450-227-3447

☎ Toll-free: 1-800 363-2525

Youth/Family Services

Espace Laurentides C

1400, boul. de Ste-Adèle, Sainte-Adèle

☎ 450-229-6650

☎ Toll-free: 1-888-229-6650

🌐 www.espacelaurentides.org

To prevent all forms of violence children can be subjected to.

Maison des Jeunes de Sainte-Adèle

1215, rue du Bourg-Joli, Sainte-Adèle

☎ 450-229-7452

🌐 www.mdj-ste-adele.org

Maison des Jeunes de Saint-Sauveur

57, De l'Église, Saint-Sauveur

☎ 450-227-4129

Maison de la Famille des Pays-d'en-Haut B

480, rue des Capucines, Sainte-Adèle

☎ 450-229-3354

🌐 www.maisondelafamille.com

To offer services and activities for parents and their children.

Services for Seniors

Agence P.A.I.R. des Pays-d'en-Haut A

3188, chemin Millette, Wentworth-Nord

☎ 450-226-3912

Entraide Bénévole Pays-d'en-Haut A

1013, rue Valiquette, Sainte-Adèle

☎ 450-229-9020

☎ Toll-free: 1-855-226-5626

🌐 www.entraidebenevolepdh.com

To offer home care services to seniors.

Services for All Ages

COOP SORE

170, rue des Épinettes, Morin-Heights

☎ 450-226-2466

🌐 www.coopsore.org

To offer support for caregivers.

Échelon des Pays-d'en-Haut C

734, rue Principale, Piedmont

☎ 450-227-1996

🌐 www.echelonpaysdenhaut.com

Services for individuals suffering or having suffered from mental illness.

Garde-Manger des Pays-d'en-Haut B

205, rue Principale, Saint-Sauveur

☎ 450-227-3757

🌐 www.gardemangerpdh.ca

To provide food and clothing security to those living in social exclusion.

Laurentian Region Cancer Support Group A

C.P. 2645, Morin-Heights

☎ 450-226-3641

Peer support for cancer patients, caregivers and their families.



MRC des Pays-d'en-Haut

The territory from Saint-Anne-des-Lacs to Saint-Adolphe-d'Howard

Rencontre Ste-Marguerite-du-Lac Masson **B**

2, chemin Masson,
Ste-Marguerite-du-Lac-Masson

☎ 450-228-8606

To offer social outings, community projects and references.

Soupe Populaire Vallée de Saint-Sauveur **A**

205, rue Principale, Saint-Sauveur

☎ 450-227-2423

🌐 www.soupeetcompagnie.com

Food security for individuals of all ages, who are socially excluded and/or isolated.



MRC Rivière-du-Nord

The territory from Saint-Colomban to Prévost

CISSS des Laurentides:

Installations de Saint-Jérôme

☎ 450-432-2777

☎ Toll-free: 1-866-963-2777

🌐 www.cdsj.org

Hôpital régional de Saint-Jérôme du CISSS des Laurentides

290, rue De Montigny, Saint-Jérôme

☎ 450-432-2777

☎ Toll-free: 1-866-962-2777

CLSC de Saint-Jérôme du CISSS des Laurentides (Family services, children, youth, services to the community)

430, rue Labelle, Saint-Jérôme

☎ 450-432-2777, ext. 25000

CLSC de Saint-Jérôme du CISSS des Lau- rentides (Home care services, mental health and psychosocial health)

1000, rue Labelle, Saint-Jérôme

☎ 450-432-2777, ext. 26221 and 26500

Youth/Family Services

Antre-Jeunes **C**

655, 9e rue, Saint-Jérôme

☎ 450-436-1547

🌐 www.antre-jeunes.org

To help youth aged 10-17 who wish to change certain behaviours and attitudes.

Grand Frères, Grandes Sœurs de la Porte du Nord **B**

770, rue Labelle, Saint-Jérôme

☎ 450-565-4562

🌐 www.payerausuivant.com

To allow children to live a quality relationship with a volunteer adult in order to develop better self-esteem.

Maison d'Hébergement Jeunesse « La Parenthèse » **C**

582, rue du Boisé, Saint-Jérôme

☎ 450-565-0958

🌐 www.mhjlparenthese.org

Offers housing to adolescents who are experiencing individual and family difficulties.

Maison des Jeunes de Rivière-du-Nord

655, rue Filion, Saint-Jérôme

☎ 450-436-1512 ext. 3595

Maison des Jeunes de Saint-Colomban

100, rue du Village, Saint-Colomban

☎ 450-710-2297

Maison Parents d'Enfants Handicapés Laurentides

909, rue Guy, Saint-Jérôme

☎ 450-431-7428

🌐 www.lamaisondesparents.org

Maison Pause-Parent **B**

424, rue du Palais, Saint-Jérôme

☎ 450-565-0015

🌐 www.mppstj.org

To support parents and their children living with a handicap.



MRC Rivière-du-Nord

The territory from Saint-Colomban to Prévost

Youth Center

358, rue Laviolette, Saint-Jérôme

☎ 450-432-9300

🌐 www.cjlaurentides.qc.ca

Youth Center

500, boul. des Laurentides, Saint-Jérôme

☎ 450-436-7607

🌐 www.cjlaurentides.qc.ca

Services for Women

CALACS - Laurentides A

C.P. 202, Saint-Jérôme

☎ 450-565-6231

To help women and teenage girls who have been victims of sexual assault.

Centre Marie-Eve

433, du Palais, Saint-Jérôme

☎ 450-438-1484

🌐 www.centremarieeve.ca

Services for single and married women who are pregnant and experiencing difficulties, no matter their age.

Maison d'Ariane A

C.P. 35, Head office branch, Saint-Jérôme

☎ 450-432-9355

🌐 www.maisondariane.ca

To offer housing for women and children who are victims of conjugal violence.

Réseau des Femmes des Laurentides C

342, rue Parent, Saint-Jérôme

☎ 450-431-1896

🌐 www.femmeslaurentides.org

A regional grouping that gathers and represents women groups in the Laurentians. Works to improve the life conditions of women in a perspective of equality.

Services for Seniors

Agence P.A.I.R. Saint-Jérôme A

225, rue de la Gare, Saint-Jérôme

☎ 450-432-3200, ext. 231

Atelier des Aînés du Grand Saint-Jérôme C

668, rue Labelle, Saint-Jérôme

☎ 450-569-8313

🌐 www.atelierdesaines.org

To offer services and activities for seniors (50+).

Maison Aloïs Alzheimer

651, 5e rue, Saint-Jérôme

☎ 450-660-6225

🌐 www.maison-alois-alzheimer.ca

To offer a place for individuals living with Alzheimer's and other cognitive problems.

Services for All Ages

A.C.C.R.O.C. B

60, boul. des Hauteurs, Saint-Jérôme

☎ 450-569-9966

☎ Toll-free: 1-877-460-9966

🌐 www.accroc.qc.ca

To offer help to men and teens with violent behaviours.

ALPPAMM C

373, rue Parent, Saint-Jérôme

☎ 450-438-4291

☎ Toll-free: 1-800-663-0659

🌐 www.alppamm.org

To offer services to those touched by the mental illness of a loved one.

L'Ami-e du Quartier

655, rue Fillion, Saint-Jérôme

☎ 450-431-1424

🌐 www.lamieduquartier.com

To help those living in social exclusion and help participants take their lives back into their own hands and improve their self-esteem.



MRC Rivière-du-Nord

The territory from Saint-Colomban to Prévost

L'APPUI

500, boulevard des Laurentides, bureau 235,
Saint-Jérôme

☎ 1-855-852-7795

🌐 www.lappui.org

Offers resources and help to caregivers.

Association de la Fibromyalgie des Laurentides **C**

366, rue Laviolette, Saint-Jérôme

☎ 450-569-7766

☎ Toll-free: 1-877-705-7766

🌐 www.fibromyalgie-des-laurentides.ca

*To raise awareness regarding fibromyalgia by
defending the collective rights of those living
with this disease.*

Le Bouclier Rehabilitation Center (for youth)

144, rue Principale, Sainte-Agathe-des-Monts

☎ 819-326-0454

☎ Toll-free: 1-877-326-0454

🌐 www.bouclier.qc.ca

and

(for adults)

234, rue Saint-Vincent, Sainte-Agathe-des-Monts

☎ 819-324-4011

☎ Toll-free: 1-855-766-6387 ext. 4260

🌐 www.bouclier.qc.ca

Centre d'Aide Personnes Traumatisées Crâniennes et Handicapées Physiques des Laurentides

643, rue De Martigny Ouest, Saint-Jérôme

☎ 450-431-3437

☎ Toll-free 1-888-431-3437

🌐 www.captchpl.org

*To facilitate the social integration of adults who
have suffered cranial trauma and who are
physically handicapped.*

Centre d'action bénévole de Saint-Jérôme **C**

225, rue de la Gare, Saint-Jérôme

☎ 450-432-3200

☎ Toll-free: 1-866-962-3200

🌐 www.cbsj.qc.ca

To develop community and volunteer actions

*and support volunteers, organizations and offer
services to individuals.*

Centre de la Famille Grand-Saint-Jérôme **C**

200, rue Labelle, Saint-Jérôme

☎ 450-431-1239

Rehabilitation Center for Dependencies - Adult Residential Program

910, rue Labelle, Saint-Jérôme

☎ 450-432-1395

and

Community Based Programs

906, rue Labelle, Saint-Jérôme

☎ 450-432-1395

and

Driver Assessment Program (SAAQ)

293, rue de Villemure, Suite 301, Saint-Jérôme

☎ 450-431-1118 ext. 76660

🌐 www.depencancelaurentides.com

Centre Prévention Suicide Le Faubourg **B**

C.P. 1, Saint-Jérôme

☎ 450-569-0101

☎ Toll-free: 1-866-277-3553

🌐 www.cps-le-faubourg.org

*To prevent suicide in the Laurentians through
sensitization, training and support as well as
through social actions aiming to improve the
quality of life of individuals.*

CRDITED de Saint-Jérôme

500, boul. des Laurentides, Suite 255
Saint-Jérôme

☎ 450-436-5984

and

55, 104e Avenue, Saint-Jérôme

☎ 450-436-5984

🌐 www.centreduflores.com

Centre Sida-Amitié **C**

527, rue Saint-Georges, Saint-Jérôme

☎ 450-431-7432

🌐 www.centresidaamitie.com

*To provide support for those living with AIDS
through education and prevention.
Also provides a help-line.*



MRC Rivière-du-Nord

The territory from Saint-Colomban to Prévost

Coin Alpha **C**

231, rue Saint-Georges, Saint-Jérôme

☎ 450-436-2099

To improve French literacy.

Droits et Recours Laurentides **B**

227, rue Saint-Georges #104, C.P. 501, Saint-Jérôme

☎ 450-436-4633

☎ Toll-free: 1-800-361-4633

🌐 www.droitsetrecourslaurentides.org

To defend the rights of those living with mental illness in the Laurentians.

Harfang-des-Neiges **C**

290, rue Labelle, Saint-Jérôme

☎ 450-565-1161

🌐 www.groupeharfangdesneiges.org

To help individuals suffering from mental illness.

Mesures Alternatives des Vallées du Nord **B**

515, rue Saint-Georges, Saint-Jérôme

☎ 450-436-6749

☎ Toll-free: 1-800-265-6749

🌐 www.mavn.ca

Dedicated to the development and consolidation of alternative and continued mechanisms of conflict resolution.

Mouvement d'Entraide de Bellefeuille **C**

1020, rue Jean-Louis, Bureau 301, Saint-Jérôme

☎ 450-431-5757

To develop mutual aid and solidarity in the town of Bellefeuille and its surrounding areas.

Mouvement Personne d'Abord Saint-Jérôme **B**

768, rue Labelle, Saint-Jérôme

☎ 450-438-6256

🌐 www.fmpdaq.org

To defend the rights of individuals living with intellectual deficiencies.

Regroupement Concertation Personnes Handicapées

C.P. 222, Saint-Jérôme

☎ 450-432-2229

🌐 www.rcphl.org

To promote the interests and the communal defense of individuals living with handicaps and their families.

Regroupement des Handicapés Visuels Laurentides **C**

500, boul. des Laurentides, local 115, Saint-Jérôme

☎ 450-432-9689

🌐 www.rhvl.ca

To promote, sensitize, prevent and defend the rights and interests of individuals with a visual deficiency and their loved ones.

RUTAC (Regroupement des usagers du transport adapté collectif) de la MRC Rivière-du-Nord **B**

C.P. 51 - 300, rue Longpré, #150, Saint-Jérôme

☎ 450-592-1383

Société Canadienne Sclérose en Plaques Laurentides/ Multiple Sclerosis Society of Canada **A**

416, rue Saint-Georges, Saint-Jérôme

☎ 450-436-4469

🌐 www.mssociety.ca

To be a leader in finding a cure for multiple sclerosis and enabling people affected by MS to enhance their quality of life.

Société de l'Autisme Laurentides

474, rue Laviolette, Saint-Jérôme

☎ 450-569-1794

🌐 www.autismelaurentides.org

To promote and defend the rights and interests of individuals living with autism or a pervasive developmental disorder and their families.



MRC Rivière-du-Nord

The territory from Saint-Colomban to Prévost

Solidarité Laurentides Amérique Centrale (SLAM) **C**

347, rue du Palais, Saint-Jérôme

☎ 450-569-6470

🌐 www.slamlaurentides.org

To develop international solidarity between the North and South populations with the intention to allow the latter population to wholly carry out their development according to their culture and with dignity.



MRC Thérèse-De Blainville

The territory from Boisbriand to Sainte-Anne-des-Plaines

CISSS des Laurentides:

Installations de Thérèse-De Blainville

☎ 450-430-4553

🌐 www.cssstheresedeblainville.qc.ca

CLSC Thérèse-De Blainville du CISSS des Laurentides

125, rue Duquet, Sainte-Thérèse

☎ 450-430-4553

Youth/Family Services

Association PANDA Thérèse-de-Blainville/Laurentides **C**

2, chemin du Ravin, Sainte-Thérèse

☎ 450-979-7263

☎ Toll-free: 1-877-979-7263

To respond to the needs of people living with symptoms of Attention Deficit Disorder and Hyperactivity Disorder.

Centre Prévention Décrochage Scolaire OMEGA **C**

421B, boul. Curé-Labelle, Blainville

☎ 450-979-7755

🌐 www.centreomega.org

To help prevent school drop-outs amongst youth aged 8-14.

Groupe Marraine Tendresse

3, rue Blainville Est, Sainte-Thérèse

☎ 450-435-6924

To offer home services to families in need.

Maison de Naissance du Boisé **A**

15, 70e Avenue Ouest, Blainville

☎ 450-432-2777 ext. 23660

Birthing center.

Maison d'Hébergement Le Petit Patro

48, boul. Desjardins Est, Sainte-Thérèse

☎ 450-430-5482

🌐 www.petitpatro.ca

To offer services and temporary housing to youth aged 12- 17 year olds in conflict with their family.

Maison de la Famille de Bois-des-Filion **C**

395, boul. Adolphe-Chapleau, Bois-des-Filion

☎ 450-965-0666

🌐 www.maisondelafamiliebdff.com

To assist families in difficulty (social or financial) to adapt or integrate themselves, by welcoming, referencing, supporting or informing.

Maison de la Famille de Ste-Anne-des-Plaines **C**

238, rue Beaupré, Ste-Anne-des-Plaines

☎ 450-478-6537

To offer activities and services to families.

Maison des Jeunes de Blainville **C**

7, 70e Avenue Ouest, Blainville

☎ 450-435-8866

🌐 www.mdjblainville.com

Maison des Jeunes de Ste-Anne-des-Plaines

130, rue des Saisons, Suite 104,

Ste-Anne-des-Plaines

☎ 450-478-1011

🌐 www.mdjsadp.wix.com/mdjsadp



MRC Thérèse-De Blainville

The territory from Boisbriand
to Sainte-Anne-des-Plaines

Maison des Jeunes des Basses Laurentides

53, rue Lambert, Sainte-Thérèse

☎ 450-437-0320

🌐 www.mdjbl.org

Maison des Jeunes Sodarrid de Boisbriand B

989, boul. de la Grande Allée, Boisbriand

☎ 450-434-7632

Maison Parenfant Basses-Laurentides C

310, Montée Sanche, Rosemère

☎ 450-434-9934

🌐 www.maisonparenfant.ca

*To encourage the personal, collective and
communal development of their participants.
For parents and their families.*

Mesures Alternatives Basses-Laurentides A

209, chemin de la Grande-Côte, Boisbriand

☎ 450-437-9903

🌐 www.mabl.ca

*To apply and develop alternative measures
appointed by the Youth Criminal Justice Act.*

Nourri-Source Laurentides A

15 447, rue de Saint-Augustin, Mirabel

☎ 450-433-8785

☎ Toll-free: 1-866-436-2763

🌐 www.nourri-source.org

Breastfeeding support group.

Youth Center

300, rue Sicard, Suite 255, Sainte-Thérèse

☎ 450-971-1718

🌐 www.cjlaurentides.qc.ca

Services for Women

Centre Marie-Eve

7, boul. Desjardins Ouest, Sainte-Thérèse

☎ 450-818-2882

🌐 www.centremarieeve.ca

Services for single and married women of all

*ages who are pregnant and experiencing
difficulties.*

Centre Rayons de Femmes B

27, boul. Desjardins Ouest, Sainte-Thérèse

☎ 450-437-0890

🌐 www.crdf.ca

*To offer services to women living in social
exclusion or isolation.*

Maison d'Accueil Le Mitan B

92, rue Blainville Est, Sainte-Thérèse

☎ 450-435-3651

*Shelter for women victims of spousal abuse
and their children.*

Services for Seniors

Agence P.A.I.R. Blainville A

640, boul. du Curé Labelle, Blainville

☎ 450-434-5300

Agence P.A.I.R. Thérèse de Blainville A

428 Grande-Côte, Rosemère

☎ 450-435-2421, ext. 3502

🌐 www.riptb.qc.ca

AREQ C

664, rue Jean-Desprez, Boisbriand

☎ 450-435-9229

🌐 www.areq.qc.net

Centre d'Action Bénévole

Solange Beauchamp B

75, rue Turgeon, Sainte-Thérèse

☎ 450-430-5056

🌐 www.cab-solange-beauchamp.org

*To promote home care services for seniors and
individuals who are losing their autonomy.
Services for All Ages*



MRC Thérèse-De Blainville

The territory from Boisbriand
to Sainte-Anne-des-Plaines

Services for All Ages

ACEF (Association Coopérative d'Économie Familiale) des Basses-Laurentides **C**

42-D, rue Turgeon, Sainte-Thérèse

☎ 450-430-2228

🌐 www.acefbl.org

To promote and defend consumer interests on a national level.

Association des personnes avec problèmes auditifs des Laurentides

421-B, boulevard Curé-Labelle, Blainville

☎ 450-434-2135

☎ 1-866-434-2135

🌐 www.appal.ca

To offer resources to those with hearing problems.

Association Québécoise de la Dysphasie -Laurentides **C**

2C, chemin de la Côte-St-Louis Ouest, Blainville

☎ 450-951-8520

🌐 www.dysphasielaurentides.org

To provide a better knowledge of dysphasic children and promote the services available to them.

Le Bouclier Rehabilitation Center

1300, boul. Curé-Labelle, Blainville,
Saint-Jérôme

☎ 450-437-6001

☎ Toll-free: 1-877-545-6001

🌐 www.bouclier.qc.ca

Centre d'Entraide Thérèse-de-Blainville

245, rue Leduc, Sainte-Thérèse

☎ 450-435-0199

To offer services for socially excluded individuals and families.

Rehabilitation Center for Dependencies

6, rue de l'Église, Sainte-Thérèse

☎ 450-433-9616 ext. 76600

🌐 www.dependancelaurentides.com

Comptoir Recyc-dons

246, 5e Avenue, Sainte-Anne-des-Plaines

☎ 450-838-9954

🌐 www.comptoirrecyc-dons.org

To recycle objects in good condition, without missing pieces, so they can be sold at inexpensive prices.

CRDITED de Rosemère

140, chemin Grande-Côte, Rosemère

☎ 450-433-1957

🌐 www.centreduflores.com

Groupe La Licorne **C**

198, rue Blainville Ouest, Sainte-Thérèse

☎ 450-433-9084

🌐 www.groupealalicorne.org

Support group for adults living with a mental illness.

Maison des Mots des Basses-Laurentides

4, chemin du Ravin, Sainte-Thérèse

☎ 450-434-9593

🌐 www.maisondesmots.com

To encourage French literacy.

Mouvement Personne d'Abord Ste-Thérèse

12, rue Saint-Joseph, Sainte-Thérèse

☎ 450-818-1883

🌐 www.mpdatherese12.com

To defend the rights of individuals living with intellectual deficiencies.

Parrainage Civique Basses-Laurentides **B**

141, rue Saint-Charles, Suite 1, Sainte-Thérèse

☎ 450-430-8177

🌐 www.parrainagecivique.ca

To encourage social participation and integration in the community amongst individuals living with intellectual incapacities by pairing them with a volunteer mentor.



MRC Thérèse-De Blainville

The territory from Boisbriand
to Sainte-Anne-des-Plaines

Resto-Pop Thérèse de Blainville

B

61, rue Blainville Ouest, Sainte-Thérèse

☎ 450-434-0101

🌐 www.restopop.org

An organization dedicated to help the socially excluded.

Unité Domrémy Ste-Thérèse

C

56, rue Turgeon, Sainte-Thérèse

☎ 450-435-0808

☎ Toll-free: 1-877-435-0808

🌐 www.unitealcotoxico.org

*Drug and alcohol dependence intervention
(no housing).*

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Québec 



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